Euclid Gakefront COMMUNITY CENTER

SENIOR PROGRAMS NEWSLETTER





2026

A Letter from the Mayor



Happy New Year!

I hope you all enjoyed the holidays and are ready for a new year! I wish you a happy, healthy 2026 filled with good friends, kindness and much happiness! I am hopeful that the new year will bring continued progress in our city and I look forward to spending time with all of you at the Euclid Senior Programs.

I was honored to administer the Oath of Office to the newly elected and re-elected members of City Council. Council President Kristian Jarosz was elected to a full four-year term, beginning 1/1/2026. Joining him are Ward 2 Councilman Richard Tolton, Ward 4 Councilman Greg Cosgriff, Ward 6 Councilman John Wojtila and newly elected Ward 8 Councilwoman Dana Heil. Dana previously served as the Executive Director of the Euclid Chamber of Commerce, so has been working with us for several years! We are fortunate to have a City Council that works in concert with the City administration – we share the same mission of continually working to ensure Euclid remains a strong, safe, vibrant community where we all can be proud to live, work and visit!

Monday, January 19th is Martin Luther King Jr Day. This day celebrates Dr. King's life and achievements as an influential American civil rights leader. Dr. King inspired millions of people in his lifetime and continues to inspire us today to work for racial equity and to end injustice. I am proud of the diversity in our community and proud that we have many great examples – including the senior center, where are residents come together in a positive way!

What's in store for 2026? We have several projects in the works from the end of 2025 – these include the E. 215 Street Connector Trail, Heritage Park Phase 2, construction of our Recreation and Wellness Center, 2nd year of street re-paving with several concrete streets and Chardon Road, a few waterline replacement projects, continued implementation of FUSUS Real Time Crime Center at the Police Department, and so much more. We will also continue our park and public spaces improvements with Mavec Park, Russell Park – phase 2, Sims Playground, and hopefully some movement on Top of the Tank! There is more in the works as we continue working to ensure a strong, safe and vibrant community for all! Please don't hesitate to share your ideas and suggestions!

Thanks for being part of our great community and senior programs! Take care and be well!

