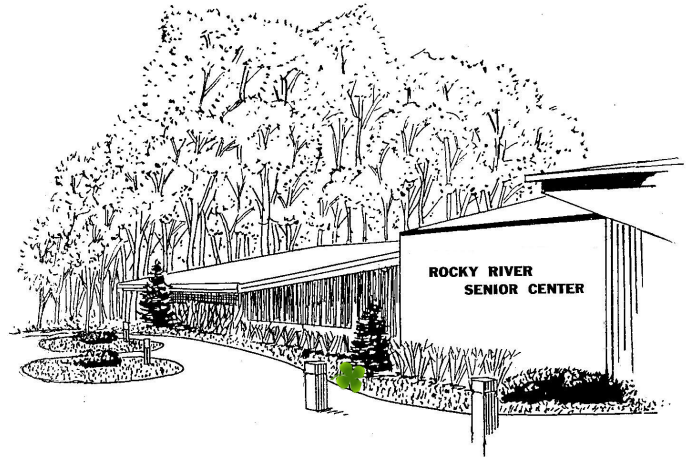


The Quill



March 2024

VOLUME 48 • NUMBER 7

A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center

Everyone is Irish for St. Patrick's Day—Join us!



New BarleyCorn Friday, March 15

11:30 am Lunch **1:30pm Program**

Wear your green and get ready to tap your toes! Come and celebrate 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, spaetzle, 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

Soda Bread Sale to Celebrate St. Patrick's Day

Monday, March 11— Friday, March 15



This is your lucky week to visit the Senior Center to purchase homemade soda bread! Generous volunteer bakers will provide scones, small and large loaves—even *gluten free is available by pre-order only*. To donate baked soda bread AND to pre-order loaves or scones, call Front Desk 440-333-6660.

Enjoy a tasty treat for St. Patrick's Day
Pre-Orders encouraged

Sun-Sational Soiree

**Celebrate Totality
April 8, 2024**



Eclipse Viewing

Safety glasses provided while supplies last

**Science fiction -themed movies
all day on our big screen**

Interplanetary Deli Lunch

**Moon Walk demo & dance lesson
12:00—12:30pm**

**Yoga Sun salutation & Tai Chi Moon forms
12:30-1:00pm**

Rocky River Senior Center Hours

Monday—Friday 8:30—4:30

21014 Hilliard Blvd, Rocky River, OH 44116

www.rrcny.com/senior-center

Social Services with Mary Hildebrandt 440-333-6664

I am 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*.



Health Screenings

FREE

- ◆ **BLOOD PRESSURE/HEALTH CLINIC** **Walk-In**
Mondays, March 4, 11, 18, 25 **10 am-12noon**
- ◆ **HEARING SCREENING** **2-4 pm**
Thursday, March 14

The American Academy of Audiology recommends all adults over 50 have a hearing screening with a baseline test by age 65. Call the Front Desk at 440-333-6660 to schedule your free hearing screening with audiologist Joe Baker from *Hearing Science*.



The Miracle of Mercy

- ◆ **Thursdays** *pre-register/ space limited* **FREE**
March 14—April 18 **10-11 am**

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 with Mary Holtz*
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

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!



Find Comforts of Home

Pre-register 440-333-6660

- ◆ **Thursday, April 25** **FREE** **10-11 am**
Strategies for making you more comfortable at home or in a new more suitable place.

Learn how to make the best decisions about your housing needs as you age. Whether you want to stay in place or change to something more suitable in a safer environment, find out more about the various options. If you choose to age in place, let's make it safer while improving accessibility. If moving to a new place is your choice, learn about the available resources which are most helpful during the process. Continental breakfast provided; please pre-register to assist with planning. Facilitated by Gail Dicks, senior real estate specialist with Howard Hanna.



COMPUTER HELP ON-SITE

Tablet, phone, or laptop—Windows or Apple
If you have questions, we have volunteers to look for answers! Drop in during the following times or make an appointment by calling Front Desk at 440-333-6660
Tuesdays 9-11am **Wednesdays 9-11am**
Fridays 8:30-11:30am

Beyond the Hospital

Pre-register 440-333-6660

- ◆ **Thursday, May 2** **FREE** **10-11 am**
Join us for a trivia game focused on care options after a hospital stay. Test your knowledge and learn what is offered in home care, independent living or assisted living facilities, skilled nursing homes, palliative care or hospice. Continental breakfast will be served; please pre-register to assist with planning. Facilitated by Nicole Milligan LPN, transitional care nurse with Holy Family Hospice, and Dana Hearn, Director of Admissions at Emerald Village Senior Living.

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 alternating Tuesdays from 12:30-4:30 pm. Here on March 12 and 26.
To reserve a timeslot, call Front Desk 440-333-6660.

Meals on Wheels

440-333-6298

Are you a resident of *Rocky River, Lakewood* or *Fairview Park* who would benefit from meal delivery?



Check out Meals on Wheels at westshoremow.org
Rocky River or Lakewood call 440-333-6298
Fairview Park call 440-333-3842

VOLUNTEER OF THE MONTH



Meet Steve Suran! Steve volunteers because he wants to give back to his community—and we are so grateful for his positive presence. You will probably recognize him from Silver Linings Café where he graciously greets all visitors with his warm smile and brews fresh coffee. Steve grew up in North Olmsted and graduated from Olmsted Falls High

School. His family remains local with an older brother in Brookpark and his mother and her husband in North Ridgeville. Before retiring, Steve ventured south to work in management for TSA in New Orleans. Steve is dedicated to animals and has been proudly active with the ASPCA for 10 years. His best friend in the whole world is his precious cat named Serenity whom he adopted as a kitten. She is 3 ½ years old now. In his spare time, Steve enjoys writing short stories about his life experiences. He admits to being a music buff and loves music trivia! He shared that his grandfather was a talented violinist who recorded an album. Continuing with music-making, Steve enjoys playing the piano. He is an active member of St. Christopher Parish and regularly attends a bible study there. Being active keeps Steve engaged and it shows by his engaging personality.

