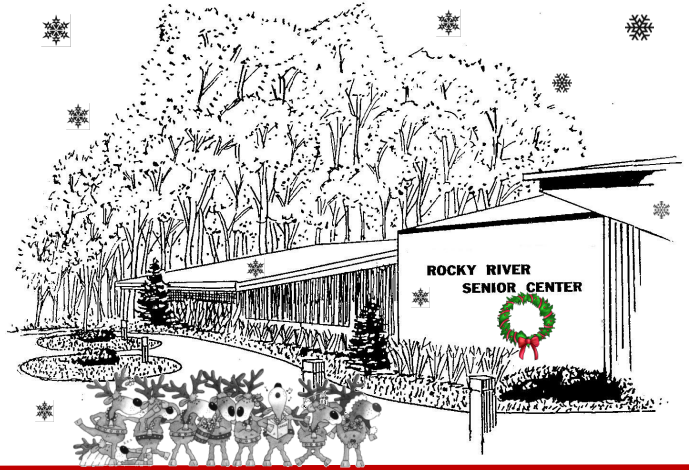


The 
Quill



DECEMBER 2017

VOLUME 42 • NUMBER 4

A Monthly Publication of Rocky River Senior Center

A Nationally Accredited Senior Center

Deborah Huff

Cindi Williams

Laurie Schaefer

Michelle Soneson

Gail Hine

Jody Soneson

Bob Monroe

Ruth Santo

Tom Connelly

Pete Jedick

Vince Malik

John Sullivan

Don Way

Seasons Greetings

Laura Breitenbach

Dianne Hamm

Laurie Rokakis

Larry Goebelt

Leslie Jones

Muggsy Mason

Bill Thompson



May this Joyous
Season
bring you
peace,
health,
and happiness
throughout the
coming year!

The Staff at Rocky
River Senior Center

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

21014 Hilliard Blvd, Rocky River, OH 44116
www.rrcity.com/seniors.html

A Holiday Tradition at RRSC



CHRISTMAS DINNER & SHOW
 Thursday, Dec. 21
 \$42 Dinner & Show; \$18 Show Only
 Non-residents add \$1
 Please return registration with SASE.
Tickets ~ Advanced Sale ONLY

You are cordially invited to join us for:

5:00 pm ~ Social

Meet and greet friends while sipping Snowball Punch and delighting in the beautiful holiday harp music of Susan Strasek.

6:00 pm Candlelight Dinner

Enjoy a dinner of pork loin with sautéed apples or penne pasta with creamy pesto, roasted tomato, toasted pine nuts and shaved parmesan. Both dinners come with mixed greens and candied walnuts, mandarin oranges & dried cranberries, garlic mashed potatoes, grilled asparagus, herb crescent rolls with butter rosettes, coffee or tea and special holiday dessert. *Catered by Heinen's.*

7:30 pm

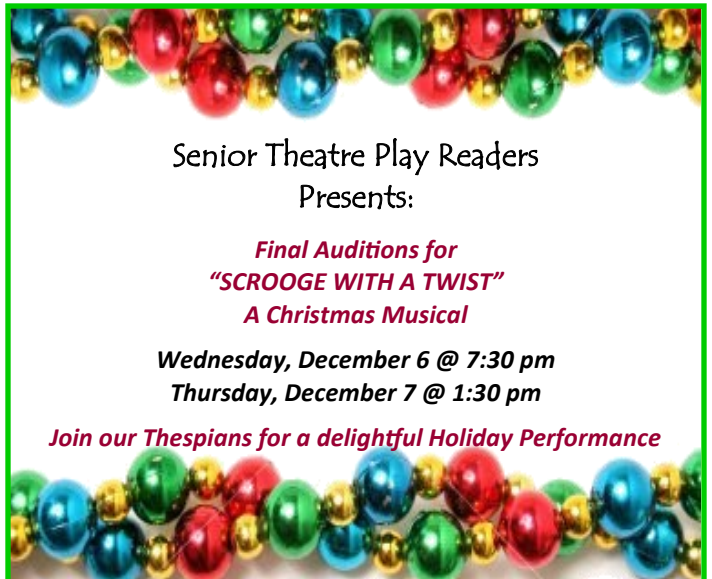
A Judy Garland Radio Christmas

Have yourself a merry little Christmas, as we tune-in to the December 1954 episode of Jello Radio Time. The Columbia Broadcasting System variety show has a special evergreen "Garland" for its listeners tonight: All the way from the Warner Bros. Studio in Hollywood is Judy Garland vocal stand-in, Joan Ellison, who will pitch-in with some beloved Christmas duets and share her special stock of Garland favorites. Let's see what songs are filling our stockings over the fireplace: "White Christmas", "Over the Rainbow", "The Trolley Song", "Silver Bells", "Sleigh Ride", and of course, "Have Yourself a Merry Little Christmas". Starring *Joan Ellison* with your radio host Mark Flanders and pianist Jason Aquila.

FREE transportation provided to Rocky River residents.

A Time To Remember

During the holiday season, it is a tradition at Rocky River Senior Center to hang a wreath in the atrium decorated with the names of loved ones and friends who are no longer with us. To have a name included on the wreath, please leave the name at the front desk or call 333-6660.



