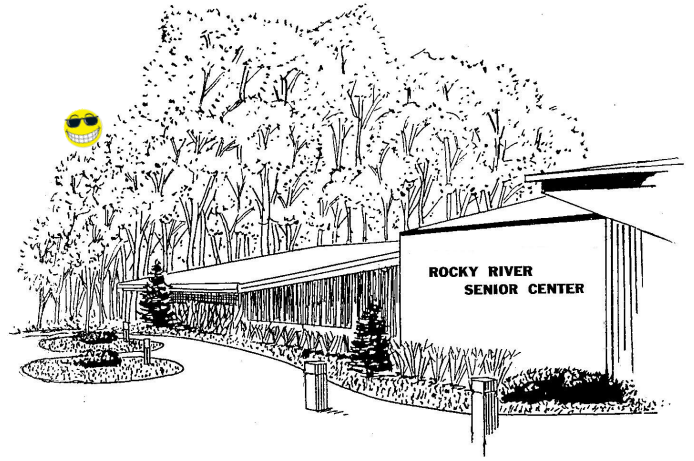


# The Quill



April 2024

VOLUME 48 • NUMBER 8

A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center

## Celebrate Jazz Appreciation Month with 4 FREE concerts—all at 1:30 pm

Thanks to partnership with Local 4 Music Fund

### Eddie Majeski & Joe Bonsignore—April 5th



Embark on an afternoon of jazz standards and bossa nova. With Eddie on piano and vocals along with Joe



strumming the guitar, this afternoon will bring a warm smile to your face while tapping your toes.

### Dan Bruce & Friends - jazz guitarist—April 17th

Dan Bruce promises an afternoon of brilliance showcasing his unique musical personality alongside fellow talented musicians. This performance takes the audience through an extensive



portfolio by blending the essence of his jazz heroes with distinctive flair. His collaborators contribute to the rich tapestry of sounds that define his musical expression.

### Garrett Folger—trumpeter —April 25th

From East Aurora, NY to studies at Baldwin Wallace Conservatory, Garrett Folger brings standards and original compositions to our stage. Join us to hear the smooth and brassy sounds of jazz.



### Christopher Burge—trombonist —April 30th

Another great afternoon in store with the bop melodies of jazz on the trombone. Christopher Burge has played locally with the Cleveland Jazz Orchestra and nationally with artists David Sanborn, Cyndi Lauper and Mavis Staples. Wrap up this month with his energetic show!



## Night at the Races — Saturday, April 20th Don Umerley Civic Center 5:30-8:30 pm



The horses are at the starting gate and ready for the big night. This fundraising evening will have you clinging to your seat as you cheer on your horse to win! A Night at the Races pre-sale ticket is \$25 (\$30 at the door) and includes food, music and cash bar with beer, wine, and soft drinks. Buy a horse for \$20 and claim naming rights. Sponsor a race and have your name listed in the racing form. Horses and event tickets are limited, so don't get shut out of this fun evening.

**Purchase tickets to attend, to name your horses, or to sponsor a race at the Senior Center NOW.**

**All proceeds support the many wonderful RR Senior Center programs and activities.**

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

**Opening Day  
Saturday, May 4  
10 am-1 pm**

**Enjoy live music and light refreshments.  
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**



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

21014 Hilliard Blvd, Rocky River, OH 44116  
[www.rrciv.com/senior-center](http://www.rrciv.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](mailto:mhildebrandt@rrcity.com). Due to high demand, *appointments are appreciated.*



**Health Screenings FREE**

- ◆ **BLOOD PRESSURE/HEALTH CLINIC** Walk-In  
Mondays, April 1, 8, 15, 22, 29 10 am-12noon
- ◆ **HEARING SCREENING - by appointment** 2-4 pm  
Thursday, April 11

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*.



**New —Telephone Reassurance Program FREE**

We are pleased to introduce a new service for our Rocky River residents. Enjoy the reassurance of a daily phone call to check-in on your well-being. This home-calling service is offered in conjunction with our RR Police Department. Participants in Rocky River receive a daily phone call to check on their welfare. If the call is not answered, our Police Department is notified and an officer along with our social worker, Mary Hildebrandt, will visit the home for a well visit.



*To register and see if you qualify, please contact Mary at 440- 333-6664 or via email [mhildebrandt@rrcity.com](mailto:mhildebrandt@rrcity.com).*

**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!**

**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 9-11 am      Wednesdays 9-11 am**  
**Fridays 8:30-11:30 am**

**Find Comforts of Home Pre-register 440-333-6660**

◆ **Thursday, April 25 FREE 10-11 am**  
 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. *Continental breakfast provided by and session facilitated by Gail Dicks, senior real estate specialist with Howard Hanna.*

**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.*

**More than Just Wigs Pre-register 440-333-6660**

◆ **Thursday, May 9 FREE 10-11 am**  
 Hair loss affects both men and women and solutions are available with a variety of options. Join us to learn about the medical, physical and DNA causes of hair loss and what you can do about it. *Facilitated by Gina Ayala, owner of Gina's Salon and Wigs in Rocky River.*

**Warning Signs of Alzheimer's Pre-register 440-333-6660**

◆ **Thursday, May 16 FREE 10-11 am**  
 Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs and how to approach someone with concerns. *Facilitated by Mary Schwarz, Program Manager of the Alzheimer's Association.*

**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 April 9 and 23.**  
**To reserve a timeslot, call Front Desk 440-333-6660.**

**McGregor PACE to stay at home** *Pre-register 440-333-6660*

◆ **Thursday, May 23** **FREE** **10-11 am**

Learn about this service for Cuyahoga County residents to support individuals as they desire to remain at home as they age. PACE provides a team of health care professionals to provide all-inclusive care for the elderly as well as respite care for family members. The team is experienced with a variety of health issues and works with participants and family members to develop care goals. *Continental breakfast provided and session facilitated by Nicole Tavanche of McGregor Pace-Brooklyn.*