Next time you are here, stop into Silver Linings Café and say “Hi” to Steve

Leap Day Music & Dance Feb. 28th 1pm FREE

Students from Theater Dance and Ukulele Club will perform and showcase all they are learning with a special show on Wednesday, February 28th at 1pm. This FREE show with open seating will be in the auditorium. Come to support the efforts and artistic endeavors of our Senior Center community under the direction of Jim Becker and Amy Wooley.

“Let’s put on a show!”

Haff-Paluck Chamber Music Series

FREE CONCERT—April 17th 1:30pm “Dan Bruce & Friends” - jazz guitarist

A recent Ohio transplant with a decade-long influence on Chicago’s jazz scene, Dan Bruce promises an afternoon of musical brilliance. This performance will take the audience through an extensive portfolio by blending the tapestry of sounds that define his musical expression. His compositions have earned critical acclaim for their contemporary yet rooted sound. Beyond the stage, Bruce serves as an educator at Youngstown State University and Cuyahoga Community College. Mark your calendar now for an unforgettable afternoon of collaborative jazz innovation!



Daily Deli Lunch

11:30 am-1 pm

Homemade menu options include two soups and salads, a featured sandwich, and daily special meal. Menus are posted at the center and on-line at www.rrcity.com/senior-lunch.



Upcoming Special Themes

Taco Tuesdays

Fish Frydays during Lent Feb. 16th—Mar. 22nd

Dyngus Day Monday, April 1st

Interplanetary Lunch Monday, April 8th
part of the Sun-Sational Soiree for Solar Eclipse

Ukulele Club

new time added—12 noon or 1pm

◆ UKULELE CLUB

8 Weeks

Fridays, March 8—May 3 (no class 3/29)

12pm or 1 pm

\$35 residents, \$40 non-residents; pay by 3/6

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 and a few loaner ukuleles are available to try, if interested. New members should attend the 12 noon class with returning members at 1:00pm. Instructor: Dr. Amy Wooley

Hear them perform on Feb. 28th at 1pm—FREE SHOW

Buddy Lunch Bunch!

March 1

Now the first Friday of the month!

Meet new friends! Come to Deli Lunch on **Friday, March 1st** and stay for “Leap Year” 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—1 pm. Movie begins at 1pm.*



CONGRATULATIONS

Chili Cook-Off Winners



- 1st Place: Georgene Cooper**
“Dear Abby Favorite”
- 2nd Place: Moe O’Malley**
“The Has Beans”
- 3rd Place: Laurie Schaefer**
“Chix with Kicks”

Patty Tobin

- ◆ **BEGINNER CERAMICS** **8 Weeks**
Wednesdays, March 6—April 24 **1-3 pm**
\$55 residents, \$60 non-residents, pay one week ahead

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, March 18—May 6 **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.

Paul Passano, B.F.A.

- ◆ **WATERCOLOR PAINTING** **6 Weeks**
Mondays, March 4—April 8 **1-3 pm**
\$45 residents, \$50 non-residents; pay by 3/1

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.*

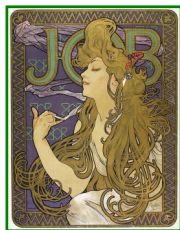
Art Lecture with Felicia Zavarella Stadelman

- ◆ **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.

March 13—William Bouguereau: One of the most important and influential artists of his time, and yet any reference to him was completely eliminated from Art History books. An artist you may not know but will never forget, Bouguereau was a French academic painter. In his realistic genre paintings, he used mythological themes, making modern interpretations of classical subjects.

April 17 —Alphonse Mucha: With unforgettable images of enchanting women, streaming hair, and flowing fabrics, Mucha’s work epitomizes the Art Nouveau Movement, and yet his name is barely known. Come discover his work and why he felt that art should serve as a language to the viewer.



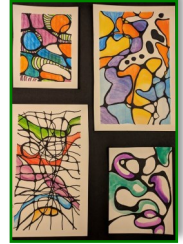
Intro to Neurographic Drawing

FREE

- ◆ **NEUROGRAPHIC DRAWING** **2 sessions**
Tuesdays, March 19 and March 26 **1-2:30 pm**
Call 440-333-6660 to pre-register by 3/15

Neurographic Drawing is an art technique that combines art, science and psychology. It is fun and relaxing. In the first session, we will explore the basics with markers and pencils. During the second session, experience more advanced practice with lines, shapes and colors. No art experience necessary.

Supply list available at Front Desk; please request when registering and purchase supplies to bring to the first class. Facilitator: *Janice Hansen* is an artist and retired registered nurse trained in holistic health.



Eric Dull, B.F.A.

