Euclid Lakefront COMMUNITY CENTER

SENIOR PROGRAMS NEWSLETTER

November 2026



1 Bliss Lane | Euclid, OH 44123 | 216-289-2985 | www.cityofeuclid.gov

A Letter from the Mayor



Happy November! We have had a lovely fall. As I write this newsletter, the trees are in their fall glory – so beautiful throughout the city! The Service Department is beginning leaf collection, we are finishing up our 2026 projects, and planning and budgeting for 2027. Hard to believe we are almost at the end of another year!

November 3th is election day! Please exercise your right and responsibility to vote. You can vote at your polling place on Election Day from 6:30am to 7:30pm. Elections this November for US Congress, State offices, County Offices, Judges, and one local issue – Issue 5, an operating levy for the Euclid Schools. Your vote is your chance to have a say in our government – as always please take the time to educate yourself on the candidates, your vote makes a difference!

Veterans Day is November 11th. If you are a Veteran or family member of a Veteran – Thank you for your service and sacrifice! Our great nation owes you much appreciation and thanks! The Euclid Veterans Organizations will hold their annual Veterans Day program at Euclid City Hall on November 11th at 11:00am. Please join us to celebrate and thank our Euclid Veterans!

Thanksgiving is Thursday, November 26th. Thanksgiving was originally celebrated as a day of giving thanks for the blessing of the harvest and of the preceding year. There is much to celebrate and be grateful for: I am grateful for family, friends, neighbors, co-workers, residents who support us in our efforts. I appreciate the many assets we have here in the City of Euclid and I am truly grateful for the many wonderful residents, partner organizations, and city staff who have worked hard through the year to help improve our community. I hope you enjoy time with family or friends and celebrate our many blessings!

I am grateful for all of you – that you choose to be a part of our senior community and that you share your self with us! I remain grateful for the opportunity to serve you and wish you and your families a very Happy Thanksgiving! Stay healthy, appreciate your blessings, and be grateful and kind to one another!

Mayor Kirsten Holzheimer Gail

Senior Trips for the Month of November



Mentor Mall

Friday, November 6

10:00 AM

Admission: $5.00



Cleveland Botanical Gardens

Tuesday, November 10

9:30 AM

Admission: $13.00 AT THE DOOR

J·A·C·K

CLEVELAND

CASINO

JACK Casino

Thursday , November 19

9:30 AM

Admission: $5.00

NO REFUNDS

Senior trips will be open for sign-up the FIRST BUSINESS DAY OF THE MONTH (unless otehrwise noted)

Please remember to cancel your lunch reservation with Sylka if you plan to attend any of the senior trips that occur during the lunch hour



Sarah Keller and the Career Technical Education (CTE) students from Euclid High school will visit to help you with your tech needs.

When: Monday, November 16, 2026
Where: Dining Hall
Time: 10:00 am – 11:00 am

CTE students will visit you at your seat and assist you.

November 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Stuffed Cabbage w/ Beef 6 oz *Noodles, ½ c w *Gravy, 2 oz *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Cranberry Juice 4 oz ALT=CS TR	3 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Diced pears ½ c ALT=CBG RB	4 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CF TR	5 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Mixed Vegetables ½ c 2 Whole Grain White Apricots ½ c ALT=CBG T	6 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CF TR
9 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Cheesy Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CS RB	10 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Antigua Blend ½ c Cauliflower ½ c Whole Grain Wheat Pineapple ½ c ALT=CBG TR	11 **Veteran's Day** **Site Closed**	12 *Breaded Fish 3 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Cape Cod Blend ½ c Whole Grain Bun Peaches ½ c ALT=CBG T	13 *Chicken Marsala 3 oz *Brown Rice ½ c *Mushrooms ½ c *Broccoli ½ c Whole Grain Wheat Scalloped Apples ½ c ALT=CF RB
16 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Antigua Blend ½ c Whole Grain Wheat Tropical Fruit ½ c Apple Juice 4 oz ALT=CS RB	17 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Applesauce ½ c ALT=CBG T	18 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit 2 oz Banana, 1 ea ALT=CF TR	19 *Salisbury Steak 3 oz w/ *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Orange ALT=CBG RB	20 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c Grape Juice 4 oz ALT=CF T
23 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS TR	24 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG T	25 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz ALT=CF RB	26 **Thanksgiving Day** **Site Closed**	27 *Stuffed Shells 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CF RB
30 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT-CS TR		Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice *=take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: *Ann Stahlheber MS, RDN, LD*	

