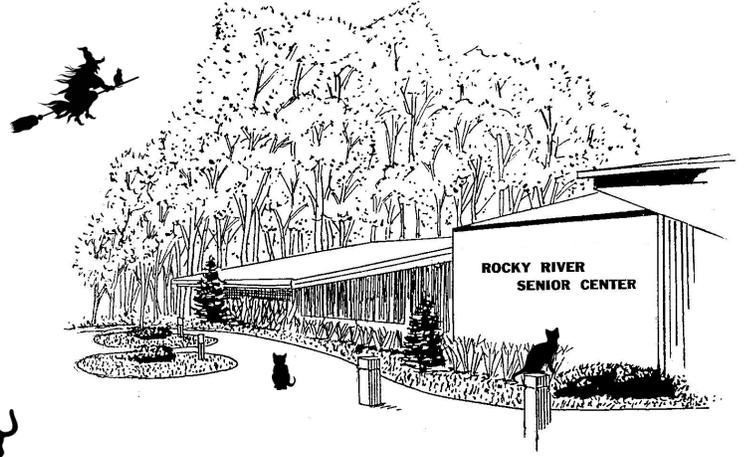


The Quill



OCTOBER 2020

VOLUME 44 • NUMBER 2



A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center

Attention Everyone!

Rocky River Senior Center is pleased to announce that we opened the building on Monday, September 21st. All staff will have completed a COVID-19 test prior to opening and will be tested every two weeks thereafter.

Class size is limited, at first, to 9 students and 1 instructor. We will continue Zoom options when available.

Please plan on wearing a facemask and respect social distancing rules.

Please arrive no earlier than 5-10 minutes before your class begins. You will exit out the emergency exit of the room your class was held in.

Expect to have your temperature taken upon entering the building and to answer COVID screening questions.

Please do not enter the center if you have any symptoms of sickness or have been exposed to someone who has tested positive for COVID.

Call 333-6660 to schedule time to use the computer.

Deli Lunch will not resume until after the first of the year.



Join Rocky River Senior Players
for a

Performance of:

Feeble Fables
by **Bob Naquin**



Wednesday, October 14
Thursday, October 15
Friday, October 16
1 pm

Please call 440-333-6660 for a reservation.
You MUST pre-register as seating is limited.

Feeble Fables retells some of our favorite fables and fairy tales with a twist for the New Majority— our wonderful senior population. Join us as we take a new look at Little Red Riding Hood, The Three Pigs, Jack and the Beanstalk, and the Bremer Town Musicians as they would have been written had all characters had AARP cards. There may also be a surprise (or two) up our sleeves. Come and join us to find out!

FREE POPCORN!

Other dates may be added

FREE
Please call
440-333-6660
to schedule an
appointment
for viewing

**32nd Annual
Harvest Holiday
Quilt Show**

October 5– November 10
9 am– 4 pm



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

CONVERSATIONS WITH CANDY

Expect to receive a warm welcome while you mingle online or in person with neighbors whom you may or may not know. We will have a positive experience together, and hopefully everyone will learn something interesting!

◆ **CHILDHOOD MATTERS** **FREE**
Friday, October 2 *Zoom or in person* **1-2 pm**

Focus on the impact of childhood memories on personality.

◆ **WHO DO I WANT TO BE?** **FREE**
Friday, October 16 *Zoom or in person* **1-2 pm**

It’s not too late to set and accomplish new goals.

Please call 440-333-6660 to register for sessions or MyActive Center online.

HOME ENERGY ASSISTANCE PROGRAM (HEAP) applications are due. Eligibility guidelines for 2020-21 are: one person- \$22,330; two people- \$30,170.

PERCENTAGE OF INCOME PAYMENT PLAN (PIPP) Income guidelines: one person- \$19,140; two people- \$25,860.

For assistance with your application, call Candice at 440-333-6664

Medicare Counseling 333-6660

Jim Langan, our Medicare counselor from the Ohio Senior Health Information Program (OSHIP) has cancelled his face to face counseling sessions in September. He is available through phone and email assistance. Please contact Candice, our social worker, at 440-333-6664 with your name, phone number and email (if you have one). She will then arrange to have him contact you. Jim is happy to share information about Open Enrollment which begins October 15.