- ◆ **PEN & INK** **6 Weeks**
Wednesdays, March 27—May 15 **10 am-12**
(no class 5/1 & 5/8)
\$45 residents, \$50 non-residents; pay by 3/25

Join Eric in exploring how to create 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. *Supply list available.*

- ◆ **COLORED PENCIL** **6 Weeks**
Wednesdays, March 27—May 15 **1– 3 pm**
(no class 5/1 & 5/8)
\$45 residents, \$50 non-residents; pay by 3/25

Colored pencils are a versatile tool and medium once you know their secrets—how to achieve soft blends and fades, texturing effects, splattering, lifting and more. You will also learn about color layering, paper considerations and solvents to use with your pencils. *Supply list available.*

- ◆ **NATURE THROUGH WATERCOLOR** **6 Weeks**
Mondays, March 4—April 8 **10 am-12**
\$45 residents, \$50 non-residents; pay by 3/ 1



Explore nature through watercolor as Eric guides you through painting scenes of birds, animals, landscapes, and flowers. This class is open to all levels with live demonstrations on the use of watercolors and individual instruction.

- ◆ **OILS & ACRYLICS** **6 Weeks**
Fridays, April 12—May 17 **10 am-12**
\$45 residents, \$50 non-residents; pay by 4/10

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!

History, Philosophy & Religion

- ◆ **AMERICAN ROYALTY** 1 Session
Thursday, March 7 1 pm
\$5 residents, \$6 non-residents; pay by 3/5



Jackie Bouvier Kennedy Onassis and Grace Kelly epitomized elegance. Take a closer look at the childhood, family life, career and legacy of each lady. Learn how Grace truly became a princess and how Jackie reigned as 'queen of the Camelot era' in the Kennedy White House. Instructor: *Julie Koenig*



- ◆ **DECEIVING THE ENEMY** A Two-Part Series

The victory of the Allies in World War II was heavily dependent upon disguising Allied military intentions and monitoring German military communications. This two-part class will explore the activities that achieved this success.

Instructor: *Beryl Prusinowski*

- ◇ **Part I: Ciphers** 3 Weeks
Tuesdays, March 12, 19, 26 11 am
\$15 residents, \$20 non-residents; pay by 3/8



Learn how to write secret messages using some historical ciphers, and discover early mechanical means for coding messages. Journey from Poland to England to America to trace the breaking of the German Enigma code.

- ◇ **Part II: Fortitude** 3 Weeks
Tuesdays, April 30, May 7, 14 1 pm
\$15 residents, \$20 non-residents; pay by 4/26

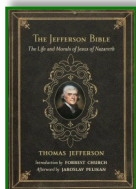
Uncover the intricate web of controlled German agents that existed in Britain during WWII. See how the agents, along with physical deception, were used to mislead the enemy as to the location of the invasion of France.

- ◆ **WWII IN EUROPE** 6 Weeks
Mondays, March 18—April 22 10 am
\$30 residents, \$35 non-residents; pay by 3/15

This session will only cover the war in Europe. Come to study the causes, national objectives and principle campaigns. Major battles, politics, and important people will be discussed. Bring paper and pencil. Instructor: *Bob Wills*

- ◆ **JEFFERSON'S BIBLE** 7 Weeks
Thursdays, April 11—May 23 2 pm
\$35 residents, \$40 non-residents; pay by 4/9

Of all his accomplishments, Thomas Jefferson was most proud of self-governance, freedom of religion, and education. He wanted a solid philosophy to guide both the people of his fledgling nation and their elected representatives. Jefferson literally took a razor blade to several copies of the Bible, cutting and pasting the teaching of Jesus onto blank pages. The result is "The Life and Morals of Jesus of Nazareth." We will explore Jefferson's life and times, what he put in and left out, and why. Instructor: *Ted Smith*



Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE® ART** 6 Weeks
Mondays, March 11—April 15 9:30-11:30 am
\$42 residents, \$47 non-residents; pay by 3/7

No mistakes with Zentangle® - no eraser needed yet bring \$30 supply fee payable to instructor first day of class.

- ◆ **MORE ZENTANGLE® ART** 6 Weeks
Wednesdays, April 10—May 15 9:30-11:30 am
\$42 residents, \$47 non-residents; pay 4/8
 Zentangle® continues with new projects.

Spring Reading with Rocky River Public Library

Tuesday, March 5th at 11am



FREE discussion here at RR Senior Center with Outreach librarians to find your next great read! As winter wanes, spring beckons us to refresh—so expand your horizons with suggestions of new titles to enjoy.

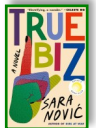
Literary – Journaling, Reading, Writing

- ◆ **JOURNALING GRIEF AND LOSS** 4 Weeks
Tuesdays, April 2, 9, 16, 23 1 pm
\$20 residents, \$25 non-residents; pay by 3/29

Experiencing loss is a regular part of living. Attending to our losses and grief through writing about them can promote insight and healing. Each session offers different prompts that can nurture new life in us. Facilitator: *Mike Reiling, M.Ed.*

- ◆ **BOOK CLUB** FREE 1:15 pm
Friday, March 22

Drop in and join us to discuss *True Biz* by Sara Novic. This is a story of sign language and lip-reading, disability and civil rights, isolation and injustice, first love and loss, and, above all, great persistence. Facilitator: *Sheila Ives*, retired librarian



- ◆ **WRITERS AND READERS** FREE
Wednesdays, March 6, 13, 20, 27 1 pm

We are a diverse and open group who have a fun time writing with prompts and then reading our short essays. Please join this creative group each Wednesday. Facilitator: *Bill Grasser*

French with Susan Hildebrandt

- ◆ **FRENCH FOR TRAVELERS** 6 Weeks
Wednesdays, April 17—May 22 9:30 am
\$30 residents, \$35 non-residents; pay by 4/15

This class is for individuals with some previous exposure to the French language. We will focus on vocabulary and conversation related to travel.

