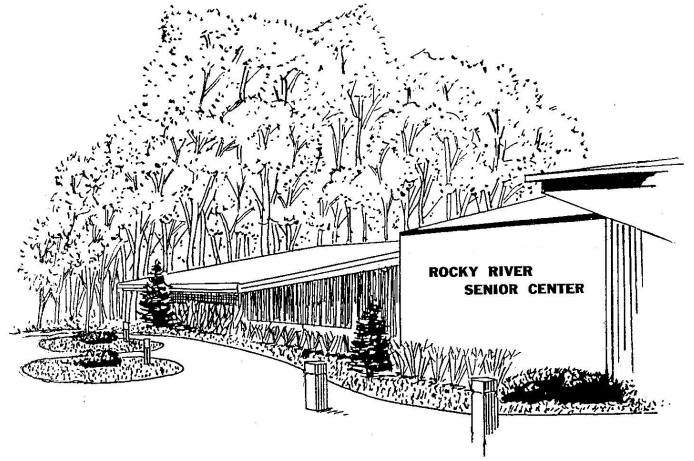


The Quill



September 2021

VOLUME 46 • NUMBER 1

A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center

In accordance with recommendations from Cuyahoga County Board of Health and CDC, we strongly recommend wearing a facemask while participating in activities and programs at RRSC.



Friday, October 29 ~ 5 pm

\$34 residents, \$39 non-residents; pay by 10/27

Get ready to channel your inner Agatha Christie as Rocky River Senior Center hosts its first "Murder Mystery Party". Audience members will watch and gather clues as characters interact and establish relationships and motives before act one ends in an untimely demise. Act two involves the detective interviewing the suspects as well as a chance for audience members to interrogate them, and act three concludes the evening with the revelation of the killer.

Menu includes tossed salad, spaghetti with meatballs or vegetarian spaghetti, garlic bread, cheesecake, coffee or tea.

*Please indicate choice when registering. **Opening Reception & Punch 5 pm, Show Opens at 5:30 pm, Dinner Served at 6 pm.***



THE BLUE LUNCH BLUES, SWING & JAZZ Friday, September 3 ~ 1 pm

The late 1940's and early 1950's were a magical time in American musical history, when blues, rhythm & blues, swing and rock & roll were all one thing. Blue Lunch explores that music and makes it their own. From Cleveland, OH, the band features eight virtuoso musicians performing on guitar, piano, upright bass, drums, harp, saxophones, trumpet, and trombone. In addition to their instrumental work, Blue Lunch also boasts vocalists that include do-wop style harmonies in their repertoire. Blue Lunch has released eight CDs, Recorded Live at Wilberts, *Eyes Wide Open*, *Not Live at the Copa*, *Big Sound Blues*, *Sideswiped*, *Saxophone Shootout II*, Blue Lunch Special--30th Anniversary Edition, and "Above the Fold". **Featuring:** Bob Michael on Trombone, Chris Burge on Sax, Job Striles on Guitar/Vocals, Ray DeForest on Piano, Pete London on Vocals/Harmonica, Mike Sands on Piano, Mike Rubin on Trumpet and Scott Flowers on Drums.

Optional Lunch served 11:30-1

Larry's BBQ Chicken \$10 or Ribs, \$12 Potato Salad, Broccoli Salad, Cornbread, Lemon Fluff, Beverage

Cindi's Vegetarian Lunch, Corn Bread, Lemon Fluff, Beverage \$10

Laurie's Home Churned Country Vanilla Ice Cream \$2

Register by August 30



BUY, BUY MISS AMERICAN PIE!

Friday, September 3 @ Noon

Drawing Tickets 1 for \$2 or 3 for \$5

They are simple, they're American, and come Thanksgiving EVERYBODY saves room for them. The history of pie goes back as long as mankind has had dough to bake into a crust and stuff to put inside it. So begins our next culinary competition as participants bake their best pies and vie for first place. Each participant will make two pies—one for judging and one for the drawing. Judges will sample the pies starting at noon. Winners will be announced at the concert the same day, followed by the drawing for a chance to win one of the competing pies. *All proceeds go to the FREE Summer Concerts this year.*

Rocky River Senior Center Hours

Monday—Friday 8:30—4:30

21014 Hilliard Blvd, Rocky River, OH 44116

www.rrcity.com/seniors.html

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

◆ **CAREGIVER SUPPORT GROUP** **3 pm**
Wednesday, September 22

NEIGHBORHOOD NETWORK SPEAKER SERIES

◆ **ADVANCE PLANNING** **10 am**
Thursday, September 23

Join us for a conversation on Advance Planning .
 Presenter: *Mary Lou Swinerton of St. Mary of the Woods*
 Please call the front desk at 440-333-6660 to register.



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 333-6660 to register at least 2 days before.

◆ **TRUTH WITH KINDNESS** **FREE**
Tuesday, September 21 **10:30 am-12**

Honesty with kindness is the cornerstone of every relationship, yet most of us hold back *at least 5%*- fearing that the other person will get hurt or angry. It takes a lot of courage to speak your truth with kindness and compassion, yet when you do, your relationships become stronger. Come and learn how to communicate honestly without sacrificing kindness.

◆ **BASIC ESTATE PLANNING** **5 Sessions**
Thursdays, September 30 **FREE** **1 pm**

Learn the basics of estate planning and elder law in this unique, hands-on course. Discover how to efficiently pass on your assets to your children or heirs through probate avoidance and asset protection strategies. The instructor uses real-life examples to explain basic will, trust, powers of attorney, advanced directives and other estate planning tools. Attend one or all sessions. Instructor: *Dan Baron*

- ◆ **October 7** **LONG TERM CARE**
- ◆ **October 14** **ASSET PROTECTION PLANNING THROUGH TRUSTS**
- ◆ **October 21** **AVOIDING MEDICARE SPEND DOWN THROUGH TRUSTS**
- ◆ **October 28** **COMPREHENSIVE ESTATE PLANNING**

I'm a new instructor! 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."