Senior Theatre Play Readers
 Presents:

Final Auditions for
"SCROOGE WITH A TWIST"
A Christmas Musical

Wednesday, December 6 @ 7:30 pm
Thursday, December 7 @ 1:30 pm

Join our Thespians for a delightful Holiday Performance



Leigh Eastman returns for

CHRISTMAS TEA WITH LEIGH

Friday, December 8 @ 2 pm

Enjoy an afternoon of tea,
 dessert and music
 with Leigh Eastman at the piano.
Tickets \$5 purchase by December 6



If you are looking for a thoughtful way of remembering and/or honoring a loved one, why not consider a gift to one of the Rocky River Senior Center Programs

In Memory or in Honor of:

Please send acknowledgement to:
 Name _____
 Address _____
 Given by name _____
 Address _____

Please direct this gift to:

- ◇ Senior Center Programs
- ◇ Senior Theatre (Play Readers)
- ◇ Seniors Council
- ◇ Senior Center Facility
- ◇ Senior Center Transportation
- ◇ Social Services

Please make checks payable to "City of Rocky River"



HOLIDAY WINE TASTING

\$10 Thursday, December 14 @ 2 pm

Discover wines perfect for holiday parties, New Year's and gift giving. You will get 6 wines to taste for just \$10 plus tasting notes and light refreshments. Register by December 12 to reserve your space. NO registrations allowed after this date. Courtesy of *West Shore Wine Company*. Pay by check or cash only. At RRSC.





Laurie Rokakis 333-6664

Laurie Rokakis, *Social Services*, can assist with life's transitions, home health care, affordable housing, Social Security, and Medicare to name a few! She is happy to meet

with seniors at the center or in the community.

Give her a call!

Email: lrokakis@rrcity.com

Hours: Monday & Friday 8:30-12:30

Wednesday & Thursday 8:30-4:30

Questions about Medicare Benefits and Health Insurance? Schedule an appointment with Ohio Senior Health Insurance Information (OSHIIP) Specialist Sharon Priesand. Call 333-6660 for an appointment.

◆ FREE FRESH PRODUCE

Tuesday, December 5

Tuesday, January 2



10:30-12 pm

10:30-12 pm

The Greater Cleveland Food Bank is now providing free fruits and vegetables for seniors making \$2,000 or less a month. Bring an ID. The food bank distributes the produce at the Knickerbocker Apartments, 27100 Knickerbocker Rd., Bay Village on the first Tuesday of the month between 10:30 am and noon. Call the senior center, 333-6665, if transportation is needed. Space is limited. Register by 12/1 & 12/29. Contact Laurie Rokakis, the senior center's social worker at 440-333-6664 with questions.

◆ YOUR RIGHTS AS A PATIENT

Friday, December 8

FREE

11-12 pm

Do you know your rights as a patient? When you see your doctor, what should you tell or ask him/her? What could/should you assume the doctor knows? What is the physician's responsibility? Is your healthcare information secure? Find the answers to these questions and more.

Instructor: *Sumi Vason*

◆ FREE LEGAL CONSULTATIONS

Tuesday, January 9

FREE

1-4 pm

Elizabeth L. Perla of the Perla Law Firm in Fairview Park is offering free legal consultations. Each consultation will be scheduled for 20 minutes. Ms. Perla is an Elder Law Attorney practicing in Estate Planning, including Wills and Trusts, Medicaid and Veterans' Benefits Planning, Advanced Directives, Guardianships, and Estate Administration. She is also well versed in Family Law matters. Please call 440-333-6660 for an appointment.



◆ SAVVY HEALTHCARE CONSUMER

Fridays, January 19- Feb. 23

11-12 pm

\$40 residents, \$45 non-residents, pay by 1/17

Expanding on the December session on patient's bill of rights, we will take an in-depth look at privacy, security, confidentiality, autonomy, decision-making, request/refuse treatment, participation in investigative studies, advanced directives, "business" of health care, etc. We will look at real life cases to illustrate the topics. Instructor: *Sumi Vason*

Guides for Better Living



The Guides for Better Living returns to Rocky River Senior Center in 2018. This FREE series is sponsored by Rocky River Seniors Council, Inc. and is coordinated by Dottie O'Neill. Q & A session at the end of each presentation. Check your January Quill for details on topics and dates.

◆ STATINS: WHAT YOU DON'T KNOW COULD HURT YOU

Wednesdays, January 10- Feb. 28

1 PM

Are you taking a statin drug to lower your cholesterol? Considerable controversy surrounds this class of medication. Statin medications with brand names of Lipitor, Zocor, Crestor, Pravachol, etc., can cause muscle aches and pains, memory loss, diabetes, kidney failure and other adverse effects. Become informed so that you can be a proactive partner with your doctor in your own healthcare. Raise your awareness of the side effects of these medications by attending this important program. You should never make changes to your medication or stop taking it without consulting your physician. Instructor: *Mary Kolk*.



Please call 440-333-6660 to register for this FREE program.

◆ CLEAR CAPTIONS

Wednesday, January 17

FREE

11 am

Hearing loss? This free phone can help. If you have hearing loss, a home phone, and internet, you may benefit from a government program that provides a free amplified phone that also has captions. *Timothy Thomas*, A Title IV specialist from Clear Captions, will give a presentation on how you can benefit from this phone as well as other programs that could assist in lowering your phone and internet bill. Refreshments and a drawing will be offered at the conclusion of the program. Please call 440-333-6660 to reserve your seat today!



Anyone interested in volunteering may contact Volunteer Coordinator Cindi Williams at 333-6662 or cwilliams@rrcity.com.