- ◆ **FRENCH II** 6 Weeks
Wednesdays, April 17—May 22 11 am
\$30 residents, \$35 non-residents; pay by 4/15

This class is suited for individuals with a basic grasp of French who are seeking to improve their language skills.

Dance with Alyssa Wilmot

- ◆ **BEGINNER BALLET** 8 Weeks
Mondays, April 8—June 3 (omit 5/27) 1 pm
\$40 residents, \$45 non-residents; pay by 3/21

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, February 29—April 18 1 pm
\$40 residents, \$45 non-residents; pay by 2/27

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 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, March 6—April 24 1 pm
\$40 residents, \$45 non-residents; pay by 3/4

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, February 27—April 16 1-2 pm
\$40 residents, \$45 non-residents; pay by 2/23

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

- ◆ **INTERMEDIATE TAP** 8 Weeks
Tuesdays, February 27—April 16 2:15-3:15 pm
\$40 residents, \$45 non-residents; pay by 2/23

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

Theatre Dance with Jim Becker

- ◆ **THEATRE DANCE** 8 Weeks
Wednesdays, March 6—April 24 2-3:30 pm
\$45 residents, \$50 non-residents; pay by 3/4

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 to prepare for our next performance on May 1st.

ZUMBA with Traci Lundell

- ◆ **ZUMBA** Pay as you go \$4 or Punch Pass
Tuesdays, March 5, 12, 19, 26 8:35 am
Thursdays, March 7, 14, 21, 28 8:35 am

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

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

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8Wks
Tuesdays, February 27 - April 16 12 pm
\$25 residents, \$30 non-residents; pay by 2/23
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8Wks
Wednesdays, February 28 - April 17 12:50 pm
\$25 residents, \$30 non-residents; pay by 2/26
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8Wks
Wednesdays, February 28 - April 17 3:20 pm
\$25 residents, \$30 non-residents; pay by 2/26
- ◆ **CHAIR EXERCISE (especially beneficial for arthritis)** 8 Wks
Wednesdays, February 28 - April 17 1:30 pm
\$35 residents, \$40 non-residents; pay by 2/26

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
Wednesdays, February 28 - April 17 2:40 pm
\$25 residents, \$30 non-residents; pay by 2/26

Learn the Tai Chi practice, Sun-Style. Increases joint mobility, improves balance and coordination. A recommended exercise routine for arthritis.


- ◆ **FALLPROOF** 8 Weeks
Thursdays, February 29—April 18 10:30 am
\$35 residents, \$40 non-residents; pay by 2/27

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.*

Seasonal Qigong with Mary Holtz *NEW Time*

◆ **SPRING QIGONG** 4 Weeks
Mondays, March 25—April 1, 8, 15 9:00 am
\$20 residents, \$25 non-residents; pay by 3/21

In each 30 minute session, 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!

Yoga with Ann Stefancin *Silver Sneakers*

◆ **CHAIR YOGA** or \$4 pay as you go
Tuesdays, March 5, 12, 19, 26 9 am, 10 am or 11 am

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.

Boom Move with Cindy Souris *Silver Sneakers*

◆ **BOOM MOVE** or \$4 pay as you go
Fridays, March 1, 8, 22 (omit 3/15 & 3/29) 9 am

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE includes simple dance moves that build into more complex sequences, bringing you a great cardio workout.

Circuit with Maureen Dunphy *Silver Sneakers*

◆ **CIRCUIT** or \$4 pay as you go
Mondays, March 4, 11, 18, 25 9 am
Wednesdays, March 6, 13, 20, 27 9:30 am

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.

Circuit with Cindy Souris *Silver Sneakers*

◆ **CIRCUIT** or \$4 pay as you go
Mondays, March 4, 11, 18, 25 10 am
Wednesdays, March 6, 13, 20, 27 10:30 am
Fridays, March 1, 8, 22 (omit 3/15 & 3/29) 10 am

EnerChi with Mary Holtz *Silver Sneakers*

◆ **ENERCHI** or \$4 pay as you go
Tuesdays, March 5, 19, 26 (omit 3/12) 1 pm or 2 pm
Thursdays, March 7, 21, 28 (omit 3/14) 1 pm or 2 pm

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.

Cleveland Sports History *NEW Class*

◆ **SPORTS HISTORY** 5 Weeks
Tuesdays, March 26-April 23 2 pm
\$25 residents, \$30 non-residents; pay by 3/22

Let's re-live the glory days of our 1964 NFL championship Browns, the 1948 World Series champion Indians, and the 1976 Miracle of Richfield! This series will also explore other landmark events in the rich history of Cleveland sports. We will also spotlight Bob Feller, Rocky Colavito, Frank Ryan among others. During the session, guest speakers may include retired players and sports authors. We will view rare videos and play sports trivia with prizes and a few other surprises!

Instructor: *Gerry Nemeth*

Join us to reminisce and re-visit good times on the gridiron, in the ballpark and on the basketball court.

I'm a new instructor! Gerry is a lifelong resident of Northeast Ohio, following the ups and downs of Cleveland sports teams since he was a young child. He has taught this class to numerous groups in the area and looks forward to sharing his knowledge and passion with the Rocky River Seniors.



Tai Chi with Mike Reiling, M.Ed.