**Master Bath Renovation Guide** *Pre-register 440-333-6660*

◆ **Thursday, May 30** **FREE** **10-11 am**

Let's examine real-life examples of senior-friendly bathrooms that showcase how well-designed spaces blend luxury and functionality. This session will discuss how to understand your individual needs and how aligning your budget with your scope of work results in a bathroom that suits you now and in the future. *Continental breakfast provided and session facilitated by Jenna Raus with Odell Construction.*

**Fight the Fall with Fyzical** *Pre-register 440-333-6660*

◆ **Thursday, June 6** **FREE** **10-11 am**

This wellness presentation will cover how to stay safe in your home to help prevent falls and help keep you safe as you age.



We will go over interesting tips and statistics regarding balance, falls, and fall prevention as well as what to do *if* you fall—a common question! *Continental breakfast provided and session facilitated by Fyzical Therapy & Balance of Westlake.*

**Make the Most of Doctor Visits** *Pre-register 440-333-6660*

◆ **Thursday, June 13** **FREE** **10-11 am**

Be an active member of your healthcare team! This talk will identify ways to get organized for your doctor visit and what questions to ask to ensure the best possible outcome. *Facilitated by Lauren Raymond of Hospice of Western Reserve.*

**Is Clutter Holding You Back?** *Pre-register 440-333-6660*

◆ **Thursday, June 20** **FREE** **10-11 am**


Navigating through the downsizing process can be overwhelming and stressful, especially when people don't know what to do with all their 'stuff'. Come and learn about the what, where, and why of the 'stuff' involved in a life transition and how you can start managing it NOW. *Continental breakfast provided and session facilitated by Kelley Sciko of Caring Transitions, Inc.*

**VOLUNTEER OF THE MONTH**

Meet Bertha Goodworth! Anyone who enjoys deli lunch here should recognize Bertha's friendly face. As one who loves to cook, it is no surprise that she volunteers as a server in our kitchen. Bertha is the first person you meet as you place your lunch order. Patient and unassuming, she also provides extra assistance as needed. Perhaps her patience was developed as a primary school teacher. Bertha taught primary school in the Cleveland Public School District for 37 years. When describing her years in the classroom, Bertha's face still lights up thinking about her students! She stressed that she used her own life experiences as motivation to show children how valued, special and talented they are. Bertha is an avid reader of fiction and a devoted Cleveland baseball fan—she and her late husband Jim traveled to many of their games. Outside of RRSC kitchen, Bertha admits that her favorite food is pizza—and she has attended numerous wine tasting shows with red wine her favorite. Visit us for lunch on Mondays, Tuesdays, or Fridays when Bertha is usually at the deli counter.



**Buddy Lunch Bunch!**  
**April 5**



Meet new friends! Come to Deli Lunch on **Friday, April 5th** and stay for a **FREE** jazz concert with pianist Eddie Majeski and guitarist Joe Bonsignore in our comfortable auditorium. 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. Concert begins at 1:30 pm.*

**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](http://www.rrcity.com/senior-lunch).



**Upcoming Special Themes**  
**Taco Tuesdays**  
**Dyngus Day** **Monday, April 1st**  
**Interplanetary Lunch** **Monday, April 8th**

**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](http://westshoremow.org)*  
**Rocky River or Lakewood call 440-333-6298**  
**Fairview Park call 440-333-3842**

## Ceramics with Patty Tobin

- ◆ **BEGINNER CERAMICS** **8 Weeks**  
Wednesdays, May 1—June 26 (omit 6/19) **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 such as pinch and slab building, surface texturing, glazing, and wedging, while learning ceramics terminology through various projects. Clay and basic supplies included. *NOTE—after taking this level 3 times, you will be encouraged to enroll in Intermediate Ceramics.*

- ◆ **INTERMEDIATE CERAMICS** *New Day!* **8 Weeks**  
Tuesdays, May 7—June 25 **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.

## Watercolor Creativity with Paul Passano, B.F.A.

- ◆ **WATERCOLOR PAINTING** **6 Weeks**  
Mondays, April 22—June 3 (omit 5/27) **1-3 pm**  
\$45 residents, \$50 non-residents; pay by 4/19

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.

**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.



**May 8—Grandma Moses:** As a self-taught artist working in rural New York, Moses lacked access to high-quality art materials early in her career. Without any small brushes, she used matches and pins to paint details such as eyes and mouths. It would take more than 80 years for little Anna Mary Robertson to become the world-famous Grandma Moses.

## Crochet Club with Dr. Amy Wooley

**NEW**

- ◆ **CROCHET CLUB** **8 Weeks**  
Thursdays, May 2—June 20 **1pm**  
\$30 residents, \$35 non-residents; pay by 4/30

Crochet Club is for all who are interested in crochet, from beginners to masters. Learn the basics, hone your skills and explore the versatile craft of crochet in a supportive community. Beginners will learn single and double crochet, and we will all explore the versatile Granny Square. *Supply list available at Front Desk.*



## Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE® ART** **6 Weeks**  
Mondays, April 29—June 10 (omit 5/27) **9:30-11:30 am**  
\$42 residents, \$47 non-residents; pay by 4/26

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.

