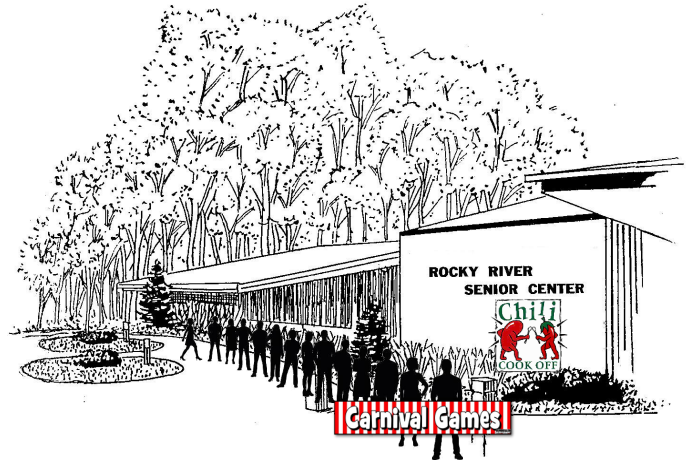


# The Quill



January 2022

VOLUME 46 • NUMBER 5

A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center



## RRSC 7th ANNUAL CHILI COOK-OFF

Friday, January 21  
11:30 am-1 pm

\$12

Advanced sale tickets only!  
Quantities limited  
Deadline to purchase January 14

*Proceeds to benefit Senior Transportation*

Enjoy small servings of homemade recipes made by RRSC staff and participants, served by Seniors Council. The competition is strong as staff compete for title as "Top Chef". Do you think your chili is better than ours? Join us! Deadline to register is January 12. Votes may be cast in-person, by phone, email or dropping off your ballot at the front desk no later than January 26. Results will be posted on-line by January 28 and in the March Quill. Email results to [Ischaefer@rrcity.com](mailto:Ischaefer@rrcity.com)

## HAPPY NEW YEAR!

We are *so hoping*, that masks will no longer be required for those who are fully vaccinated. Up to date information will be posted on the Senior Center page on the City Website.

Additionally, signs will be posted at the center and you are always welcome to call 440-333-6660 to ask what current requirements/recommendations are in place to protect you and other participants at the center.

*Thank you for your continued understanding and cooperation!*

## NATIONAL ACCREDITATION

Rocky River Senior Center will begin the process for recertification of our National Accreditation. Less than 1% of all senior centers are nationally accredited. We pursue this accreditation, along with our state accreditation, so you may be confident that we meet national and state mandates providing you with the best programming and services available!

## Neighborhood Network Proudly Presents:

### Join us for a winter carnival!

Similar to a Housing Fair but with a twist, our Carnival connects you with companies and services who will each bring a table-top version of an old-fashioned (new or made-up) carnival game for you to play if you desire. We will have ring-toss, duck pond, carnival pong and many more. *Each entity will have useful and fun giveaways, treats and literature that lets you know what is available for seniors.*

It will be a FUN way to become familiar with the resources available in our community which are often needed at a time of planning or crisis. Carnival participants will gladly answer all your questions.

### In the Auditorium:

#### 9:00 am Beyond the Hospital

Everything you need to know from SNF's Assisted Living, Independent Living, Hospice, Home Care and Palliative Care

*Nicole Milligan— Holy Family Home*

*Dana Hearn— Emerald Village*

#### 10:30 am Tips on saving money with Medicare Spending

*Dan Taylor— A Knowledgeable Consumer*

### Community Partners participating in the Carnival include:

*Angels Care Home Health, Bickford Senior Living, Berkshire Assisted Living, Carolyn T. Farrell Foundation, Dedicated Senior Medical Center, Embassy of Rockport, Ganzhorn Suites, Holy Family Hospice, Home Instead Senior Care, Hospice of the Western Reserve, Humana Insurance, Independence Village, Integrity Home Care/Dispatch Health, Kaz Company, Kindred Hospice Care, Residence Home Care, Rocky River Village, Senior Bridge, Senior Care Authority, United Health Care Insurance, The Welsh Home.*



**Rocky River Senior Center Hours**

Monday—Friday 8:30—4:30

21014 Hilliard Blvd, Rocky River, OH 44116

[www.rrcity.com/seniors.html](http://www.rrcity.com/seniors.html)

**Candice Miele, LISW-S 440-333-6664**



Candice is 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 **Candice at 440-333-6664**. Due to her very busy schedule, *appointments are appreciated*.

Email: [cmiele@rrcity.com](mailto:cmiele@rrcity.com)

- ◆ **CAREGIVER SUPPORT GROUP** **3 pm**  
**Wednesday, January 19**

**NEIGHBORHOOD NETWORK SPEAKER SERIES**

Join us to hear from our community partners presenting on a variety of topics. Seating is limited to 20 people. *Please call 440-333-6660 to reserve your seat!*

- ◆ **COFFEE & BRAIN HEALTH** **10 am**  
**The Ganzhorn Suites Specialized Memory Care**  
**Thursday, January 6**

Featuring **Matt Hohler**, Account Liaison for *Heartland Home Health & Hospice* and *Co-Founder of Farmers First Coffee Company*. Matt will discuss the effects of coffee on cognition and share studies related to caffeine and brain health. He will also educate us about the coffee industry, discuss different types of coffee, and treat each guest to a freshly brewed cup of coffee!

A BIG thank you to all the generous people donating items for our Holiday Bags and to all the volunteers who helped deliver them. Our "Elves to the Elders" brought so much joy, brightening what could have been a very bleak holiday. Happy New Year!



**Mary Kolk presents: FREE**

- ◆ **LONELINESS: THE HUMAN SIGNAL WE NEED TO HEAR** **8 Weeks**  
**Wednesday, January 5– February 23** **1 pm**

In his seminal research book, *Loneliness: Human Nature and the Need for Social Connection*, Dr. John Cacioppo writes, "loneliness itself is not a disease; feeling lonely from time to time is like feeling hungry or thirsty from time to time. It is part of being human. The trick is to heed these signals in ways that bring long-term satisfaction." This class will cover the implications of loneliness for individual and societal health and well-being, the impact of social media, the role of faith and spirituality, evolutionary and neurological reasons for loneliness, and how to find and restore real, meaningful connection for overall happiness. We will rediscover our own unique resilience and learn many of the simple changes we can make now to change our lives and improve our wellbeing. Instructor: **Mary Kolk**  
Please call 440-333-6660 to reserve your seat.

**Sticky Situations with Director Deb**



Join Director Deb as we tackle those tough topics. Each month we will learn about a subject and engage in an open discussion. Call 440-333-6660 to register at least 2 days before.