◆ **TAI CHI EASY** 8 Weeks
Wednesdays, March 20—May 8 9 am
\$40 residents, \$45 non-residents; pay by 3/11

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.

Boomer Yoga with Joe Gauntner

◆ **BOOMER YOGA** 8 Weeks
Thursdays, March 21—May 9 9:00 am
\$40 residents, \$45 non-residents; pay by 3/19

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. Loose, comfortable clothing recommended.

Attendees should bring a yoga mat.

Chakra Yoga with Pat Andler, C.P.T., L.M.T., R.Y.T.

◆ **YOGA— HEALING THROUGH THE CHAKRAS** 8 Weeks
Thursdays, February 29—April 18 11:45 am
\$35 residents, \$40 non-residents; pay by 2/27

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.*

Cleveland Metroparks with Judy MacKeigan **FREE**

- ◆ **WHO OR WHAT WAS THAT?** **1 Session**
Thursday, March 21 **3 pm**

Learn how places like A.B. Williams Woods, Hermit's Hollow, Quarry Rock, Whipp's Ledges and others came to be called by these names. Judy will share the history behind the names.

- ◆ **THE CANAL THAT CREATED CLEVELAND** **1 Session**
Thursday, April 18 **3 pm**

The 1832 opening of the Ohio and Erie Canal created an economic boom that drew hundreds of entrepreneurs westward to find their fortunes. Ohio farmers shipped produce to the east, while 'fancy eastern goods' headed west to Ohio. Judy will share the history of Ohio's 'big ditch' and its impact on northeastern Ohio.

Climate Change Discussion with Mike Reiling **FREE**

- ◆ **WHAT CAN WE DO ABOUT CLIMATE CHANGE?** **FREE** **1-2:30 pm**
Thursday, April 4

Join an engaging group conversation about mitigating climate change using the powerful and accessible

En-Roads Climate Simulator to explore our choices and inspire our action. En-Roads is a highly-researched simulation developed by MIT Sloan School of Business and Climate Interactive. Facilitator: *Mike Reiling, M.Ed.*

Call 440-333-6660 to reserve your seat!



River Singers with Leigh Eastman **FREE**

- ◆ **RIVER SINGERS** **1 pm**
Mondays, March 4, 11, 18, 25



If you love to sing, this group is for you. No previous experience required! Song sheets provided for a wide variety of music. *Everyone welcome.*

Competitive Chair Sports with Toni Holtzhauser

- ◆ **POOL NOODLE HOCKEY** **FREE**
Thursdays, March 7, 14, 21, 28 **12:15 pm**

Pool Noodle Chair Hockey is 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!

- ◆ **CHAIR VOLLEYBALL** **FREE**
Thursdays, March 7, 14, 21, 28 **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!

Seniors Council Special Event

Save the Date!

Saturday
April 20th
Night at the Races
5:30-8:30pm



Enjoy the fun and excitement of the Kentucky Derby right here in Rocky River! This fundraising evening will have you clinging to your seat as you cheer on your horse to win! Taking place at the Don Umerley Civic Center, Night at the Races will hold 10 races with a chance to bet on each race to win, place, or show. Your \$25 event ticket includes food, music and cash bar with beer, wine, and soft drinks. Buy a horse for \$20 and claim naming rights. Horses and tickets are limited, so don't get shut out of this evening at the track. Purchase tickets to attend and to name your horses at the Senior Center now. All proceeds support the many wonderful RR Senior Center programs and activities.

If you would like to know more about Seniors Council, join us at the next council meeting on March 20 at 9am.

Mark your calendar for the
32nd Annual
Art Exhibit & Sale



Opening Day
Saturday, May 4
10am-1pm

Enjoy live music and light refreshments and meet the artists!

Area artists aged 50+ are invited to showcase pieces. Applications available at the Front Desk. Call 440-333-6660 for details. Deadline to enter is April 19th.

Walking Group

Mondays & Fridays

Walking offers numerous benefits to people of all ages and fitness levels. All you need is a sturdy pair of walking shoes. Join us to start burning calories, strengthen your heart, and improve your mood!

Meet Mondays or Fridays at 9am—Destinations as Listed:

Fri	3/1	Rocky River Senior Center (RRSC)
Mon	3/4	Lakewood Park
Fri	3/8	Rocky River Senior Center—West Hampton
Mon	3/11	Rocky River Park; corner of BeachCliff & Parkside
Fri	3/15	Martin Park
Mon	3/18	Little Clague Park North Olmsted
Fri	3/22	RRSC Lakewood Cemetery
Mon	3/25	Metroparks South Mastick Picnic area
Fri	3/29	Good Friday—Bain Park

DAY TRIPS *presented by Rocky River Senior Center*

◆ FUNNY GIRL

Wednesday, March 6

\$94 residents, \$99 non-residents

Sold out—wait list only

Main floor orchestra seats at The Connor Palace. Board 6:15 pm, depart 6:30 pm; estimated return 11 pm. Please include SASE with registration.



◆ SPRING FLING—GARDENS & ART

Tuesday, April 23

registration begins March 1

\$75 residents, \$80 non-residents

Celebrate the beginning of Spring with fresh flowers and sunshine as we embark on a trip of beauty. Fellows Riverside Gardens in Youngstown is one of Ohio's finest public gardens which was named in a USA Today article as a "top place to see daffodils". In 1932, the Garden Club of Youngstown planted



8,000 daffodil bulbs on the east side of Lake Newport as part of a beautification plan. Following a personal docent-led tour of this park, we will enjoy lunch at the Garden Café by Kravitz, a renowned deli with a refreshing elegant spin; menu TBD. Free time will permit you to stroll the gardens, gift shop, and the new Velma Davis Education Center. Our next stop will be the Butler Institute of American Art for a docent-led tour where we will come face to face with one of the premier American art collections spanning the past 300 years. And what better way to end a day trip than a stop for ice cream on the way home! Join us for a day of natural inspiration.