Health

333-6660

◆ BLOOD PRESSURE/HEALTH CLINIC @ RRSC

Walk-In

Mondays

Sponsored By:

12:30-3:30 pm

December 4

Welsh Home

December 11

St. John Medical Center

December 18

O'Neill Healthcare

December 25

Closed



◆ THERAPEUTIC CHAIR MASSAGE/REIKI

Call for appt.

Friday, December 1,8,15 (omit 12/22,12/29)

\$15 for 15 minutes

1-2:35 pm

Wear your regular clothing and unwind in a special chair designed to comfortably support your body. Sessions are tailored to release built up stress and tension in your neck, back, shoulders, arms and hands. **Pat Andler, C.P.T.; L.M.T.**

Pat Sigmier, Ohio Watercolor Society

- ◆ **WATERCOLOR PAINTING** **6 Weeks**
Mondays, January 8– Feb. 26 (omit 1/15, 2/19) **1-3 pm**
\$45 residents, \$50 non-residents; pay by 1/5

Watercolor instruction for all skill levels. Instructor *Pat Sigmier* is an art instructor who teaches at the Beck Center. Supply list available.



Clela Neale, Watercolor Artist

- ◆ **EXPLORE WATERCOLOR** **1 Session each**
Friday, December 1 **10 am– 12 pm**
Friday, December 8 **10 am– 12 pm**
Friday, January 12 **10 am– 12 pm**
Friday, January 19 **10 am– 12 pm**
Friday, January 26 **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*. Great for both beginners and experienced students. Supply list available at registration.

Gail Felix, M.A. Certified Art Instructor

- ◆ **BACK TO BASICS PENCIL DRAWING** **8 Weeks**
Fridays, January 12- March 2 **1-3 pm**
\$45 residents, \$50 non-residents; pay by 1/10

This is a drawing class to review and reinforce basic principles of good design and composition. We will be drawing from observation, strengthening our ability to see like an artist. All ability levels are welcome. The only materials needed are a sketchbook and pencil.



- ◆ **OIL AND ACRYLIC PAINTING WORKSHOP** **8 Weeks**
Thursdays, January 11- March 1 **1-3 pm**
\$45 residents, \$50 non-residents; pay by 1/9

Maintaining an “open studio” environment, both oil and acrylic painters will work on individual projects of their own choice. Small class size and individual attention as well as frequent group critiques will enhance the learning experience of painting. Bring all painting supplies to the first class as well as any reference materials.

Maureen Moses, MA, ATR-BC

- ◆ **CREATIVE CLAY CLASSES** **8 Weeks**
Wednesdays, January 3– February 21 **10 am– 12 pm**
\$96 per person, pay by 12/29



Create several items of hand built ceramic artwork. No experience required. A tool starter kit (\$8) available to buy at first class. Fee includes clay and firings.

Felicia Zavarella Stadelman

- ◆ **THROUGH THE EYES OF THE ARTIST** **\$5 per lecture**
Wednesdays **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.

December 13– Frederic Remington—Frederic Remington once said that he hoped his epitaph would read, “He knew the horse.” To him, the bond between the horse and rider was both powerful and lifesaving, as symbols of freedom on the frontier. His work inspires love and appreciation of the Wild West.



Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE® ART** **6 Weeks**
Mondays, Jan. 8– Feb. 26 (omit 1/15, 2/19) **9:30 - 11:30 am**
\$36 residents, \$40 non-residents; pay by 1/4

If you’ve ever doodled during a meeting, you’ll love Zentangle®. You will be amazed at 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 3– February 7 **9:30 - 11:30 am**
\$42 residents, \$47 non-residents; pay by 12/29

Zentangle® continues with new projects. Optional supplies available for a small fee, payable to the instructor.

Languages

- **BEGINNING FRENCH FOR THE TRAVELER** **6 Weeks**
Wednesdays, January 10– February 14 **9 am**
\$36 Residents; \$40 Non-residents; pay by 1/8

Learn the basics of French vocabulary most useful for travelers. Directions, introductions, numbers & time, travel, hotels, restaurants, shops and tourist attractions.

Instructor: *Susan Hildebrandt*; *Susan is a retired teacher and bilingual tour guide.*



- **ADVANCED FRENCH FOR THE TRAVELER** **6 Weeks**
Wednesdays, January 10– February 14 **10:30 am**
\$36 Residents; \$40 Non-residents; pay by 1/8

Continuation after the beginning French class. Instructor: *Susan Hildebrandt*

- **SPANISH CLUB** **\$6**
Thursday, December 14 **10 am**

Instructor: *Stella Thomas*



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

Enjoy a 30-minute workout to increase strength and tone your body. Weights are provided.



- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks
Tuesday, January 2– February 20 12 pm
\$24 residents, \$29 non-residents; pay by 12/28
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks
Wednesday, January 3– February 21 3:20 pm
\$24 residents, \$29 non-residents; pay by 12/29
- ◆ **CHAIR EXERCISE (Especially beneficial for arthritis)** 8 Wks
Wednesday, January 3– February 21 1:30-2:30 pm
\$34 residents, \$39 non-residents; pay by 12/29

Exercises that are gentle on your joints while increasing range of motion, strength, flexibility & cardiovascular health.