Senior Transportation 333-6665

Are you a resident who needs transportation?

Call **Michelle at 333-6665** to schedule your ride. Passengers must be pre-registered.



RRSC staff would like to extend their gratitude for Gizella Wagner’s thoughtfulness. She left a portion of her estate to the Senior Center with thanks for transportation and activities the Senior Center provides. We were able to purchase 2 new vehicles for our program thanks to her generosity.



Rocky River-Lakewood Meals on Wheels prepares and delivers two freshly made (one hot, one cold) meals per day, Monday through Friday, to their clients in Rocky River and Lakewood. Their service is available to anyone who has difficulty purchasing food and/or preparing nutritious meals.

Meals are available to anyone, regardless of age, race, gender, or income level. The cost is only \$40 per week, which provides 8 meals! What an amazing bargain!

The meals are prepared fresh daily, by volunteers in a super-clean kitchen, using high-quality ingredients such as homemade baked goods and soups, specialty breads and pastries, and fresh local produce from community gardens. Friendly, dedicated volunteers deliver meals to recipients’ doors between 11:30 am and 12:30 pm daily. The service these dedicated people provide is often the determining factor that allows people to stay in their homes rather than live in a temporary or permanent institutional setting. Having Meals on Wheels can also mean the difference between a nutritious diet and the malnutrition often experienced by those who live alone and/or cope with disability and frailty.

Their main goal is to deliver great meals, but there are other benefits as well. For some clients, contact with a delivery volunteer may be the only personal interaction they have all day — and a very welcome one. Those who deliver meals will note if a recipient does not answer the door as usual, in which case a client-designated contact person can be alerted to a possible problem needing intervention. Rocky River-Lakewood Meals on Wheels has also adapted to providing service and preparing for changes during the COVID-19 pandemic.

They routinely accept donations of food and money, but they are now stockpiling non-perishable food to provide as bundles of extra food to their clients in case operations would be suspended during this uncertain time. This is a program you can count on and what could be better than having good food and people who care in your life!

To order Rocky River-Lakewood Meals on Wheels, call 440-333-6298.

If you have donating food, funds or time on your heart, the service is located at 20300 Hilliard Blvd., Rocky River, OH 44116. *The hearts and hands of the people make this amazing service possible. May they be richly blessed!*



Complaining About Complaining!

By Candice Miele

We've often heard "The squeaky wheel gets the grease." That common phrase seems to herald the idea that if one tells others over and over about a problem, it will miraculously be solved.



Smile, don't complain!

According to research at Stanford University, complaining doesn't solve anything. In fact, it was found that even 30 minutes of complaining every day can be damaging to the brain, whether you are the griper or the listener. Thinking and speaking negatively changes neural pathways, making it easier to continue to express negativity than to forge new pathways with solution-focused content.

Chronic complaining is also associated with increased levels of cortisol. High levels of cortisol are found in those who suffer from depression, heart disease, hypertension, obesity and diabetes. Unending drama and gossip make most people feel exhausted, frustrated, discontent and less capable of solving problems. Chronic complaining is often a method of gaining the undivided attention of the listener, however, when one is always negative, others tend to avoid contact with them.

Complaints have their place. In days past, every large department store had a diplomatic person who listened to customers' problems all day long, in the "Complaint Department." That job has morphed into "Customer Service" which still has people trained to solve problems and listen to complaints, but the focus is more on solving problems than just venting. Consumers in this day and age are even apt to bring possible solutions when stating a problematic issue. In this information and technology age, the internet serves as a way to research how others have solved similar dilemmas.

Complaining about a product or service is one thing, but chronic complaining about life in general can be harmful to the speaker's and the listener's physical and mental health. Now that we've complained enough about complaining, it's time for some positive talk about how to extinguish this harmful habit.

Some ways to become a more positive person are:

- Think of mistakes as learning opportunities.
- Shift focus to the positive. Find the good in people, products, and situations.
- Three positive habits: healthy eating, routine exercise and sleeping well.
- Express gratitude by noticing what others do for you.
- Change chronic complaining into constructive criticism.
- Practice forgiveness.
- Realize no one and nothing in this world is perfect.

