

WILLOUGHBY HILLS SENIORS, INC.

Find a group of friends who challenge and inspire you; spend a lot of time with them, and it will change your life. (Amy Poehler)



NEWSLETTER – August 4, 2023

EDITOR'S REPORT:

Willoughby Hills Seniors, Inc. is happy to provide this newsletter to you as a way to stay engaged in senior activities in our community.

Don't forget.....Our August Senior Potluck speaker on Tuesday, August 15 at 11:30 a.m. is the Manager of Milestone Fitness Club (Mike) in the City of Willoughby Hills at 27845 Chardon Road. Mike will be talking about the amenities at the Fitness Club that are a great asset for our senior health. With the treadmills, weights, work out equipment and first-time counseling advice, it is a great way to start thinking about getting fit and feeling better, close to home. The best part is that Milestone Fitness Club accepts the Silver Sneakers and Renew Active insurance plans! The entrée for the potluck will be fried chicken! I think the plan would be to eat a lot then go work out at Milestone!!

Interested in being on the Senior Board? Send us an email to WilloughbyHillsSeniors@yahoo.com!

If you haven't joined Willoughby Hills Seniors yet, there's still time to fill out your application to become a member. Pick up an application in the Senior Room or on the City website at: www.willoughbyhills-oh.gov. Fee is \$7 for one member, or \$10 for a couple.

Just a reminder that there will be NO COMMUNITY CENTER parking from Thursday, August 17 thru Monday, August 21 due to the Music Fest planned for Saturday, August 18. Please plan your senior activities accordingly.

Remember Tax Free Weekend runs from August 4 through August 6. Take advantage of not paying sales tax on items during these dates.

Finally, since there is not too much new to report this week, I wanted to take this opportunity to honor one of our very own seniors (just a bit over 60!) who will be retiring this week. Please join me in celebrating the wonderful career of Firefighter Lieutenant Patty Heller who retires next week after 30+ years with Willoughby Hills Fire Department. Joining the Department in March 1990, Patty has most certainly played an integral part in building the fine Fire Department we have today. One can only imagine that in 1990 when she started, the fire service was a predominantly male dominated field. Most likely, the late Fire Captain Sandy Lesko was probably the only other female at that time but both women worked hard to live up to department expectations. They all worked hard and pulled their weight. Patty went on to achieve the rank of Lieutenant and then served as Acting Fire Chief for a brief period of time in 2017. Chances are that Patty has been on a call where you would have witnessed her fine techniques, skills and compassion for the community. She was instrumental in bringing "Toys 4 Tots" to the City during the Christmas holiday, which has now evolved with the City's Winterfest program. Having two daughters of her own (Claire and Grace) perhaps added to her love for this mission, but to see it grow and fill ambulances from year to year has to make her very proud. She can look back on a great career as she leaves the Department to enjoy a well-deserved retirement. If you would like to wish Patty well by way of a "Congrats" card, please feel free to mail to: 34005 Rosewood Trail, Willoughby Hills, OH 44094. She has done a lot for us seniors over many years. Please keep Patty in your thoughts and prayers as she bids farewell to WHFD!



Touch a Truck 2010

WH Seniors Board: Gloria Majeski, Mary Cihula & Laurie Feltham
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AUGUST 2023
Willoughby Hills Seniors, Inc.

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
		1	2	3	4	5
			BRIDGE 12:30-3pm	KNIT/CROCHET 10am to noon PODIATRIST (by appt.) 10am	EXERCISE 11am MAHJONG 1pm PINOCHLE 6-9pm	PINOCHLE 6-9pm Garage Sale Day in Willoughby Hills!
6	7	8	9	10	11	12
	YOGA 1pm (Lions Room)	REMEMBER TO VOTE TODAY!	BRIDGE 12:30-3pm	KNIT/CROCHET 10am to noon	EXERCISE 11am MAHJONG 1pm PINOCHLE 6-9pm	PINOCHLE 6-9pm
13	14	15	16	17	18	19
	COMMUNITY QUILTS 10am-2pm YOGA 1pm (Lions Room)	POTLUCK LUNCH 11:30am-1pm SENIOR TRIVIA O’Ryan Room 7pm	BRIDGE 12:30-3pm	KNIT/CROCHET 10am to noon	EXERCISE 11am MAHJONG 1pm	PINOCHLE 6-9pm Music Fest 11am-10pm at Comm. Ctr.
20	21	22	23	24	25	26
	YOGA 1pm (Lions Room)		BRIDGE 12:30-3pm	KNIT/CROCHET 10am to noon QUILT GUILD MTG. 7pm	No exercise today! MAHJONG 1pm	PINOCHLE 6-9pm
27	28	29	30	31		
	YOGA 1pm (Lions Room) SACERICH SEWS 12PM-3PM (private)		BRIDGE 12:30-3pm	KNIT/CROCHET 10am to noon		