8,000 daffodil bulbs on the east side of Lake Newport as part of a beautification plan. Following a personal docent-led tour of this park, we will enjoy lunch at the Garden Café by Kravitz, a renowned deli with a refreshing elegant spin; menu TBD. Free time will permit you to stroll the gardens, gift shop, and the new Velma Davis Education Center. Our next stop will be the Butler Institute of American Art for a docent-led tour where we will come face to face with one of the premier American art collections spanning the past 300 years. And what better way to end a day trip than a stop for ice cream on the way home! Join us for a day of natural inspiration.



Board 8:10 am, depart 8:30 am; estimated return 5:30 pm. Please include SASE with registration.

OVERNIGHT TRIPS *presented by Wendt Touring*

2024 TOURS

Tour Presentation Tuesday March 19 at 10:30am

◆ 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. It is safe to visit and see Iceland's recent volcanic activity.

◆ 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 ongoing for all 2024 tours. 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 FEVE & BLUE ROOSTER BAKEHOUSE

Wednesday, March 27

Registration begins 3/1



Serving Oberlin and surrounding communities for thirty years, The Feve offers an ever changing monthly menu that showcases the chef's passion for flavors from around the globe in addition to a wonderfully eclectic weekend brunch. This spot is a favorite among Oberlin college students and locals perhaps for enjoying the famous tater tots. After lunch, we will visit the Blue Rooster Bakehouse — a quaint, cozy bakery offering yummy breakfast pastries, cookies, brownies, cakes, cupcakes, savory treats, breads and more—where we can purchase some fresh

baked goods to take home. Also, if weather is acceptable, we will allow some time to peruse the local shops of Oberlin before boarding the bus to return home.

Board 10:00 am; Depart 10:15 am; Estimated return 3:00 pm

Please include SASE (self-addressed stamped envelope) with registration.



History of Holidays with Beryl Prusinowski

- ◆ **HISTORY OF EASTER & MARDI GRAS** 1 pm
Tuesday, March 5
\$5 residents, \$6 non-residents; pay by 3/1

Mardi Gras and Easter have solemn religious meanings which in modern America coexist with wild celebrations and serious candy binges. Discover the roots of our Easter observances, and explore some of the symbols we use today—from King Cake to chocolate eggs delivered by bunnies.



Palmistry with Judy Foley Gawronski

- ◆ **PALMISTRY 101** 4 Weeks
Fridays, March 1—22 10:30 am
\$20 residents, \$25 non-residents; pay by 2/28

This basic series will teach the history, art and science of palmistry. Our hands are magical and tell so much about our gifts and abilities. This study includes both hands, fingers, fingernails and palms.



Bridge with Fran Mulkins

- ◆ **BRIDGE LESSONS** 6 Weeks
Fridays, March 1—April 12 (omit 3/29) 10 am
\$36 residents, \$40 non-residents; pay by 2/28

This class will focus on bridge as a game for people with all abilities. It is a proven fact that bridge improves memory. Suitable for beginner and intermediate level players.



Movie Matinees Fridays 1 pm FREE

- March 1** **LEAP YEAR** 2010
PG 1H 40M ROMANTIC COMEDY

An American woman plans to propose to her boyfriend on Leap Day in Ireland. Yet, a series of comedic setbacks derails her Dublin trip and opens her eyes to the possibility of new love. Cast: Amy Adams, Matthew Goode, Adam Scott, Dominique McElligott, John Lithgow, and Tony Rohr



- March 8** **OPPENHEIMER** 2023
R 3H THRILLER/ACTION

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history. Cast: Cillian Murphy, Florence Pugh, Robert Downey Jr., Emily Blunt, Matt Damon, Josh Hartnett, Gary Oldman



- March 15**  **No Movie—**
BarleyCorn Concert 1:30pm
Tickets still available - see Front Desk

- March 22** **FISHERMAN'S FRIENDS** 2019
PG-13 1H 52M COMEDY/MUSICAL

A cynical London music executive hears a singing group of ten Cornish fishermen while on a stag weekend and believes that they can achieve a top ten hit. The difficult part is convincing them he's right and getting them to sign. Cast: Tuppence Middleton, James Purefoy, Daniel Mays, and Maggie Steed



- March 29** **CLOSED—GOOD FRIDAY**

Trivia Call to register your team 440-333-6660

- ◆ **GENERAL TRIVIA** \$4/person
Fridays, March 1 and 22 1:30 pm

Having a knowledge of trivia offers more than just entertainment; it cultivates curiosity, boosts memory retention, and promotes continuous learning.

Please register 2 days prior.

Prizes awarded to the top three winners.

Popcorn and refreshments included.



Streaming On-Site FREE

- ◆ **THE QUEEN'S GAMBIT** 4 Weeks
Tuesdays, Feb. 27—March 19 1:00 pm

The Queen's Gambit follows the life of orphan chess prodigy Elizabeth Harmon during her quest to become an elite chess player while struggling with emotional problems, drug use, and alcohol dependency. Come watch this mesmerizing series on our new big screen.



