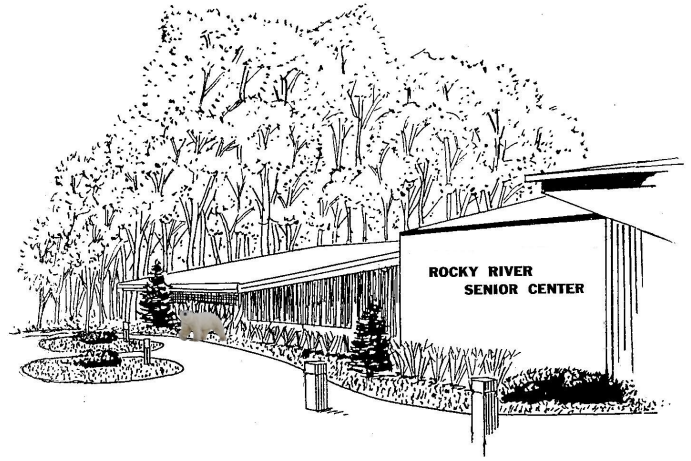


The Quill



January 2024

VOLUME 48 • NUMBER 5

A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center



Winter Fun Food Event!

Mark your calendars for this **FUN**draiser guaranteed to warm-up your winter.

8th Annual Chili Cook-Off

Friday, January 19 at Noon

\$10 residents, \$11 non-residents

Advanced sale tickets only!

Quantities limited

Deadline to purchase January 12

Rocky River Seniors Council, Inc. invites you to the **HOTTEST** event this winter. Chili tasting includes small servings of homemade recipes. Registration to be a contestant is free and open to all interested chefs. Chili must be your own homemade recipe (*store bought chili is strictly prohibited*) and **quantity must fill a 6 quart crock pot** to ensure enough for samples and judging. Cash prize of \$50 will be awarded to the "Top Chef", along with fun prizes for 2nd and 3rd place winners. Those who buy chili sampling tickets will be our judges. Proceeds benefit services, programs and activities at the Senior Center.

Please contact the Front Desk at 440-333-6660 if you are interested in volunteering for this event—we need chefs willing to make chili and friendly faces to help serve during the event when you can meet new friends.

Ukulele Club with Amy Wooley, Ph.D.

NEW!

◆ GROUP UKULELE LESSONS

Fridays, January 12– March 1

\$35 residents, \$40 non-residents; pay by 1/10

8 Weeks

1 pm

The #1 pathway to brain health at any age is to learn a musical instrument, and ukulele is the perfect instrument to learn. It's easy, fun, and versatile. Ukulele Club is a musical community that gathers to have the fun of making music together, with musicians of all skill levels playing together, learning new skills as they progress. **Absolutely no musical experience required.** Repertoire will include traditional folk songs, classic rock songs, blues, holiday classics and contemporary pop. Ukuleles are inexpensive and Dr. Wooley will have a few loaners to try, if you don't have a uke. *Aloha!* Instructor: *Dr. Amy Wooley* (See the info below on affordable ukuleles.)



Affordable ukulele info: available from Amazon, Guitar Center. You can get a nice starter wood ukulele from around \$50. If you want a built-in tuner or an acoustic/electric, you'll pay a bit more, but it is handy to have for performances.



I'm a new instructor! Amy Wooley, Ph.D. – Guitar, Ukulele, Voice, Fiddle, Piano, Dulcimer, & Tin Whistle. Dr. Wooley holds a Ph.D. in Ethnomusicology from UCLA, where she also completed a M.A. in Ethnomusicology and a B.A. in Music Composition. She began her musical journey with singing/ song-writing country music and was nominated Best New Female Vocalist by the Academy of Country Music. She has more than 30 years of teaching experience with all ages in private lessons and group settings, and is certified in Orff music instruction and AKOM (All Kinds of Minds). Dr. Wooley has taught choir and instrumental music at schools in California, Washington DC, and Maryland. Dr. Wooley also has extensive experience in musical theater and was the arranger/orchestrator and music director for productions of *Cabaret*, *Hairspray*, *The Drowsy Chaperone*, *Guys and Dolls*, *Oklahoma!*, *West Side Story*, *Little Shop of Horrors*, *Godspell*, *Joseph and the Amazing Technicolor Dreamcoat*, and *The Wiz*. Dr. Wooley believes in brain-based learning for her students and encourages her students of any instrument to explore music in every genre: world, pop, folk, classical, musical theater, and more.

Rocky River Senior Center Hours
Monday—Friday 8:30– 4:30

21014 Hilliard Blvd, Rocky River, OH 44116
www.rrcity.com/senior-center

Social Services with Mary Hildebrandt 440-333-6664

We are happy to assist you with life's transitions, home health care, affordable housing, Social Security, and Medicare to name a few. If you would like to contact **Social Services**, please call **the social worker at 440-333-6664** and leave a message or email Mary at mhildebrandt@rrcity.com. Due to high demand, *appointments are appreciated*.



Please call 440-333-6660 to reserve your seat!

♦ ESTATE PLANNING FREE 10:30 am Thursday, January 11

The term "estate planning" is used today in many different aspects. Attorneys, financial institutions, accountants, and insurance companies all promote themselves as providing estate planning. But what does estate planning really mean?



You may be wondering: Do I need a trust, a will, or power of attorney? What is probate and how can I avoid it? Have these questions answered by Roanna Thawley, an estate planning attorney at Polito Rodstrom Burke LLP in Fairview Park. Pastries and coffee will be offered.

♦ HEARING LOSS & COGNITIVE DECLINE FREE 10 am Thursday, January 18

Did you know that recent research shows a correlation between the severity of hearing loss and risk of developing dementia? Joe Baker, audiologist and owner of Hearing Science, will lead a discussion on the best ways to identify and treat hearing loss to minimize its effects on overall health including cognitive decline. Continental breakfast provided.

♦ EMBASSY AT ROCKPORT FREE 10:30 am Thursday, January 25

Embassy of Rockport offers assisted living and memory care in Rocky River. The facility accepts the Medicaid Waiver Program in their assisted living when private funds are limited. Lauren Koch, Director of Marketing and Admissions, will discuss the Medicaid Assisted Living Waiver process, apartment layouts, services, cost of living and more. Breakfast will be included.

REACH

Call us! 440-462-1160

If you, or perhaps someone in your neighborhood, would enjoy conversing with a peer, please call 440-462-1160. Leave a message. One of our volunteers will return your call.



Senior Transportation 440-333-6665

Are you a Rocky River resident who needs transportation?

Call **Michelle at 440-333-6665**

to schedule your ride.

Passengers must be pre-registered.

Proudly transporting River's most experienced people!



Health Screenings

FREE

- ♦ **BLOOD PRESSURE/HEALTH CLINIC** Walk-In
10 am-12
Mondays, January 8, 22, 29 (omit 1/2, 1/15)
- ♦ **HEARING SCREENING** 2-4 pm
Thursday, January 11



Nearly 25% of those aged 65-74 and 50% of those who are 75 and older have disabling hearing loss. The American Academy of Audiology recommends all adults over 50 have a hearing screening with a baseline test by age 65. Please call the front desk at 440-333-6660 to schedule your free hearing screening with audiologist *Joe Baker from Hearing Science*.