## Many Mediums with Eric Dull, B.F.A.

- ◆ **PEN & INK** **6 Weeks**  
Wednesdays, May 22—July 3 (omit 6/19) **10 am-12**  
\$45 residents, \$50 non-residents; pay by 5/20

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, May 22—July 3 (omit 6/19) **1—3 pm**  
\$45 residents, \$50 non-residents; pay by 5/20

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, April 15—May 20 **10 am-12**  
\$45 residents, \$50 non-residents; pay by 4/12

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

### ◆ DECEIVING THE ENEMY

The victory of the Allies in World War II was heavily dependent upon disguising Allied military intentions and monitoring German military communications. Instructor: *Beryl Prusinowski*

◇ **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.

◆ **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*

◆ **THE ROYAL JEWELRY** **one session**  
**Thursday April 11** **1 pm**  
**\$5 residents, \$6 non-residents; pay by 4/9**

From tiaras and crowns to necklaces, bracelets, brooches and earrings, the royal jewelry plays a special role during formal events. Let's look at the royal regalia and the owners of these famous jewels including Queen Victoria, Queen Mary, Queen 'Mum' Elizabeth, and Queen Elizabeth II. Discover the favorites of Princess Diana and Princess Catherine!



Instructor: *Julie Koenig*

◆ **CLASSIC LOVE STORIES** **one session**  
**Thursday May 9** **1 pm**  
**\$5 residents, \$6 non-residents; pay by 5/7**

Let's look into the iconic romances of Hollywood stars and British Royal couples from the successful, true love stories to the doomed and tragic. To name a few, we will relive the stories of Spencer Tracy and Katharine Hepburn, Paul Newman and Joanna Woodward to the historic and current British Royal love matches and ill-fated unions.

Instructor: *Julie Koenig*

◆ **WWII IN THE PACIFIC** **6 Weeks**  
**Mondays, May 13—June 24 (omit 5/27)** **10 am**  
**\$30 residents, \$35 non-residents; pay by 5/10**

Learn about the naval war against Japan. Let's explore how the US overcame early adversity to become a superpower. And we will try to make clear why Japan started a war they could not win. Instructor: *Bob Willis*

## Ukulele Club

*two time choices*

◆ **UKULELE CLUB** **8 Weeks**  
**Fridays, May 10—June 28** **12 noon or 1 pm**  
**\$35 residents, \$40 non-residents; pay by 5/8**

Ukulele Club is a musical community that gathers to have the fun of making music together—no experience needed—we learn new skills as we progress. A few loaner ukuleles available to try. New members should attend the 12 noon class with returning members at 1:00pm. Instructor: *Dr. Amy Wooley*

## 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.

## 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.*

◆ **JOURNALING WITH SPRING** **4 Weeks**  
**Tuesdays, May 7, 14, 21, 28** **10:30 am**  
**\$20 residents, \$25 non-residents; pay by 5/3**

Attending to the natural world provides us much opportunity for reflection and insight. Writing about what we experience of the natural world focuses our minds and hearts to the good, the true, and the beautiful. In these sessions, we will journal about the coming of spring and its effects on life around us. Weather permitting, we will spend time outdoors observing before writing. Facilitator: *Mike Reiling, M.Ed.*

◆ **BOOK CLUB** **FREE** **1:15 pm**  
**Friday, April 26**

Drop in and join us to discuss *The Heaven and Earth Grocery Store* by James McBride. Follow the fortunes of a group of Jewish immigrants and African Americans who live together on Chicken Hill in Pottstown, Pennsylvania during the 1920s and 30s. Facilitator: *Sheila Ives*, retired librarian



◆ **WRITERS AND READERS** **FREE**  
**Wednesdays, April 3, 10, 17, 24** **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*

### Irish Dance with Peggy Cannon

- ◆ **LOW IMPACT IRISH DANCE** **7 Weeks**  
Wednesdays, May 1—June 12 **1 pm**  
\$35 residents, \$40 non-residents; pay by 4/29

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, April 23—June 11 **1-2 pm**  
\$40 residents, \$45 non-residents; pay by 4/19

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

- ◆ **INTERMEDIATE TAP** **8 Weeks**  
Tuesdays, April 23—June 11 **2:15-3:15 pm**  
\$40 residents, \$45 non-residents; pay by 4/19

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

### Dance with Alyssa Wilmot

- ◆ **BEGINNER BALLET** **8 Weeks**  
Mondays, April 1—June 3 (omit 4/8 & 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, May 2—June 27 **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 *adding Wednesdays on 4/3* **2 pm**  
(omit 4/8, 4/17)

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.

### ZUMBA with Traci Lundell

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

### Theatre Dance with Jim Becker

- ◆ **THEATRE DANCE** **8 Weeks**  
Wednesdays, May 15—July 17(omit 6/19 & 7/3) **2-3:30pm**  
\$45 residents, \$50 non-residents; pay by 5/13

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.

*Shows on April 24 and July 17*

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


- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** **8Wks**  
Tuesdays, April 23—June 11 **12 pm**  
\$25 residents, \$30 non-residents; pay by 4/19

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** **8Wks**  
Wednesdays, April 24—June 12 **12:50 pm**  
\$25 residents, \$30 non-residents; pay by 4/22

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** **8Wks**  
Wednesdays, April 24—June 12 **3:20 pm**  
\$25 residents, \$30 non-residents; pay by 4/22

- ◆ **CHAIR EXERCISE (especially beneficial for arthritis)** **8 Wks**  
Wednesdays, April 24—June 12 **1:30 pm**  
\$35 residents, \$40 non-residents; pay by 4/22

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, April 24—June 12 **2:40 pm**  
\$25 residents, \$30 non-residents; pay by 4/22

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


- ◆ **FALLPROOF** **8 Weeks**  
Thursdays, April 25—June 13 **10:30 am**  
\$35 residents, \$40 non-residents; pay by 4/23

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.*

**Healing with Chakras** *with Pat Andler, C.P.T., L.M.T., R.Y.T.*

◆ **Healing with Chakras** **8 Weeks**  
**Thursdays, April 25—June 13** **11:45 am**  
**\$35 residents, \$40 non-residents; pay by 4/23**

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.