Mayor Kirsten Holzheimer Gail

Senior Trips for the Month of January 2026



JACK Casino Thursday, January 15

9:30 am—2:30 pm

Admission: \$5.00



Sweet Berry Fresh Market Wednesday, January 21

12:30 pm—2:30 pm

Admission: \$5.00



Kohl's Thursday, January 29

12:30 pm—2:30 pm

Admission: \$5.00

Monday	ī	Tuesday	Wednesday	Thursday	Friday
				CL OSED New Years Day	2 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Cricut Craft Room 11:00 AM MUSIC BINGO Dining Hall 1:00 PM BINGO! Dining Hall 1:00 PM Board Games & Puzzles Hallway
5 Benefits Check-up 9:00 AM – 1:00 PM 8:40 AM Line Dance Beg. Library 9:00 AM Line Dance Adv. Library 10:00 AM Chair Yoga Annex 11:00 AM Karaoke Dining Hall 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall		6 9:45 AM Breakfast Dining Hall 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet/Knitting Craft Room 10:00 AM Bible Study Phone Conference 11:00 AM Fun Bingo w/ Heritage of Euclid 1:00 PM Tai Chi (New Time) Annex	7 10:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Jewelry Making Craft Room 11:00 AM Geriatrics Talk: Setting Healthy Goals in 2026 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab	8 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room 1:00 PM Fun Bingo w/ Slovene Home 1:00 PM Line Dance Library 1:00 PM Chair Exercise YouTube Comp. Lab	9 Chair Massages 9:00 AM – 12:00 PM (by appointment) 9:20 AM Pool Tournament Pool Tables 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Silver Sneakers CLASSIC Annex 11:00 PM BINGO! Dining Hall 1:00 PM Book Club Library 1:00 PM Board Games & Puzzles Hallway
12 8:40 AM Line Dance Beg. Lib 9:00 AM Line Dance Adv. Lib 10:00 AM Chair Yoga Libr 1:00 PM Ballroom Dance Libr 1:00 PM BINGO! Din	Library 9:44 Library 9:0 Library 10 Library	13 Town Hall Meeting 10:00 AM 9:45 AM Breakfast Dining Hall 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet/Knitting Craft Room 10:00 AM Bible Study Phone Conference 1:00 PM Tai Chi (New Time) Annex	14 10:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Jewelry Making Craft Room 11:00 AM Mindfulness Group Library 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab	15 JACK Casino 9:30 AM 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room 1:00 PM Line Dance 1:00 PM Stretch & Balance Class Annex	16 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Cricut Craft Room 11:00 AM MUSIC BINGO Dining Hall 1:00 PM BINGO! Dining Hall 1:00 PM Board Games & Puzzles Hallway
MARTIN LUTHE	~	9:45 AM Breakfast Dining Hall 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet/Knitting Craft Room 10:00 AM Bible Study Phone Conference 11:00 AM Craft w/ Heritage of Euclid	21 Sweet Berry Market 12:30 PM 10:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Jewelry Making Craft Room 11:00 AM Veteran's Group Library 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab Birthday Day/Sponsored by Slovene Home	9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room 1:00 PM Line Dance Library 1:00 PM Chair Exercise YouTube Comp. Lab	23 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Cricut Craft Room 1:00 PM BINGO! Dining Hall 1:00 PM Board Games & Puzzles Hallway
26 Mayor's Visit 11:00 AM Produce Distribution 12:30 PM 8:40 AM Line Dance Beg. Libri 9:00 AM Line Dance Adv. Libr 10:00 AM Chair Yoga Ann 1:00 PM Ballroom Dance Libra 1:00 PM BINGO! Dinin	ary ary ex ry g Hall	9:45 AM Breakfast Dining Hall 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet /Knitting Craft Room 10:00 AM Bible Study Phone Conference 1:00 PM Tai Chi (New Time) Annex	10:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Jewelry Making Craft Room 11:00 AM Mindfulness Group Library 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab	9:00 AM Floor Yoga Library 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room 1:00 PM Fun Bingo w/ Slovene Home 1:00 PM Line Dance Library 1:00 PM Chair Exercise YouTube Comp. Lab	30 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Cricut Craft Room 1:00 PM Board Games & Puzzles Hallway



January 2026 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved by:	Choi 1% Milk, Buttermilk, or	Choice of: 1% Milk, Buttermilk, or Calcium Fortified Juice	New Year's Day	*Stuffed Peppers 4 oz *W/ Sauce 2 oz *Mochad Bottstood %
Ann Stoklheber, MS, RON, LO	*=Take Temperature of Milk and all food proceeded by an asterisk	ood proceeded by an asterisk	Site Closed	*Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CF
5	9	7	8	0
*Beef Meatloaf w/Glaze 3 oz	*Breaded Fish 4 oz	*Beef Stroganoff 4 oz	*Chicken Marsala 3oz	*BBQ Chicken, 3 oz
*Mashed Potatoes ½ c w/	Tartar Sce 1 PC/Ketchup 1 PC	*Noodles ½ c w/ *Gravy 2 oz	*Brown Rice ½ c *Gravy 2 oz	*Macaroni and Cheese ½ c
*Beets ½ c	*Green Beans ½ c	*Cauliflower ½ c	*Broccoli ½ c	*Spinach ½ c Lemon Juice 1 PC
Whole Grain Roll 2 oz	W.G. Hamburger Bun	Whole Grain Wheat	Whole Grain Wheat	Whole Grain White
ALT=CS TR	ALT=CBG RB	ALT=CF Apricots 72 C	ALT=CBG RB	ALT=CF TRACTES 72 C
12	13	14	15	16
*Salisbury Steak 3 oz w/ *Gravy	*Chicken Cordon Bleu 7 oz	*Vegetable Lasagna 6 oz	*Swedish Meatballs 6 oz	*Chicken 3 oz Stir Fry,
*Mashed Potatoes ½ c	*Mashed Potatoes ½ c	*California Blend ½ c	*Noodles 1/2 c Sauce 2 oz	*Brown Rice ½ c
*Mushrooms 1/2 c	*Diced Carrots ½ c	W. G. Dinner Roll, 2 oz	*Peas ½ c *Carrots ½ c	*Kyoto Blend ½ c, *Asian Blend ½ c
2 W. G. Wheat	2 Whole Grain White	Mixed Fruit ½ c	Whole Grain White	W.G. White
AIT=CS TR	AIT=CBG reaches 72 C	ALT=CF Grape Juice 4 02	AIT=CBG T	ATI =CF
8		5	000	
19	20	21	22	23
Martin Luther King	*Stuffed Cabbage 4 oz	Stuffed Shells	*Roasted Turkey Breast 3 oz	*Chicken Alfredo 4 oz
Day	*w/Sauce 2 oz	*w/Sauce 2 oz	*Stuffing ½ c Gravy 2 oz	*W.G. Pasta ½ c W/ Sauce 2 oz
Cay	*Mashed Potatoes 1/2 c	*Spinach ½ c Lemon Juice 1 PC	*Mashed Potatoes 1/2 c	*Mixed Vegetables ½ c
	*Buttered Beets 1/2 c	*California Blend ½ c	*Mixed Vegetables ½ c	*Broccoli ½ c
Site Closed	2 Whole Grain Wheat *2(2oz)	W. G. Garlic Toast 2 oz	Whole Grain White	W.G. White
	Sliced Peaches ½ c	Grapes 1 c	Cranberry Juice 4 oz	Sliced Pears ½ c
26				
*Rosemary Pork 3 oz	*Hamburger 3 oz Ketchup 2 PC	*Chicken Stuffed with Broccoli 6oz	*Beef Stew 8 oz.	*Breaded Chicken Breast 3 oz
*Cheesy Potatoes ½ c	* Seasoned Potato Wedges ½ c	*Mashed Potatoes ½ c	*Lima Beans ½ c	WG Pasta ½ c w/ Marinara Sc 2 oz
*Mixed Vegetables 1/2 c	*Baked Beans 1/2 c	*Green Beans ½ c	*Buttered Sliced Carrots ½ c	Parmesan 1 PC
Whole Grain Roll 2 oz	Whole Grain Bun 2 oz	Whole Grain Wheat	Whole Grain Biscuit 2 oz	*California Blend % c
Cinnamon Applesauce ½ c	Sliced Pears ½ c	Whote Grain Vanitla Waters 1 oz	Banana	WG Wheat
ALT= CS TR	ALT= CBG T	ALT= CF RB	ALT = CBG TR	Applesance ½ c ALT=CF RB