◆ **WHY AM I STILL HERE? FINDING PURPOSE & MEANING IN LATER YEARS** **FREE**
Tuesday, October 19 **10:30 am- 12**

Do you ever ask yourself why we get older? Why do we continue to live for decades after our "productive" years end? As our bodies lose their physical strength and mental sharpness, why do we



continue? These are fascinating questions and, as we will discover, they get at the essence of what it means to find meaning in life after 60. Presenter: *Director Deb*

Open enrollment for 2022 coverage begins October 15, 2021 and runs through December 7th. To schedule an appointment with Jim or Donna or attend either of their **FREE** classes, please call Rocky River Senior Center at 440-333-6660.



What you need to know!



◆ **MEDICARE 101 with Jim Langan** **FREE**
Wednesday, September 29 **10 am**

Jim Langan is our volunteer counselor from the *Ohio Senior Health Insurance Information Program (OSHIIP)*. OSHIIP is a program run by the Ohio Department of Insurance. It provides information to help people understand how Medicare works; what benefits Medicare provides; and what options are available for Medicare recipients.

If you have Medicare questions, you may call the OSHIIP call center in Columbus at 1-800-686-1578 or you can also meet with Jim at the senior center on **Mondays between 9am and noon during open enrollment**.

◆ **MEDICARE 101 with Donna D'Amico** **FREE**
Wednesday, October 6 **9 am**

Donna D'Amico will present information about the importance of understanding plan changes that can occur each year and how to make sure that your plan is still best for you. New plan changes are released October 1st each year.

Donna will be available for individual appointments on **Wednesdays from 9 am- 1 pm now through the open enrollment period**. She will continue onsite the first Wednesday of the month from January through July.

I'm a new instructor! Donna D'Amico is a licensed insurance agent with KAZ Company. KAZ Company represents most of the major insurance plans including Aetna, Anthem, Devoted Healthcare, Humana, Medical Mutual, United Healthcare and Wellcare. Broker services are at no cost to you, and the benefit of working with a licensed broker in addition to their knowledge of all the various plans available, is that they are available to you throughout the year to assist with any issues you may have regarding your insurance plan. Licensed brokers must be re-certified to sell Medicare plans each year and also be certified annually with each insurance plan they represent.

Deli Lunch

Due to the COVID variant now reaching Ohio we plan to continue Deli Lunch 3 days a week Monday, Tuesday and Wednesday through September while serving hot dogs on Fun Dog Fridays.

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 Please call 440-333-6660 for more information.

Reservations are no longer required.



HAPPY
THANKSGIVING

Mark your calendars to join us!

Thanksgiving Lunch
Friday, November 19
12 Noon

We will be serving a traditional Thanksgiving Dinner.
Entertainment forthcoming.
Details available and **registration beginning October 1st**

Meals on Wheels

333-6298

Check them out at westshoremow.org

Rocky River or Lakewood call 440-333-6298
Fairview Park call 440-331-3842



Senior Transportation

333-6665



Are you a Rocky River resident who needs transportation?

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

Driver Safety

333-6660

◆ **AARP DRIVER SAFETY** 1 Session
Friday, October 8 9 am – 2 pm

\$15 AARP members; \$20 non-AARP members

The AARP Driver Safety Program is a refresher course that helps you develop safe, defensive driving skills to become a safer driver. Safety tips, changes in driving laws, etc. will be discussed.
Instructor: April Dugan, State of Ohio Licensed Driving Instructor.

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

Chillin'-N-Grillin with Larry

FUN DOG FRIDAYS *Continued due to popular demand!*

Fridays, September 10, 17, 24 **11:30-1 pm**

Who doesn't enjoy a grilled hot dog in the fall? Join us for \$3 dog days. **First come, first serve while supplies last.** Eat in, eat out or grab it to go. Beverages \$1, Laurie's home churned ice cream \$2.



In October, we will add the choice of home made chili for a chili dog option, pumpkin cake, and hot or cold apple cider!

Congratulations Food Fight Winners

<u>1st</u>	#1 Ya Hoy Savoy	Dianne Hamm
<u>2nd</u>	#9 Broccoli Salad	Jody Soneson
<u>3rd</u>	#10 Strawberry Spinach Salad	Laurie Schaefer

Food Fight! Culinary Competitions

◆ **SUPER SOUP** **\$10**
Friday, October 22 **11:30-1 pm**

Food historians tell us the history of soup is probably as old as the history of cooking. It is a dietary staple in almost every country- New England Clam Chowder, Spanish Gazpacho, Russian Borscht, Italian Minestrone, French Onion, Chinese Wonton and Campbell's Tomato- all variations of the same theme! If you have a homemade soup recipe that you believe is the best soup in Rocky River, enter your soup in our Souper Soup Contest. Deadline to enter is October 1st. If you would like to purchase tickets to the Soup Cook-Off and try all the soups weighing in on who has the best soup in town, purchase your tickets by October 18th. Please indicate if you plan to dine in or take the soup to go at the time of purchase.

◆ **COOKIE COOK-OFF** **11:30-1 pm**
Friday, December 3 **\$TBD**
Deadline to enter: November 12

Any homemade cookie. Does not need to be a Christmas cookie. Grab & Go or Dine-In

Danielle Dore

- ◆ **BEGINNER CERAMICS** (Omit 11/23) **7 Weeks**
Tuesdays, October 19– December 14 **10 am-12 pm**
\$40 residents, \$45 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** (omit 11/4, 11/11, 11/25) **6 Weeks**
Thursdays, October 21– December 6 **1-3 pm**
\$35 residents, \$40 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.

Clela Neale, Watercolor Artist

- ◆ **EXPLORE WATERCOLOR** **1 Session Each**
Friday, September 10 **10 am– 12 pm**
Friday, September 17 **10 am– 12 pm**
Friday, September 24 **10 am– 12 pm**
Friday, October 1 **10 am– 12 pm**
Friday, October 22 **10 am– 12 pm**
Friday, October 29 **10 am– 12 pm**

\$11 residents, \$12 non-residents; pay one week ahead

Learn to paint watercolor by following a step-by-step demonstration by watercolor artist Clela Neale.

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.

September 15– The Art of Emotional Over Physical *NEW!*

Without emotion, art as we know it wouldn’t exist. Artists are driven to create as a way to grapple with their feelings and viewers are drawn to their works because these emotions are universal. Expressionism is a response to a widespread anxiety about humanity’s increasingly conflicting relationship with the world and accompanying lost feelings of authenticity and spirituality.