- ◆ **SUN-STYLE TAI CHI** 8 Weeks
Wednesday, January 3– February 21 2:40-3:10 pm
\$24 residents, \$29 non-residents; pay by 12/29

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

- ◆ **YOGA FOR SENIORS (50-90)** 8 Weeks
Friday, January 5– February 23 2:45 pm
\$34 residents, \$39 non-residents; pay by 1/3
Or \$6 pay-as-you-go

Yoga improves health, heals aches & pains & keeps sickness at bay. This class centers around flexibility through the asana (posture) work & stress reduction through breath work.

- ◆ **FALLPROOF** 8 Weeks
Mondays, January 8– March 12 (omit 1/15, 2/19) 1– 2 pm
\$30 residents, \$34 non-residents; pay by 1/4

A comprehensive balance and mobility training program. Activities are specifically designed to address the multiple dimensions that contribute to balance and mobility.



Tai Chi with Mike Stadul

- ◆ **BALANCE TAI CHI** 8 Weeks
Wednesday, January 10– February 28 9:15 am
\$40 residents, \$45 non-residents; pay by 1/8

This class combines Tai Chi and Qigong movements to improve balance. Focus is on strengthening muscles in the ankles, knees, hips and legs to increase flexibility and coordination. Suitable for all ages. Instructor: *Mike Stadul*

- ◆ **TAI CHI** 8 Weeks
Wednesday, January 10– February 28 10:30 am
\$40 residents, \$45 non-residents; pay by 1/8

Exercise for balance and whole body health. Tai Chi develops muscular strength and flexibility in the spine and body joints. It relieves the stiffness and pain associated with arthritis, lowers blood pressure and improves balance. Instructor: *Mike Stadul*



Drop-in Fitness \$4 Pay As You Go

- ◆ **Monday (omit 12/25)**
ZUMBA GOLD with Leslie Jones 9 am
LINE DANCING with Leslie Jones 10 am
- ◆ **Tuesday**
CHAIR YOGA/ SS with Ann Stefancin* 9 am
GET FIT with Leslie Jones (omit 12/26) 10:15 am
COUNTRY LINE DANCE with Leslie Jones (omit 12/26) 1 pm
- ◆ **Wednesday (omit 12/20, 12/27)**
ZUMBA GOLD with Leslie Jones 1:15 pm
- ◆ **Thursday**
FIT FOR LIFE/SS with Vicki Yannie* 9 am
CHAIR PILATES with Doreen Gardner 10 am
CHAIR YOGA/ SS with TBD 1:15 pm
- ◆ **Friday (omit 12/22, 12/29)**
YOGA/ SS with Josh Holder* 9:30 am



Dear Santa, this year, please give me a big fat bank account & a slim body. And PLEASE, don't mix those two up like you did last year!

Dance Classes with Leslie Jones

- ◆ **TAP DANCE: BEGINNER** 8 Weeks
Monday, Nov. 13–Jan 29(omit 11/20,12/25, 1/1, 1/15)2:30 pm
\$40 residents, \$45 non-residents; pay by 11/9
- ◆ **TAP DANCE: ADVANCED BEGINNER** 8 Weeks
Tuesday, Nov. 14– Jan 30 (omit 11/21, 12/19, 12/26) 3:15 pm
\$40 residents, \$45 non-residents; pay by 11/10
- ◆ **TAP DANCE: INTERMEDIATE** 8 Weeks
Monday, Nov. 13–Jan 29(omit 11/20,12/25, 1/1, 1/15)1:15 pm
\$40 residents, \$45 non-residents; pay by 11/9
- ◆ **TAP DANCE: ADVANCED** 8 Weeks
Tuesday, Nov. 14– Jan 30 (omit 11/21, 12/19, 12/26) 2:15 pm
\$40 residents, \$45 non-residents; pay by 11/10
- ◆ **CLOGGING: INTERMEDIATE** 8 Weeks
Wednesday, Nov. 15-Jan. 31(omit 11/22,12/20,12/27,1/3)2:15 pm
\$40 residents, \$45 non-residents; pay by 11/13

*Silver Sneakers Classes @ RRSC \$4 Pay As You Go

Classes are FREE to Silver Sneakers members.
Remember to swipe your card at the Front Desk.
Classes are subject to change.

- ◆ **SILVER SNEAKERS YOGA with Ann Stefancin** Ongoing
Tuesday, December 5, 12, 19, 26 9:00 am
- ◆ **SILVER SNEAKERS CLASSIC WITH VICKI** Ongoing
Thursday, December 7, 14, 21, 28 9:00 am
- ◆ **SILVER SNEAKERS YOGA with TBD** Ongoing
Thursday, December 7, 14, 21, 28 1:15 pm
- ◆ **SILVER SNEAKERS YOGA WITH JOSH** Ongoing
Friday, December 1, 8, 15 (omit 12/22, 12/29) 9:30 am

CONGRATULATIONS HALLOWEEN CONTEST WINNERS



- 1st Place-** Kathleen Lyons-Henderson as the Wicked Witch from Snow White
- 2nd Place-** Carmela Freeman as a Pirate
- 3rd Place-** Kathy Luengo as a Gypsy

Honorable Mentions to Front Desk Clerks

- Dianne "Hamburger"
- Laura "Breitenbach Winery"