Health Update - Ongoing protections

During this cold & flu season, rest assured that our periodic cleaning and sanitizing procedures continue. Microban coating is applied to all our shared countertops and all upholstered surfaces including each auditorium chair. This shield makes it impossible for germs to live on the surfaces. We have applied this precaution for years even before the pandemic to ensure the safest environment possible for our guests.

The Miracle of Mercy

NEW SERIES

- ♦ **Thursdays** **PRE-REGISTER/SPACE LIMITED** FREE
10-11 am
March 14—April 18

Did you know that mercy is God's number one characteristic in the Bible? The world portrays God as a God of anger and judgment. But God shows Himself first and foremost as a God of mercy. Let's explore with Pastor Rick Warren to see what mercy really looks like.

Facilitators: *Social Worker Mary Hildebrandt & Director Deb*
Six sessions include—

- One: The Five Marks of Mercy
- Two: Mercy Forgives the Fallen
- Three: Mercy Helps the Hurting
- Four: Mercy is Patient with Difficult People
- Five: Mercy is Kind to Enemies
- Six: Mercy Cares for the Lost

Study guides generously donated by O'Neill Healthcare



Why is a polar bear a cheap pet to have?

It lives on ice!

Medicare Assistance

FREE

If you have Medicare questions, we have two resources available for you.

- 1) You may call the OSHIIP call center in Columbus at 1-800-686-1578.
- 2) Donna D'Amico is a licensed agent with Kaz Company and is available for individual appointments onsite every other Tuesday from 12:30-4:30 pm. Check available dates on our monthly calendar, page 11.

To reserve a timeslot, call Front Desk 440-333-6660.

VOLUNTEER OF THE MONTH



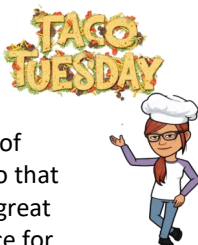
Meet Nancy Talbert— a dedicated volunteer who has been involved at RRSC for more than 20 years! Nancy began volunteering even before retiring from her work as a coin dealer. You will recognize Nancy from Silver Linings Café and daily lunch line. She also helps with monthly Quill assembly and our annual Craft & Quilt show. Being so involved, this is the third time Nancy has received this honor. She is a

valuable part of our volunteer team. At home, she is an avid reader and enjoys ballroom dancing. *Thanks for helping us in a variety of roles!*

Daily Deli Lunch

11:30 am-1 pm

Daily offering nutritious, delicious home-cooked meals in an upbeat dining experience shared with friends, family and neighbors. We strive to provide our best guest service experience with a sense of warmth, friendliness and individual pride so that each guest leaves highly satisfied with our great value, convinced that we are the best choice for their everyday lunch. Menus will be posted at the center and on-line at www.rrcity.com/seniors-center.



Meals on Wheels

440-333-6298

Are you a resident of Rocky River, Lakewood or Fairview Park who needs meals? Check them out at westshoremow.org

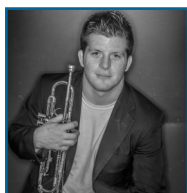


Rocky River or Lakewood call 440-333-6298
Fairview Park call 440-333-3842

Haff-Paluck Chamber Music Series

Wednesday, February 14th 1:30 pm ~ FREE
Jazz trumpeter Tommy Lehman Quartet

Trumpeter and vocalist Tommy Lehman is a native of Akron and graduate of Firestone High School. Playing professionally in NE Ohio for the past several years, he regularly tours, records, and performs with Acid Cats, Chris Coles' Nine Lives Project, Theron Brown, and others. Upon his completion of the renowned jazz studies program at Tri-C in Cleveland, Tommy transferred to the prestigious Hartt School of Music in West Hartford, Connecticut to continue his collegiate studies with Freddie Hendrix, Steve Davis, Nat Reeves, Javon Jackson, amongst others before graduating in 2018. Lehman resides in Akron and is dropping a live album recorded at Blu Jazz soon.



Buddy Lunch Bunch!

January 5

Now the first Friday of the month!

Meet new friends! Come to Deli Lunch on **Friday, January 5th**, and stay for "The Burial" our free movie matinee played on our new large screen! This is a great way for new participants or for anyone looking to meet new friends and to become more familiar with our center. All participants will be eligible for a free meal raffle awarded for the following month. You may purchase lunch between 11:30 am and 1 pm. Movie begins at 1:00 pm.



Mardi Gras Fun from Donuts to Jambalaya

Tuesday, February 13

Join us on Fat Tuesday for our Mardi Gras Celebration. Deli Lunch, served between 11:30 am and 1 pm, will feature a Mardi Gras "Special" that includes Jody's tasty Jambalaya and other traditional Mardi Gras foods. Wear your favorite beads, mask and colors— gold, green, and purple— to join the fun!

Keeping with tradition, the front desk will have your favorite paczkis for sale beginning at 9am while supplies last.



Sneak Peek for St. Patrick's Day



New BarleyCorn Friday, March 15

11:30 am Lunch

1:30pm Program

They say everyone is Irish on St. Patrick's Day. Come and celebrate St. Patrick's Day with us for our tradition of Irish music, storytelling, and a lively sing-a-long with Alec DeGabriele and John Delaney.

Lunch only \$31 residents; \$32 non-residents
pre-order lunch by March 8th

Program only \$12 residents; \$13 non-residents

11:30 am Luncheon

Catered by Italian Creations

Menu choice 1) corned beef OR 2) seared salmon BOTH served with cabbage, spatzle, and baby carrots. Meal includes fresh spring greens salad with honey balsamic vinaigrette dressing, focaccia bread, soda bread and brioche rolls with butter, and white chocolate mousse cake for dessert! Coffee service at each table.

Pre-order lunch by March 8

Patty Tobin

- ♦ **BEGINNER CERAMICS** **8 Weeks**
Wednesdays, January 10– Feb. 28 **1-3 pm**
\$55 residents, \$60 non-residents, pay one week ahead

Students of all levels are welcome to develop new skills or expand upon their knowledge with individual instruction. Students new to working with clay will learn to apply ceramics hand-building skills (pinch and slab building, surface texturing, glazing, wedging, and ceramics terminology) through fun and varied projects. Clay and basic supplies included.

- ♦ **INTERMEDIATE CERAMICS** **8 Weeks**
Mondays, January 8– March 11 (omit 1/15, 2/19) 1-3 pm
\$55 residents, \$60 non-residents, pay one week ahead

All levels of experienced students will expand upon their knowledge of pinch and slab techniques, use of ceramic tools, surface decoration, and learn coil building while creating varied projects. More advanced students will receive guidance on their own personal artworks. Clay and basic supplies included.

Felicia Zavarella Stadelman

- ♦ **THROUGH THE EYES OF THE ARTIST** **\$5 per lecture**
Wednesdays Pay 2 days before **11 am– 12 pm**

“Through the Eyes of the Artist” is an artistic biography lecture series created by *Felicia Zavarella Stadelman*. The series offers an exclusive view into the remarkable lives and times of our favorite artists. You’ll have the opportunity to learn about artists you may not know now, but will never forget. Each presentation is enhanced with music, print and images to help tell the artist’s story. Handouts include an overview of the artist and a notecard memento.