October 6– Odd Artists Drama, Passion, Obsession and Tragedy Come and hear about the hidden lives of our greatest artists and outrageous tales about some of our most famous artists that the history books left out. Many of the best artists lived on the edge of chaos where all great art is born. You will never view art the same way again.

Eric Dull, B.F.A.

- ◆ **NATURE THROUGH WATERCOLOR** **6 Weeks**
Mondays, September 13–October 18 **10 am-12**
\$45 residents, \$50 non-residents; pay by 9/9

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.

- ◆ **BASIC DRAWING *NEW TIME*** **6 Weeks**
Wednesdays, October 6– Nov. 17 (omit 11/3) **1-3 pm**
\$45 residents, \$50 non-residents, pay by 10/4

This class is for anyone that wants to learn to draw or improve their drawing skills. Eric will guide you through learning how to “see” your subject, find basic structure, proportion, and shading. Along the way, you will learn different drawing techniques and about supplies and tools to help you draw the world around you. Supply list available.

- ◆ **OILS & ACRYLICS** **6 Weeks**
Fridays, October 8– November 19 (omit 11/5) **10 am-12**
\$45 residents, \$50 non-residents; pay by 10/6

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 lifes, interesting landscapes, and more! *Supply list available.*

- ◆ **INTRO TO SCULPTURE *NEW!*** **6 Weeks**
Fridays, October 8– November 19 (omit 11/5) **1-3 pm**
\$45 residents, \$50 non-residents; pay by 10/6

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 with their choice of a Halloween theme or something of their own choosing. *Supply fee payable 1st day of class.*



Zentangle Page 10



Paul Passano, B.F.A.

- ◆ **WATERCOLOR PAINTING** **6 Weeks**
Mondays, September 13– October 18 **1-3 pm**
\$45 residents, \$50 non-residents; pay by 9/9

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.

Dance Classes- with *Jim Becker*

Monday

- ◆ TAP 3 8 Weeks
October 18– December 13 (omit 11/1) 1:15 pm
\$40 residents, \$45 non-residents; pay by 10/14
- ◆ TAP 1 8 Weeks
October 18– December 13 (omit 11/1) 2:30 pm
\$40 residents, \$45 non-residents; pay by 10/14

Tuesday

- ◆ STAY FIT Ongoing
\$4 per class 10:15 am
- ◆ THEATRE JAZZ DANCE 8 Weeks
September 21– November 16 (omit 11/2) 1 pm
\$40 residents, \$45 non-residents; pay by 9/17
- ◆ TAP 4 8 Weeks
September 21– November 16 (omit 11/2) 2:15 pm
\$40 residents, \$45 non-residents; pay by 9/17
- ◆ TAP 2 8 Weeks
September 21– November 16 (omit 11/2) 3:15 pm
\$40 residents, \$45 non-residents; pay by 9/17

Thursday

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



Yesterday you said tomorrow...

Circuit– with *Maureen Dunphy* Silver Sneakers

- ◆ CIRCUIT *No Classes in September* \$4 pay as you go
Thursdays, October 7, 14, 21, 28 11 am
Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing, upper-body strength work and hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support.

Chair Volleyball with *Toni Holtzhauser & Don Hamm*

- ◆ CHAIR VOLLEYBALL FREE
Mondays, September 13, 20, 27 *NEW* 10 am
Thursdays, September 9, 16, 23, 30 (omit 9/2) 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 333-6660 to pre-register.

Cornhole & Shuffleboard FREE 1:15 pm

- ◆ SHUFFLEBOARD Must call to pre-register
Friday, September 17
- ◆ CORNHOLE
Friday, September 24

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

- ◆ WEIGHTS WORKOUT for BUILDING BONE STRENGTH 8 Wks
Tuesday, August 31– October 19 12 pm
\$25 residents, \$30 non-residents; pay by 8/28

- ◆ WEIGHTS WORKOUT for BUILDING BONE STRENGTH 8 Wks
Wednesday, September 1– October 20 3:20 pm
\$25 residents, \$30 non-residents; pay by 8/30

- ◆ CHAIR EXERCISE (Especially beneficial for arthritis) 8 Wks
Wednesday, September 1– October 20 1:30-2:30 pm
\$35 residents, \$40 non-residents; pay by 8/30

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, September 1– October 20 2:40-3:10 pm
\$25 residents, \$30 non-residents; pay by 8/30

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, September 2– October 21 10:30 am
\$35 residents, \$40 non-residents; pay by 8/31

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.*

Tai Chi Easy with *Mike Reiling*

- ◆ TAI CHI EASY 8 Weeks
Wednesdays, October 6– December 1 9 am
\$40 residents, \$45 non-residents; pay by 10/4

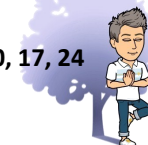
Tai Chi is a mind-body activity which involves relaxed breathing, gentle movements, meditation, and self-applied massage to stimulate energy. Tai Chi Easy promotes healthy energy flow in the body, which can lead to optimal health. It is easy to practice and excellent for physical well-being, reducing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

Yoga with *Ann Stefancin* Silver Sneakers

- ◆ YOGA \$4 pay as you go
Tuesdays, September 7, 14, 21, 28 9 am or 10 am
Must register in advance.

Yoga with *Josh Holder* Silver Sneakers

- ◆ YOGA (omit 9/3) \$4 pay as you go
Fridays, September 10, 17, 24 9:45, 10:45 or 11:45
Must register in advance.



SNEAK PEEK

Guess who's coming for Christmas!



Helen Welch of the Cleveland Orchestra will be performing a Carpenters' Christmas on **December 16th.**

Tickets available starting 10/1
Details in the October *Quill!*

Languages Return with Susan Hildebrandt

- ◆ **FRENCH FOR TRAVELERS II** **8 Weeks**
Wednesdays, September 8– October 27 **9 am**
\$48, non-residents \$52

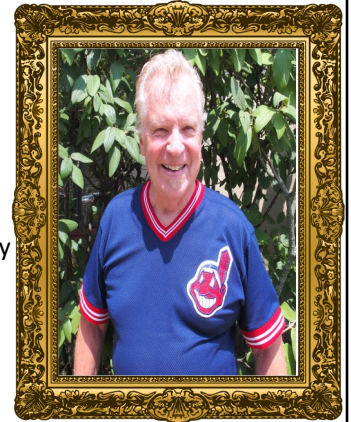
This class is intended for individuals with some previous exposure to the French language. We will focus on vocabulary and conversation related to travel. Topics include transportation, hotels, restaurants, sightseeing, asking directions, shopping, and health. Instructor: *Susan Hildebrandt; Susan is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

- ◆ **ADVANCED FRENCH** **8 Weeks**
Wednesdays, September 8– October 27 **10:30 am**

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.