December's Ongoing Activities ~ Free unless **

MONDAY December 4, 11, 18 ~ Closed 12/25

- ♦ WALKING GROUP 9 AM
- ♦ IPAD ASSISTANCE 12:30-3 PM
- ♦ CANASTA & PINOCHLE 1 PM
- ♦ RIVER SING-ALONG 1-2 PM



TUESDAY December 5, 12, 19, 26

- ♦ TRAINS **December 12- Slamsdalen** 10 AM
- ♦ NO VISIONARIES
- ♦ BASEBALL CARD PLAYING **Dec. 12 & 19** 1 PM
- ♦ KINDLE KORNER 1-4 PM
Volunteer *Ernie Demanelis* answers Kindle questions.
- ♦ CERAMICS ** 1 PM
- ♦ MAH JONGG GAMES** 1 PM
- ♦ NO BIG BAND
- ♦ NO TRAVELOGUE



WEDNESDAY December 6, 13, 20, 27

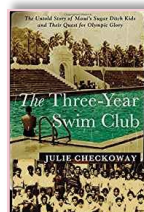
- ♦ WRITERS & READERS** \$1 1-3 PM

THURSDAY December 7, 14, 21, 28

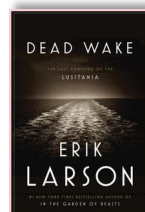
- ♦ PLAY READERS (omit 12/21, 12/28) 10 AM
- ♦ IPAD ASSISTANCE 11-4 PM
Learn and share new and favorite apps for the iPad!
- ♦ TONE CHIMES- **December 7, 14** 1 PM
- ♦ SPANISH CLUB** \$6- **December 14** 10 AM
- ♦ R & R Poet's Society- **December 28** 1 PM
Bring a poem, limerick or a line or two

FRIDAY December 1, 8, 15 (omit 12/22, 12/29)

- ♦ IPAD ASSISTANCE 9 AM-12:30 PM
- ♦ WALKING GROUP 9 AM
- ♦ MOVIES & POPCORN 1 PM
- ♦ BOOK CLUB 1:15 PM



December 15
The Three Year Swim Club
by Judith Checkoway
January 26
Dead Wake
By Erik Larson



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 _____ / _____ / _____



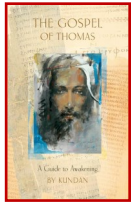
History, Philosophy, Languages



- ◆ **WWII SMALL UNIT ACTIONS** 6 Weeks
Mondays, January 8– Feb. 26 (omit 1/15, 2/19) 10:30 am
\$30 residents, \$35 non-residents; pay by 1/4

This is a WWII survey of some small or little known combats. Each session will highlight a different conflict. Each session stands alone and is not dependent on prior WWII knowledge. Join us to learn about combats that fell through the cracks of history!
 Instructor: *Bob Willis*

- ◆ **THE GOSPEL OF THOMAS** 7 Weeks
Thursdays, January 18– March 1 2 pm
\$35 residents; \$40 non-residents; pay by 1/2



The Gospel of Thomas is a non-canonized Gospel, discovered in Egypt in 1945. It contains root statements found in synoptic Gospels that pre-date Matthew, Mark, and Luke. It also contains other sayings attributed to Jesus that echo the Gnostic traditions of early Christianity. Come and see what insights this will shed on our understanding of the Gospel histories. Instructor: *Ted Smith*

- ◆ **LISTEN TO YOUR MOTHER** 6 Weeks
Tuesdays, January 9– February 13 10:30 am
\$30 residents, \$35 non-residents; pay by 12/29

Women as diverse as Catherine d’Medici and Eleanor of Aquitaine; Queen Victoria and Empress Maria Theresa, Mary Lincoln and her tortured relationship with son, Robert are just a few of the examples of how mothers have influenced history and, on occasion, saved it. Some may surprise you, some may anger you, but remember, Mother is always right! Instructor: *Craig Schermer*



- ◆ **THE BEST AND THE WORST– PRESIDENTS OF THE USA** 6 Weeks
Tuesdays, February 27– April 3 10:30 am
\$30 residents, \$35 non-residents; pay by 2/23

In each of the six classes of this course, we will focus on a great president and his counterpart- one of the worst. Fear not, no living president will be discussed. Discover which presidents are considered the greatest ones, and which the worst. Overall, we didn’t do too badly, but there were some real surprises and a few doozies. Find out who they were! Instructor: *Craig Schermer*

Bridge Lessons, Fran Mulkins

- ◆ **BEGINNING BRIDGE** 6 Weeks
Fridays, January 5– February 9 10-Noon
\$36 residents; \$40 non-residents; pay by 1/3

This class will focus on Bridge as a game for all people and abilities. It is a proven fact that Bridge improves memory ability. For beginners.

- ◆ **INTERMEDIATE BRIDGE** 6 Weeks
Fridays, January 5– February 9 1-3 pm
\$36 residents; \$40 non-residents; pay by 1/3

This class will pick up where beginning bridge left off. For those who have a basic understanding of the game.



Movie Matinees & Popcorn

1 pm

- December 1** **MAGIC IN THE MOONLIGHT** PG13
98 MIN **ROMANTIC COMEDY**

Exposing a phony soothsayer proves harder than expected when the debunker(an Englishman) becomes smitten with the purported fraud (a French beauty). This deft romantic comedy unwinds amid the gilt and glamour of the French Riviera in the 1920s. Cast: *Eileen Atkins, Colin Firth, Marcia Gay Hardin*



- December 8** **NATIONAL LAMPOON’S CHRISTMAS VACA.** PG13
97 MIN **COMEDY**

Hapless Clark, exasperated Ellen and their ever-changing kids take on Christmas in this holiday classic. As usual, all their good intentions can’t save them from disaster... or Cousin Eddie, whose surprise visit throws them into disarray. Cast: *Chevy Chase, Beverly D’Angelo, Juliette Lewis*




- December 15** **THE BISHOP’S WIFE** NR
109 MIN **DRAMA**

An angel arrives to help a bishop with the building of a new cathedral, but his advice has more to do with fixing the clergyman’s strained marriage. As the angel intervenes, the jealous bishop begins to see him as a rival for his job and his wife. Cast: *Cary Grant, Loretta Young, David Niven*



December 23 & 30 No Movie ~ Center Closes at Noon



Dear Santa,
If I'm good at being
naughty
Which list do I go on?