January 17– Suzanne Valadon Transformed herself from an artist’s model into a successful artist by observing and learning their techniques. Known as the “mistress of Montmartre” living by the phrase “Vive l’amour”, she created powerful and controversial figure painting. Her version of Adam and Eve was the first piece by a female artist to show a nude man and woman together.



February 14 – Art Form, Design and Attitude: The Eclectic Influence of Art and Culture in the 1920s. The Roaring Twenties was a remarkable period of creativity that brought forth new, bold movements that changed the way the world looked at itself. Art, literature, and popular culture of the ‘20s absorbed themes of modernism. Come explore these artistic and cultural trends associated with this decade.

Paul Passano, B.F.A.

- ♦ **WATERCOLOR PAINTING** **6 Weeks**
Mondays, January 8– February 26 (omit 1/15, 2/19) 1-3 pm
\$45 residents, \$50 non-residents; pay by 1/4

Watercolor instruction for intermediate skill levels. Instructor *Paul Passano* is an artist and teacher with 30 years watercolor experience. Students bring their own reference material. *Supply list available.*

Eric Dull, B.F.A.

- ♦ **PEN & INK** **6 Weeks**
Wednesdays, January 3– February 7 **10 am-12**
\$45 residents, \$50 non-residents; pay by 12/31

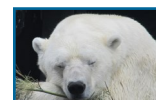
Join Eric in exploring creating with pen and ink. This class will review basic pen and ink drawing techniques and then add a few twists and turns using masking, spattering, smearing and washes. All to give you a wider range of effects in your drawings. *Supply list available.*

- ♦ **COLORED PENCIL** **6 Weeks**
Wednesdays, January 3– February 7 **1– 3 pm**
\$45 residents, \$50 non-residents; pay by 12/31

Colored pencils can do so much more than just fill in spaces on a coloring page. They are a versatile tool and medium once you know their secrets. In this class, Eric shares some of his secrets with you. How to achieve soft blends and fades, texturing effects, splattering, lifting and a few more. You will also learn about color layering, paper considerations and solvents to use with your pencils to take yourself beyond coloring to creating. *Supply list available.*

- ♦ **NATURE THROUGH WATERCOLOR** **6 Weeks**
Mondays, January 8– Feb. 26 (omit 1/15, 2/19) **10 am-12**
\$45 residents, \$50 non-residents; pay by 1/4

Enjoy exploring nature through watercolor with Eric as he guides you through painting scenes of birds, animals, landscapes, and flowers. This class is open to all levels with demonstrations on the use of watercolors through live demonstrations and individual instruction of a variety of techniques and how to apply them to paintings. More advanced students will get a chance to brush up on their basic skills and expand them with more challenging subjects.



- ♦ **OILS & ACRYLICS** **6 Weeks**
Fridays, January 12– February 16 **10 am-12**
\$45 residents, \$50 non-residents; pay by 1/10

Painting is a fun and relaxing activity where you can explore the world around you or let your imagination and creativity soar. Oils and acrylics are wonderful mediums to paint with and easy to learn. If you are new to painting or have a few paintings under your belt, this is geared for all levels. Students will work with Eric on guided projects consisting of fun and quirky still life, interesting landscapes, and more!

Judy Montgomery, Certified Zentangle® Teacher

- ♦ **BEGINNING ZENTANGLE ART** **6 Weeks**
Mondays, January 8– Feb. 26 (omit 1/15, 2/19) 9:30-11:30 am
\$42 residents, \$47 non-residents; pay by 1/4

- ♦ **MORE ZENTANGLE® ART** **6 Weeks**
Wednesdays, January 3– Feb. 7 **9:30-11:30 am**
\$42 residents, \$47 non-residents; pay by 12/29

Zentangle® continues with new projects. There are no mistakes in Zentangle, so there is no need for an eraser!

History, Philosophy & Religion

- ♦ **THE SYNOPTIC GOSPELS** **7 Weeks**
Thursdays, January 4– February 15 **2 pm**
\$35 residents, \$40 non-residents; pay by 1/2

The Gospels of Matthew, Mark and Luke all share a similar narrative about Jesus of Nazareth. In side-by-side comparisons, we will explore similarities and differences of each book. Instructor: *Ted Smith*

- ♦ **CONFEDERATE FEMALE SPIES** **2 Sessions**
Mondays, January 8, 22 **10 am**
\$10 residents, \$15 non-residents; pay by 1/4

One of the most interesting aspects of the Civil War was the contribution of Women to the War effort. No man took them seriously and they used it for all it was worth.



Instructor: *Bob Wills*

- ♦ **WWI** **6 Weeks**
Mondays, January 29– March 11 (omit 2/19) **10 am**
\$30 residents, \$35 non-residents; pay by 1/25

World War I ranks high among the disasters to have inflicted mankind. The range, accuracy and fire power of modern weapons coupled with outdated ideas of throwing masses of men at the enemy to cover poor generalship made this war truly horrific. We will cover the western front in France, the Russian front and the war in Africa. The causes, Naval War in the air will also be discussed. Join us— but don't forget your steel helmet! Instructor: *Bob Wills*

- ♦ **PRINCE WILLIAM AND KATE MIDDLETON**
THE FUTURE OF THE MONARCHY **1 Session**
Thursday, February 8 **1 pm**
\$5 residents, \$6 non-residents; pay by 2/6

Let's take a look at Will and Kate— their childhood and teenage years, comparing commoner vs. royal childhood. Learn about the royal couple's university years and 8-year romance, their engagement and elaborate historic wedding. How does the royal couple live now? What are their children like? Meet the New Prince & Princess of Wales and discover which charities they support. Instructor: *Julie Koenig*



- ♦ **DOLLEY MADISON AND HER AMAZING LIFE** **1 Session**
Tuesday, February 20 **1 pm**
\$5 residents, \$5 non-residents; pay by 2/16

Dolley was a lady! How did she become one of our most popular First Ladies? Let's find out the details. She was a bit of a non-conformist—did she change? We will learn her biggest mistake and her greatest triumphs. Join us and we will all say hello to Dolley! Presenter: *Alice Wills*

- ♦ **THE GOSPEL OF JOHN** **4 Weeks**
Thursdays, February 22– March 14 **1 pm**
\$20 residents, \$25 non-residents; pay by 2/20

Late 1st Century in origin, the Gospel of John is a unique understanding of Jesus the Christ. This Gospel depicts its characters as "representational figures" and dwells on symbols like bread, light, and water. Let's study its history and its intended message. Presenter: *Mike Reiling M Ed.*

Literary – Journaling, Reading and Writing

- ♦ **BOOK CLUB** **FREE**
Friday, January 26 **1:15 pm**



Join retired librarian, *Sheila Ives*, for a lively discussion of *Remarkably Bright Creatures* by Shelby Van Pelt.

This year, I resolve to read more books!