**Boomer Yoga with Joe Gauntner**

◆ **BOOMER YOGA** **8 Weeks**  
**Thursdays, May 16—July 11 (omit 7/4)** **9:00 am**  
**\$40 residents, \$45 non-residents; pay by 5/14**

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.**

**Chair Yoga** **Silver Sneakers**

◆ **CHAIR YOGA** **or \$4 pay as you go**  
**Tuesdays, April 2, 9, 16, 23, 30** **9 am, 10 am or 11 am**

Chair yoga is a great way to improve flexibility, strength and balance while also relaxing body and mind with breathwork.

**Tai Chi with Mike Reiling, M.Ed.**

◆ **TAI CHI EASY** **8 Weeks**  
**Wednesdays, May 15—July 10 (omit 6/19)** **9 am**  
**\$40 residents, \$45 non-residents; pay by 5/13**

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.

**Boom Move with Cindy Souris** **Silver Sneakers**


◆ **BOOM MOVE** **or \$4 pay as you go**  
**Fridays, April 5, 12, 19, 26** **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.

**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!



**Circuit with Maureen Dunphy** **Silver Sneakers**

◆ **CIRCUIT** **or \$4 pay as you go**  
**Mondays, April 1, 8, 15, 22, 29** **9 am**  
**Wednesdays, April 3, 10, 17, 24** **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.

**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.**

**Circuit with Cindy Souris** **Silver Sneakers**


◆ **CIRCUIT** **or \$4 pay as you go**  
**Mondays, April 1, 8, 15, 22, 29** **10 am**  
**Wednesdays, April 3, 10, 17, 24** **10:30 am**  
**Fridays, April 5, 12, 19, 26** **10 am**

**EnerChi with Mary Holtz** **Silver Sneakers**

◆ **ENERCHI** **or \$4 pay as you go**  
**Tuesdays, April 2, 9, 16, 23, 30** **1 pm or 2 pm**  
**Thursdays, April 4, 11, 18, 25** **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.

**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.



## Sun-Sational Soiree **April 8, 2024**

11:30 am—1 pm Interplanetary Deli Lunch  
12:00—12:30 pm Moon Dance line dance fun  
12:30-1:00 pm Sun Yoga & Moon Tai Chi forms  
*Safety glasses provided while supplies last  
to view eclipse safely from your home  
Center closes at 1:00 pm*



### Cleveland Metroparks with Judy MacKeigan **FREE**

#### ◆ 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. Judy will share the history of Ohio's 'big ditch' and its impact on northeastern Ohio.

#### ◆ DOWN BY THE OLD MILL STREAM **1 Session** Thursday, May 16 **3 pm**

Among the many features of Mill Stream Run Reservation are the refrigerated toboggan chutes, old quarry lands turned into lakes, and Camp Cheerful. Join Judy to learn about the long and interesting history of this reservation.

### Seniors Players Return to the Stage in May

#### Announcing our spring show!

##### *The Last Day at W.O.R.K.*

by Brandon Daughtry Slocum and  
JP Schuffman

Radio station W.O.R.K. is signing off after 50 years on the air broadcasting from a small southern town. As the owners (who are also the station's announcers) contemplate their future, they go ON AIR one last time with a cast of characters that have been with them through the years. See the show to follow the laughs as the guests include a community theater group.



#### **FREE PERFORMANCES—SAVE THE DATES**

Wednesday May 22 at 7:00 pm

Thursday May 23 and Friday May 24 matinees at 1:30 pm

### River Singers with Leigh Eastman **FREE**

#### ◆ RIVER SINGERS **1 pm** Mondays, April 1, 15, 22, 29 (omit 4/8)

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.*



### Chair Volleyball with Toni Holtzhauser

#### ◆ CHAIR VOLLEYBALL **FREE** Thursdays, April 11, 18, 25 (omit 4/4) **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!

### Look to the Skies with Ann Cleary



#### ◆ CLOSER LOOK AT SOLAR ECLIPSE *repeat of February program due to popularity* Tuesday, April 2 **10:30am** **\$5 residents, \$6 non-residents**

Cleveland and Rocky River are in the path of totality for the solar eclipse on April 8, 2024. Learn about this total solar eclipse, annular eclipses and lunar eclipses in this encore presentation. She will discuss the how and why of eclipses, what an almost 4 minute totality means, and how and where to safely observe this natural phenomenon.

#### ◆ WEBB TELESCOPE **5 weeks** Tuesdays, April 9—May 7 **10:30am –12noon** **\$30 residents, \$35 non-residents; pay by 4/5**

Learn about the WEBB Telescope, where it is located, how it differs from the Hubble Telescope, and the unique way it gathers data. We will also explore new information the WEBB is gathering on our solar system's planets, exoplanets around distant stars, galaxies and more galaxies, as well as the expanding Universe. This series will be outta the world!