Published in 1944, Bing Crosby and the Andrews Sisters sang it best: "You got to accentuate the positive, eliminate the negative. Latch on to the affirmative! Don't mess with Mister In-between. You got to spread joy up to the maximum, bring gloom down to the minimum. Have faith or pandemonium is liable to walk upon the scene."

Photo is of Payton Schmidt, Great-Granddaughter of the author.

FALL FESTIVAL

Friday, October 23
Noon-4 pm

\$5 residents, \$6 non-residents

Be swept into our web of treats for an afternoon of Fall Fun!

- Pumpkin Carving Demonstration
- Costume Contest
- Fall/Halloween Themed Trivia
- Game & Treat Stations
- Spooky Trail Hunt
- Music & More!

Flyer available at the front desk and posted on website.

Rock On Ice was established in Columbus, Ohio in 1993. *Greg Butauski*, owner and sculptor, strives to wow his customers in every way possible. He is a National Ice Carving Champion and certified Master Ice Carver. He also carves pumpkins, unbelievable pumpkins! Come watch him work and chat with him about his trade. Get the scoop on how to carve the perfect pumpkin as he wows you with his high quality, award winning carved pumpkin sculptures.



Cookie Decorating in person with Amy Hecei

◆ HALLOWEEN COOKIES

Thursday, October 29

10-Noon

\$17 residents; \$20 non-residents; pay by 10/27

The only thing better than eating the most delicious cookies you ever had, is decorating them yourself. Please join us to learn how to decorate Halloween themed cookies. All supplies included, including the cookies!



◆ THANKSGIVING COOKIES

Monday, November 23

10-Noon

\$17 residents; \$20 non-residents; pay by 11/19

◆ CHRISTMAS COOKIES

Monday, December 21

10-Noon

\$17 residents; \$20 non-residents; pay by 12/17

Dance Classes with *Leslie Jones in Person!*

Leslie's classes resumed live, in person at RRSC on September 21st. Open Line Dance, Get Fit and Country Line Dance will be running one month at a time. You must register in advance for these classes.

Monday

- ◆ **BEGINNER LINE DANCE from Scratch** 8 Weeks
September 21-November 16 (omit 11/2) 9 am
\$40 residents, \$45 non-residents; pay by 9/17
For those with no previous line dance experience
- ◆ **OPEN LINE DANCE from Scratch** 10 am
October 5, 12, 19, 26; \$16
- ◆ **TAP INTERMEDIATE II** 8 Weeks
September 21-November 16 (omit 11/2) 1:15 pm
\$40 residents, \$45 non-residents; pay by 9/17
- ◆ **TAP BEGINNERS II** 8 Weeks
September 21-November 16 (omit 11/2) 2:30 pm
\$40 residents, \$45 non-residents; pay by 9/17

Tuesday

- ◆ **GET FIT** 10:15 am
October 6, 13, 20, 27; \$16
- ◆ **COUNTRY WESTERN LINE DANCE** 1 pm
October 6, 13, 20, 27; \$16
Latin, Big Band, Country, Popular Music
- ◆ **TAP ADVANCED** 8 Weeks
September 22– November 17 (omit 11/3) 2:15 pm
\$40 residents, \$45 non-residents; pay by 9/18
- ◆ **TAP INTERMEDIATE 1** 8 Weeks
September 22– November 17 (omit 11/3) 3:15 pm
\$40 residents, \$45 non-residents; pay by 9/18

Wednesday

- ◆ **Theater Dance** will be discontinued *until social distancing rules are no longer in place*. It will resume at such time that it is no longer recommended to stay 6 feet apart.
- ◆ **CLOGGING II** 8 Weeks
September 23– November 25 (omit 11/4, 11/11) 2:15 pm
\$40 residents, \$45 non-residents; pay by 9/21
- ◆ **CLOGGING from Scratch** 8 Weeks
September 23– November 15 (omit 11/4, 11/11) 3:15 pm
\$40 residents, \$45 non-residents; pay by 9/21





What candy is never on time to a party?