- ◆ **I RESOLVE TO... STOP BEING A PEOPLE PLEASER!** **FREE**  
**Tuesday, January 18** **10:30 am-12**

Everyone wants to be loved. We all need affirmation, acceptance and approval. It feels good to be appreciated and admired. But when we depend on the approval of others to feel good about ourselves, you can lose confidence in yourself and your relationships may become unbalanced. Come and learn to accept who you are, who you were meant to be and live the life you're longing for! Presenter: *Director Deb*

- ◆ **A COMPLAINT FREE WORLD** **FREE**  
**Tuesday, February 15** **10:30 am-12**

Have you ever noticed how much we complain about things? Venting, moaning or letting off steam is not only a waste of time, it also has a harmful effect on the way you live. So how can you focus on the positive, happy things in life instead? I challenge you to take the 21 Day Challenge which will improve your life for good! Presenter: *Director Deb*

**Senior Transportation 440-333-6665**

Are you a Rocky River resident who needs transportation?

Call **Michelle at 333-6665** to schedule your ride.

*Passengers must be pre-registered.*



**Meals on Wheels 440-333-6298**



Check them out at [westshoremow.org](http://westshoremow.org)  
**Rocky River or Lakewood call 440-333-6298**  
**Fairview Park call 440-331-3842**

**Medicare Counseling**

**Open enrollment has now ended.** If you have Medicare questions, you may call the OSHIIP call center in Columbus at 1-800-686-1578. Donna will be available for individual appointments onsite the first Wednesday of the month from January through July.



To schedule an appointment with OSHIIP Counselor Diane or Donna, please call Rocky River Senior Center at 440-333-6660.

## Estate & Long Term Planning Workshops

◆ **FOUNDATIONAL ESTATE PLANNING** **FREE**  
**Thursday, February 3** **1 pm**

Having a basic will does not avoid probate. Moreover, relying on a basic will (aka "last will and testament") is egregiously inefficient and costly in the probate court system. Learn the essential estate planning tools to avoid probate and what every person should have in place. This workshop takes a hands-on approach to wills, trusts, advanced directives, and other imperative tools to consider when protecting your nest egg and leaving a legacy. Attend one or all sessions. Please call 440-333-6660 to register. Instructor: *Dan Baron*

◆ **ADVANCED DIRECTIVES** **FREE**  
**Thursday, March 10** **1 pm**

◆ **PROBATE** **FREE**  
**Thursday, April 7** **1 pm**

*Dan Baron is a member of the Cleveland Metropolitan Bar Association, West Shore Bar Association, Akron Bar Association and Elder Counsel. He focuses his practice in the areas of estate planning and elder law. Dan is a published author and creator of Dollars and Sense © magazine. In 2019, he was nominated by his professional peers as "Ohio's Super Lawyer, Rising Star."*



My friend is an EMT, and she's amazing on trivia night.

She's usually the first responder!

## Trivia

440-333-6660

January is named after Janus, the god of beginnings. Chinese New Year is based on the Lunar Calendar. On January 1, 1977 cigarettes were banned from being advertised on American TV. "Auld Lang Syne" translates to "Times gone by". About 1 billion people watch the Waterford crystal ball drop at Times Square. People in the Southern US often eat black-eyed peas on New Year's Eve for good luck. New Year's was celebrated on March 1 in ancient Rome. In Spain, one minute before midnight, people eat 12 grapes before the clock strikes 12. In Persia, eggs were given as gifts on New Year's Day. In Scotland, you kiss *everyone* in the room on New Year's Eve at midnight. About 360 million glasses of champagne will be served in the United States this New Year's Eve.

◆ **GENERAL TRIVIA** **\$3 per player**  
**Friday, January 14** **1:30 pm**

Please register your team by January 12. Prizes awarded to top three winners. Popcorn & refreshments included.

◆ **GENERAL TRIVIA** **\$3 per player**  
**Friday, February 11** **1:30 pm**

Please register your team by February 9. Prizes awarded to top three winners. Popcorn & refreshments included.

## January Volunteers of the Month



Our **January Volunteers of the Month** are all our wonderful **leaf rakers**, young and old, little and large— we appreciate each and every one of you! **Cub Scout Pack 390** and Den Leaders *Amy Bergquist and Valerie Roth* did a spectacular job of raking. The big and strong members of **Rocky River High School Lacrosse Team** under the direction of *Sarah Lang* and *Kimber Weaver* raked many yards again this year and **Rocky River High School Key Club** members under the charge of *Sarah Powers and Kate Hamm* helped out as well. Last but not least are the members of **Troop 194** led by *Cheryl Reitz*. It should be noted that Cheryl's family helped as well!

In the "old days", people used to live together in households, or with different generations just down the road. It was a very natural thing for generations to live together. There was no shortage of hands to provide assistance when needed. Today, families have spread out across the state, country and beyond. When we bring children, young adults and older residents together, you can see right away that good things are happening.

*We are so appreciative of the volunteer efforts of this community to help our older residents. Most people want to stay in their homes. Volunteers like this make it a little easier!*

Volunteering is good for your mind and body. It increases self-confidence, self-esteem, and life satisfaction. You are doing good for others in the community, which provides a natural sense of accomplishment. Helping others kindles happiness.

If you would like to volunteer at Rocky River Senior Center, please contact either Cindi Williams or Candice Miele at 440-333-6660. We will be happy to teach any skills you may need. Bear in mind that the most valuable skills you can bring to the center are compassion, an open mind, willingness to do whatever is needed, and a positive attitude! We hope to see you at Rocky River Senior Center!

*RRSC— the place you want to be!*



## Danielle Dore

- ◆ **BEGINNER CERAMICS** **8 Weeks**  
Tuesdays, January 4– February 22 **10 am-12 pm**  
\$50 residents, \$55 non-residents, pay one week ahead

Students of all levels are welcome to develop new skills or expand upon their knowledge with individual instruction. Students new to working with clay will develop hand-building skills such as pinch pot method, slab building and coiling through fun and interesting projects. Students will continue to refine skills by creating new forms and using surface design and glazing techniques. Clay and basic supplies included.

- ◆ **INT/ADVANCED CERAMICS** **8 Weeks**  
Thursdays, January 6– February 24 **1-3 pm**  
\$50 residents, \$55 non-residents, pay one week ahead

Experienced students will expand upon their knowledge of ceramics and will receive individualized instruction to create new projects. Clay and basic supplies included.

## Felicia Zavarella Stadelman

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

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

**January 12– Mary Cassat** influenced Impressionism not only as an artist, she also had an important role in sponsoring and financially promoting Impressionist art. She was single handedly responsible for introducing the paintings of the French Impressionists to the United States. Her paintings of women and children focused on a gaze or gesture encouraging a bond between the models and the viewer.

**February 16– The Art of Dr. Seuss** His artistic vision emerged as the golden thread that linked every facet of his varied career. His artwork became the platform from which he delivered forty children’s books, political cartoons, hundreds of advertisements filled with wonderfully inventive animals, character and humor.