- ◆ **OUTLANDER SEASON 6** begins March 18
Mondays 1:00 pm

The sixth season continues as the Frasers strive to maintain peace and defend their home on Fraser's Ridge not only from external forces but also from the increasing conflict within the community entrusted to their care. Against this backdrop, the birth of a new nation emerges as the colonies unwittingly march toward revolution.



March 2024

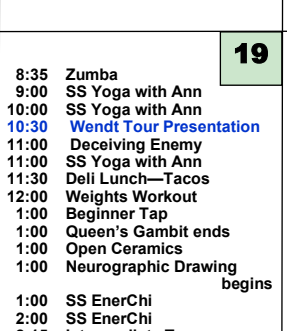
Deborah Huff, Director
Cindi Williams, Administrative Assistant
Laurie Schaefer, Program Coordinator
Dianne Hamm, Front Desk, Trip Escort
John Catavolos, Front Desk
Mary Holtz, Marketing Communications

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

Front Desk
440-333-6660
John, Dianne

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>9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics 10:00 Bridge begins 10:00 SS Circuit 10:30 Palmistry begins 11:30 Deli Lunch 11:30 Buddy Lunch Bunch 1:00 Movie— Leap Year 1:00 Ukulele ends 1:30 Trivia</p> <p>6:15pm Cleveland Pops boards</p> <p>1</p>
 <p>9:00 SS Circuit 9:00 Walking Group 10-12 Blood Pressure Clinic 10:00 Nature Watercolor begins 10:00 SS Circuit 10:00 WW I 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 River Singers 1:00 Watercolor begins 1:00 Intermediate Ceramics 1:00 Yoga with Josh 1:00 Outlander Season 5 2:00 Open Line Dance 2:00 Yoga with Josh</p> <p>4</p>	 <p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 10:00 Hollywood Scandals ends 11:00 SS Yoga with Ann 11:00 Spring Books w/ RRPL 11:30 Deli Lunch—Tacos 12:00 Weights Workout 1:00 Beginner Tap 1:00 Open Ceramics 1:00 History of Holidays 1:00 Queen's Gambit streaming 1:00 SS EnerChi 2:00 SS EnerChi 2:15 Intermediate Tap</p> <p>5</p>	 <p>9:00 Tai Chi Easy 9:30 More Zentangle 9:30 French for Travelers 9:30 SS Circuit 10:00 Pen & Ink 10:30 SS Circuit 11:00 French II 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 2:00 Theater Dance begins 2:40 Sun Style Tai Chi 3:20 Weights Workout 6:15pm Funny Girl boards</p> <p>6</p>	 <p>8:35 Zumba 9:00 Boomer Yoga ends 10:00 Senior Players 10:30 Fallproof 11:30 Deli Lunch 11:45 Chakra Yoga 12:15 Pool Noodle Hockey 1:00 Chair Volleyball 1:00 Int/Adv Ballet 1:00 American Royalty 1:00 Gospel of John 1:00 SS EnerChi 2:00 SS EnerChi 2:00 Synoptic Gospels II</p> <p>7</p>	 <p>9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics 10:00 Bridge 10:00 SS Circuit 10:30 Palmistry 11:30 Deli Lunch 1:00 Movie— Oppenheimer 12:00 Ukulele begins 1:00 Ukulele begins</p> <p>8</p>
 <p>9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle starts 10-12 Blood Pressure Clinic 10:00 SS Circuit 10:00 WW I ends 10:00 Nature Watercolor 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Intermediate Ceramics ends 1:00 Watercolor 1:00 River Singers 1:00 Yoga with Josh ends 1:00 Outlander Season 5 ends 2:00 Open Line Dance 2:00 Yoga with Josh ends</p> <p>11</p>	 <p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 11:00 SS Yoga with Ann 11:00 Deceiving Enemy begins 11:30 Deli Lunch—Tacos 12:00 Weights Workout 12:30-4 Medicare w/Donna 1:00 Beginner Tap 1:00 Open Ceramics 1:00 Queen's Gambit streaming 1:00 NO SS EnerChi 2:00 NO SS EnerChi 2:15 Intermediate Tap</p> <p>12</p>	 <p>9:00 Tai Chi Easy ends 9:30 SS Circuit 9:30 French for Travelers 10:00 Pen & Ink 10:30 SS Circuit 10:30 More Zentangle 11:00 Eyes of the Artist— Bouguereau 11:00 French II 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 2:00 Theater Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout</p> <p>13</p>	 <p>8:35 Zumba 10:00 Mercy begins 10:00 Senior Players 10:30 Fallproof 11:30 Deli Lunch 11:45 Chakra Yoga 12:15 Pool Noodle Hockey 1:00 Int/Adv Ballet 1:00 Chair Volleyball 1:00 Gospel of John ends 1:00 NO SS EnerChi 2:00 NO SS EnerChi 2:00 Synoptic Gospels II 2-4 Hearing Screenings</p> <p>14</p>	 <p>9:00 NO SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics 10:00 Bridge 10:00 NO SS Circuit 10:30 Palmistry 11:30 NO Deli Lunch 11:30 ST. PATRICK'S LUNCHEON Pre-order by March 8 12:00 Ukulele 1:00 Ukulele 1:00 NO Movie 1:30 NEW BARLEYCORN CONCERT</p> <p>15</p>
 <p>9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10-12 Blood Pressure Clinic 10:00 SS Circuit 10:00 WW II begins 10:00 Nature Watercolor 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Intermediate Ceramics begins 1:00 Watercolor 1:00 River Singers 1:00 Outlander Season 6 begins 2:00 Open Line Dance</p> <p>18</p>	 <p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 10:30 Wendt Tour Presentation 11:00 Deceiving Enemy 11:00 SS Yoga with Ann 11:30 Deli Lunch—Tacos 12:00 Weights Workout 1:00 Beginner Tap 1:00 Queen's Gambit ends 1:00 Open Ceramics 1:00 Neurographic Drawing begins 1:00 SS EnerChi 2:00 SS EnerChi 2:15 Intermediate Tap</p> <p>19</p>	 <p>9:00 Tai Chi Easy begins 9:00 RRS, Inc. meets 9:30 French for Travel 9:30 SS Circuit 9:30 More Zentangle 10:00 Pen & Ink ends 10:30 SS Circuit 11:00 French II 11:30 Deli Lunch 12:50 Weights Workout 1:00 Irish Dance 1:00 Beginning Ceramics 1:00 Colored Pencil ends 1:00 Writers and Readers 1:30 Chair Exercise 2:00 Theater Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout</p> <p>20</p>	 <p>8:35 Zumba 9:00 Boomer Yoga begins 10:00 Senior Players 10:00 Mercy 10:30 Fallproof 11:30 Deli Lunch 11:45 Chakra Yoga 12:15 Pool Noodle Hockey 1:00 Int/Adv Ballet ends 1:00 Chair Volleyball 1:00 SS EnerChi 2:00 SS EnerChi 2:00 Synoptic Gospels II 3:00 Cleveland Metroparks</p> <p>21</p>	 <p>9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics begins 10:00 Bridge 10:00 SS Circuit 10:30 Palmistry ends 11:30 Deli Lunch 1:00 Movie— Fisherman's Friends 12:00 Ukulele 1:00 Ukulele 1:15 Book Club— True Biz 1:30 Trivia</p> <p>22</p>
 <p>9:00 Spring 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 WW II 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 Outlander Season 6 2:00 Open Line Dance</p> <p>25</p>	 <p>8:35 Zumba 9:00 SS Yoga with Ann 10:00 SS Yoga with Ann 11:00 SS Yoga with Ann 11:00 Deceiving Enemy ends 11:30 Deli Lunch—Tacos 12:00 Weights Workout 12:30-4 Medicare w/Donna 1:00 Open Ceramics 1:00 Neurographic Drawing ends 1:00 Beginner Tap 1:00 SS EnerChi 2:00 SS EnerChi 2:00 Sports History begins 2:15 Intermediate Tap</p> <p>26</p>	 <p>9:00 Tai Chi Easy 9:30 SS Circuit 9:30 More Zentangle ends 10:00 Pen & Ink begins 10:30 SS Circuit 10:00 Good Grub boards 11:30 Deli Lunch 12:50 Weights Workout begins 1:00 Irish Dance 1:00 Beginning Ceramics 1:00 Colored Pencil begins 1:00 Writers and Readers 1:30 Chair Exercise 2:00 Theater Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout</p> <p>27</p>	 <p>8:35 Zumba 9:00 Boomer Yoga 10:00 Senior Players 10:00 Mercy 10:30 Fallproof 11:30 Deli Lunch 11:45 Chakra Yoga 12:15 Pool Noodle Hockey 1:00 Int/Adv Ballet 1:00 Chair Volleyball 1:00 SS EnerChi 2:00 SS EnerChi 2:00 Synoptic Gospels II</p> <p>28</p>	 <p>CLOSED GOOD FRIDAY</p> <p>29</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	dhuff@rrcity.com
Cindi Williams, Administrative Assistant	cwilliams@rrcity.com
Laurie Schaefer, Program Coordinator	lschaefer@rrcity.com
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Mary Holtz, Marketing Communications	mholtz@rrcity.com
John Catavolos, Reception	seniorcenter@rrcity.com