- ♦ **WRITERS AND READERS** **FREE**
Wednesdays, January 3, 10, 17, 24, 31 **1 pm**

We are a very diverse and open group who have a fun time writing and then reading our short essays. The class starts out writing to a prompt for ten minutes. After reading these essays, we move on to reading our homework essays. There is no pressure, everyone's essay is acceptable. Please join this creative group each Wednesday for a really great, fun time. Facilitator: *Bill Grasser*

- ♦ **JOURNALING WITH NATURE** **4 Weeks**
Wednesdays, January 10, 17, 24, 31 **10:30 am**
\$20 residents, \$25 non-residents; pay by 1/8

Winter is a quiet season of cold, snow, short daylight hours, and dormant nature. We hibernate as well. Paying attention to winter's meaning and beauty invites us to reflective journaling about how this time of year can inspire our lives. Facilitator: *Mike Reiling, M.Ed.*

Trivia

Call to register your team 440-333-6660

- ♦ **GENERAL TRIVIA** *New Year-New Price* **\$4/person**
Friday, January 12 and 26 **1:30 pm**

Please register your team 2 days prior. Prizes awarded to the top three winners. Popcorn and refreshments included.

French with Susan Hildebrandt

- ♦ **FRENCH FOR TRAVELERS** **6 Weeks**
Wednesdays, February 14– March 20 **9:30 am**
\$30 residents, non-residents \$35; pay by 2/12

This class is intended for individuals with some previous exposure to the French language. We will focus on vocabulary and conversation related to travel. Topics include transportation, hotels, restaurants, sightseeing, asking directions, shopping, and health.

- ♦ **FRENCH II** **6 Weeks**
Wednesdays, February 14– March 20 **11 am**
\$30 residents, non-residents \$35; pay by 2/12

This class is intended for individuals with a basic grasp of French who are seeking to improve their language skills. The study of French literature and news articles will allow students the opportunity to expand their vocabulary, reading comprehension and conversation skills.

Dance with *Alyssa Wilmot*

- ◆ **BEGINNER BALLET** 8 Weeks
Mondays, January 22– March 18 (omit 2/19) 1 pm
\$40 residents, \$45 non-residents; pay by 1/18

Learn classical ballet techniques. This class includes barre work, low impact across the floor and center work. Improve your balance, posture, flexibility, memory and coordination. Suitable for all levels.

- ◆ **INTERMEDIATE/ADVANCED BALLET** 8 Weeks
Thursdays, Jan. 4–February 22 1 pm
\$40 residents, \$45 non-residents; pay by 1/2

For dancers with some prior ballet experience, this class includes intermediate/advanced ballet vocabulary and technique at the barre, in center work, and across the floor practice involving balance and turning with direction changes. We will integrate connecting and traveling steps with advanced combinations.

- ◆ **OPEN LINE DANCE** \$4 Pay as you go or Punch Pass
Mondays (omit 1/1, 1/15) 2 pm

Join us for fun line dancing! Learn popular line dance steps to a variety of music from country, pop and R&B. Line dancing is a low impact exercise that improves balance, coordination and memory. Suitable for all levels.

Irish Dance with *Peggy Cannon*

- ◆ **LOW IMPACT IRISH DANCE** 8 Weeks
Wednesdays, January 10– February 28 1 pm
\$40 residents, \$45 non-residents; pay by 1/8

Irish Dance offers many health benefits, including but not limited to improving balance, sharpening the memory and strengthening muscles around the joints to assist with arthritis and over all fitness. This low impact version is similar to tap dance and clogging. We will cover various styles of Irish Dance from “old style” to “Irish Ceili” (social dance) and basic steps of traditional Irish Step Dance. Dancers should wear comfortable clothing and flexible shoes such as regular tennis shoes, dance or jazz shoes or dance sneakers.

No prior experience necessary.

Tap Dance with *Patty Hays*

- ◆ **BEGINNING TAP** 8 Weeks
Tuesdays, January 2– February 20 1-2 pm
\$40 residents, \$45 non-residents; pay by 12/28

For dancers with little or no experience with tapping. Learn the basics of tap dance while having fun.

- ◆ **INTERMEDIATE TAP** 8 Weeks
Tuesdays, January 2– February 20 2:15-3:15 pm
\$40 residents, \$45 non-residents; pay by 12/28

Tap for dancers who would like to continue with the skills they already possess and take it to another level while having fun.

This year, if I get a chance to sit it out or dance, I resolve to dance!

Theatre Dance with *Jim Becker*

- ◆ **THEATRE DANCE** 8 Weeks
Wednesdays, January 10– February 28 2-3:30 pm
\$40 residents, \$45 non-residents; pay by 1/8

Let's put on a show! **All levels welcome**, women and men! This class will be rehearsal-focused. We start with a song, add dance steps and theatrics, then the audience! During rehearsal, if there are steps you want to review, we will deconstruct the step phrase and work it into dance exercises to enhance muscle memory. The options are limitless, and you will look and feel great dancing! Together we will decide our tasteful wardrobe/costumes. Please join us!

Next performance scheduled for **February 28**.

ZUMBA with *Traci Lundell*

- ◆ **ZUMBA** Pay as you go \$4 or Punch Pass
Tuesdays, January 2, 9, 16, 23, 30 8:35 am
Thursdays, January 4, 11, 18, 25 8:35 am



Zumba is perfect for older adults because it improves your emotional health and it is low impact for your joints. It enhances agility and balance and creates opportunities for social engagement!

Fitness Classes with *Pat Andler, C.P.T., L.M.T.*

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks
Tuesday, January 2– February 20 12 pm
\$25 residents, \$30 non-residents; pay by 12/29
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks
Wednesday, January 3– February 21 12:50 pm
\$25 residents, \$30 non-residents; pay by 12/29
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks
Wednesday, January 3– February 21 3:20 pm
\$25 residents, \$30 non-residents; pay by 12/29
- ◆ **CHAIR EXERCISE (Especially beneficial for arthritis)** 8 Wks
Wednesday, January 3– February 21 1:30-2:30 pm
\$35 residents, \$40 non-residents; pay by 12/29

A proper balance of exercise can relieve stiffness and maintain or improve muscle strength and joint mobility. This program includes range of motion, flexibility, strength and endurance exercises and relaxation techniques.

- ◆ **SUN-STYLE TAI CHI** 8 Weeks
Wednesday, January 3– February 21 2:40-3:10 pm
\$25 residents, \$30 non-residents; pay by 12/29

Learn the Tai Chi practice, Sun-Style. Increases joint mobility, improves balance and coordination. A recommended exercise routine for arthritis. Due to its agile steps, it is easy to learn and practice.