## Paul Passano, B.F.A.

- ◆ **WATERCOLOR PAINTING** **6 Weeks**  
Mondays, January 3– February 14 (omit 1/17) **1-3 pm**  
\$45 residents, \$50 non-residents; pay by 12/30

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

## Eric Dull, B.F.A.

- ◆ **NATURE THROUGH WATERCOLOR** **6 Weeks**  
Mondays, January 3– February 14 (omit 1/17) **10 am-12**  
\$45 residents, \$50 non-residents; pay by 12/30

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

- ◆ **PASTELS** **6 Weeks**  
Wednesdays, January 5– February 9 **1-3 pm**  
\$45 residents, \$50 non-residents, pay by 1/3

Learn the basic of drawing with pastel to create images that are both soft and colorful. In this class you will learn basic blending and color mixing, mark making and how to use a few simple tools to get the most out of even a small set of pastels. *Supply list available.*

- ◆ **OILS & ACRYLICS** **6 Weeks**  
Fridays, January 7– February 11 **10 am-12**  
\$45 residents, \$50 non-residents; pay by 1/5

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

- ◆ **INTRO TO SCULPTURE** **6 Weeks**  
Fridays, January 7– February 11 **1-3 pm**  
\$45 residents, \$50 non-residents; pay by 1/5

Learn the basics of sculpting in clay materials. Building armatures, basic additive and subtract techniques, and finishes. Students will use a unique two part clay medium that air dries to a hard and durable finish to create a finished piece of their own choosing. *Supply fee payable 1st day of class.*



## Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE ART** **6 Weeks**  
Mondays, January 3– Feb 14 (omit 1/17) **9:30 -11:30 am**  
\$42 residents, \$47 non-residents; pay by 12/30

If you’ve ever doodled while on the phone, you will love Zentangle®. You will be astounded by what you can create. Anyone can be successful! Optional supplies available for a small fee, payable to the instructor.

- ◆ **MORE ZENTANGLE® ART** **6 Weeks**  
Wednesdays, January 5– February 9 **9:30 -11:30 am**  
\$42 residents, \$47 non-residents; pay by 1/3

Zentangle® continues with new projects.

**In the Auditorium**

2022 Concert Series

Introducing Rocky River Senior Center's new 2022 concert series. Concerts will be held on Wednesdays at 1:30 pm unless otherwise indicated.

- February 16**
- April 13**
- June 15**
- September 14**
- November 5 (Saturday during Craft & Quilt Show)**
- December 14**

Striking Things ~ duo Anime  
Wednesday, February 16 @1:30 pm  
FREE



Duo Anime is a percussion duo created by Andrew Pongracz and Mell Csisila. They started performing together as a duo for various projects while students at Cleveland State University and have continued performing together ever since. They have presented programs for many performing arts organizations including the Musical Arts Association, the Logan Series at Behrend College, the Cleveland International Piano Competition, the Cleveland Composers Guild, the Percussion Marketing Council, and the Local 4 Music Fund.

In addition to working together as a chamber group, they frequently work as side musicians backing artists like Aretha Franklin, The Who, Yes, Clay Aiken, and as the percussion section for many performance events at Playhouse Square, the Cleveland Chamber Symphony.

Their repertoire includes contemporary percussion works, transcriptions of classic music written for other mediums, and new works written expressively for them. While they enjoy the excitement of working with composers on new works, they cherish finding worthwhile lesser known works that have gotten less attention in the years following their premieres.

Their current repertoire includes works by composers like Daniel Dorff, Bertold Hummel, Karl Kohn, Marta Ptaszynska, Wayne Siegel, and Nancy Van de Vate, and transcriptions re-setting music from the last 300 years of music history.



**FACE THE MUSIC**



**Deli Lunch ~ Monday– Friday!**

We will deliver our best guest service experience with a great sense of warmth, friendliness and individual pride so that each guest leaves highly satisfied with our great value, convinced that we are the best choice for their everyday lunch, serving quality, nutritious, delicious home cooked meals and an upbeat dining experience shared with friends, family and neighbors.



Menus will be posted at the center and on-line at [www.rrcity.com/seniors.html](http://www.rrcity.com/seniors.html) Please call 440-333-6660 for more information.

Please note we are now serving  
**Monday through Friday!**



**SILVER LININGS CAFÉ**  
9 AM-4 PM

- COFFEE, TEA
- HOT CHOCOLATE
- BAKERY, GIFTS
- COMPUTERS & WIFI

Computer and Technology Assistance Available  
Please call 440-333-6660 to schedule time with  
one of our knowledgeable volunteers



**The New BarleyCorn  
Irish Folk Singers  
Wednesday, March 16**



1:30 Program

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

**Tickets**

**Lunch & Program \$35; Program only \$10  
Non-residents add \$1. Include a SASE**

**12 Noon Luncheon**

Choice of corned beef, cabbage, with spätzle and baby carrots OR seared salmon with spätzle, cabbage and green beans

Fresh spring salad with raspberry vinaigrette  
Homemade apple & berry crumble with caramel sauce and vanilla bean ice-cream

Tickets sell fast, so get yours today!

## Dance Classes- with Jim Becker

### Monday

- ◆ **BEGINNER TAP** 8 Weeks  
February 28– April 18 2:30 pm  
\$40 residents, \$45 non-residents; pay by 2/24
- ◆ **BARRE STAY FIT** 8 Weeks  
February 7– April 4 (omit 2/21) 1:15 pm  
\$40 residents, \$45 non-residents; pay by 2/5

### Tuesday

- ◆ **STAY FIT** Ongoing  
\$4 per class 10:15 am
- ◆ **THEATRE JAZZ DANCE** 8 Weeks  
January 25– March 15 1 pm  
\$40 residents, \$45 non-residents; pay by 1/21
- ◆ **ADVANCED TAP** 8 Weeks  
January 25– March 15 2:15 pm  
\$40 residents, \$45 non-residents; pay by 1/21
- ◆ **INTERMEDIATE TAP** 8 Weeks  
January 25– March 15 3:15 pm  
\$40 residents, \$45 non-residents; pay by 1/21

### Wednesday

- ◆ **TAP BASICS WITH CHAIRS** Ongoing  
\$4 per class 1 pm

This class combines seated and “barre” tap work, using your chair as the barre. Dancers will be expected to experience this fun in tap shoes. Each class begins seated with basic tap movements involving one and two count sounds alternating between right and left. We continue standing with the chair as our partner to utilize some momentum and balance based dance steps. The entire class is performed from the comfort and aide of the banquet chair. If you have never tap danced or it’s been awhile, this might be the perfect class for you! This class is FUN with your favorite MUSIC!

### Thursday

- ◆ **STAY FIT** Ongoing  
\$4 per class 10 am



My resolution is to lose 10 lbs.  
this year  
...only 15 more to go!