ChocoLATE!

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

- ◆ **FALLPROOF RETURNS** 7 Weeks
Thursdays, October 29– Dec. 17 (omit 11/26) 9:45 am
\$21 residents, \$24 non-residents; pay by 10/27

A comprehensive balance and mobility training program. Activities are specifically designed to address the multiple dimensions that contribute to balance and mobility. Enjoy a 30-minute workout to increase strength and tone your body.

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks
Tuesday, November 3– December 22 12 pm
\$24 residents, \$29 non-residents; pay by 10/30
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 7 Wks
Wednesday, November 4– Dec. 23 (omit 11/11) 3:20 pm
\$21 residents, \$24 non-residents; pay by 11/2
- ◆ **CHAIR EXERCISE** (Especially beneficial for arthritis) 7 Wks
Wednesday, Nov. 4– Dec. 23 (omit 11/11) 1:30-2:30 pm
\$30 residents, \$34 non-residents; pay by 11/2

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** 7 Weeks
Wednesday, Nov 4– Dec. 23 (omit 11/11) 2:40-3:10 pm
\$21 residents, \$24 non-residents; pay by 11/2

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.

- ◆ **STRETCHES FOR HIPS AND BACK** 5 Weeks
Thursdays, Nov. 12– Dec. 17 (omit 11/26) 10:30-11:30 am
\$21 residents, \$25 non-residents; pay by 11/10

When the hip and back muscles are tight, it affects your gait, posture, spinal stability and movement patterns often producing pain and restrictions in your hips, back, knees and even your shoulders.

Silver Sneakers Yoga with *Josh Holder in Person*

- Fridays** October 2, 9, 16, 23, 30 \$4 pay as you go
- 9:45 am Each class is 50 minutes.
 - 10:45 am Class limit 9.
 - 11:45 am *Must* register in advance.
 - 12:45 am Arrive no sooner that 5 min. prior to class.



Silver Sneakers Yoga with *Ann Stefancin in Person*

- Begins Tuesday** October 6, 13, 20, 27 \$4 pay as you go
- 9 am
 - Class limit 9
 - Must* register in advance
 - Arrive no sooner that 5 minutes prior to class



Eric Dull, B.F.A. via ZOOM *

- ◆ **NATURE THROUGH WATERCOLOR ZOOM only** 6 Weeks
Mondays, September 28– November 2 10 am-12
\$45 residents, \$50 non-residents; pay by 9/24

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. *Supply list available.*

Ceramics with Danielle Dore in Person only

- ◆ **BEGINNER CERAMICS** 8 Weeks
Tuesdays, Oct. 6– Dec. 1 (omit 11/24) 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. Class limit 9.

- ◆ **INT./ADVANCED CERAMICS**
Thursdays, Oct. 8– Dec. 3 (omit 11/26) 1-3 pm
\$40 residents, \$45 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. Class limit 9.



Clela Neale, Watercolor Artist

- ◆ **EXPLORE WATERCOLOR ZOOM** 1 Session Each
Friday, October 9 *In Person* 10 am– 12 pm *ZOOM* 1 pm
Friday, October 23 *In Person* 10 am– 12 pm *ZOOM* 1 pm
Friday, October 30 *In Person* 10 am– 12 pm *ZOOM* 1 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.



Paul Passano, B.F.A.

Class Limit 9

- ◆ **WATERCOLOR PAINTING** 6 Weeks
Mondays, September 28– Nov. 2 *In Person Only* 1-3 pm
Zoom Evening-5-7 pm
\$45 residents, \$50 non-residents; pay by 9/24

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.

Felicia Zavarella Stadelman

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

October 7– Suzanne Valadon transformed herself from an artist’s model into a successful artist observing and learning their techniques before becoming a noted painter herself. Known as the “mistress of Montmartre”, living by the phrase “Vive l’amour”, she created powerful and controversial figure paintings. Her version of Adam and Eve was the first piece by a female artist to show a nude man and woman together.

Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE ART ZOOM only** 6 Weeks
Mondays, Oct. 5– Nov. 16 (omit 11/9) 9:30 -11:30 am
\$42 residents, \$47 non-residents; pay by 10/1

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 ZOOM only** 6 Weeks
Wednesdays, Oct. 7– Nov. 18 (omit 11/11) 9:30 -11:30 am
\$42 residents, \$47 non-residents; pay by 10/5

Zentangle® continues with new projects.

Douglas Laubacher, Cartoonist & Art Educator

- ◆ **OF MICE & MEN: THE LIFE OF WALT DISNEY** *In Person and ZOOM* 1 Session
Tuesday, September 29 1-3 pm
\$5 residents, \$6 non-residents; pay by 9/25

Learn how an 18 year old boy and his brother went on to create some of the most beloved characters in cinema history. Their company would grow into one of the largest media conglomerates of the 20th century. In this three part lecture series, explore the life of Walt Disney, his movies, theme parks, private life and subsequent influence on our world today.



September Volunteers of the Month



Mary Ellen McFarland and Nancy Talbert are our September Volunteers of the month. This dynamic duo has been working together selling Gift Shop items at Junk in the Trunk for 18 years. They weren't at the first sale, but have made every sale since.

Gift Shop Coordinator, Michelle Soneson, states "I wouldn't want anyone else working this sale. These two are the best!" Not only is this team skilled at arranging the items beautifully, enticing customers to browse through the colorful displays, they are also adept at pointing out how much the item is discounted. Customers walk away with smiles on their faces, amazed at their purchases and how much money is still left in their wallet.

Nancy states that she and Mary Ellen take turns, one in the gift shop and one at the sale table outside. Then they switch. Mary Ellen reminisces about years past and laughingly jokes, "The best way to sell a scarf is to wear the scarf! People see it on, and they want it." While they don't use high pressure techniques, their sales style is incredibly effective. They talk to people. They give their opinion, they make suggestions... and nobody can resist!

Thank you both Nancy and Mary Ellen for almost 2 decades of volunteer service at Rocky River Senior Center! We plan to see you again next fall, credit card in hand!

We appreciate all that our volunteers contribute to Rocky River Senior Center. While volunteers have not been permitted in the center up to this point, if you do volunteer inside during this COVID-19 Pandemic, you would be required to have Covid testing, the same as staff, every two weeks.

Can I help you?

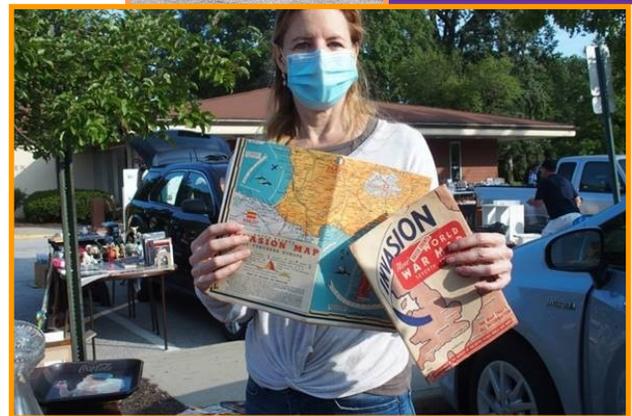


As the criteria changes, we will let you know. Cindi Williams is our Volunteer Coordinator. Feel free to contact Cindi with any questions you may have. You may reach Cindi at cwilliams@rrcity.com or, 440-333-6662

October Volunteers of the Month

Our Parking Lot Attendants are our October Volunteers of the month. Carol and Jerry McCabe, Wally Pattison and Tim Williams have been assisting with getting everyone safely parked and settled for all our outdoor summer activities including concerts and Junk-N-Trunk.

These courageous volunteers direct everyone to their parking spots, sometimes even assisting in parking the cars. During this COVID-19 pandemic, the senior center building was closed. We were able to continue with some fun outdoor activities this summer. Hot Djang! Provided a wonderful Independence Day Concert. We celebrated St. Patrick's Day in July with The New Barleycorn. We enjoyed classical music in the garden as Solomon Liang & Koko Watanabe played violin duets in early August. Summer wouldn't have been complete without our Junk-N-Trunk sale. We had to postpone this to September 12 since the forecast was for rain at the end of August. The weather was perfect for the sale. Vendors and customers were pleased. Two more concerts were held in September— the Geezocats, our favorite Doo-Wop band on the 4th and Jazz Singer Evelyn Wright on September 25th.