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

NOVEMBER activity calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Benefits Check-up 9:00 AM – 1:00 PM (by appt.)** 10:00 AM Chair Yoga Annex **10:00 AM Dance Evert Library** **10:45 AM Brain Games w/ Home Instead** 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall	3 **ELECTION DAY** 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 Library **NO SILVER SNEAKERS**	4 **Podiatrist 9:00 AM – 12:00 PM (by appt.)** 10:00 AM Silver Sneakers CLASSIC Annex **10:45 AM COP-A QUESTION Dining Hall** 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab	5 **OSHIIP Rep. 9:00 AM – 2:00 PM (by appt.)** 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room **11:00 AM FITness Bingo Comp. Lab** 1:00 PM Line Dance Library 1:00 PM Chair Exercise YouTube Comp. Lab 1:00 PM Stretch & Balance Class Annex	6 **Mentor Mall Trip 10:00 AM** 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM MUSIC BINGO Dining Hall 1:00 PM BINGO! Dining Hall
9 **OSHIIP Rep. 9:00 AM – 2:00 PM (by appt.)** 10:00 AM Chair Yoga Annex **10:00 AM Dance Evert Library** 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall	10 **Botanical Garden Trip 9:30 AM** 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 Annex	11 **CLOSED FOR VETERANS DAY** ★ ★ ★ ★ ★ ★ ★	12 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room **11:00 AM FITness Bingo Comp. Lab** 1:00 PM Line Dance Library **1:00 PM Fun Bingo w/ Willoughby Post Acute** 1:00 PM Chair Exercise YouTube Comp. Lab	13 **Chair Massages 9:00 AM – 12:00 PM (by appt.)** 9:20 AM Pool Tournament Pool Tables 10:00 AM Silver Sneakers CLASSIC Annex 1:00 PM BINGO! Dining Hall 1:00 PM Book Club Library
16 10:00 AM Chair Yoga Annex **10:00 AM Dance Evert Library** 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall **Tech Help w/Euclid High School CTE students 10:00 AM – 11:00 AM Dining Hall**	17 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet/Knitting Craft Room **11:00 AM Fun Bingo w/ Prosper Dining Hall** 10:00 AM Bible Study Phone Conference 1:00 PM Tai Chi Annex	18 **Eye Glass Care Clinic 10:00 AM** 10:00 AM Silver Sneakers CLASSIC Annex **11:00 AM Veterans Group Library** 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab Birthday Day	19 **Jack Casino Trip 9:30 AM** 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room **11:00 AM FITness Bingo Comp. Lab** 1:00 PM Line Dance Library **1:00 PM Fun Bingo w/ Foundations Healthcare** 1:00 PM Chair Exercise YouTube Comp. Lab 1:00 PM Stretch & Balance Class Annex	20 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM MUSIC BINGO Dining Hall **Craft Auction 1:00 PM – 2:30 PM Dining Hall** **NO BINGO**
23 **Produce Distribution 12:30 PM** 10:00 AM Chair Yoga Library 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall **NO DANCE EVERT – rescheduled for Wednesday 11/25 10:00 AM Library**	24 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 Time w/Heritage of Euclid** 1:00 PM Tai Chi Annex	25 10:00 AM Silver Sneakers CLASSIC Annex **10:00 AM Dance Evert Library** **10:45 AM Medicare 101 w/Humana – Deb Ruzic** 11:00 AM Mindfulness Library 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab	26 **Euclid Senior Programs will be closed** Happy Thanksgiving	27
30 10:00 AM Chair Yoga Annex 10:00 AM Dance Evert Library **11:00 AM Mayor Visit Dining Hall** 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall				



Please play one (1) bingo sheet per round

Tuesday, November 3 w/ Heritage of Euclid @ 11:00 AM

Thursday, November 12 w/ Willoughby Post Acute @ 1:00 PM

Tuesday, November 17 w/ Prosper @ 11:00 AM

Thursday, November 19 w/ Foundations Healthcare @ 1:00 PM

Daubers available for $1.00

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VETERAN'S PROGRAMS

Veterans Group meets the 3rd Wednesday of the month at 11:00 AM in the 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, November 18**

Daniel P. Seink Co., L
Elder Law Attorneys | Advocates in A

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.

PRODUCE DISTRIBUTION



Monday, November 23
12:30 PM—1:30 PM

Distribution is first come first serve on the4th Monday of the month . You must be a current member of Euclid Senior Programs to participate. Memberships can be renewed prior to the start of distribution.

PLEASE BRING YOUR OWN REUSABLE BAGS

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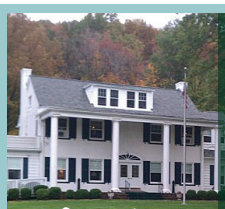
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Non-Denominational Bible Study

Every Tuesday at 10:00 AM.

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.

Mindfulness Group

2nd and 4th Wednesday of the month at 11:00 AM in the Library.