- ◆ **FALLPROOF** 8 Weeks
Thursdays, January 4– February 22 10:30 am
\$35 residents, \$40 non-residents; pay by 1/2

A comprehensive balance and mobility training program. Activities are specifically designed to address the multiple dimensions that contribute to balance and mobility. *Enjoy a 1 hour workout to increase strength and tone your body.*

Boom Move with <i>Cindy Souris</i>	Silver Sneakers
<p>♦ BOOM MOVE or \$4 pay as you go</p> <p>Fridays, January 5, 12, 26 (omit 1/19) 9 am</p> <p>A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. MOVE includes simple dance moves that build into more complex sequences, bringing you a great cardio workout. For those who love to dance and want just a bit more!</p>	

Circuit with <i>Cindy Souris</i>	Silver Sneakers
<p>♦ CIRCUIT or \$4 pay as you go</p> <p>Mondays, January 8, 22, 29 (omit 1/1, 1/15) 10 am</p> <p>Wednesdays, January 3, 10, 17, 24, 31 10:30 am</p> <p>Fridays, January 5, 12, 26 (omit 1/19) 10 am</p>	

Circuit with <i>Maureen Dunphy</i>	Silver Sneakers
<p>♦ CIRCUIT or \$4 pay as you go</p> <p>Mondays, January 8, 22, 29 (omit 1/1, 1/15) 9 am</p> <p>Wednesdays, January 3, 10, 17, 24, 31 9:30 am</p> <p>Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with seated, upper-body strength work using hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support.</p>	


Yoga with <i>Ann Stefancin</i>	Silver Sneakers
<p>♦ CHAIR YOGA or \$4 pay as you go</p> <p>Tuesdays, January 2, 9, 16, 23, 30 9 am, 10 am or 11 am</p> <p>Chair yoga is a great way to improve flexibility, strength and balance. During our time together, we will explore gentle seated, standing and balancing poses and then complete our practice with breath and stillness to help the body and mind relax.</p>	

Winter—the season to hibernate, recharge, relax, and rejuvenate—awaiting spring.




EnerChi with <i>Mary Holtz</i>	Silver Sneakers
<p>♦ ENERCHI or \$4 pay as you go</p> <p>1:00 pm or 2:00 pm</p> <p>Tuesdays, January 9, 16, 23, 30 (omit 1/2)</p> <p>Thursdays, January 11, 18, 25 (omit 1/4)</p> <p>EnerChi is comprised of easy to learn, modified tai chi forms aimed at improving well-being. Low impact movements are practiced in a slow, flowing sequence to enhance strength, balance and focus. Breathing exercises and self-applied massage can enhance a healthy flow of qi.</p>	



Seasonal Qigong with <i>Mary Holtz</i>	NEW!
<p>♦ WINTER QIGONG 4 Weeks</p> <p>Mondays, January 22– February 12 8:30 am</p> <p>\$20 residents, \$25 non-residents; pay by 1/18</p> <p>Come to learn and practice flowing forms to stretch the body, expand the breath, and energize specific organs. Taking cues from nature, we will learn a new sequence during each seasonal practice. Continuing through each season is ideal but not mandatory; join us when you can!</p>	

Yoga with <i>Pat Andler, C.P.T., L.M.T., R.Y.T.</i>
<p>♦ YOGA– HEALING THROUGH THE CHAKRAS 8 Weeks</p> <p>Thursdays, January 4– February 22 11:45 am</p> <p>\$35 residents, \$40 non-residents; pay by 1/2</p> <p>The Sanskrit word “Chakra” represents the spinning points of energy in the body which correspond with major organs and nerve bundles. Learn how to revitalize your natural energy which will boost your health and immune system through harmonizing your 7 major chakras. Bring a yoga mat and a small pillow or rolled up towel for your head.</p>

Boomer Yoga with <i>Joe Gauntner</i>
<p>♦ BOOMER YOGA 8 Weeks</p> <p>Thursdays, January 4– March 7 (omit 2/1, 2/8) 9:00 am</p> <p>\$40 residents, \$45 non-residents; pay by 12/31</p> <p>Boomer Yoga is a gentle yoga class designed for adults 50 and older. Traditional asanas or postures and breath work will be utilized to promote balance, flexibility, strength and relaxation. The class will include standing, seated (on the floor), and reclined yoga postures. While no prior experience is necessary, interested persons with osteoporosis, joint replacements, high blood pressure, or glaucoma should consult their health care professional before signing up. Loose, comfortable clothing recommended.</p> <p>Attendees should bring a yoga mat.</p>

Yoga with <i>Josh Holder</i>	New Day, New Time
<p>♦ CHAIR YOGA 8 Weeks</p> <p>Mondays, January 8 – March 11 1:00 or 2:00 pm</p> <p>(no classes 1/15 & 2/19)</p> <p>\$40 residents, \$45 non-residents; pay by 1/10</p> <p>This one time registration reserves your place in class for 8 weeks.</p>	

Tai Chi with <i>Mike Reiling, M.Ed.</i>
<p>♦ TAI CHI EASY 8 Weeks</p> <p>Wednesdays, January 10– February 28 9 am</p> <p>\$40 residents, \$45 non-residents; pay by 1/8</p> <p>Tai Chi is a mind-body activity which involves relaxed breathing, gentle movements, meditation, and self-applied massage to stimulate energy. It is easy to practice and excellent for physical well-being, reducing stress and improving one’s balance.</p>

Senior Council Updates

♦ **Residents of Pinzone Towers celebrated Christmas** with gifts of good cheer thanks to donations and volunteer efforts of Council members and Social Worker Mary Hildebrandt. On Dec. 8th, Santa's elves (Jan Estes, Jim Hopkins and Gail McMilan) shared Giant Eagle or Marc's gift cards, seasonal soap, and sweet treats with residents.



♦ Let's heat up winter with a **Chili Cookoff on Friday, January 19**. See details on front page. Various chili samples with condiments and corn bread are included. Tasting tickets on sale now. After tasting your samples, join the fun to pick the best Rocky River chili and congratulate the winner.

♦ Get out your shillelaghs and shamrocks for our **Irish soda bread fundraiser. Sales run Monday, March 11 through Friday, March 15**. We have sold soda bread for more than 25 years thanks to the baking skills of many volunteers. We need volunteers to bake bread and sell it. Recipes will be provided for all who bake. All proceeds support social services.

♦ **Save the date for Night at the Races on April 20**. We will begin selling horses soon. Watch for more details.

♦ Much thanks to those responding to our **Annual Appeal letter—we have received \$2,100 to date**. Donations will support our many programs, activities, and services.

♦ **At the next 9:00am meeting on Wednesday, January 17, council members will elect officers for 2024**. Officers are elected to a one-year term and include president, vice president, secretary, treasurer, and assistant treasurer. Mayor Bobst will install officers at this meeting. *If you would like to know more about the council, we invite you stop in to our regular meetings on any third Wednesday at 9:00am.*

This year, I resolve to become more active!

Competitive Sports with Toni Holtzhauser

♦ **POOL NOODLE HOCKEY** **FREE**
Thursdays, January 4, 11, 18, 25 **12:15 pm**

Pool Noodle Chair Hockey is just that, a game of hockey played with pool noodles instead of hockey sticks while seated in chairs. It's a great game for hand eye coordination and especially good for cardio exercise. Like Chair Volleyball, you must remain in your seat! Join referee extraordinaire Toni Holtzhauser for an afternoon of fun and laughs.



♦ **CHAIR VOLLEYBALL** **FREE**
Thursdays, January 4, 11, 18, 25 **1 pm**

Chirps of laughter, heavy grunts and jesting calls of "too much power!" echo off senior center walls on Thursdays after lunch. It's good upper body exercise and people with wheelchairs can participate. Join us!