September Volunteer of the Month

Don Hamm is our September 2021 Volunteer of the month. Don began volunteering as a judge for the River Has Talent Talent Shows. Once he retired, He began helping out when ever there was a need. He has been grilling hot dogs with Larry for our Fun Dog Fridays every Friday this summer. He also assists at the grill for special events along with refereeing the Monday Chair Volleyball games. He also joined the Senior Theatre group.



Don and his beautiful, kind and talented wife– Dianne– raised their family in Fairview Park. They have 2 daughters, 1 son and 7 grandchildren.

Don was a self-employed traveling textile salesman before retiring. He plays in the band *Mourning Glory*– a group of six “old guys” which perform regularly at local establishments.

Don enjoys music, the senior center and keeping his wife happy! He also maintains their pool providing an opportunity to enjoy his grandchildren when they come over to swim.

Fun Fact: Don has known Larry since they were 12 years old!

When asked why he volunteers at Rocky River Senior Center, Don laughing replied, “Because it is fun. At this age, I don’t do anything that isn’t fun!

Don, we are so grateful for the fun you bring to all the events you participate in at Rocky River Senior Center. We appreciate your great attitude, humor and smile. Thank you for volunteering at RRSC!

REGISTRATION & RELEASE FORM (For ALL activities and day trips)

ACTIVITY _____ email _____

DATE of Activity _____ TIME of Activity _____ COST of Activity _____

Name (s) _____ Phone _____

Address _____ City _____ Zip _____

Travel Companion, Menu Selection _____ Seat # _____

Emergency Contact _____ Emergency Phone # _____

Amount Paid _____ () MasterCard () VISA () Discover () Cash () Check payable to "City of Rocky River"

Credit Card Number Mail Orders Only: _____

Expiration Date _____ Signature on credit card _____

RELEASE: I hereby release the City of Rocky River, the Office on Aging-Senior Center, and their representatives from any liability. I have been requested by the Office on Aging-Senior Center to consult with my physician and I specifically assume the responsibility for any injury, illness or accident that may be sustained while participating in the above activity/event.

Signature _____ Date _____ / _____ / _____

**Cleveland Pops Orchestra at Severance Hall 2021-2022 Concert Season
Subscription Concert Series ~ 6 Shows**

COST: \$440 (\$465 Non-residents)

A few spaces left!

Come see one of the hottest tickets in town, with the Cleveland Pops Orchestra and director Carl Topilow at Severance Hall as they open the 2021-2022 concert series. The Pops blend tremendously talented professional musicians with nationally renowned entertainers. Cost of the series includes orchestra seats, motor coach transportation, tour escort, and driver gratuity. The Pops are so popular that they added a 6th show this year, so don't delay in getting your space. Concert dates and descriptions are as follows:

A SALUTE TO JOHN WILLIAMS	Friday, November 12, 2021	8 pm
ALL THAT JAZZ	Saturday, January 22, 2022	8 pm
IN CELEBRATION OF BLACK HISTORY MONTH	Friday, February 18, 2022	8 pm
MUSIC OF THE 70S & 80S	Saturday, March 12, 2022	8 pm
A NIGHT OF BROADWAY FAVORITES	Saturday, April 2, 2022	8 pm
30th ANNUAL "AMERICAN SALUTE"	Friday, June 3, 2022	8 pm

All programs and artists are subject to change without notice.

Board 6:15 pm, depart at 6:30 pm for 8 pm concerts. Estimated return 11:00 pm. Return registrations with 6 SASE!

DAY TRIPS Presented by Rocky River Senior Center

Return all registrations with a SASE

◆ **WARREN G. HARDING** **\$74 residents, \$79 non-residents**
Wednesday, September 22 **Registration ongoing**

Harding, the last Ohioan to occupy the Oval Office, was elected 100 years ago last fall. His hometown of Marion planned a major centennial celebration in 2020, canceled— of course— by the coronavirus pandemic. The new museum and restored home finally opened last May, offering a thoughtful examination of a man who has been misunderstood for nearly a century. On this trip, we will get a guided tour of the Harding home along with plenty of time to walk through the presidential library and museum. The most exciting part of the tour will be standing on the front porch where Harding did most of his campaigning for the presidency in 1920. He made about 100 speeches from that spot, to a total of more than 600,000 people. Afterwards, we will have lunch at The Wishmaker House Bed, Breakfast & Winery, a fully renovated 1890's home located in picturesque Bellville that is known for their homemade cheesecake. Lunch choices are 1) Chicken Salad Wrap 2) Ham & Swiss on a Pretzel Bun or 3) Pasta Alfredo (Vegetarian). All lunches come with a choice of soup or salad, beverage and cheesecake. Please make menu choice when registering. We will cap off the day with a stop at one of the area's apple farms where you may purchase fresh cider and apples to take home. Please include a SASE with your registration. **Board 7:15 am, depart 7:30 am, estimated return 5:45 pm.**

◆ **SEVERANCE HALL CHRISTMAS CONCERT & DINNER AT THE HYATT REGENCY ARCADE** **\$140 residents, \$145 non-residents**
Friday, December 10 **Evening Performance at Severance Hall** **Registration begins September 1**

Celebrate the holiday season with orchestra seats at The Cleveland Orchestra's annual Christmas Concert, including sing-a-longs, guest choruses, and a surprise visitor- all in the festive yuletide splendor of Severance Hall. These are Orchestra Seats (Rows N-R) center section. Enjoy a pre-concert **dinner at the Hyatt Regency's 1890 at The Arcade**, located inside the historic Old Arcade. Our dinner seating includes a view of the Arcade decorated in grand splendor for the holidays. Choose from either 1) Seared herb chicken with white cream sauce or 2) Baked barramundi fish with a lemon caponata sauce, each served with a fresh mixed greens salad with cherry tomatoes, cucumbers and shredded carrots, Au gratin potatoes, asparagus, bread and butter, beverage and double chocolate cake (please make menu choice when registering.) **Board 4 pm, Depart 4:15 pm. Estimated return 11 pm.**

Please return registration with a SASE!