### Men's Golf League begins with April 30th meeting

The Men's Golf League begins play at Hilliard Lakes Golf Course on Tuesday, May 7 until September 24. First tee time is 8 am. Start times are assigned for the season. Fee covers cost of prizes, a season lunch, golf banquet, and program coordination. Greens fee for nine holes is \$13 to walk and \$21 to ride. **Registration fee is \$50 residents; \$55 non-residents**

***A mandatory meeting for registered golfers will be held at RR Senior Center on Tuesday, April 30th at 10 am to assign tee times, discuss rules, play of the day and roster.***

### Climate Change Discussion with Mike Reiling **FREE**

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

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!**

### 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!*

**Call Front Desk if interested in joining this group or to learn about their weekly destinations.**



## DAY TRIPS presented by Rocky River Senior Center

- ◆ **SPRING FLING—GARDENS & ART**  
Tuesday, April 23 *registration ongoing*  
\$75 residents, \$80 non-residents

Celebrate Spring with fresh flowers and beauty. Fellows Riverside Gardens in Youngstown was named a top place to see daffodils thanks to efforts in 1932 when the Garden Club of Youngstown planted 8,000 bulbs! Following a docent-led tour of the grounds, we will enjoy lunch at their Garden Café by Kravitz—a renowned deli with an elegant flair. *Lunch choices are 1) reuben sandwich—corned beef, swiss & kraut on rye OR 2) portabella sandwich—grilled mushroom, fire roasted red peppers, grilled onions, provolone and spinach on Italian bread OR 3) cranberry-walnut chicken salad with Italian bread. All lunches served with cole slaw, water and a Russian Tea cookie.* Free time available to stroll the gardens or visit the gift shop. Our next stop is the Butler Institute of American Art for a docent-led tour to experience one of the premier American art collections spanning the past 300 years. What better way to end this day trip with a stop for ice cream on the way home—purchase is on your own! Join us for a day of natural beauty and artistic inspiration. *When registering, please make lunch choice and include a self-addressed-stamped envelope.*

**Board 8:10 am, depart 8:30 am; estimated return 5:30 pm.**

- ◆ **OHIO LIGHT OPERA—THE SOUND OF MUSIC**  
Wednesday, June 19 *registration begins 4/1*  
\$120 residents, \$125 non-residents

Join us for the annual summer trip to Wooster for Ohio Light Opera. This year we will enjoy *The Sound of Music* which remains one of the gemstones of American musical theater. It was the last collaboration, and greatest commercial success, of Rodgers and Hammerstein, featuring hit songs “Maria,” “My Favorite Things,” “Do-Re-Mi,” and “Edelweiss,” as well as several gems not included in the film. Lunch will follow tradition at Broken Rocks Café in downtown Wooster. *Choice of either 1) Chicken salad: a creamy blend of toasted walnuts, roasted chicken, celery, onions and raisins on focaccia with orange slices 2) Pulled pork sandwich: BBQ sauce, pepper jack and coleslaw on focaccia with potato salad and pickle or 3) Wild mushroom Shitakes, creminis, pancetta, spinach with bowtie pasta in a gorgonzola cream sauce topped with roasted red peppers.* All lunches include choice of beverage and the Café’s signature Strawberry Shortcake with Crème Anglaise. Our return trip includes a stop at Hartzler’s Dairy for optional ice cream purchase. What a sweet way to end a perfect day outing!

*When registering, please make lunch choice and include a self-addressed-stamped envelope.* **Board 10:00 am; depart 10:15 am; estimated return 6:30 pm.**



## OVERNIGHT TRIPS presented by Wendt Touring

*Registration ongoing for all 2024 tours—All Welcome!*

- ◆ **NEW ORLEANS SPRINGTIME** (by motorcoach)  
7 days April 20 - 26, 2024
- ◆ **THE CANADIAN ROCKIES** (by air and motorcoach)  
6 days early Summer, June 23 - 28, 2024
- ◆ **MAINE AND VERMONT**  
**COASTAL NEW ENGLAND AUTUMN** (by motorcoach)  
7 days October 5 - 11, 2024
- ◆ **CHRISTMAS IN NYC** (by motorcoach)  
4 days December 8-11 *trip sheet available in June*

*Individual trip sheets with itinerary details AND registration forms for Wendt Trips are available at our Front Desk and online at [www.rrcity.com/senior-center](http://www.rrcity.com/senior-center)*

## Good Grub Social Club

**Board RRSC’s bus to travel for lunch at a variety of establishments. Cost of traveling is \$10, lunch is on you. Space is limited, so don’t delay—**

*Registration begins 4/1 include SASE*

- ◆ **OLESIA’S TAVERN OF RICHFIELD** Wednesday, April 24  
As a Ukrainian native, Olesia’s passion for cooking stemmed from the finest cook in the village – her grandmother! Growing up on a farm, Olesia appreciated the benefits of using fresh meats and home grown produce. This commitment continues at her tavern where fine dining meets Ukrainian flair.  
**Board 10:15 am; Depart 10:30 am; Estimated return 2:00 pm.**

## Planning for Summer Day Trips

*When registering for any day trip, please include SASE (self-addressed, stamped envelope).*

- ◆ **BACK TO THE FUTURE**  
Tuesday, July 2 *registration begins 4/1*  
\$100 residents, \$105 non-residents  
Great Scott! When Marty McFly finds himself transported back to 1955 in a time machine built by the eccentric scientist Doc Brown, the course of history alters. Now Marty is in a race against time to fix the present, escape the past, and send himself.... back to the future. Main floor orchestra seats at The State Theater Palace. **Board 6:15 pm, depart 6:30 pm; estimated return 10:30 pm.**
- ◆ **GUARDIANS v KANSAS CITY ROYALS**  
Wednesday, August 28 *registration begins 4/1*  
\$85 residents, \$90 non-residents  
Join us for a day at Progressive Field to cheer on our Cleveland Guardians from GREAT covered seats along the first baseline (section 136 & 138). Price includes a voucher for either food or merchandise at the ballpark. Wear comfortable shoes and your Guardians gear to cheer on our home team!  
**Board 11:15 am, depart 11:30 am; estimated return 4:30 pm**
- ◆ **MJ-Micheal Jackson-The Musical** *SAVE THE DATE*  
Wednesday, August 7 *details in May Quill*

## History of Holidays with Beryl Prusinowski

- ◆ **HISTORY OF SPRING HOLIDAYS**  
Tuesday, April 23 1 pm  
\$5 residents, \$6 non-residents; pay by 4/19

Discover the stories behind many of the spring holidays. Why do we have Arbor Day, and why are Mexican restaurants packed on Cinco de Mayo? When did we begin celebrating mothers and fathers? We will also explore Memorial Day as we take a look at its stirring symbols.