Western Reserve Area Agency on Aging - 2026

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese





Tuesday, January 6 w/Heritage Healthcare of Euclid @ 11:00 am

Thursday, January 8 w/ Slovene Home @ 1:00 pm

Thursday, January 22 w/Prosper at Wickliffe @ 1:00 pm

Thursday, January 29 w/ Slovene Home @ 1:00 pm

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Euclid Senior Center Veteran's Group 3rd Wednesday of the month at 11:00 AM Euclid Senior Center Library

Veterans and Veteran Dependents (spouse/widow/widower) are welcome!

Please come with questions for American Legion Service Officer Dennis Brandt.

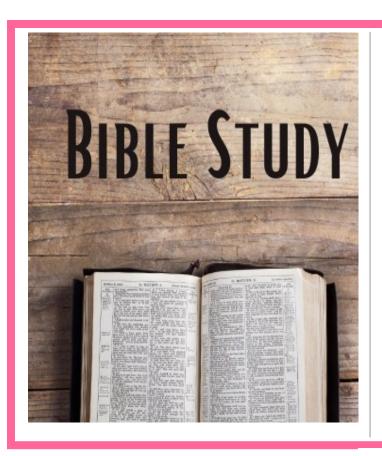
Membership is required to participate in the group.

Next Meeting: Wednesday, January 21





If you have questions regarding estate planning, wills, trusts, Medicaid eligibility, long term care needs, or Veterans benefits please call (216) 289-2985 or stop by the front desk for details on how to schedule your appointment.



Non-Denominational Bible Study meets every **Tuesday at 10:00 AM**. Each weekly class lasts about an hour.

You can join a session by:

Calling 1-917-900-1022 Enter code: 1747896

*When calling in, please tell them your name and then mute your telephone to prevent background noise. Unmute yourself when you want to comment.

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ACTIVITIES

Computer Class



Computer class scheduled for the 2nd & 4th Tuesday of each month has been temporarily postponed until further notice.

We apologize for any inconvenience this may cause.

Thank you for your understanding.

Mindfulness Group

The Mindfulness Group will meet on the 2nd and 4th Wednesdays of the month at 11:00 AM in the Library.





Friday, January 9 at 9:20 AM

Please join us at the pool tables for some healthy competition!

Please be on time!



Chair Exercise

Chair Exercise via YouTube on Wednesdays and Thursdays at 1:00 pm in the Computer Lab.