## Tai Chi Easy with Mike Reiling

- ◆ **TAI CHI EASY** 8 Weeks  
Wednesdays, January 5– February 23 9 am  
\$40 residents, \$45 non-residents; pay by 1/3

Tai Chi is a mind-body activity which involves relaxed breathing, gentle movements, meditation, and self-applied massage to stimulate energy. Tai Chi Easy promotes healthy energy flow in the body, which can lead to optimal health. It is easy to practice and excellent for physical well-being, reducing stress and improving one’s balance. Instructor: *Mike Reiling*

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

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks  
Tuesday, January 4– February 22 12 pm  
\$25 residents, \$30 non-residents; pay by 1/3

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks  
Wednesday, January 5– February 23 3:20 pm  
\$25 residents, \$30 non-residents; pay by 1/4

- ◆ **CHAIR EXERCISE (Especially beneficial for arthritis)** 8 Wks  
Wednesday, January 5– February 23 1:30-2:30 pm  
\$35 residents, \$40 non-residents; pay by 1/4

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

- ◆ **SUN-STYLE TAI CHI** 8 Weeks  
Wednesday, January 5– February 23 2:40-3:10 pm  
\$25 residents, \$30 non-residents; pay by 1/4

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

- ◆ **FALLPROOF** 8 Weeks  
Thursdays, January 6– February 24 10:30 am  
\$35 residents, \$40 non-residents; pay by 1/5

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.*

## Chair Volleyball with Toni Holtzhauser

- ◆ **CHAIR VOLLEYBALL** FREE  
Mondays, January 3, 10 10 am  
Thursdays, January 6, 13, 20, (omit 1/27) 1:15 pm

Chair Volleyball is a game which has all the rules of competitive volleyball except it is played on a smaller scale. The white leather volleyball is replaced with a beach ball and the strictest rule is to never, ever, ever let your backside leave that seat! Must call 440-333-6660 to pre-register.

## Walking Group

Walking can offer numerous benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life. Walking is free to do and easy to fit into your daily routine. All you need to start walking is a sturdy pair of walking shoes. Come walk with us and start to burn calories, strengthen your heart, lower your blood sugar, ease your joint pain, boost immune function, boost your energy, improve your mood, extend your life and tone your legs! The walking group meets at **9 am Mondays and Fridays in front of the Senior Center, weather permitting. Rec Center alternate if temperature is less than 40 degrees or walks are icy.**

*Are you ready to get walking? Please join us!*

# JANUARY 2022 SILVER SNEAKERS SCHEDULE

## Current Mood



MONDAY (Closed 1/17 MLK Day)  
 CIRCUIT~ Mo 9-9:45 am  
 CIRCUIT~ Cindy 10-10:45 am (starting 1/24)

TUESDAY  
 ZUMBA GOLD~ Rachel 8-8:45 am \*(pay as you go \$4)  
 ZUMBA GOLD~ Rachel 9-9:45 am \*(pay as you go \$4)  
 YOGA~ Ann 9-9:45 am  
 YOGA~ Ann 10-10:45 am  
 (REC) SPLASH~ Jessica 10-10:45 am  
 ENERCHI~ Mary 1-2:00 pm

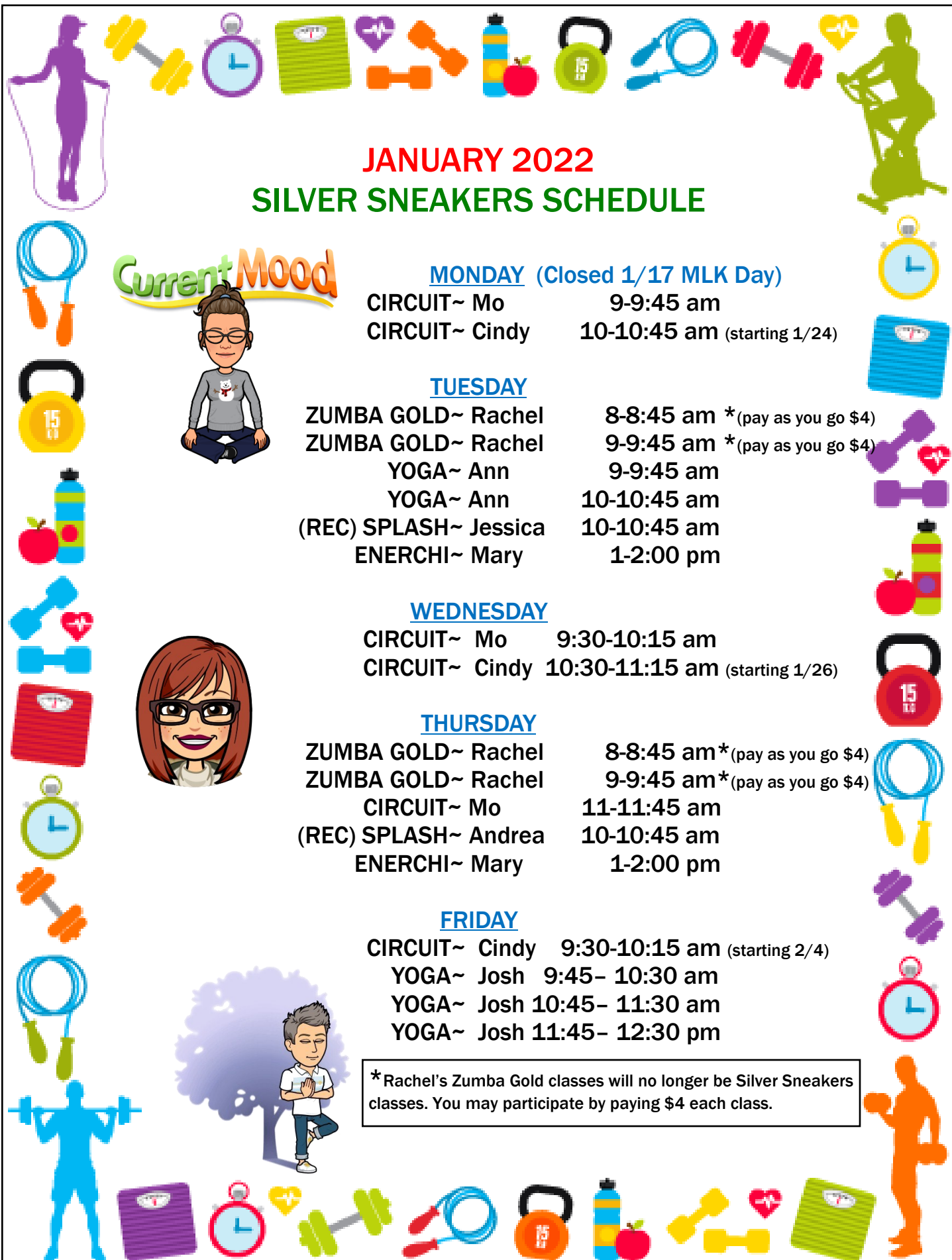


WEDNESDAY  
 CIRCUIT~ Mo 9:30-10:15 am  
 CIRCUIT~ Cindy 10:30-11:15 am (starting 1/26)

THURSDAY  
 ZUMBA GOLD~ Rachel 8-8:45 am \*(pay as you go \$4)  
 ZUMBA GOLD~ Rachel 9-9:45 am \*(pay as you go \$4)  
 CIRCUIT~ Mo 11-11:45 am  
 (REC) SPLASH~ Andrea 10-10:45 am  
 ENERCHI~ Mary 1-2:00 pm

FRIDAY  
 CIRCUIT~ Cindy 9:30-10:15 am (starting 2/4)  
 YOGA~ Josh 9:45- 10:30 am  
 YOGA~ Josh 10:45- 11:30 am  
 YOGA~ Josh 11:45- 12:30 pm

\* Rachel's Zumba Gold classes will no longer be Silver Sneakers classes. You may participate by paying \$4 each class.