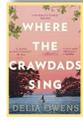
All of these events require a great bit of planning and coordination. We could not accomplish this without the assistance of our committed volunteers! Thank you for all you do for Rocky River Senior Center!

Literary

◆ **BOOK CLUB In Person**
Friday, October 23

Join retired librarian, John Lonsak, in a lively discussion of *Where the Crawdads Sing* by Delia Owens.

FREE
1:15 pm



Coming November 27 is *The Lost Man* by Jane Harper.

◆ **R & R POET'S SOCIETY In Person**
Thursday, October 22

Bring a poem, limerick or a line or two to share.

FREE
1 pm

◆ **WRITERS AND READERS In Person** **\$1 per session**
Wednesdays, October 7, 14, 21, 28 **1-3 pm**

Do you enjoy writing? Join this group to practice and enhance your writing skills. Read portions of your work and receive encouragement from fellow writers.
Facilitator: *Bill Grasser*.

Congratulations on Your Retirement

Best Wishes to Front Desk Clerk Laura Breitenbach! Laura is retiring mid-October. We will miss your professionalism and efficiency, Laura.



We know retiring is often a tough choice to make. We hope you enjoy your retirement as much as we enjoyed having you on our RRSC Team!

Walking Group

The walking group *continues* to meet to walk and socialize this fall. Walking is a CDC approved exercise and it is great to be outdoors!

The walking group meets at 9 am Mondays and Fridays in front of the Senior Center.

Are you ready to get walking? Join us!





What does a hungry ghost want?
Ice Cream!



Please note that all day and overnight trips are still on hold. Trips will resume once the pandemic is over and group travel is considered to be "safe" once again.
We look forward to creating new adventures for you very soon!

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



- ◆ **MAMIE AND IKE** *ZOOM or In Person* **1 Session**
Monday, October 5 **1:15 pm**
\$5 residents, \$6 non-residents; pay by 10/1

Two opposites attracted! Mamie, a pretty, spoiled, rich girl and a handsome, dedicated soldier met and fell in love. She was sure that she could stand military life! Ike knew his military career duty. How did this pair forge a good marriage? Who did the cooking? Who won the fights? Let's learn about their struggles, successes and joys. You will be surprised!
 Instructor: *Alice Wills*

- ◆ **HISTORY OF LONDON— PART 1** *ZOOM or In Person* **6 Weeks**
Tuesdays, October 6– November 10 **1 pm**
\$30 residents, \$35 non-residents; pay by 10/2

London has been a major settlement for more than two millennia. Delve into prehistory— the geology affecting development and the original Stone Age inhabitants. Then follow the history— a major Roman center the changes made by the Saxons, deprivations of the Vikings and why William the Conqueror was afraid of London. This first part will end with the horrors of the Great Plague. Instructor: *Beryl Prusinoski*.

I'm a new instructor! **Beryl Prusinoski** received her Bachelor of Science degree in Mathematics from Case Western Reserve University and a Master of Science in Statistics from Purdue University. Beryl worked in the chemical industry for more than 40 years. Upon retirement, Beryl decided to take her extensive collection of history books to form the basis for adult learning classes. London is her particular interest, since that is where her parents met during the war.

- ◆ **THE NATURE OF EVIL** *ZOOM or In Person* **7 Weeks**
Thursdays, October 8– November 19 **1 pm**
\$35 residents, \$40 non-residents; pay by 10/6

Why do humans commit evil? Are we victims of darkness or willing perpetrators? Is the devil real or a rationalization? Evil in humans starts with a lie. Something we tell to others, or to ourselves. These lies lead people to attack others rather than face their own failures. Explore the psychology of group evil, the spiritual implications and some unconventional solutions.
 Instructor: *Ted Smith*

Trivia

333-6660

- ◆ **HALLOWEEN THEMED TRIVIA** **\$2 per player**
Friday, October 23 **1:30 pm**

Grab your friends and come play a fun game of trivia on the back garden patio or tile. Complimentary popcorn. Please bring your own lawn chairs, social distance rules are in place. Advanced registration required. Call Laurie Schaefer at 440-331-1114 with questions.