Stretch & Balance

Stretch & Balance meets at 1:00 pm in the Annex on the

1st and 3rd Thursday of the month.



Tai Chi

Tai Chi meets every Tuesday in the Annex



Please note:

New time of 1:00 pm Effective January 6

Breakfast Program

Breakfast starts at 9:45 am on Tuesdays, first come first served. Thank you for participating!



TRANSPORTATION

Euclid Senior Program members wishing to make transportation arrangements should contact our **Coordinator, Monica Fetheroff, at 216-289-2985.**

Euclid Senior Programs Transportation Policies

Euclid Senior Programs can provide transportation services, on a limited basis, for members who are Euclid residents. (Please note – we do not transport to/from senior communities that have their own transportation).

Shopping Schedule (fee is \$3.00 Per Rider)

Shopping is limited to the following local stores: DAVE's, ALDI's, MARC's, Dollar General and Drug Mart. Please note – we will transport a MAXIMUM OF 8 BAGS.

TUESDAY SHOPPING

Mornings - One hour at store

THURSDAY SHOPPING

Afternoons- One hour at store

<u>Medical Appointment Transportation</u> – You must schedule medical appointment transportation at least two weeks in advance. Please note, we cannot transport outside of the times listed below. If your appointment runs later, you need to arrange other means of transportation. Also, we are not a medical transport. If that is needed, please contact an ambulance service.

Medical appointment transportation service is limited to the following areas:
East to Lake West Hospital
South to Hillcrest Hospital
West to VA Hospital, Cleveland Clinic and University Hospital
All of Euclid

Medical Appointments within Euclid
 9:00 a.m. - 3:00 p.m.

Fee -\$6.00

• Medical Appointments outside of Euclid 9:00 a.m. - 2:00 p.m.

Fee -\$10.00



We are a vulnerable community and illness tends to spread quickly. Stay home and return to the center when you are well.

We will be happy to see you when you return.

Thank you.

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Monday, Wednesday, & Friday 1:00 PM

Please Note:

Once the caller has begun the first game, no one will be permitted to join in on any session.

<u>Please keep in mind Euclid Senior Programs does</u> <u>not operate a Bingo Hall.</u>

Only bingo boards provided by Euclid Senior Programs are permitted for play.

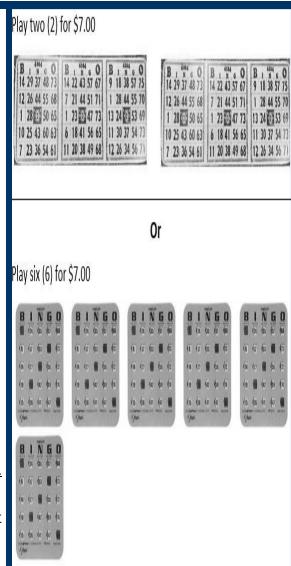
All boards must be returned to the bingo cart and stored away at the conclusion of the bingo session.

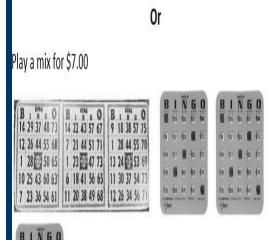
\$7.00 for each bingo session. You must buy at least \$7.00 worth of bingo boards.

All monies spent on bingo boards will be returned as prize money. Prize money for each game will be determined as follows:

- Amount collected in sales divided by 14 (number of games)= Value of each pot
- If more than one person wins Bingo on the same game, the pot is split by number of winners.
- Game 14, the final game, will be fill-up. The fillup pot will consist of the normal payouts plus any monies collected from the sale of bingo chips before the game.
- Bingo must be claimed by yelling "Bingo." You can only bingo on the last number called. No exceptions.

Bingo must conclude promptly at 3:00 pm





SENIOR PRODUCE DISTRIBUTION



Monday, January 26

12:30 pm—1:30 pm

Distribution is first come first serve.

You must be a current member of the Euclid Senior Programs to participate.

You can renew your membership prior to the start of distribution.



SUPPORT OUR ADVERTISERS!



Euclid Senior Center offers a sit down lunch program Monday thru Friday 12:00 PM– 1:00 PM. We serve a nutritious meal that supplies 1/3 of your daily nutrition requirements. Our menus are written by a licensed dietitian to ensure you receive a healthy lunch.