## History & Philosophy



- ◆ **ANCIENT EGYPT** **6 Weeks**  
Mondays, January 3– February 14 (omit 1/17) **10 am**  
\$30 residents, \$35 non-residents; pay by 12/30

From intrigues in the Royal Palace to divine cats, to the vast industry devoted to ushering the dead into the next world, the daily life of ancient Egyptians was filled with magic and mystery. Come and take a closer look at the history of this fascinating people with your tour guide- Instructor: *Bob Willis*

- ◆ **AMERICAN ICONS** **6 Weeks**  
Mondays, January 3– February 14 (omit 1/17) **1 pm**  
\$30 residents, \$35 non-residents; pay by 12/30

In this course you will meet a noted American in our nation's history in each class. They include: New York Author, Archibald Gracie IV- *I survived the sinking of the Titanic*; President Theodore Roosevelt- *Speak softly and carry a big stick*; Western lawman Wyatt Earp- *Doc Holliday and I: Gunfight at the OK Corral*; Author Ernest Hemingway- *My movable writer's life*; Secret Service Agent Hill- *Protecting the Kennedys*; and President Abraham Lincoln- *Lincoln on Leadership*. Instructor: *Mel Maurer*

- ◆ **MEET THE PRESS: A DAY WITH A FAMOUS PERSON** **6 Weeks**  
Tuesdays, January 4– February 8 **10:30 am**  
\$30 residents, \$35 non-residents, pay by 12/30

Spend the morning listening to the life story of a famous person. It may be a Queen or King, President or First Lady, or a soldier. Learn about the life and times of someone who is often overlooked or ignored. Who are they? It's a surprise! Instructor: *Craig Schermer*

- ◆ **THE BEATLES REDUX** **7 Weeks**  
Thursdays, January 6– February 17 **2 pm**  
\$35 residents, \$40 non-residents; pay by 1/4

The Beatles remain one of the most influential pop bands of the 20th century. They went from teeny-bopper anthems to very sophisticated musical compositions that changed the way music is made and listened to in less than ten years. The list of singers who covered their songs is diverse; everyone from Frank Sinatra to Frank Zappa, Count Basie to Sergio Mendes and Elton John. Pop, Jazz, and Classical renditions. Let's explore what these familiar songs sound like from other performers. Instructor: *Ted Smith*



- ◆ **THEODORE ROOSEVELT** **1 Session**  
Monday, January 24 **1:15 pm**  
\$5 residents, \$6 non-residents; pay by 1/20

Teddy is one of the most colorful characters in American history! He would say, "Don't call me Teddy!" Let's find out why. He was a soldier, statesman, cowboy, big game hunter, author, politician, the 26th president, family man and more! Come and enjoy the antics of this Renaissance Man. Instructor: *Alice Willis*

## Coming in February

- ◆ **LINCOLN AND HIS WAR** **6 Weeks**  
Mondays, February 28– April 4 **1 pm**  
\$30 residents, \$35 non-residents; pay by 2/24

The star of the political, social, military, and moral drama called our Civil War was Abraham Lincoln. He became president of the USA as it was coming apart. His actions not only saved the country, but determined what kind of nation we are today. Experience Lincoln personally as a man, politician and humorist. Watch as the president writes and delivers the Gettysburg Address. March with Yankee and Rebel armies in the last campaign of the war. Attend the performance of "Our American Cousin" at Ford's Theater when Lincoln was shot, then escape with John Wilkes Booth. Ride with Jesse James as he becomes an outlaw after the war and a continuing symbol of southern rebellion. You won't want to miss this informative, fun and exciting class. Instructor: *Mel Maurer*

## Languages with Susan Hildebrandt

- ◆ **FRENCH FOR TRAVELERS II** **NEW TIME** **7 Weeks**  
Wednesdays, January 5– Feb. 23 (omit 2/2) **9:30 am**  
\$42, non-residents \$47; pay by 1/4

This class is intended for individuals with some previous exposure to the French language. We will focus on vocabulary and conversation related to travel. Topics include transportation, hotels, restaurants, sightseeing, asking directions, shopping, and health. Instructor: *Susan Hildebrandt*; *Susan is a retired teacher and bilingual tour guide.*

- ◆ **ADVANCED FRENCH** **NEW TIME** **7 Weeks**  
Wednesdays, January 5– Feb. 23 (omit 2/2) **11 am**  
\$42, non-residents \$47; pay by 1/4

This class is intended for individuals with a basic grasp of French who are seeking to improve their language skills. Each week the study of a current events article written in French will provide students the opportunity to expand their vocabulary, reading comprehension and conversation skills.

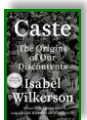


A friend had his thesaurus stolen...  
He's at a loss for words.

## Literary

- ◆ **BOOK CLUB** **FREE**  
Friday, January 28 **1:15 pm**

Welcome retired librarian, *Sheila Jaffe*, and join us for a lively discussion of *Caste* by Isabel Wilkerson. Next meeting on February 25 where we will examine *The Midnight Library* by Matt Haig.



- ◆ **WRITERS AND READERS** **\$1**  
Wednesdays, January 5, 12, 19, 26 **1-3 pm**

Join us each Wednesday for this creative group. Facilitator: *Sandy Schuman*.



## Space Exploration

- ◆ **DEEP SPACE AND THE COSMOS** **6 Weeks**  
Tuesdays, January 11– February 15 **1-2:30 pm**  
**\$30 residents, \$35 non-residents; pay by 1/7**

This course explores deep space beyond our solar system. Learn about our galaxy, the Milky Way, other galaxies in the expanding Universe and the Big Bang Theory. Other topics include lifecycle of the stars, quasars, supernovae, red giants, black holes and gravitational waves. Also learn about the Hubble Telescope and the new James Webb Space Telescope.  
Instructor: *Ann Cleary*

## Cleveland Metroparks History with Judy MacKeigan

*Judy MacKeigan* is currently serving as Historian/Archivist for Cleveland Metroparks. She joined the park system in 2010 while completing her MA in History from Cleveland State University. Judy has the joy and privilege of researching, compiling and sharing the history of Cleveland Metroparks as well as local history of the many communities in the Metroparks district. She was lead author and chief editor of the book *The 100 Year Trail: A Centennial Celebration of Cleveland Metroparks* and she served on the Centennial Celebration Steering Committee.