Friday, November 13 at 9:20 AM



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

Please be on time!



Chair Exercise via YouTube

Wednesdays and Thursdays at 1:00 PM
in the Computer Lab

Stretch & Balance

1st and 3rd Thursday of the
month at 1:00 PM in the Annex





Tai Chi

Tuesdays at 1:00 PM in the Annex



Computer Class
&
Jewelry Making

Temporarily postponed until further notice.
Thank you for your understanding.

TRANSPORTATION SERVICES

Euclid Senior Programs can provide transportation services, on a limited basis. Please note – we do not transport to/from senior communities that have their own transportation. Euclid Senior Program members residing in the city wishing to make transportation arrangements should contact our Program Coordinator, Monica Fetheroff at (216) 289 - 2985.

Shopping Transportation

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

Fee - $3.00

Medical Appointment Transportation

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 Appo intments outside of Euclid
9:00 a.m. - 3:00 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:

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

2. Please keep in mind Euclid Senior Programs does not operate a Bingo Hall.

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

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

5. $7.00 for each bingo session. You must buy at least $7.00 worth of bingo boards.

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

7. Amount collected in sales divided by 14 (number of games)= Value of each pot.

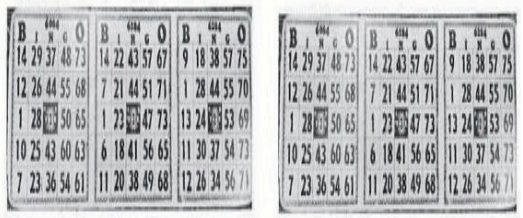
8. If more than one person wins Bingo on the same game, the pot is split by number of winners.

9. Game 14, the final game, will be fill-up. The fill-up pot will consist of the normal payouts plus any monies collected from the sale of bingo chips before the game.

10. Bingo must be claimed by yelling “Bingo.” You can only bingo on the last number called. No exceptions.

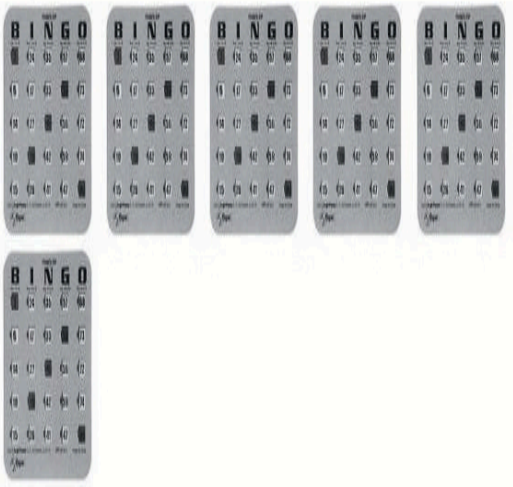
Bingo must conclude promptly at 3:00pm

Play two (2) for $7.00



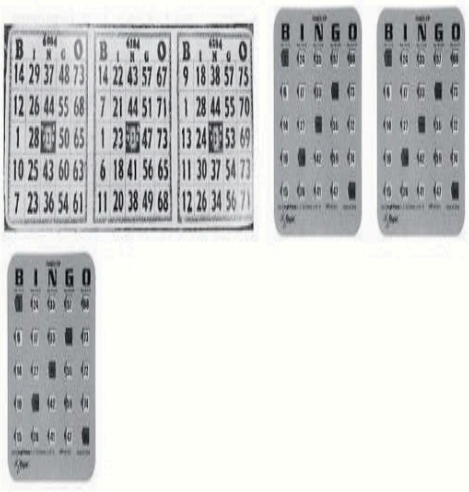
Or

Play six (6) for $7.00



Or

Play a mix for $7.00



Hidden somewhere in the building, you will find ONE last prize from our Membership Appreciation WEEK.

THE Hunt IS ON

START LOOKING THE WEEK OF MONDAY, NOVEMBER 16

Once you find it, bring it to Dee and you win it!

Happy hunting!



NUTRITION Programs

Euclid Senior Programs Congregate Meals

Euclid Senior Programs 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. The suggested donation is $1 per day.

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

Contact Nutrition Supervisor, Sylka Edmondson at 216-289-2985 to make your reservation.

Please remember to cancel your reservation with Sylka if you are unable to make it to the Center for a reserved lunch.

Euclid Senior Programs Home Delivered Meals

Euclid Senior Programs delivers the same balanced, dietitian-planned lunch served at the Center to homebound seniors (age 60+) who are unable to prepare meals for themselves. Meals are delivered Monday thru Friday between 11:00 AM - 1:30 PM.

The suggested donation is $1 per day.

Contact us at 216-289-2985 for more information.