Save the Dates!

- December 1** All Aglow
- December 3** Christmas Brunch & House Tour Bus Trip
- December 6** Play Readers Evening Performance
- December 7** Play Readers Matinee Performance
- December 8** Tea with Leigh
- December 15** Severance Christmas Dinner & Show Trip
- December 21** Christmas Dinner & Program– Joan Ellison

Coming Next Year!

- January 19** Chili Cook-Off
- February 3** Cleveland Pops Trip
- February 14** Not So Newlywed Game
- February 18** River Dance
- March 2** Cleveland Pops
- March 15** The New Barleycorn



DAY TRIPS

- ◆ **CHRISTMAS BRUNCH & HOUSE TOUR** Cost: \$60 (\$65 non-residents)
Sunday, December 3 *Filled– WAIT LIST ONLY*
- ◆ **SEVERANCE HALL CHRISTMAS CONCERT & DINNER AT THE HYATT REGENCY/ARCADE** Cost: \$120 (\$125 non-residents)
Friday, December 15, 2017 Evening Show at Severance Hall *Filled– WAIT LIST ONLY*
- ◆ **LOVE NEVER DIES** Cost: \$80 (\$85 non-residents)
Sunday, January 28, 2018 Evening Show at State Theater Registration ongoing



The story of boundless love, full of passion and drama, follows Andrew Lloyd Webber's *The Phantom of the Opera*, one of the most successful musicals of all time, which has now been seen by more than 130 million people worldwide and is the winner of over 50 international awards. The ultimate love story continues in *Love Never Dies*, Lloyd Webber's spellbinding sequel to *The Phantom of the Opera*. The year is 1907. It is 10 years after his disappearance from the Paris Opera House and the Phantom has escaped to a new life in New York where he lives amongst the screaming joy rides and freak shows of Coney Island. In this new electrically charged world, he has finally found a place for his music to soar, but he has never stopped yearning for his one true love and musical protegee, Christine Daae. **Board 5:15 pm; Depart 5:30 pm; Estimated return 9:30 pm. Main floor orchestra**

seats. Please include a SASE with your registration.

- ◆ **RIVERDANCE** Cost: \$75 (\$80 non-residents)
Sunday, February 18, 2018 Afternoon Show at State Theater Registration begins December 1

The International Irish dance phenomenon is back by popular demand in Riverdance– The 20th Anniversary World Tour. Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. Of all the performances to emerge from Ireland– in rock, music, theatre and film– nothing has carried the energy, the sensuality and the spectacle of Riverdance. **Main floor Orchestra seating at the State Theatre. Board 11:45; Depart 12:00 noon; Estimated return 3:30 pm.**



Most of our trips require walking, boarding and unboarding a bus, and often stairs. If you have limited mobility or utilize an assistive device, please travel with an escort that is able to assist you. Staff is unable to provide personal assistance and we want to make sure your travel experience with Rocky River is a pleasant one!



Back by popular demand– the **Not So Newlywed Game**, Wednesday– February 14th. We are looking for couples to compete in our 2018 game. Eligible contestants need not be married, but must have known each other for more than a year.

Cost for couples to enter is \$5. Prize awarded to winning couple. Prizes given to random audience members as well.

Congratulations to **Delores Jankowski**, winner of Rocky River Seniors Council, Inc. November **gift basket!** Tickets are available at the front desk. Proceeds benefit RRSC. *If you have any gift cards or new gift items you would like to donate for future baskets, please give them to Laura or Dianne at the front desk.*



OVERNIGHT TRIPS

Presented by: WENDT TOURING

Noah's Ark Encounter - Springtime in Kentucky: 3 days - April 27 - 29, 2018

The Ark Encounter is the #1 new attraction in America located in Williamstown, Kentucky. Find out what everyone's been talking about– the Newport Aquarium, Old Strasse Village, The Golden Lamb, as you take an authentic paddlewheel boat cruise on The Ohio River. Visit Ikea, Saint Mary's Cathedral Basilica of the Assumption, and so much more. Both nights at the same Kentucky hotel!

Treasures of Montreal and Quebec City by Rail: 6 days - June 25 - 30, 2018

Chug along with us on RAIL Canada. See the beautiful Notre Dame Cathedral Basilica, Mount Royal, Saint Lawrence Seaway, French Quarter, National Battlefields Park, Mountmorency Falls, Parliament Buildings, Saint Anne-de-Beaupre, Montreal's Underground. Take the 1000 Islands boat cruise, Alexandria Bay, New York. Two amazing nights in Montreal and two nights in Quebec City.

The Great Pacific Northwest Adventure: 9 days - September 1 - 9, 2018

Visit the Puget Sound, Portland "The City of Roses" for 2 nights, Columbia River Gorge, Mount Rainier, the Pacific Ocean, Oregon Coast Aquarium, Crater Lake National Park, Rouge River Boat Adventure, Pacific Coast Highway, Oregon Dunes National Recreation Area, California Redwoods National Park, Sonoma Valley Wine Country. But that's not all! Join us for 2 nights in San Francisco where you will see the Golden Gate Bridge, Chinatown, Fisherman's Wharf, Union Square Cable Cars, Russian Hill, Lombard Street, Haight-Ashbury, Coit Tower, North Beach, Ghirardelli Square and more!