OVERNIGHT TRAVEL IS BACK! Presented by Wendt Touring

Christmas at the Biltmore Estate- North Carolina- 4 Days: December 6-9, 2021

No American home has come close to rivaling the size and splendor of the opulent Biltmore Estate in beautiful Asheville, North Carolina. The lavish home is filled with countless treasures. Enjoy priceless works of art (including Renoir), 16th Century tapestries, antique furnishings, a historic library and much more. The 1895 Chateausque style mansion (with its gilded architecture) and grounds is home to the famous Vanderbilt family. Christmas is a great time to visit The Biltmore and experience a beloved American holiday tradition. Join Us! **Biltmore Tour Presentation will be held on Friday, October 1 @ 11 am**

2022 TOUR SCHEDULE: Tour Brochures now available!

- ⇒ Springtime Down South (Charleston & Savannah): late April 2022
- ⇒ Alaska Summertime Tour and Cruise- 11 days: late June 2022
- ⇒ Treasures of Montreal and Quebec City by Rail- 6 days: early September 2022
- ⇒ The Great Southwest- Albuquerque, Santa Fe and The Grand Canyon- 8 days: early October 2022

◆ **SOLDIERS' & SAILORS' MONUMENT** **1 Session**
Wednesday, September 8 **1 pm**
\$5 residents, \$6 non-residents; pay by 9/6

The Soldiers' & Sailors' Monument, dedicated July 4, 1894, commemorates those who served in Cuyahoga County in the American Civil War. It consists of a 125' column surrounded at its base by a Memorial Room and esplanade. The column, topped with a statue of the Goddess of Freedom, defended by the Shield of Liberty, signifies the essence of the Nation for which Cuyahoga County veterans were willing to and did give their lives. Four bronze relief sculptures depict Emancipation of the Slaves, Beginning of the War in Ohio, Women's Soldiers' and Sailors' Aid Society, and End of the War at City Point, VA. Along with busts of Gen. James Barnett and Architect/Sculptor Levi T. Scofield, together with 6 officers, who were either killed in action or died of disease or their wounds. Presenter: *Greg Palumbo*

I'm a new instructor! *Greg Palumbo*, Executive Director of the Monument, is an 18-year museum professional who is new to the position this year. He most recently served as the Executive Director of the Lakewood Historical Society. His presentation will take you through the construction of the monument, the statuary and architecture, and the 2009 two-million-dollar renovation of this "Victorian Jewel."

◆ **RARE 20TH CENTURY COMPOSERS** **4 Weeks**
Thursdays, September 9– September 30 **2 pm**
\$20 residents, \$25 non-residents; pay by 9/7

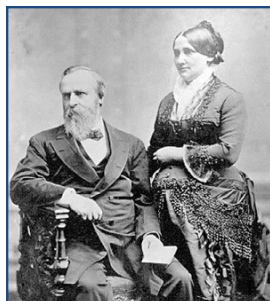


Most of us have heard the music of Copeland, Debussy, or even Shostakovich. If the names aren't familiar, the music is. Yet there are a number of composers from the 20th century who were influential in their day and history seems to have forgotten them.

Some were innovators of orchestral music, reinvigorating the form. Others reflected the ever-changing times that the 20th century brought. Let's re-discover their music and its place in recent history. Instructor: *Ted Smith*

◆ **LOVE BLOOMS IN OHIO: THE HAYES** **1 Session**
Monday, September 13 **1:15 pm**
\$5 residents, \$6 non-residents; pay by 9/9

"She's too young to fall in love with, so I won't!" How long did it take Rutherford and what persuaded him? Some things in their lives seemed impossible, and some really were. We will learn fun facts and the meaning and source of nicknames. Danger in the Civil War caused fear and embarrassment. Let's look at their sorrow, joys and adventures. Hayes' presidency was stormy, but their love weathered every storm. We will look at an adventure that gave them a whale of a good time...



Instructor: *Alice Wills*

◆ **MEET THE PRESS: A DAY WITH A FAMOUS PERSON** **6 Weeks**
Tuesdays, September 14– October 19 **10:30 am**
\$30 residents, \$35 non-residents, pay by 9/10

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 STORY OF ROME** **5 Weeks**
Mondays, September 20– October 18 **10 am**
\$25 residents, \$30 non-residents; pay by 9/16

The history of Rome is more than a record of warriors and rulers. They were the greatest builders of ancient times as well as accomplished writers, philosophers and artists. Come with us as we see a small group of peaceful farmers on the Tiber turn into the rulers of the western world. Religion, law and everyday life will be included. So get out that old toga and let's stroll down to the Forum with *Bob Wills*, presenter.

◆ **PLATE TECTONICS** **6 Weeks**
Tuesdays, September 21– October 26 **2 pm**
\$30 residents, \$35 non-residents; pay by 9/17

Hawaii, Iceland, Mt. St. Helens, Pompeii, Himalayas, Yellowstone, San Andreas Fault, 2004 Indonesian Tsunami, 2011 Japan Earthquake— what do they all have in common? Learn the theory that revolutionized the Earth Sciences and provides an understanding for mountain building processes, earthquakes and volcanoes. Grasp how the dynamics of the Earth's outer shell cause and explain these places and events. Presenter:

I'm a new instructor! *Ann Cleary* is a National Board Certified teacher in Adolescent and Young Adult Science. She taught 9th grade Earth Science and Space Science for over 30 years. She plans to make these fascinating topics simple and easily understood.

Health **333-6660**

◆ BLOOD PRESSURE/HEALTH CLINIC @ RRSC	Walk –In
Mondays	12:30-3 pm
September 6	<i>Sponsored By:</i>
September 13	Closed– Labor Day
September 20	Angel Care Home Health
September 27	Dedicated Senior Medical Center
	Rocky River Healthcare of West Park

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**. Are you ready to get walking? Join us!

Cleveland Metroparks History with Judy MacKeigan

- ◆ **CLEVELAND METROPARKS HISTORY: THE EARLY YEARS** **1 Session**
10 am
Friday, September 10 **FREE**

Learn how our beloved Emerald Necklace evolved from an idea to reality. Follow the history of the park as it blossomed in the 1920s, survived the Great Depression and World War II, and met the challenges of the 1950s.