Home Delivered Meals Client Policy:

- Please be awake, dressed, and ready to answer the door.
- Please have any pets secured away from the door for delivery time.
- Meals must be given to you and your signature is required.
- Meals CANNOT 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.



Friday, November 20 from 1:00 pm—2:30 pm in the Dining Hall.

There will be a variety of items to bid on such as, carriages, jewelry, jewelry boxes, home décor, and more.

Please note a few of the Auction rules:

- Sign-up will begin at 1:00 pm on the day of the auction, no sooner.

See Nina Cofield, Mary Woodberry or Marsha Ward at the podium to sign up.

- The number on your paddle is only to identify you as a bidder.
- You will not be able to sign someone else up.
- Seats are limited and will be on a first come, first serve basis.
- You cannot give money to other bidders.
- Be courteous to your fellow bidders.

Last but not least, have fun!

PROGRAM MANAGER
Cassaundra Bronson

ADMINISTRATIVE ASSISTANT
Dynesha Stover-McDonald

PROGRAM COORDINATOR
Monica Fetheroff

NUTRITION SUPERVISOR
Sylka Edmondson

SOCIAL WORKER
Earlene Johnson

FOOD SERVICE
Kenyatta Black
Effie Grays
Stephanie Jones-Dixon

DRIVERS
David Belle, John Gay
Jim Hendrickson
Allen Patrick
Carl Quitman

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



A special thank you to our wonderful staff!

Euclid Senior Programs is fortunate to have organizations provide us with per- tinent 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 to the center.



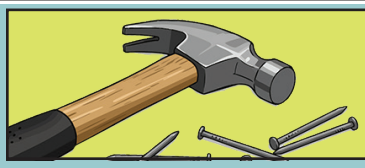
When Euclid City Schools are closed due to inclement weather, Euclid Senior Center is also closed.

Please add your name to the ROBO call list at the front desk for automated phone calls.



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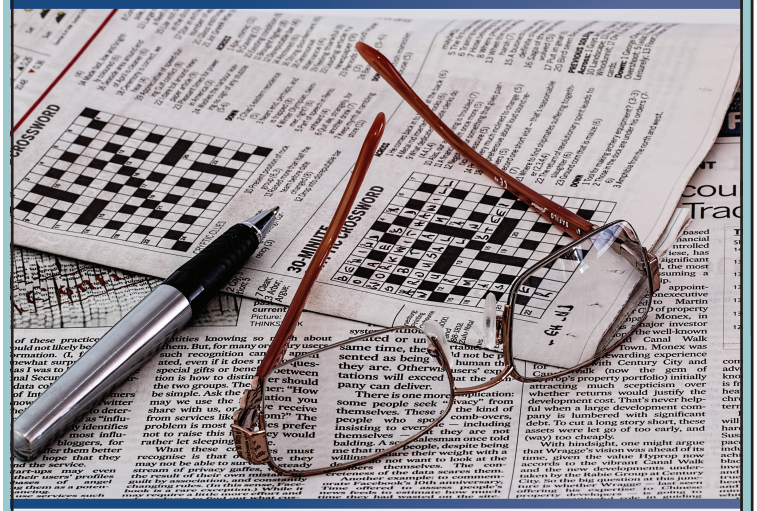
Contact Jayne Pandy
jpandy@4LPi.com
(800) 950-9952 x6401

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Euclid Public Library

Adult Services Department



Coffee & Crosswords

Monday, November 9

10 AM - 12 PM / Lake Room

Come join us for a morning of relaxing conversation, coffee drinking, and crossword puzzle solving with other community members.

The Euclid Public Library will provide refreshments and crosswords for participants.

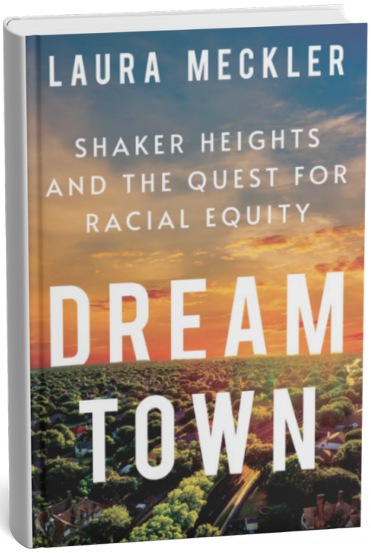
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Euclid Public Library

Adult Services Department

Relevant Reads Book Discussion



Dream Town

Shaker Heights and the Quest for Racial Equity

Thursday, November 12

6:30 PM / Erie Room

Do you enjoy reading non-fiction and miss talking about it with others? Join us for our monthly book discussion group!

Selected accolades for *Dream Town*:

- Winner of the Ohio Book Award
- Finalist of the Malott Prize for Recording Community Activism

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