West Virginia Fall Foliage - The Greenbrier Resort: 4 days - October 11 -14, 2018

See great autumn colors as you join us on the authentic Shay Locomotive Train Excursion aboard Cass Railway. Enjoy your visit at the Greenbrier "America's Resort" in White Sulphur Springs while participating in the Bunker "top secret" tour. Check out the American Mountain Theatre Show, the Charleston State Capital tour, Lewiston, West Virginia, Monongahela National Forest and more. All 3 nights at same location in West Virginia!

December 2017



Deborah Huff, Director 895-2586
 Laurie Schaefer, Program Coordinator 331-1114
 Michelle Soneson, Transportation/Gift Shop 333-6665
 Gail Hine, Food Service 333-6660 x 2349
 Cindi Williams, Administrative Assistant 333-6662

Front Desk
440-333-6660
 Laura am
 Dianne pm

Laurie Rokakis, Social Service 333-6664
 Jody Soneson, Kitchen 333-6660
 Larry Goebelt, Facility Manager 333-6660
 Bob Monroe, Custodial/Kitchen 333-6660 x 2348
 Dianne Hamm, Trip Escort 333-6660

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mission <i>The mission of the 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 life-long learning.</i></p>		<p>Join the Community Band and Chorus for a FREE Holiday Concert at Rocky River Senior Center</p> <p>December 11 at 7 pm</p>	<p>ALL AGLOW TREE LIGHTING</p> <p>6 PM FRIDAY DEC. 1ST</p>	<p>9:00 Computer Lab 9:00 Walking Group 9:30 S. Sneakers Yoga with Josh 10:00 Explore Watercolor 12:00 Deli Lunch 1:00 Chair Massage/Reiki 1:00 Design Xmas Cards 1:00 Movie & Popcorn <i>Magic in the Moonlight</i> 2:45 Yoga for Seniors 6:00 All Aglow Tree Lighting at the Gazebo 6:30 Family Gathering at Senior Center- Choir in auditorium Sunday Dec. 3 9:15 Xmas Brunch & House Tour Departs</p>
<p>4</p> <p>9:00 Zumba Gold 9:00 Walking Group 9:30 Play Readers 10:00 Drop in Line Dance 10:30 Napoleon 12:00 Deli Lunch 12:30 BP Health Clinic 12:30-3 iPad Assistance 1:00 Fallproof 1:00 Pinochle & Canasta 1:00 River Sing-A-Long 1:00 Watercolor Painting 1:15 Int. Tap Dance 2:30 Beginning Tap</p>	<p>5</p> <p>9:00 SS Chair Yoga 9:30 Play Readers 10:15 Get Fit Fitness 10:30 Fresh Produce 10:30 1917 Crash 12:00 Deli Lunch 12:00 Weights Workout 1:00 Ceramics 1:00 Country Line Dance 1-4 Kindle Corner 1:00 Mah Jongg 2:15 Advanced Tap 3:15 Advanced Beg. Tap</p>	<p>6</p> <p>9:15 Balance Tai Chi 10:00 Creative Clay 10:30 Advanced French 10:30 Tai Chi 12:00 Deli Lunch 1:00 Writers and Readers 1:15 Zumba Gold Fitness 1:30 Chair Exercise 2:15 Intermediate Clogging 2:40 Sun Style Tai Chi 3:20 Weights Workout 7:30 Senior Theatre Presents Scrooge with a Twist</p>	<p>7</p> <p>9:00 Silver Sneakers- Fit 4 Life 10:00 Chair Pilates 10:00 Painting Like the Masters 11-4 iPad Assistance 12:00 Deli Lunch 1:00 Tone Chimes 1:15 SS Chair Yoga 1:30 Senior Theatre Presents Scrooge with a Twist 2:00 Ten Words</p>	<p>8</p> <p>9:00 Computer Lab 9:00 Walking Group 9:30 S. Sneakers Yoga with Josh 10:00 Explore Watercolor 11:00 Patient Rights 12:00 Deli Lunch 1:00 Chair Massage/Reiki 1:00 Design Xmas Cards ends 1:00 Movie & Popcorn <i>National Lampoon's Christmas Vacation</i> Christmas Tea with Leigh 2:00 2:45 Yoga for Seniors</p>
<p>11</p> <p>9:00 Zumba Gold 9:00 Walking Group 10:00 Drop in Line Dance 10:30 Napoleon ends 12:00 Deli Lunch 12:30 BP Health Clinic 12:30-3 iPad Assistance 1:00 Fallproof 1:00 Pinochle & Canasta 1:00 River Sing-A-Long 1:00 Watercolor Painting 1:15 Int. Tap Dance 2:30 Beginning Tap 7:00 Community Band & Chorus Holiday Concert</p>	<p>12</p> <p>9:00 SS Chair Yoga 10:00 Trains 10:15 Get Fit Fitness 10:30 1917 Crash ends 12:00 Deli Lunch 12:00 Weights Workout 1:00 Baseball Card Game 1:00 Ceramics 1:00 Country Line Dance 1-4 Kindle Corner 1:00 Mah Jongg 2:15 Advanced Tap 3:15 Advanced Beg. Tap</p>	<p>13</p> <p>9:15 Balance Tai Chi 10:00 Creative Clay 10:30 Advanced French ends 10:30 Tai Chi 11:00 Eyes of the Artist-Remington 12:00 Deli Lunch 1:00 Writers and Readers 1:15 Zumba Gold Fitness 1:30 Chair Exercise 2:15 Int. Clogging 2:40 Sun Style Tai Chi 3:20 Weights Workout</p>	<p>14</p> <p>9:00 Silver Sneakers- Fit 4 Life 10:00 Chair Pilates 10:00 Painting Like the Masters 10:00 Play Readers 10:00 Spanish Club 11-4 iPad Assistance 12:00 Deli Lunch 1:00 Tone Chimes 1:15 SS Chair Yoga 2:00 Holiday Wine Tasting 2:00 Ten Words</p>	<p>15</p> <p>9:00 Computer Lab 9:00 Walking Group 9:30 S. Sneakers Yoga with Josh 12:00 Deli Lunch 1:00 Chair Massage/Reiki 1:00 Movie & Popcorn <i>The Bishop's Wife</i> 1:15 Book Discussion 2:45 Yoga for Seniors ends 4:15 Severance Trip departs</p>
<p>18</p> <p>9:00 Zumba Gold 9:00 Walking Group 10:00 Drop in Line Dance 12:00 Deli Lunch 12:30 BP Health Clinic 12:30-3 iPad Assistance 1:00 Fallproof ends 1:00 Pinochle & Canasta 1:00 River Sing-A-Long 1:00 Watercolor Painting ends 1:15 Int. Tap Dance 2:30 Beginning Tap</p>	<p>19</p> <p>9:00 SS Chair Yoga 10:15 Get Fit Fitness 12:00 Deli Lunch 12:00 Weights Workout ends 1:00 Baseball Card Playing 1:00 Ceramics 1:00 Country Line Dance 1-4 Kindle Corner 1:00 Mah Jongg 1:15 NO Travelogue</p>	<p>20</p> <p>9:15 Bal. Tai Chi ends 10:00 Creative Clay ends 10:30 Tai Chi ends 12:00 Deli Lunch 1:00 Writers and Readers 1:15 NO Zumba Gold Fitness 1:30 Chair Exercise ends 2:40 Sun Style Tai Chi ends 3:20 Weights Workout ends</p>	<p>21</p> <p>9:00 Silver Sneakers- Fit 4 Life 10:00 Chair Pilates 10:00 Paint Like Masters ends 11-4 iPad Assistance 12:00 NO Deli Lunch 1:15 SS Chair Yoga 2:00 Ten Words</p> <p>5:00 Christmas Dinner 7:30 Judy Garland Xmas Show</p>	<p>Senior Center Closes at Noon</p>
<p>25</p>	<p>26</p> <p>9:00 SS Chair Yoga 10:15 NO Get Fit Fitness 12:00 Deli Lunch 1:00 Ceramics 1:00 NO Country Line Dance 1-4 Kindle Corner 1:00 Mah Jongg 1:15 NO Big Band</p>	<p>27</p> <p>12:00 Deli Lunch 1:00 Writers and Readers 1:15 NO Zumba Gold Fitness</p>	<p>28</p> <p>9:00 Silver Sneakers- Fit 4 Life 10:00 Chair Pilates 11-4 iPad Assistance 12:00 Deli Lunch 1:00 RR Poets Society 1:15 SS Chair Yoga 2:00 Ten Words ends</p>	<p>Senior Center Closes at Noon</p> <p>Happy New Year!</p>