- ◆ **PRACTICAL DREAMER: WILLIAM STINCHCOMB AND THE CREATION OF CLEVELAND METROPARKS** **FREE**  
**1 Session**  
Friday, February 18 **10 am**

From his early years growing up on Cleveland's near west side to his leadership in developing the young park system into one of the nation's best, William Stinchcomb was truly a "practical dreamer." Learn about this man to whom we owe our beloved "Emerald Necklace".

- ◆ **THE STORY OF CLEVELAND METROPARKS ZOO** **FREE**  
Friday, March 4 **10 am**

The Cleveland Metroparks Zoo began life as a small deer park in Wade Circle and has grown to become one of the most respected zoos in the world. Our modern zoo works to promote protection and conservation of wildlife through scientific research and educational exhibits.

- ◆ **DOWN BY THE OLD MILLSTREAM: A LOOK AT MILL STREAM RUN RESERVATION** **FREE**  
Friday, March 18 **10 am**

Among the many features of Mill Stream Run Reservation are the first refrigerated toboggan chutes in the United States, old quarry lands turned into lakes, and Camp Cheerful, where people of all abilities can experience the joy of summer camp. Learn about this reservation and its long and interesting history.

- ◆ **THE MYSTERIES OF SQUIRE'S CASTLE** **FREE**  
Friday, April 1 **10 am**

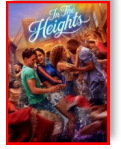
- ◆ **WHO OR WHAT WAS THAT?** **FREE**  
Friday, April 22 **10 am**



## Movie Matinees Fridays 1 pm FREE

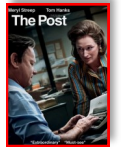
**January 7** **IN THE HEIGHTS** **2021**  
**PG-13 2H 23M MUSIC**

Lights up on Washington Heights. The scent of a cafecito caliente hangs in the air just outside of the 181st Street subway stop, where a kaleidoscope of dreams rallies this vibrant and tightknit community. At the intersection of it all is the likeable, magnetic bodega owner Usnavi, who saves every penny from his daily grind as he hopes, imagines and sings about a better life. Cast: *Anthony Ramos, Corey Hawkins, Leslie Grace*



**January 14** **THE POST** **2017**  
**PG-13 1H 55M DRAMA/REAL LIFE**

When the "Washington Post" agrees to publish the leaked Pentagon Papers -- which point to a secret escalation of the Vietnam War -- the Nixon administration tries to block publication, setting off an epic legal and political battle. Cast: *Tom Hanks, Meryl Streep*



**January 21** **THE CALL OF THE WILD** **2020**  
**PG 1H 40M ACTION/ADVENTURE**

A blend of live action and digital animation bring to life Jack London's classic tale of a canine who's stolen from his California home and ends up as a sled dog in Alaska, where he becomes prospector John Thornton's steadfast companion. Cast: *Harrison Ford, Karen Gillan, Bradley Whitford*



**January 28** **THE MARTIAN** **2015**  
**PG-13 2H 10M SCI FI/FANTASY**

Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left. Cast: *Matt Damon, Jessica Chastain, Michael Pena*



My wife's birthday is in two days, and she told me that she would be happy as long as I get her something with a lot of diamonds in it...  
She's gonna love this pack of playing cards!

## Bridge Lessons with Fran Mulkins

**Fridays, March 4-April 8** **11:30-1 pm**  
**\$36 residents, \$40 non-residents; pay by 3/2** **6 Weeks**

This class will focus on bridge as a game for people with all abilities. It is a proven fact that bridge improves memory ability. This class is suitable for both beginning and intermediate level players.  
Instructor: *Fran Mulkins*



◆ **BE MY VALENTINE... A CHOCOLATE FANTASY ADVENTURE!**  
**Wednesday, February 2**

**\$75 residents, \$80 non-residents**  
**Registration ongoing**

Cupid is calling you to join us for a day of sweets, wine and all things delicious and divine as Laurie and Dianne begin the 2022 bus trip season with a Valentine special you won't want to miss. Pop on the bus at 9 am and we will head to Lyndhurst where we will tour Fantasy Candies Chocolate Factory and Fine Wines. A true hidden gem in Cleveland! We will have a wine tasting thoughtfully paired with a delicious chocolate run by owner and chocolatier Joel Fink. Following a lifetime love of chocolate and pursuit of his dream, Joel started Fantasy Candies in 1989. He and his team have mastered production of the finest, most delectable pure Swiss chocolate sensation, guaranteed to satisfy true chocolate connoisseurs. Cocoa has the highest concentration of flavonoid antioxidants of any plant derived food grown on our planet. Joel will talk about all the benefits of consuming chocolate along with his line of CBD and Delta 8 chocolate bars. Afterwards, we will enjoy a scrumptious lunch (Menu TBD) If you have ever been on a "Lunch with Laurie" trip, you know you will not be disappointed! **Board 9 am, depart 9:15 am, estimated return 4 pm. Please enclose a SASE with your registration.**

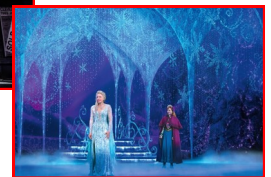
◆ **PRETTY WOMAN: THE MUSICAL**  
**Tuesday, March 8 7:30 performance Main floor Orchestra Seating at The Conner Palace**

**\$80 residents, \$85 non-residents**  
**Registration begins January 3**

Based on one of Hollywood's most beloved romantic stories of all time, this show is now a musical and on tour! Starring Broadway superstar and Tony Award winning director and choreographer Jerry Mitchell. Once upon a time in the late 80's unlikely soulmates Vivian and Edward overcame all odds to find each other... and themselves. Experience the moments you love from the movie—and get to know these iconic characters in a whole new way—in this dazzling theatrical take on a love story for the ages. *Pretty Women: The Musical* will lift your spirits and light up your heart. **Main floor Orchestra Seating at The Conner Palace. Board 6:15 pm, depart 6:30 pm, estimated return 11 pm. Please include a SASE with your registration.**

**Mark Your Calendars!**

- ◆ **TO KILL A MOCKINGBIRD**— April 26
- ◆ **JOHNNY MATHIS**— May 7
- ◆ **MY FAIR LADY**— June 24
- ◆ **AIN'T TOO PROUD TO BEG**— July 12
- ◆ **FROZEN**— August/September: TBD
- ◆ **CLEVELAND GUARDIANS**— June 1, afternoon game



**2022 TOUR SCHEDULE-Presented by Wendt Touring**

**Trip Sheets now available at front desk!**

**Springtime Down South – 7 Days – April 23-29.** Experience the southern charm and beauty that this Atlantic coast area has to offer. Charleston, South Carolina, Savannah, Georgia and the Golden Isles are said to be a way of life preserved. Enjoy scrumptious cuisine, old world architecture, sparkling gardens and civil war history throughout this customized tour. Jekyll Island, Ft. Sumter Harbor Cruise, Beaufort, Magnolia Plantation and more.