Animal Behavior with Beth Pasek **NEW!** **FREE**

♦ **UNDERSTANDING CAT BEHAVIOR** **1 Session**
FELINE STRESS: A MULTIMODAL ENVIRONMENTAL APPROACH
Tuesday, February 13 **1 pm**

Have you ever wondered what your cat is trying to tell you? Understanding cat behavior will give you deeper insight as to why your cat does what it does and what YOU can do to manage its behavior. Professional cat consultant and author Beth Pasek reveals informational tips in dealing with cat behavior. She is the owner of award winning Finnicky, based in Cleveland. Beth will speak on compassionate training techniques that can help you improve your relationship with your four-legged friend by understanding feline behavior. Please call 440-333-6660 to reserve your seat. Presenter: *Beth Pasek, Certified Cat Trainer—Karen Pryor Academy*



River Singers with Leigh Eastman

♦ **RIVER SINGERS** **FREE**
Mondays, January 8, 22, 29 (omit 1/1 & 1/15) **1 pm**
If you love to sing, this group is for you. No previous experience required! Song sheets provided. *Everyone welcome.*

Science with Mike Reiling, M.Ed. **FREE**

♦ **WHAT CAN WE DO ABOUT CLIMATE CHANGE?** **1 Session**
Thursday, January 18 **1-2:30 pm**

Join an engaging group conversation about mitigating climate change using the accessible and highly-researched En-Roads Climate Solutions Simulator to explore our choices and inspire action. En-Roads is an extensive and highly-researched climate solutions simulation developed by the MIT Sloan School of Business and Climate Interactive. Our program goal will be to reduce the average temperature on our planet from the currently projected +3 Celsius to 1.5 Celsius by 2100. Class size limited, please call 440-333-6660 to reserve your seat.



Save the Date
April 8, 2024

Viewing Party

Safety glasses Provided

Sun and Moon Folklore & Facts



DAY TRIPS Presented by Rocky River Senior Center

- ♦ **MRS. DOUBTFIRE AT THE CONNOR PALACE** 6:15 pm
Tuesday, January 23, 2024 *Just a few spaces left!*
\$94 residents, \$99 non-residents

Everyone's favorite Scottish nanny is headed to Cleveland in an internationally acclaimed new hit musical critics call "wonderful, heart-warming, and laugh-out-loud funny" and "a feel-good, family friendly comedy that delivers." Based on the beloved film and directed by four-time Tony Award winner Jerry Zaks, *Mrs. Doubtfire* tells the hysterical and heartfelt story of an out-of-work actor who will do anything for his kids. It's the loveable, big-hearted musical comedy we need right now, one that proves we're better together. Main floor seating at The



Connor Palace, 7:30 pm performance. **Board 6:15 pm, depart 6:30 pm; estimated return 10:30 pm. Please include a SASE with registration.**

- ♦ **FUNNY GIRL** 6:15 pm
Wednesday, March 6 *Registration ongoing!*
\$94 residents, \$99 non-residents

Welcome to musical comedy heaven! Featuring one of the greatest musical scores of all time, including classic songs "Don't Rain On My Parade", "I'm the Greatest Star", and "People". This letter to the theatre is the story of the indomitable Fanny Bryce, a girl from the Lower East Side who dreamt of a life on stage. Everyone told her she would never be a star, but then something happened—she became one of the most beloved performers in history. Shining brighter than the brightest lights of Broadway. Main floor Orchestra seats at The Conner Palace. **Board 6:15 pm, depart 6:30 pm; estimated return 11 pm. Please include SASE with registration.**



This year, I resolve to try new restaurants!

OVERNIGHT TRIPS Presented by Wendt Touring

2024 TOURS

Tour brochures now available.
Registration now open.
All are Welcome!

- ♦ **NEW ORLEANS FIESTA**
SPRINGTIME DOWN SOUTH (by motorcoach)
7 days April 20 - 26, 2024

French Quarter, Bourbon St., Jackson Square, St. Louis Cathedral, Riverwalk, Mississippi River Cruise, Bellingrath Gardens, Memphis, Elvis Presley's Graceland, Kentucky Bourbon Trail, Gulf of Mexico, Nashville, Alabama, Louisiana, Mississippi, Tennessee, and more. Three nights in New Orleans— at the Wyndham Hotel French Quarter.

- ♦ **THE CANADIAN ROCKIES** (by air and motorcoach)
6 days early Summer, June 23 - 28, 2024

Banff National Park, Jasper National Park, Lake Louise, Columbia Ice Fields, Lake Minnewanka Boat Cruise, Valley of the Ten Peaks, Moraine Lake, Athabasca Glacier Snowcoach Ride, Calgary. Stay all six days in Banff at the Rundlestone Inn .

- ♦ **ICELAND ADVENTURE** (by air and motorcoach)
8 days late Summer, September 1 - 8, 2024

Reykjavik, The Blue Lagoon, Thingvellir National Park, Gullfoss Falls, Great Geysir Hot Spring, Hallgrímskirkja Church, Snæfellsnes Peninsula, Lava Centre, Viking Bay Cruise, Atlantic Ocean, Iceberg. Black Sand Beaches. Volcano Visitor Center.

- ♦ **MAINE AND VERMONT**
COASTAL NEW ENGLAND AUTUMN (by motorcoach)
7 days October 5 - 11, 2024

Acadia National Park, Cadillac Mountain, Ogunquit, Portland, Scenic Highway 1, Mount Desert Island, Bar Harbor, Lobster Supper, Kennebunkport, Historic Bennington, New Hampshire, Atlantic Ocean 5 days on the Maine coast.

Registration forms for Wendt Trips are available at the front desk or online at www.rrcity.com/senior-center

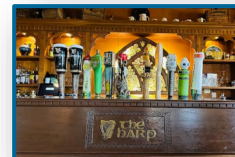
Good Grub Social Club

Once a month you can board RRSC's bus to travel for lunch at a wide variety of establishments. A trendy restaurant, a comfortable coffee shop, a glass of wine with a beautiful view, each place will be unique in its own way. Cost of traveling is \$10, lunch is on you. We make all the arrangements with the restaurant, but space is limited so don't delay in registering!

- ♦ **THE HARP** 11 am
Wednesday, January 31 *Registration begins 1/2*

Bringing together old world charm and city life, The Harp is a familiar site along the westside shoreway. The warm décor sets the mood for an extensive menu of Irish and American fare, ranging from boxty, bangers and mash to lobster pierogis, salads and burgers. Add in a good selection of Irish brews and save room for dessert! With a beautiful view of Cleveland's lakefront skyline, The Harp is a top-notch pub.

Board 11 am; Depart 11:15 am; Estimated return 2 pm. Please include SASE (self-addressed stamped envelope) with registration.



History of Holidays with Beryl Prusinowski

♦ HISTORY OF WINTER HOLIDAYS

Tuesday, January 16

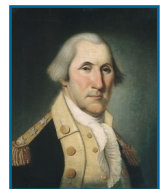
1 pm

\$5 residents, \$6 non-residents; pay by 1/11

In this segment, we are going to investigate winter holidays. Learn why Dr. Martin Luther King, Jr. is honored around the world, as is our first president George Washington. Discover the background of Groundhog Day—the little critter is more fascinating than you may think!



Watch for upcoming sessions exploring President's Day, Valentine's Day, Mardi Gras, and Easter. With springtime, we may learn about St. Patrick's Day, Earth Day, Arbor Day, and Cinco de Mayo. Summertime brings a chance to discover background on Flag Day, Memorial Day and Fourth of July. History of the Holidays offers a new perspective from our current understanding of these dates on our calendar.