CHILI COOK OFF



Friday, January 19 ~Noon
\$5 residents, \$6 non-residents
Contestants register by January 17th

Give your taste buds a treat and warm your soul this winter as Rocky River Senior Center hosts its **3rd Annual Chili Cook-Off**. Chili tasting includes small servings of homemade recipes. Registration to be a contestant is **FREE** and open to all interested. Chili must be your own (no store bought) homemade recipe only, and quantity must fill a full size crock pot. Cash prize of \$50 will be awarded to the "Top Chef", along with fun prizes for 2nd and 3rd place winners. The public will be our judges. **Can YOU beat Jody?**

Proceeds from the Cook-Off benefit Rocky River Senior Transportation Service.

Mark your calendars and join us for one of the **HOTTEST** events of the year!

Congratulations to:
Winners of Rocky River Has Talent
 1st Place- Amanda Semaan
 2nd Place- Doug Henderson
 3rd Place- Jerry McCabe

A very special thank you to Giant Eagle Foundation, Inc. for its generous donation to Rocky River Senior Center Transportation Program. We are thrilled that Giant Eagle is a part of our community and supports our efforts to serve Rocky River residents. Thank You!

If you have lost your key fob more than once, replacements will cost \$5 effective January 1st 2018.

Be the first to find the elf helping Gail and Jody out in the kitchen in this issue of *The Quill* and win a **free slice of pie**. Call the front desk at 333-6660 with your name, phone number, and page number where you found our "deli lunch elf". If you are the first caller with the correct answer, we will give you a free slice of pie! Congratulations to **Emily Bishop**, winner of the November contest!

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



Deli Lunch Served M-F
 Noon- 1 pm
 Soups, Salads, Sandwiches
 Daily Specials
 Pies, Cakes, Cookies

Gift Shop
 Open 9 am-4 pm
 Monday—Friday