- ◆ **TIME TO THINK SUMMER**   
Tuesday, June 11 1 pm  
\$5 residents, \$6 non-residents; pay by 6/7

Summer is for patriotic holidays. Flag Day and Independence Day celebrate our country's history. Juneteenth is an historic day of remembrance with renewed attention in recent years. More than picnics, Labor Day reminds us of past working conditions. Mark this date to get ready for all summer holidays!

## Hollywood Scandals—Part II with Aaron Spears

- ◆ **SCANDALS PART II** 3 Weeks  
Tuesdays May 7—May 21 10 am  
\$15 residents, \$20 non-residents; pay by 5/3

Continue our look at true crime in the early days of Hollywood which was marked by technological breakthroughs and staggering artistic achievements. In each class, we will examine a different case file from this unprecedented era of hedonism, crime and cover-ups.

## Bridge with Fran Mulkins

- ◆ **BRIDGE LESSONS** 6 Weeks  
Fridays, April 19—May 24 10 am  
\$36 residents, \$40 non-residents; pay by 4/17

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.



## Trivia Call to register your team 440-333-6660

- ◆ **GENERAL TRIVIA** \$4/person  
Fridays, April 12 and 26 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.* Popcorn and refreshments included. Prizes awarded to the top three winners.

## Streaming On-Site FREE

- ◆ **OUTLANDER SEASON 6**  
Mondays 1:00 pm



The sixth season continues as the Frasers strive to maintain peace and defend their home on Fraser's Ridge as the colonies unwittingly march toward revolution.

## Palmistry 102 with Judy Foley Gawronski

- ◆ **PALMISTRY 102** 4 Weeks  
Fridays, April 5– 26 10:00 am  
\$20 residents, \$25 non-residents; pay by 4/3

In this class, we will focus on the mounts of the hand, the fate line as well as hand shapes and the meaning of each. *This class is designed for those who have previously taken Palmistry 101.*



### What is Dyngus Day?

A Polish-American tradition celebrated on the Monday after Easter dating back to 966AD when Poland's Prince Mieszko I was baptized. This spring cleansing holiday includes the fun of boys sprinkling girls with water and tapping them with pussywillow blooms—with the next day, girls returning the favor! Today, Dyngus Day celebrations include plenty of polka music and Polish comfort food—kielbasa, pierogis, and stuffed cabbage.

Join us for a Dyngus Lunch on April 1st.

## Movie Matinees Fridays 1 pm FREE

April 5 **NO MOVIE** **FREE Jazz Concert at 1:30pm**

April 12 **THE HOLDOVERS** 2023  
R 2H 13M COMEDY/DRAMA

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.



Cast: Paul Giamatti, Da'Vine Joy Randolph, Dominic Sessa, Brady Hepner

April 19 **DUMB MONEY** 2023  
R 1H 44M COMEDY/DRAMA

Everyday people flip the script on Wall Street and get rich by turning GameStop into one of the world's hottest companies. As a stock tip becomes a movement, everyone gets wealthy -- until the billionaires fight back and both sides find their worlds turned upside down. Cast: Paul Dano, Shailene Woodley, Seth Rogan, America Ferrera



April 26 **STRAYS** 2023  
R 1H 34M COMEDY

Abandoned on the mean city streets by his low-life owner Doug, a naive but lovable dog named Reggie falls in with a fast-talking, foul-mouthed Boston Terrier and his gang of strays. Determined to seek revenge, Reggie and his new canine pals embark on an epic adventure to get him home and make Doug pay for his dirty deed. Cast: Will Ferrell, Jamie Foxx, and Isla Fisher



# April 2024

Deborah Huff, Director 333-6660  
 Cindi Williams, Administrative Assistant 333-6662  
 Laurie Schaefer, Program Coordinator 331-1114  
 Dianne Hamm, Front Desk, Trip Escort 333-6660  
 John Catavolos, Front Desk 333-6660  
 Mary Holtz, Marketing Communications 356-2092

**Front Desk**  
**440-333-6660**  
**John, Dianne**

Larry Goebelt, Facility Manager 333-6660  
 Mary Hildebrandt, Social Service 333-6664  
 Michelle Soneson, Transportation/Silver Linings 333-6665  
 Jody Soneson, Kitchen 333-6660  
 Janus Toth, Kitchen Assistant 333-6660