**Alaska Summertime Tour and Cruise - 11 days - June 16-26.** Experience an adventure and voyage of a lifetime: ALASKA. Travel in elegant comfort throughout. 4 days land-hotels; 7 days cruise. Drink in the startling beauty of Alaska's untouched landscapes and wildlife. Travel aboard Holland *Americas m.s. Westerdam* and treat yourself to one of a kind entertainment and onboard activities. Anchorage, Denali National Park, McKinley Explorer train journey, Glacier Bay National Park, The Inside Passage, Juneau and more. Late June is a great time to visit - these are ideal tour dates.



**Treasures of Montreal and Quebec City by Rail - 6 days - September 3-8.** Enjoy first-class tour features as we travel through French Canada on VIA Rail's ultramodern LRC train. This unique getaway combines the excitement of Quebec City and Montreal with the beauty of the Saint Lawrence Seaway and The 1000 Islands. Experience delicious meals, great service, fine hotels, good people and unforgettable sightseeing on this great late summertime trip. ALL ABOARD!



**The Great Southwest - 8 days - October 1-8.** See the famous Albuquerque International Balloon Festival. Enjoy an exciting train journey aboard Amtrak's "Southwest Chief". Tour Grand Canyon National Park. The dazzling autumn landscapes of New Mexico and Arizona will astonish you with colorful canyons and breathtaking views of towering mountains. Explore Cowboy and Indian lore. Santa Fe, Sedona, Historic Turquoise Trail, Sandia Peak Ariel Tramway, Route 66, Chimayo Shrine, Palace of the Governors and more.



# January 2022

Deborah Huff, Director 333-6660  
 Cindi Williams, Administrative Assistant 333-6662  
 Candice Miele, Social Service 333-6664  
 Michelle Soneson, Transportation/Silver Linings 333-6665

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

Laurie Schaefer, Program Coordinator 331-1114  
 Larry Goebelt, Facility Manager 333-6660  
 Jody Soneson, Kitchen 333-6660  
 Dianne Hamm, Front Desk, Trip Escort 333-6660  
 Mary Holtz, Front Desk 333-6660