RESERVATIONS MUST BE MADE BY NOON ON TUESDAYS FOR THE FOLLOWING WEEK.

<u>Please call our Nutrition Supervisor, Sylka Edmondson at 216-289-2985</u> to make your reservation.

When reserving, please be conscientious and look ahead to make sure you reserve lunch for the days you plan to attend the Center as it helps data for reporting purposes.

Please remember to cancel your lunch reservation with Sylka if you plan to attend a senior field trip.

Euclid Senior Programs Home Delivered Meals

Holidays - NO MEAL SERVICE
Meal Service Days: Monday- Friday

Meal Delivery Timeframe:

(except Holidays & weather closures)

11:00 AM- 1:30 PM

Client Responsibility:

- Please be awake, dressed, and ready to answer the door.
- Please have any pets <u>secured away from</u> the door for delivery time.
- Meals must be given to <u>you</u> and <u>your</u> signature is required.
- New Years Day

 Martin Luther King
 Jr. Day

 President's Day

 Columbus Day

 Veteran's Day

 Fresident's Day

 Good Friday

 Thanksgiving Day
 (and Black Friday)

 Memorial Day

 Christmas Eve

 Juneteenth

 Christmas Day

 Independence Day
- Meals <u>CANNOT</u> be left on the porch, in a cooler, or with someone else.
- Please call to cancel if you will not be home for meal delivery. We will attempt to make sure you are safe by calling you, your emergency contact, and Euclid Police for a welfare check, if necessary.
- Euclid Senior Programs Drivers are not permitted to do other personal activities like taking out the trash, making phone calls, etc.



Tuesday, January 13, 2026 at 11:00 AM

Join us for our quarterly Senior Town Hall Meeting, where we talk about what's going on at the Center and what activities you are interested in.

Everyone is encouraged to participate.

Your input is appreciated!

QUESTIONS, COMMENTS and COMPLIMENTS are welcome.



A special thanks to our wonderful staff

PROGRAM MANAGER

Cassaundra Bronson

ADMINISTRATIVE ASSISTANT

Dynesha Stover-McDonald

PROGRAM COORDINATOR

Monica Fetheroff

NUTRITION SUPERVISOR

Sylka Edmondson

SOCIAL WORKER

Vacant

FOOD SERVICE

Kenyatta Black & Effie Grays

DRIVERS

David Belle, John Gay, Jim Hendrickson, Scott Koch, Allen Patrick & Moses Taylor

STAFF MEMBERS

Rita Campbell & Bill Solnosky

VANTAGE AGING STAFF

Velesia Brown & Gary Woodworth

BENJAMIN ROSE VOLUNTEERS

Robin Boley, Darlene Foster, Leslie Harding, Billy Howze, & Verlana Munn Rogers Euclid Senior Programs is fortunate to have organizations provide us with pertinent information and sponsor wonderful events for our seniors. We thank all the organizations and partner agencies for their time this month.

Thank you to our wonderful volunteers and instructors, you are vital to the success of Euclid Senior Programs!

Thank you to the Euclid residents and Euclid Senior Program members that donate items for those in need.



OH, THE weather OUTSIDE IS...

Inclement Weather Policy

Please remember, when
Euclid City Schools are
closed,
Euclid Senior Center is also
closed.

Although we will miss the fellowship and activities for the day, we rather you stay cozy inside.

Please add your name and number to the automated call list at the front desk.

Everyone on the list receives an automated phone call when we have a closure due to weather.



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HANDYMAN

Jeff Scott (440) 341-3038 Euclid Resident

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LIBRARY ACCESSIBILITY FOR **EVERYONE**

We offer FREE library service to Euclid residents who are unable to leave their homes.

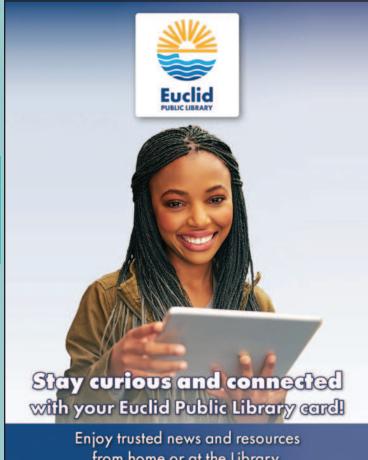
- Deliveries of books, DVDs, and other materials
- Any age, any income
- Temporary or permanent service
- Request your own items, or have us select for you!



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