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:00 Spring QiGong            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  <b>11:30 Dnygus Day lunch</b>            1:00 Beginner Ballet starts            1:00 Intermediate Ceramics            1:00 Watercolor            1:00 River Singers            1:00 Outlander Season 6            2:00 Open Line Dance</p>	<p><b>2</b></p> <p>8:35 Zumba            9:00 SS Chair Yoga            10:00 SS Chair Yoga            10:30 Solar Eclipse w/Ann Cleary            11:00 SS Chair Yoga            11:30 Deli Lunch—Tacos            12:00 Weights Workout            1:00 Beginner Tap            1:00 Open Ceramics            1:00 Journaling Grief begins            1:00 SS EnerChi            2:00 SS EnerChi            2:00 Sports History            2:15 Intermediate Tap</p>	<p><b>3</b></p> <p>9:00 Tai Chi Easy            9:30 SS Circuit            9:30 NO French Travelers            10:00 Pen &amp; Ink            10:30 SS Circuit            11:00 NO 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            2:00 Open Line Dance            2:40 Sun Style Tai Chi            3:20 Weights Workout</p>	<p><b>4</b></p> <p>8:35 Zumba            9:00 Boomer Yoga            10:00 Senior Players            10:00 Mercy            10:30 Fallproof            11:30 NO Deli Lunch            11:45 Chakra Yoga            1:00 Int/Adv Ballet            1:00 NO Chair Volleyball            1:00 Climate Change            1:00 SS EnerChi            2:00 SS EnerChi            2:00 Synoptic Gospels II ends</p>	<p><b>5</b></p> <p>9:00 SS Boom Move            9:00 Walking Group            10:00 Oil &amp; Acrylics ends            10:00 Bridge            10:00 SS Circuit            10:30 Palmistry begins            11:30 Deli Lunch            11:30 Buddy Lunch Lunch            12:00 Ukulele Club            1:00 NO movie  <b>1:30 Jazz concert w/ Eddie Majeski &amp; Joe Bonsignore</b>            1:00 Ukulele Club ends</p>
<p><b>8</b></p> <p>9:00 Spring QiGong            9:00 SS Circuit            9:00 Walking Group            9:30 Beginning Zentangle            10-12 Blood Pressure Clinic            10:00 Nature Watercolor ends            10:00 SS Circuit            10:00 WW II            11:30 Deli Lunch  <b>11:30 Interplanetary Lunch</b>  <b>12:00 Moon Dance</b>  <b>12:30 Sun Yoga &amp; Moon tai chi</b></p> <p><b>CENTER CLOSSES AT 1:00PM</b></p>	<p><b>9</b></p> <p>8:35 Zumba            9:00 SS Chair Yoga            10:00 SS Chair Yoga            10:00 Senior Players            10:30 WEBB Telescope begins            11:00 SS Chair Yoga            11:30 Deli Lunch—Tacos            12:00 Weights Workout            12:30-4 Medicare Assist w/Donna            1:00 Beginner Tap            1:00 Open Ceramics            1:00 Journaling Grief            1:00 SS EnerChi            2:00 SS EnerChi            2:00 Sports History            2:15 Intermediate Tap</p>	<p><b>10</b></p> <p>9:00 Tai Chi Easy            9:30 More Zentangle begin            9:30 SS Circuit            9:30 French Travelers ends            10:00 Pen &amp; Ink            10:30 SS Circuit            11:00 French II ends            11:30 Deli Lunch            12:50 Weights Workout            1:00 Colored Pencil            1:00 Beg. Ceramics begins            1:00 Irish Dance            1:00 Writers and Readers            1:30 Chair Exercise            2:00 Theater Dance            2:00 Open Line Dance            2:40 Sun Style Tai Chi            3:20 Weights Workout</p>	<p><b>11</b></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            1:00 Chair Volleyball            1:00 Int/Adv Ballet            1:00 Royal Jewelry            1:00 SS EnerChi            2:00 SS EnerChi            2:00 Jefferson Bible begins            2-4 Hearing Screenings by appt</p>	<p><b>12</b></p> <p>9:00 SS Boom Move            9:00 Walking Group            10:00 Oil &amp; Acrylics begins            10:00 Bridge ends            10:00 SS Circuit            10:30 Palmistry            11:30 Deli Lunch  <b>1:00 Movie— The Holdovers</b>            12:00 Ukulele Club            1:00 Ukulele Club            1:30 Trivia</p> <p>6:15 Cleveland Pops boards</p>
<p><b>15</b></p> <p>9:00 Spring QiGong ends            9:00 SS Circuit            9:00 Walking Group            9:30 Beginning Zentangle ends            10-12 Blood Pressure Clinic            10:00 SS Circuit            10:00 WW II            10:00 Nature Watercolor begins  <b>11:00 Wendt New Orleans pre-trip talk</b>            11:30 Deli Lunch            1:00 Beginner Ballet            1:00 Intermediate Ceramics            1:00 Watercolor ends            1:00 River Singers            1:00 Outlander Season 6            2:00 Open Line Dance</p>	<p><b>16</b></p> <p>8:35 Zumba            9:00 SS Chair Yoga            10:00 SS Chair Yoga            10:00 Senior Players            10:30 WEBB Telescope            11:00 SS Chair Yoga            11:30 Deli Lunch—Tacos            12:00 Weights Workout            12:30-4 Medicare w/Donna            1:00 Beginner Tap ends            1:00 Open Ceramics            1:00 Journaling Grief            1:00 SS EnerChi            2:00 SS EnerChi            2:00 Sport History            2:15 Intermediate Tap ends</p>	<p><b>17</b></p> <p>9:00 Tai Chi Easy            9:30 SS Circuit            9:30 French for Travelers begins            10:00 Pen &amp; Ink            10:30 SS Circuit            10:30 More Zentangle            11:00 Eyes of Artist— Mucha            11:00 French II begins            11:30 Deli Lunch            12:50 Weights Workout ends            1:00 Irish Dance            1:00 Beginning Ceramics            1:00 Colored Pencil            1:00 Writers and Readers            1:30 Chair Exercise ends  <b>1:30 Dan Bruce Jazz concert</b>            2:00 