- ◆ **CLEVELAND METROPARKS HISTORY: THE LEGACY CONTINUES** **1 Session**
10 am
Friday, September 24 **FREE**

The history continues as the park system grew and changed from the turbulent 1960s through the challenges of the 21st century.

I'm a new instructor! 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.

- ◆ **FUN ON A DUMP: THE GREAT LAKES EXPO OF 1936-37** **1 Session**
10 am
Friday, October 8 **FREE**
- ◆ **BURNING RIVER: A TALE OF NEGLECT, ABUSE, RECLAMATION AND REVITALIZATIONS** **1 Session**
10 am
Friday, October 22 **FREE**
- ◆ **EXPLORING THE FLATS: UP AND DOWN A CROOKED RIVER** **1 Session**
10 am
Friday, November 5 **FREE**

- ◆ **SPICES AND THE DISCOVERY OF AMERICA** **1 Session**
Monday, October 11—Columbus Day! **11 am**
\$5 residents, \$6 non-residents; pay by 10/7

Everyone knows that Christopher Columbus was looking for India when he discovered America. But why was he so willing to risk the lives of himself and his crew? We will explore the “prequel” to the story of Columbus— the history of Spices, some of the exotic plants that were so in demand, and how they influenced trade and exploration.

Instructor: Beryl Prusinowski

- ◆ **A TRIP TO THE MOON** *I'm a New Instructor!* **1 Session**
Monday, October 11 **FREE** **1 pm**

Join amateur astronomer *Bill Murmann* for a program about the Moon. Bill is the immediate past president of the Cuyahoga Astronomical Association, serving for 10 years as its president where he earned the reputation as the group’s “Moon Guy.” Bill’s PowerPoint slide presentation will discuss the origin of the Moon and its possible future, with stops along the way to discuss and see huge craters, mountains higher than the Himalayas, lunar seas, miles-thick lava, and the Moon’s special effects on Earth. Instructor: *Bill Murmann*

Coming in October

- ◆ **THE ROARING TWENTIES!** **6 Weeks**
Mondays, October 4– November 15 (omit 11/1) **1 pm**
\$30 residents, \$35 non-residents; pay by 9/30

No other decade in American history has been as definitive in terms of economics, politics, entertainment, communications, sports, crime, literature and overall culture than the 1920s. It’s also known as “The Jazz Age” and by some writers- “The Anything Goes Age.” In this class we will time travel through those very exciting transforming years— focusing on interesting people (The Sultan of Swat, Lucky Lindy, Al Capone, Amelia Earhart, Ernest Hemingway, Clarence Darrow, etc.) and stories (Women’s Suffrage, Prohibition, Jazz, Radio, Scandals, Monkey Trial, Black Friday, etc.) that made the decade ROAR!

Instructor: *Mel Maurer*

I'm a new instructor! Mel Maurer has a Bachelor of Science from John Carroll University. His education includes many historical symposia focused on Abraham Lincoln. He is past president and historian of the Cleveland Civil War Round Table, and has appeared in several of its plays. He is a lifetime member of the Lincoln Forum. For 43 years he was Manager of Administrative Quality and Distribution for the Boston Weatherhead Division of Dana Corporation. In retirement, he is a writer, speaker and actor.

- ◆ **BIG PHARMA: PULLING BACK THE CURTAIN ON THE BUSINESS OF HEALTHCARE** **FREE** **8 Weeks**
Wednesdays, October 6– December 1 (omit 11/3) **1 pm**

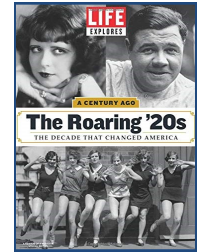
In this program we will pull back the curtain and expose how Big Pharma as well as other medical providers use fear and hyperbole to promote their drugs and a myriad of treatments.



What our five years of research uncovered will amaze you! Topics include: Conflicts of interest, deceptive articles in prestigious medical journals, “me too” drugs, fear based media commercials, drugs in search of an illness, drug promotion meetings disguised as continuing education programs, minimizing reports of drug adverse events, manipulating doctors with gifts to promote drugs. We will examine how too many drugs, body scans and over diagnoses can actually cause more harm than good. Presenter: *Mary Kolk, researcher & author*

- ◆ **JAZZ AT THE MOVIES** **4 Weeks**
Thursdays, October 7– October 28 **2 pm**
\$20 residents, \$25 non-residents; pay by 10/5

Soundtracks are meant to enhance the emotion in a scene; suspense, romance, grief or adventure. Yet the uniquely American form of Jazz is often used in movies to set moods in ways that orchestral music cannot. Joy in the face of oppression. Inspiration from hopelessness, complexity and meaning in the mundane, even a mood of mischief. All the jazz we will listen to was written specifically for film. Instructor: *Ted Smith*



Journaling with Mike Reiling, M.Ed.

- ◆ **WRITING FOR YOUR LIFE** **6 Weeks**
Wednesdays, October 6– November 17 (omit 11/3)
\$30 residents, \$35 non-residents; pay by 10/4

Writing for Your Life is an introduction to journal writing for personal growth. The act of writing focuses the mind and heart, and thus keeping a journal and writing regularly can lead to new insights, personal clarity, creative expressions, and even prayer. In short, journaling can enhance your life!

During our sessions, you will first look at the basic guidelines for good journaling. You will work with a variety of prompts than can enable you to pay more attention to the flow and meaning of your life. Writing prompts such as FREE Write, Life Questions, Poetry Starters, List-Making, and Letters Not Sent will be explored. Please bring a notebook or binder with paper and several pens.

I'm a new instructor! Mike Reiling, M.Ed. is a retired high school theology teacher, long-time journal keeper and a program presenter at River's Edge and Centering Space. Mike also leads the Wednesday morning Tai Chi Easy Class at the Senior Center.



Literary

- ◆ **BOOK CLUB** **FREE**
Friday, September 24 **1:15 pm**

Join retired librarian, John Lonsak, in a lively discussion of *The Nickel Boys* by Colson Whitehead. Next meeting *The Book of Dreams* by Nina George on October 22nd.



- ◆ **WRITERS AND READERS** **\$1**
Wednesday September 1, 8, 15, 22, 29 **1-3 pm**

Facilitator Bill Grasser is back. Join us each Wednesday for this creative group.

Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE ART** **6 Weeks**
Mondays, September 20- October 25 **9:30 -11:30 am**
\$42 residents, \$47 non-residents; pay by 9/16

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, September 22– October 27 **9:30 -11:30 am**
\$42 residents, \$47 non-residents; pay by 9/20

Zentangle® continues with new projects.

- ◆ **POPULAR MOVIES & BOOKS THEMED TRIVIA**
\$3 per player
Friday, September 10 **1:30 pm**

Please register your team by September 8. Prizes awarded to top three winners. Popcorn & refreshments included.

Movie Matinees

1 pm

FREE

MONDAY MOVIE MADNESS

Please join us Monday afternoons at 1:00 pm to watch a "Golden Oldie".
Titles will be listed on the calendar – Page 11.

FRIDAY MOVIES

September 3 **No Movie– Join us for Blue Lunch!**

September 10 **JUST MERCY** **2019**
PG-13 **17H 34M** **LEGAL DRAMA**

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life. Cast: Michael B. Jordan, Jamie Foxx, Brie Larson



September 17 **LITTLE WOMEN** **2019**
PG **2H 15M** **DRAMA**

In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together. Cast: Saoirse Ronan, Emma Watson, Florence Pugh



September 24 **THE CURRENT WAR** **2019**
PG-13 **1H 41M** **HISTORICAL DRAMA**

Thomas Edison and George Westinghouse -- the greatest inventors of the industrial age -- engage in a battle of technology and ideas that will determine whose electrical system will power the new century. Backed by J.P. Morgan, Edison dazzles the world by lighting Manhattan. But Westinghouse, aided by Nikola Tesla, sees fatal flaws in Edison's direct current design. Westinghouse and Tesla bet everything on risky and dangerous alternating current. Cast: Benedict Cumberbatch, Michael Shannon, Nicholas Hunt



Trivia

- ◆ **HALLOWEEN THEMED TRIVIA**
\$3 per player
Friday, October 8 **1:30 pm**

Please register your team by October 6. Prizes awarded to top three winners. Popcorn & refreshments included.

September 2021

Deborah Huff, Director 333-6660
 Cindi Williams, Administrative Assistant 333-6662
 Candice Miele, Social Service 333-6664
 Laurie Schaefer, Program Coordinator 331-1114
 Michelle Soneson, Transportation/Silver Linings 333-6665

Front Desk
440-333-6660
Jody am
Dianne pm

Larry Goebelt, Facility Manager 333-6660
 Jody Soneson, Front Desk 333-6660
 Dianne Hamm, Trip Escort 333-6660
 Gail Hine, Food Service 333-6660 x 2349
 Bob Monroe, Custodial/Kitchen 333-6660 x 2348