Hollywood with Aaron Spears

♦ HOLLYWOOD SCANDALS

3 Weeks

Tuesdays, February 20– March 5

10 am

\$15 residents, \$20 non-residents; pay by 2/16

Let's take a true crime look at the early days of Hollywood. These early days were marked by technological breakthroughs and staggering artistic achievements. It was also an unprecedented era of hedonism, crimes and cover-ups. In each class, we will examine a different case file from the early days of Hollywood.



This year, I resolve to watch more TV— with friends!



Streaming On-Site

♦ OUTLANDER SEASON 5

Mondays

FREE

1:15 pm

The fifth season of Outlander sees a continuation of Claire and Jamie's fight to protect those they love, as they navigate the trials and tribulations of life in colonial America. The Frasers strive to flourish within a society which is unwittingly marching toward Revolution, and Jamie must now defend the home they have built together at Fraser's Ridge while Claire seeks to put her own skills and medical expertise to use in keeping her family together and safe from harm. Meanwhile, Brianna and Roger MacKenzie struggle to find their respective places in this world and chase away the shadow cast over their lives by Stephen Bonnet as they raise their son in this new world.



Improv Theater with Russ Stich

NEW

♦ IMPROV ACTING LESSONS

5 weeks

Thursdays, January 11—February 8

10:30 am

\$25 residents; \$30 non-residents; pay by 1/9

A fun exploration of improvisational theater through easily accessible theatrical games and group exercises. Perfect for beginners, those with a love of theater, and experienced thespians. All are welcome! Have fun while exploring communication, cooperation and creativity!

Senior Theatre Returns

FREE

♦ SENIOR PLAYERS

Thursday February 15

10 am

Anyone interested in joining this delightful group should attend this informational meeting. Positions available both on and off stage! No prior experience necessary! Come help with costumes, set design or performing. For more info, contact Laurie Schaefer at 440-331-1114 or lschaefer@rrcity.com

[Upcoming Performances](#)

Wednesday May 22 at 7:00 pm

Thursday May 23 at 1:30 pm

Friday May 24 at 1:30 pm

Movie Matinees

Fridays

1 pm

FREE

January 5

THE BURIAL

2023

R

2H 6M

LEGAL DRAMA

Inspired by true events, a lawyer helps a funeral home owner save his family business from a corporate behemoth, exposing a complex web of race, power, and injustice. Cast: Jamie Foxx, Tommy Lee Jones, Jurnee Smollett, Alan Ruck



January 12

BOOK CLUB, NEXT CHAPTER 2023

PG-13

1H 47M

COMEDY

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had. Cast: Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen



January 19

NYAD

2023

PG-13

2H

SPORT/DRAMA

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream of completing the 110 mile open ocean swim from Cuba to Florida. Cast: Annette Bening, Jodie Foster, Rhys Ifans



January 26

THE WIZARD OF OZ

1939

G

1H 52M

MUSICAL/FANTASY

When a tornado rips through Kansas, Dorothy and her dog, Toto, are whisked away in their house to the magical land of Oz. Enjoy this classic trip down the yellow brick road once again on the big screen. Cast: Judy Garland, Ray Bolger, Jack Haley, Bert Lahr, Margaret Hamilton, Frank Morgan



January 2024

Deborah Huff, Director
Cindi Williams, Administrative Assistant
Laurie Schaefer, Program Coordinator
Dianne Hamm, Front Desk, Trip Escort
John Catavolos, Front Desk
Mary Holtz, Marketing, Front Desk

333-6660
333-6662
331-1114
333-6660
333-6660
356-2092

Front Desk
440-333-6660
John, Dianne
Mary

Larry Goebelt, Facility Manager
Mary Hildebrandt, Social Service
Michelle Soneson, Transportation/Silver Linings
Jody Soneson, Kitchen
Janus Toth, Kitchen Assistant