Theater Dance            2:00 NO Open Line Dance            2:40 Sun Style Tai Chi ends            3:20 Weights Workout ends</p> <p>9:00 RR Seniors Council</p>	<p><b>18</b></p> <p>8:35 Zumba            9:00 Boomer Yoga            10:00 Mercy concludes            10:00 Senior Players            10:30 Fallproof ends            11:30 Deli Lunch            11:45 Chakra Yoga ends            1:00 Int/Adv Ballet            1:00 Chair Volleyball            1:00 SS EnerChi            2:00 SS EnerChi            2:00 Jefferson Bible            2-4 Hearing Screenings            3:00 Metroparks</p>	<p><b>19</b></p> <p>9:00 SS Boom Move            9:00 Walking Group            10:00 Oil &amp; Acrylics            10:00 Bridge begins            10:00 SS Circuit            10:30 Palmistry            11:30 Deli Lunch            12:00 Ukulele Club            1:00 Ukulele Club  <b>1:00 Movie—Dumb Money</b></p> <p><b>SATURDAY</b>  <b>5:30PM Night at the Races</b>  <b>Don Umerley Civic Center</b></p>
<p><b>22</b></p> <p>9:00 SS Circuit            9:00 Walking Group            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 begins            1:00 River Singers            1:00 Outlander Season 6            2:00 Open Line Dance</p>	<p><b>23</b></p> <p><b>8:10 Spring Fling boards</b>            8:35 Zumba            9:00 SS Chair Yoga            10:00 SS Chair Yoga            10:30 WEBB Telescope            11:00 SS Chair Yoga            11:30 Deli Lunch—Tacos            12:00 Weights Workout            12:30-4 Medicare Assist w/Donna            1:00 Beginner Tap starts            1:00 Open Ceramics            1:00 Journaling Grief ends            1:00 History of Holidays            1:00 SS EnerChi            2:00 SS EnerChi            2:00 Sports History ends            2:15 Intermediate Tap starts</p>	<p><b>24</b></p> <p>9:00 Tai Chi Easy            9:30 French for Travel            9:30 SS Circuit            9:30 More Zentangle            10:00 Pen &amp; Ink            10:30 SS Circuit            11:00 French II            11:30 Deli Lunch            12:50 Weights begins            1:00 Irish Dance ends            1:00 Beg Ceramics ends            1:00 Colored Pencil            1:00 Writers/Readers            1:30 Chair Exercise begins  <b>1:30 Theater Dance SHOW</b>            2:00 Open Line Dance            2:40 SunStyle TaiChi begins            3:20 Weights Workout begins</p> <p>10:00 Senior Players            10:15 Good Grub boards</p>	<p><b>25</b></p> <p>8:35 Zumba            9:00 Boomer Yoga            10:00 Senior Players            10:00 Comforts of Home            10:30 Fallproof begins            11:30 Deli Lunch            11:45 Healing with Chakras begins            1:00 NO Int/Adv Ballet            1:00 Chair Volleyball            1:00 SS EnerChi  <b>1:30 Jazz concert with Garrett Folger</b>            2:00 SS EnerChi            2:00 Jefferson Bible</p>	<p><b>26</b></p> <p>9:00 SS Boom Move            9:00 Walking Group            10:00 Oil &amp; Acrylics            10:00 Bridge            10:00 SS Circuit            10:30 Palmistry ends            11:30 Deli Lunch  <b>1:00 Movie—Strays</b>            12:00 Ukulele Club            1:00 Ukulele Club            1:15 Book Club— Heaven &amp; Earth Grocery Store            1:30 Trivia</p>
<p><b>29</b></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 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><b>30</b></p> <p>8:35 Zumba            9:00 SS Chair Yoga            10:00 SS Chair Yoga            10:00 Men's Golf meeting            10:30 WEBB Telescope            11:00 SS Chair Yoga            11:30 Deli Lunch—Tacos            12:00 Weights Workout            12:30-4 Medicare w/Donna            1:00 Open Ceramics            1:00 Beginner Tap            1:00 Fortitude begins            1:00 SS EnerChi  <b>1:30 Christopher Burge jazz concert</b>            2:00 SS EnerChi            2:15 Intermediate Tap</p>	 <p><b>Back to the Future</b>  <b>Playhouse Square July 2</b>  <b>ON SALE April 1st</b></p>	 <p><b>DAY TRIP Aug. 28</b>  <b>v. Kansas City Royals</b>  <b>ON SALE April 1st</b></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	<a href="mailto:dhuff@rrcity.com">dhuff@rrcity.com</a>
Cindi Williams, Administrative Assistant	<a href="mailto:cwilliams@rrcity.com">cwilliams@rrcity.com</a>
Laurie Schaefer, Program Coordinator	<a href="mailto:lschaefer@rrcity.com">lschaefer@rrcity.com</a>
Mary Hildebrandt, Social Service	<a href="mailto:mhildebrandt@rrcity.com">mhildebrandt@rrcity.com</a>
Michelle Soneson, Transportation/Silver Linings Café	<a href="mailto:msoneson@rrcity.com">msoneson@rrcity.com</a>
Jody Soneson, Food Service Coordinator	<a href="mailto:jsoneson@rrcity.com">jsoneson@rrcity.com</a>
Larry Goebelt, Facility Manager	<a href="mailto:lgoebelt@rrcity.com">lgoebelt@rrcity.com</a>
Dianne Hamm, Reception/Trip Escort	<a href="mailto:seniorcenter@rrcity.com">seniorcenter@rrcity.com</a>
Mary Holtz, Marketing Communications	<a href="mailto:mholtz@rrcity.com">mholtz@rrcity.com</a>
John Catavolos, Reception	<a href="mailto:seniorcenter@rrcity.com">seniorcenter@rrcity.com</a>

### 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](mailto:rrseniorscouncil@gmail.com)

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Get out your magnifying glasses and find our smiling, shaded sun. Call the Front Desk at 440-333-6660 with your name, phone number, and number of smiling suns you find. All correct answers will be eligible for a drawing to receive a **free muffin** from our Silver Linings Café! *Congratulations to Pat Dever for locating all 8 four-leafed clovers in the March Quill.*

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ONCE IN OUR LIFETIME  
 Total Solar Eclipse  
 Passes through Cleveland  
 April 8, 2024  
 RRSC closing at 1:00pm