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Monday Movie Classics 1 pm</p>	 <p>Open Ceramics Tuesdays at 1 pm</p>	<p>1</p> <p>9:30 More Zentangle Art 10:00 Pen & Ink 11:30 Deli Lunch 1:00 Beat Diabetes 1:00 Writers and Readers 1:30 Chair Exercise begins 2:40 Sun Style Tai Chi begins 3:20 Weights Workout begins</p>	<p>2</p> <p>10:00 Senior Players 10:00 Stay Fit 10:30 Fallproof begins 11:00 <u>NO</u> SS Circuit 1:00 Int/Adv Ceramics 1:15 <u>NO</u> Chair Volleyball 3:00 Garden of Eden ends</p>	<p>3</p> <p>9:00 Walking Group 9:45 <u>NO</u> SS Yoga with Josh 10:00 Oil & Acrylics 10:45 <u>NO</u> SS Yoga with Josh 11:30 Blue Lunch 11:30 Pie Competition 11:45 <u>NO</u> SS Yoga with Josh 12:00 Pie Contest 1:00 Concert- Blue Lunch</p>
<p>6</p> <p>We are closed!  Have a safe and fun holiday!</p>	<p>7</p> <p>8:30 Men's Golf 9:00 SS Yoga with Ann S 10:00 SS Yoga with Ann S 10:00 Beginner Ceramics 10:15 Stay Fit 11:30 Deli Lunch 12:00 Weights Workout 1:00 Open Ceramics 1:00 Theatre Jazz 2:15 Tap 4 3:15 Tap 2</p>	<p>8</p> <p>9:00 French for Travelers II beg. 9:30 More Zentangle Art ends 10:00 Pen & Ink 10:30 Advanced French begins 11:30 Deli Lunch 1:00 Beat Diabetes 1:00 Soldiers and Sailors 1:00 Writers and Readers 1:30 Chair Exercise 2:40 Sun Style Tai Chi 3:20 Weights Workout</p>	<p>9</p> <p>10:00 Senior Players 10:00 Stay Fit 10:30 Fallproof 11:00 <u>NO</u> SS Circuit 1:00 Int/Adv Ceramics 1:15 Chair Volleyball 2:00 Rare Composers begins</p>	<p>10</p> <p>9:00 Walking Group 9:45 SS Yoga with Josh 10:00 Bridge Lessons begin 10:00 CLE Metroparks History 10:00 Explore Watercolor 10:00 Oil & Acrylics 10:45 SS Yoga with Josh 11:30 Fun Dog Fridays 11:45 SS Yoga with Josh 1:00 Movie- Just Merc 1:30 Trivia- Movies & Books</p> 
<p>13</p> <p>9:00 Walking Group 10:00 Chair Volleyball 10:00 Taming of the West ends 10:00 Nature Watercolor begins 11:30 Deli Lunch 12:30 Blood Pressure 1:00 Movie- The Party 1:00 Watercolor begins 1:15 Tap 3 1:15 Love Blooms- The Hayes 2:30 Tap 1</p>	<p>14</p> <p>8:30 Men's Golf 9:00 SS Yoga with Ann S 10:00 SS Yoga with Ann S 10:00 Beginner Ceramics 10:15 Stay Fit 10:30 Meet the Press begins 11:30 Deli Lunch 12:00 Weights Workout 1:00 Open Ceramics 1:00 Theatre Jazz ends 2:15 Tap 4 ends 3:15 Tap 2 ends</p>	<p>15</p> <p>9:00 Seniors Council 9:00 French for Travelers II 10:00 Pen & Ink 10:30 Advanced French 11:00 Eyes of the Artist 11:30 Deli Lunch 1:00 Beat Diabetes 1:00 Writers and Readers 1:30 Chair Exercise 2:40 Sun Style Tai Chi 3:20 Weights Workout</p>	<p>16</p> <p>9:00 AARP Driver Safety 10:00 Senior Players 10:00 Stay Fit 10:30 Fallproof 11:00 <u>NO</u> SS Circuit 1:00 Int/Adv Ceramics 1:15 Chair Volleyball 2:00 Rare Composers</p>	<p>17</p> <p>9:00 Walking Group 9:45 SS Yoga with Josh 10:00 Bridge Lessons 10:00 Explore Watercolor 10:00 Oil & Acrylics 10:45 SS Yoga with Josh 11:30 Fun Dog Fridays 11:45 SS Yoga with Josh 1:00 Movie- Little Women 1:00 Oil & Acrylics 1:15 Shuffleboard</p> 
<p>20</p> <p>9:00 Walking Group 9:30 Beg. Zentangle begins 10:00 Chair Volleyball 10:00 Nature Watercolor 10:00 Story of Rome begins 11:30 Deli Lunch 12:30 Blood Pressure 1:00 Movie- Lemans 1:00 Watercolor 1:15 Tap 3 2:30 Tap 1</p>	<p>21</p> <p>8:30 Men's Golf 9:00 SS Yoga with Ann S 10:00 SS Yoga with Ann S 10:00 Beginner Ceramics 10:15 Stay Fit 10:30 Meet the Press 10:30 Sticky Situations- Truth with Kindness 11:30 Deli Lunch 12:00 Weights Workout 1:00 Open Ceramics 1:00 Theatre Jazz begins 2:00 Plate Tectonics begins 2:15 Tap 4 begins</p>	<p>22</p> <p>7:30 <u>Harding Trip departs</u> 9:00 French for Travelers II 9:30 More Zentangle Art begins 10:00 Pen & Ink 10:30 Advanced French 11:30 Deli Lunch 1:00 Beat Diabetes 1:00 Writers and Readers 1:30 Chair Exercise 2:40 Sun Style Tai Chi 3:00 Caregiver Support 3:20 Weights Workout</p>	<p>23</p> <p>10:00 Advanced Planning 10:00 Senior Players 10:00 Stay Fit 10:30 Fallproof 11:00 <u>NO</u> SS Circuit 1:00 Int/Adv Ceramics 1:15 Chair Volleyball 2:00 Rare Composers</p>	<p>24</p> <p>9:00 Walking Group 9:45 SS Yoga with Josh 10:00 Bridge Lessons 10:00 CLE Metroparks History 10:00 Explore Watercolor 10:00 Oil & Acrylics 10:45 SS Yoga with Josh 11:30 Fun Dog Fridays 11:45 SS Yoga with Josh 1:00 Movie- The Current War 1:15 Book Club 1:15 Cornhole</p> 
<p>27</p> <p>9:00 Walking Group 9:30 Beg. Zentangle 10:00 Chair Volleyball 10:00 Nature Watercolor 10:00 Story of Rome 11:30 Deli Lunch 12:30 Blood Pressure 1:00 Movie- Rhubarb 1:00 Watercolor 1:15 Tap 3 2:30 Tap 1</p>	<p>28</p> <p>8:30 Men's Golf 9:00 SS Yoga with Ann S 10:00 SS Yoga with Ann S 10:00 Beginner Ceramics 10:15 Stay Fit 10:30 Meet the Press 11:30 Deli Lunch 12:00 Weights Workout 1:00 Open Ceramics 1:00 Theatre Jazz 2:00 Plate Tectonics 2:15 Tap 4 3:15 Tap 2</p>	<p>29</p> <p>9:00 French for Travelers II 9:30 More Zentangle Art 10:00 Medicare 101 10:00 Pen & Ink ends 10:30 Advanced French 11:30 Deli Lunch 1:00 Beat Diabetes ends 1:00 Writers and Readers 1:30 Chair Exercise 2:40 Sun Style Tai Chi 3:20 Weights Workout</p>	<p>30</p> <p>10:00 Senior Players 10:00 Stay Fit 10:30 Fallproof 11:00 <u>NO</u> SS Circuit 1:00 Basic Estate Planning begins 1:00 Int/Adv Ceramics 1:15 Chair Volleyball 2:00 Rare Composers ends</p>	

Mission

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

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

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

Senior Center Staff

Deborah Huff, Director	dhuff@rrcity.com
Cindi Williams, Administrative Assistant	cwilliams@rrcity.com
Laurie Schaefer, Program Coordinator	lschaefer@rrcity.com
Candice Miele, Social Service	cmiele@rrcity.com
Michelle Soneson, Transportation/Silver Linings Café	msoneson@rrcity.com
Larry Goebelt, Facility Manager	lgoebelt@rrcity.com
Gail Hine, Food Service	ghine@rrcity.com
Bob Monroe, Custodial/Kitchen	
Dianne Hamm, Reception/Trip Escort	seniorcenter@rrcity.com
Jody Soneson, Reception	seniorcenter@rrcity.com

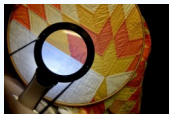
Rocky River Seniors Council, Inc.

Michelle Cox	Moe O'Malley, <i>Vice President</i>
Jim Evans, <i>Treasurer</i>	Wally Pattison, <i>President</i>
Jim Gross	Laurie Rokakis
Carol McCabe	Eileen Seppelt, <i>Secretary</i>
Marilyn Mize	Mimi Verdone

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Get out your magnifying glasses and find the **quilting needle** in this issue to win a **free muffin**. Call the front desk at 333-6660 with your name, phone number, and the page number and location of our quilting needle. If you are the first caller with the correct answer, we will give you a free muffin from our new Silver Linings Café!
There were 32 shopping bags in the August Quill.



33rd Annual Harvest Holiday Craft & Quilt Show

Admission \$3
Under 12 FREE

2 Day Pass \$4

November 5-6
9 am—4 pm

Featuring:
Quilt Displays
Antiques
Crafts
Jewelry
Christmas Gifts
Food Court

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



Silver Linings Café

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

Deli Lunch Served M-W

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