333-6660
333-6664
333-6665
333-6660
333-6660

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p>	<p>2</p> <p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 11:00 SS Yoga with Ann 11:30 Deli Lunch 12:00 Weights Workout begins 1:00 Beginner Tap begins 1:00 Open Ceramics 1:00 NO SS Enerchi 2:00 NO SS Enerchi 2:15 Intermediate Tap begins</p>	<p>3</p> <p>9:30 More Zentangle Art begins 9:30 SS Circuit 10:00 Pen & Ink begins 10:30 SS Circuit 11:30 Deli Lunch 12:50 Weights Workout begins 1:00 Colored Pencil begins 1:00 Writers and Readers 1:30 Chair Exercise begins 2:40 Sun Style Tai Chi begins 3:20 Weights Workout begins</p>	<p>4</p> <p>8:35 Zumba 9:00 Boomer Yoga begins 10:30 Fallproof begins 11:30 Deli Lunch 11:45 Chakra Yoga begins 12:15 Pool Noodle Hockey 1:00 Chair Volleyball 1:00 Int/Adv Ballet begins 1:00 NO SS Enerchi 2:00 NO SS Enerchi 2:00 Synoptic Gospels begins</p>	<p>5</p> <p>9:00 SS Boom Move 9:00 Walking Group 9:45 Yoga with Josh ends 10:00 Oil & Acrylics ends 10:00 SS Circuit 10:45 Yoga with Josh ends 11:30 Deli Lunch 11:30 Lunch Bunch 11:45 Yoga with Josh ends 1:00 Movie- The Burial</p>
<p>9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle begins 10-12 Blood Pressure Clinic 10:00 Nature Watercolor begins 10:00 SS Circuit 10:00 Confederate Spies begins 11:30 Deli Lunch 1:00 Ballet ends 1:00 River Singers 1:00 Watercolor begins 1:00 Intermed. Ceramics begins 1:00 Yoga with Josh begins 1:15 Outlander Season 5 2:00 Open Line Dance 2:00 Yoga with Josh begins</p> <p>8</p>	<p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 11:00 SS Yoga with Ann 11:30 Deli Lunch 12:00 Weights Workout 12:30-4 Medicare w/Donna 1:00 Beginner Tap 1:00 Open Ceramics 1:00 SS Enerchi 2:00 SS Enerchi 2:15 Intermediate Tap</p> <p>9</p>	<p>9:00 Tai Chi Easy begins 9:30 More Zentangle Art 9:30 SS Circuit 10:00 Pen & Ink 10:30 SS Circuit 10:30 Journaling w/Nature begins 11:30 Deli Lunch 12:50 Weights Workout 1:00 Colored Pencil 1:00 Beg. Ceramics begins 1:00 Irish Dance begins 1:00 Writers and Readers 1:30 Chair Exercise begins 2-3:30 Theater Dance begins 2:40 Sun Style Tai Chi 3:20 Weights Workout</p> <p>10</p>	<p>8:35 Zumba 9:00 Boomer Yoga 10:30 Estate Planning 10:30 Fallproof 10:30 Improv Acting begins 11:30 Deli Lunch 11:45 Chakra Yoga 12:15 Pool Noodle Hockey 1:00 Chair Volleyball 1:00 Int/Adv Ballet 1:00 SS Enerchi 2:00 SS Enerchi 2:00 Synoptic Gospels 2-4 Hearing Screenings</p> <p>11</p>	<p>9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics begins 10:00 SS Circuit 11:30 Deli Lunch 1:00 Movie- Book Club, Next Chapter 1:00 Ukulele begins 1:30 Trivia</p> <p>12</p>
 <p>15</p> <p>CENTER CLOSED</p>	<p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 11:00 SS Yoga with Ann 11:30 Deli Lunch 12:00 Weights Workout 1:00 Beginner Tap 1:00 History of Winter Holidays 1:00 Open Ceramics 1:00 SS Enerchi 2:00 SS Enerchi 2:15 Intermediate Tap</p> <p>16</p>	<p>9:00 Senior Council Mtg. 9:00 Tai Chi Easy 9:30 More Zentangle Art 9:30 SS Circuit 10:00 Pen & Ink 10:30 SS Circuit 10:30 Journaling w/Nature 11:00 Eyes of the Artist-Valadon 11:30 Deli Lunch 12:50 Weights Workout 1:00 Irish Dance 1:00 Beginning Ceramics 1:00 Colored Pencil 1:00 Writers and Readers 1:30 Chair Exercise 2-3:30 Theater Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout</p> <p>17</p>	<p>8:35 Zumba 9:00 Boomer Yoga 10:00 Hearing Loss/Cognitive Decline 10:30 Fallproof 10:30 Improv Acting 11:30 Deli Lunch 11:45 Chakra Yoga 12:15 Pool Noodle Hockey 1:00 Int/Adv Ballet 1:00 Chair Volleyball 1:00 Climate Change 1:00 SS Enerchi 2:00 SS Enerchi 2:00 Synoptic Gospels</p> <p>18</p>	<p>9:00 NO SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics 10:00 NO SS Circuit 11:30 NO Deli Lunch 12:00 Chili Cook-Off <i>(pre-order tasting tickets by 1/12)</i> 1:00 Movie- NYAD 1:00 Ukulele</p> <p>19</p>
<p>8:30 Winter Qigong begins 9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10-12 Blood Pressure Clinic 10:00 SS Circuit 10:00 Confederate Spies ends 10:00 Nature Watercolor 11:30 Deli Lunch 1:00 Beginner Ballet begins 1:00 Intermediate Ceramics 1:00 Watercolor 1:00 River Singers 1:00 Yoga with Josh 1:15 Outlander Season 5 2:00 Open Line Dance 2:00 Yoga with Josh</p> <p>22</p>	<p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 11:00 SS Yoga with Ann 11:30 Deli Lunch 12:00 Weights Workout 12:30-4 Medicare w/Donna 1:00 Beginner Tap 1:00 Open Ceramics 1:00 SS Enerchi 2:00 SS Enerchi 2:15 Intermediate Tap 6:30pm Mrs. Doubtfire Playhouse Square departs</p> <p>23</p>	<p>9:00 Tai Chi Easy 9:30 More Zentangle Art 9:30 SS Circuit 10:00 Pen & Ink 10:30 SS Circuit 10:30 Journaling w/Nature 11:30 Deli Lunch 12:50 Weights Workout 1:00 Irish Dance 1:00 Beginning Ceramics 1:00 Colored Pencil 1:00 Writers and Readers 1:30 Chair Exercise 2-3:30 Theater Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout</p> <p>24</p>	<p>8:35 Zumba 9:00 Boomer Yoga 10:30 Embassy at Rockport 10:30 Fallproof 10:30 Improv Acting 11:30 Deli Lunch 11:45 Yoga Healing thru Chakras 12:15 Pool Noodle Hockey 1:00 Int/Adv Ballet 1:00 Chair Volleyball 1:00 Climate Change 1:00 SS Enerchi 2:00 SS Enerchi 2:00 Synoptic Gospels</p> <p>25</p>	<p>9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics 10:00 SS Circuit 11:30 Deli Lunch 1:00 Movie- The Wizard of Oz 1:00 Ukulele 1:15 Book Club- Remarkably Bright Creatures 1:30 Trivia</p> <p>26</p>
<p>8:30 Winter Qigong 9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10-12 Blood Pressure Clinic 10:00 SS Circuit 10:00 WWI begins 10:00 Nature Watercolor 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Intermediate Ceramics 1:00 Watercolor 1:00 River Singers 1:00 Yoga with Josh 1:15 Outlander Season 5 2:00 Open Line Dance 2:00 Yoga with Josh</p> <p>29</p>	<p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 11:00 SS Yoga with Ann 11:30 Deli Lunch 12:00 Weights Workout 1:00 Open Ceramics 1:00 Beginner Tap 1:00 SS Enerchi 2:00 SS Enerchi 2:15 Intermediate Tap</p> <p>30</p>	<p>9:00 Tai Chi Easy 9:30 SS Circuit 9:30 More Zentangle Art 10:00 Pen & Ink 10:30 SS Circuit 10:30 Journaling w/Nature ends 11:15 Good Grub trip departs 11:30 Deli Lunch 12:50 Weights Workout 1:00 Irish Dance 1:00 Beginning Ceramics 1:00 Colored Pencil 1:00 Writers and Readers 1:30 Chair Exercise 2-3:30 Theater Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout</p> <p>31</p>	<p>This year, I resolve to try a new activity at RRSC!</p> <p>SIGN ME UP </p> 	

Mission

The mission of Rocky River Senior Center is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement and lifelong learning.

Rocky River Senior Center
21014 Hilliard Blvd., Rocky River, OH 44116
Phone: 440-333-6660

Hours of Operation
Monday–Friday 8:30 am–4:30 pm

Senior Center Staff

Deborah Huff, Director	<small>email</small> dhuff@rrcity.com
Cindi Williams, Administrative Assistant	cwilliams@rrcity.com
Laurie Schaefer, Program Coordinator	lschaefer@rrcity.com
Mary Hildebrandt, Social Service	mhildebrandt@rrcity.com
Michelle Soneson, Transportation/Silver Linings Café	msoneson@rrcity.com
Jody Soneson, Food Service Coordinator	jsoneson@rrcity.com
Larry Goebelt, Facility Manager	lgoebelt@rrcity.com
Dianne Hamm, Reception/Trip Escort	seniorcenter@rrcity.com
Mary Holtz, Marketing/ Reception	mholtz@rrcity.com
John Catavolos, Reception	seniorcenter@rrcity.com

Rocky River Seniors Council, Inc.

Fran Andrews	Steven Blake
Georgene Cooper	Jan Estes
Toni Holtzhauser	Jim Hopkins
Carol McCabe	Moe O'Malley
Laurie Rokakis	Maggie McIntyre
Eileen Seppelt	Gail McMillan

rrseniorscouncil@gmail.com

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This year, I resolve to say hello to and smile at someone I haven't met yet, each time I come to RRSC!

*Get out your magnifying glasses and find all of our polar bears. Call the Front Desk at 440-333-6660 with your name, phone number, and number of polar bears you find. All correct answers will be eligible for a drawing to receive a **free muffin** from our Silver Linings Café! *Congratulations to Sandy Connell who located all 7 cardinals in the December Quill.**



Rocky River Senior Center
21014 Hilliard Blvd.
Rocky River, OH 44116
440-333-6660
www.rrcity.com/senior-center



Warm wishes for a Wonderful New Year.
Warm up with coffee, tea or hot cocoa
from Silver Linings Café

Open Daily 9am—4pm