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |   |
|---|---|--|---|--|---|
| <b>3</b>  | <b>4</b>  | <b>5</b>   | <b>6</b>  | <b>7</b>   |   |
| 9:00 SS Circuit<br>9:00 Walking Group<br>9:30 Beginning Zentangle begin<br>10:00 Ancient Egypt begins<br>10:00 Chair Volleyball<br>10:00 SS Classic<br>10:00 Nature Watercolor begins<br>11:30 Deli Lunch<br>1:00 American Icons begins<br>1:00 Watercolor begins<br>1:15 Barre Stay Fit<br>2:30 Beginner Tap | 8:00 Zumba Gold<br>9:00 SS Yoga with Ann<br>9:00 Zumba Gold<br>10:00 SS Yoga with Ann<br>10:00 Beginner Ceramics begin<br>10:15 Stay Fit<br>10:30 Meet the Press begins<br>11:30 Deli Lunch<br>12:00 Weights Workout begins<br>Open Ceramics<br>1:00 SS Enerchi<br>1:00 Theatre Jazz<br>2:15 Advanced Tap<br>3:15 Intermediate Tap  | 9:00 Tai Chi Easy begins<br>9:30 French II begins<br>9:30 SS Circuit<br>9:30 More Zentangle Art begins<br>11:00 Advanced French<br>11:00 Journaling ends<br>11:30 Deli Lunch<br>1:00 Chair Tap begins<br>1:00 Loneliness begins<br>1:00 Pastels begins<br>1:00 Writers and Readers<br>1:30 Chair Exercise begins<br>2:40 Sun Style Tai Chi begins<br>3:20 Weights Workout begins | 8:00 Zumba Gold<br>9:00 Zumba Gold<br>9-12 NN- Coffee & Brain Health<br>10:00 Stay Fit<br>10:30 Fallproof begins<br>11:00 SS Circuit<br>11:30 Deli Lunch<br>1:00 SS Enerchi<br>1:00 Int/Adv Ceramics begins<br>1:15 Chair Volleyball<br>2:00 Beatles Redux begins | 9:00 Walking Group<br>9:30 SS Classic<br>9:45 SS Yoga with Josh<br>10:00 Oils & Acrylics begins<br>10:45 SS Yoga with Josh<br>11:30 Deli Lunch<br>11:45 SS Yoga with Josh<br>1:00 Movie- <i>In the Heights</i><br>1:00 Sculpting begins  |   |
| <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>   | <b>14</b>  |   |
| 9:00 SS Circuit<br>9:00 Walking Group<br>9:30 Beginning Zentangle<br>10:00 Ancient Egypt<br>10:00 Chair Volleyball<br>10:00 SS Classic<br>10:00 Nature Watercolor<br>11:30 Deli Lunch<br>1:00 American Icons<br>1:00 Watercolor<br>1:15 Barre Stay Fit<br>2:30 Beginner Tap                                   | 8:00 Zumba Gold<br>9:00 SS Yoga with Ann<br>9:00 Zumba Gold<br>10:00 SS Yoga with Ann<br>10:00 Beginner Ceramics<br>10:15 Stay Fit<br>11:30 Deli Lunch<br>10:30 Meet the Press<br>12:00 Weights Workout<br>1:00 Deep Space begins<br>1:00 Open Ceramics<br>1:00 SS Enerchi<br>1:00 Theatre Jazz<br>2:15 Advanced Tap<br>3:15 Intermediate Tap   | 9:00 Tai Chi Easy<br>9:30 French II<br>9:30 SS Circuit<br>9:30 More Zentangle Art<br>11:00 Advanced French<br>11:00 Eyes of the Artist: Cassat<br>11:30 Deli Lunch<br>1:00 Chair Tap<br>1:00 Loneliness<br>1:00 Pastels<br>1:00 Writers and Readers<br>1:30 Chair Exercise<br>2:40 Sun Style Tai Chi<br>3:20 Weights Workout   | 8:00 Zumba Gold<br>9:00 Zumba Gold<br>10:00 Stay Fit<br>10:30 Fallproof<br>11:00 SS Circuit<br>11:30 Deli Lunch<br>1:00 SS Enerchi<br>1:00 Int/Adv Ceramics<br>1:15 Chair Volleyball<br>2:00 Beatles Redux  | 9:00 Walking Group<br>9:30 SS Classic<br>9:45 SS Yoga with Josh<br>10:00 Oils & Acrylics<br>10:45 SS Yoga with Josh<br>11:30 Deli Lunch<br>11:45 SS Yoga with Josh<br>1:00 Movie- <i>The Post</i><br>1:00 Sculpting<br>1:30 Trivia- General  |   |
| <br><b>MARTIN LUTHER KING JR. DAY</b><br>  | <b>18</b>   | <b>19</b>  | <b>20</b>   | <b>21</b>  |   |
|   | 8:00 Zumba Gold<br>9:00 SS Yoga with Ann<br>9:00 Zumba Gold<br>10:00 SS Yoga with Ann<br>10:00 Beginner Ceramics<br>10:15 Stay Fit<br>10:30 Sticky Situations<br>People Pleasing<br>11:30 Deli Lunch<br>10:30 Meet the Press<br>12:00 Weights Workout<br>1:00 SS Enerchi<br>1:00 Deep Space<br>1:00 Open Ceramics<br>1:00 Theatre Jazz ends<br>2:15 Advanced Tap ends<br>3:15 Intermediate Tap ends | 9:00 Seniors Council<br>9:00 Tai Chi Easy<br>9:30 French II<br>9:30 SS Circuit<br>9:30 More Zentangle Art<br>11:00 Advanced French<br>11:30 Deli Lunch<br>1:00 Chair Tap<br>1:00 Loneliness<br>1:00 Pastels<br>1:00 Writers and Readers<br>1:30 Chair Exercise<br>2:40 Sun Style Tai Chi<br>3:00 Caregiver Support<br>3:20 Weights Workout                                       | 8:00 Zumba Gold<br>9:00 Zumba Gold<br>10:00 Stay Fit<br>10:30 Fallproof<br>11:00 SS Circuit<br>11:30 Deli Lunch<br>1:00 SS Enerchi<br>1:00 Int/Adv Ceramics<br>1:15 Chair Volleyball<br>2:00 Beatles Redux  | 9:00 Walking Group<br>9:30 SS Classic<br>9:45 SS Yoga with Josh<br>10:00 Oils & Acrylics<br>10:45 SS Yoga with Josh<br>11:30 <i>Chili Cook-Off</i><br>11:30 <i>NO</i> Deli Lunch<br>11:45 SS Yoga with Josh<br>1:00 Movie- <i>Call of the Wild</i><br>1:00 Sculpting  |   |
| <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>   | <b>28</b>  |   |
| 9:00 SS Circuit<br>9:00 Walking Group<br>9:30 Beginning Zentangle<br>10:00 Ancient Egypt<br>10:00 Nature Watercolor<br>10:00 SS Circuit<br>11:30 Deli Lunch<br>1:00 American Icons<br>1:00 Watercolor<br>1:15 Barre Stay Fit<br>1:15 Theodore Roosevelt<br>2:30 Beginner Tap                                  | 8:00 Zumba Gold<br>9:00 SS Yoga with Ann<br>9:00 Zumba Gold<br>10:00 SS Yoga with Ann<br>10:00 Beginner Ceramics<br>10:15 Stay Fit<br>11:30 Deli Lunch<br>10:30 Meet the Press<br>12:00 Weights Workout<br>1:00 SS Enerchi<br>1:00 Deep Space<br>1:00 Open Ceramics<br>1:00 Theatre Jazz begins<br>2:15 Advanced Tap begins<br>3:15 Intermediate Tap begins   | 9:00 Tai Chi Easy<br>9:30 French II<br>9:30 SS Circuit<br>9:30 More Zentangle Art<br>11:00 Advanced French<br>11:00 SS Circuit<br>11:30 Deli Lunch<br>1:00 Chair Tap<br>1:00 Loneliness<br>1:00 Pastels<br>1:00 Writers and Readers<br>1:30 Chair Exercise<br>2:40 Sun Style Tai Chi<br>3:20 Weights Workout   | 8:00 Zumba Gold<br>9:00 Zumba Gold<br>10:00 Stay Fit<br>10:30 Fallproof<br>11:00 SS Circuit<br>11:30 Deli Lunch<br>1:00 SS Enerchi<br>1:00 Int/Adv Ceramics<br>1:15 <i>NO</i> Chair Volleyball<br>2:00 Beatles Redux  | 9-12 <b>CARNIVAL</b><br>9:00 Walking Group<br>9:30 SS Circuit<br>9:45 SS Yoga with Josh<br>10:00 Oils & Acrylics<br>10:45 SS Yoga with Josh<br>11:30 Deli Lunch<br>11:45 SS Yoga with Josh<br>1:00 Movie- <i>The Martian</i><br>1:00 Sculpting<br>1:15 Book Club      |   |
| <b>31</b>   | <b>Coming March 1st</b><br><br><b>Fat Tuesday</b><br><br><br><br><b>Featuring Mardi Gras favorites for Deli Lunch</b>  |  | <b>WISHING YOU A HAPPY,<br/>           HEALTHY, PEACEFUL,<br/>           NORMAL, AND HUG<br/>           FILLED NEW YEAR!</b>  |  | <b>RRSC Chili Cook-Off</b><br><br><b>The HOTTEST event<br/>           of the year!</b><br><br> |



## 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>       |
| Candice Miele, Social Service                        | <a href="mailto:cmiele@rrcity.com">cmiele@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, Reception                                | <a href="mailto:seniorcenter@rrcity.com">seniorcenter@rrcity.com</a> |

## Rocky River Seniors Council, Inc.

|              |                  |
|--------------|------------------|
| Fran Andrews | Toni Holtzhauser |
| Michelle Cox | Jim Hopkins      |
| Jim Evans    | Wally Pattison   |
| Jim Gross    | Laurie Rokakis   |
| Carol McCabe | Yvonne Tarase    |
| Mimi Verdone |                  |

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## VOLUNTEERS

Please Save the Date  
Thursday, February 10

*Because we appreciate you!*

## Apron Snow Plowing

Deadline to sign up for this service is January 15  
Contact 440-333-6664



## CHILI COOK-OFF

Friday, January 21

Get out your magnifying glasses and count all the **red chili peppers** in this issue to win a **free muffin**. Call the front desk at 440-333-6660 with your name, phone number, and the number of red peppers you located. If you are the first caller with the correct answer, we will give you a free muffin from our new Silver Linings Café! *Congratulations to Barb Pempus who located all 15 Santa hats!*



Rocky River Senior Center  
21014 Hilliard Blvd.  
Rocky River, OH 44116  
440-333-6660  
[www.rrcity.com/seniors.html](http://www.rrcity.com/seniors.html)



## Deli Lunch Served M-F

11:30 am– 1 pm  
Soups, Salads, Sandwiches, Daily Specials, Pies, Cakes, Cookies

## Silver Linings Café

Open 9 am–4 pm  
Monday–Friday  
Computers & WIFI