Rocky River Seniors Council, Inc.

Fran Andrews	Steven Blake, <i>Assist. Treas.</i>
Georgene Cooper	Jan Estes, <i>Secretary</i>
Toni Holtzhauser, <i>Vice President</i>	Jim Hopkins
Gail MacMillan	Carol McCabe, <i>President</i>
Maggie McIntyre	Moe O'Malley
Eileen Seppelt, <i>Treasurer</i>	

rrseniorscouncil@gmail.com

Inside this Edition

Art.....4,5,8	REACH2
Bridge.....10	River Singers.....8
Calendar.....11	Seniors Council.....8
Concerts & Shows.....1,3	Streaming Series.....10
Dance6	Science.....1,8
Fitness6,7	Social Services.....2
Food1,3, 9	Special Events.....1,3,8
Health & Wellness.....2	Transportation.....2
History & Philosophy....5	Trips.....9
Language.....5	Trivia.....10
Literary.....5	Volunteer of Month.....3
Lunch Bunch.....3	Walking Group.....8
Movies.....10	Writing5

Get out your magnifying glasses and find the four-leafed clovers. Call the Front Desk at 440-333-6660 with your name, phone number, and number of four-leafed clovers you find. All correct answers will be eligible for a drawing to receive a **free muffin** from our Silver Linings Café! **Congratulations to Charlotte Vall** for locating all 7 trumpets in February Quill.



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Rocky River, OH 44116
440-333-6660
www.rrcity.com/senior-center



FRIENDLY REMINDER
Every time you enter the Senior Center, be sure to scan your card and check-in for all activities.
**WHEN EVERYONE SCANS,
 EVERYONE WINS**