- ◆ **VIRTUAL TRIVIA ZOOM** **\$1 per player**
Wednesday, October 14 **6 pm**
Wednesday, October 21 **6 pm**
Wednesday, October 28 **6 pm**



Upcoming Classes

- ◆ **WILLIAM MCKINLEY: CIVIL WAR HERO & PRESIDENT** **1 Session**
Monday, November 2 *ZOOM or In Person* **1:15 pm**
\$5 residents, \$6 non-residents; pay by 10/29

Bill was small and yet he had big dreams. He rose to the occasion while in the army and surprised his superiors. Life was often hard on McKinley, but Bill kept overcoming and impressed people. In his marriage and in his presidency, he was loyal and determined to serve well. What was his wife's hobby? What was their pet? Was McKinley too trusting? We will be up close and personal with a fine Ohioan. Let's wave the flag and be proud! Instructor: *Alice Wills*

- ◆ **SHIRLEY TEMPLE, OUR LITTLE DARLING** **1 Session**
Monday, December 7 **1:15 pm**
\$5 residents, \$6 non-residents; pay by 12/3

On the good ship Lollipop! Just in time for Christmas. Shirley was not just a cute little girl with 56 bouncy curls. At an early age she knew what to say and how to say it. Shirley was a money maker, but just how rich did she become? What was 20th Century Fox's attitude toward her? Who were her best friends? Let's find out what she was most proud of. Come and learn things about Shirley that may surprise you!
 Instructor: *Alice Wills*

Be sure to join us for our
FUN FALL FESTIVAL
Friday, October 23
Noon-4 pm

Responsible Restart

As the governor allows us to re-open the senior center, we will continue to follow all directives mandated by the state.

Through the fall, we will offer outdoor events when possible.

Some of our instructors will do in-person classes at the senior center with limited participants. Some classes will be offered via *zoom* for those who prefer to participate from their homes. And some instructors will teach both live and *ZOOM* classes! For those of you who fall in the highest risk categories – asthma, autoimmune disorders, diabetes or obesity, we *strongly encourage you* to consider the *ZOOM* offerings.

We will keep you posted as things evolve and change.

Deli Lunch will not re-open until after the first of the year. At this point in time, face coverings are a mandate– not a suggestion to participate at the center. If we were serving food, you would have to remove your facemask to eat and that is prohibited by the state for the time being.

We are excited to be able to serve you. Stay safe!

October 2020



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>Mission</p> <p><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 lifelong learning.</i></p>	<p>Holiday Harvest Quilt Show</p> <p>9 am—4 pm</p> <p>Admission FREE</p> <p>Call 440-333-6660 to schedule an appointment to view the quilts</p>	<p>Did you know that Rocky River Senior Center has a Facebook Page? Friend us on Facebook to receive notifications of upcoming events along with pictures and information about what Rocky River Senior Center is up to. Be sure to "like" us on Facebook!</p> 	<p>1</p> <p>9:45 Fallproof 10:00 Play Readers 10:30 Stretch Class</p>	<p>2</p> <p>9:00 Walking Group 9:45 S. S. Yoga with Josh 10:00 Explore Watercolor-In Person 10:45 S. S. Yoga with Josh 11:45 S. S. Yoga with Josh 12:00 Explore Watercolor-Zoom 12:45 S. S. Yoga with Josh 1:00 Conversations with Candy</p>
<p>5</p> <p>9-4 Quilt Show Opens</p> <p>9:00 Beg. Line Dance 9:00 Walking Group 9:30 Beg. Zentangle beg. Zoom 10:00 Line Dance 10:00 Life in the Middle Ages 10:00 Nature Through Watercolor 1:00 Watercolor 1:15 Mamie & Ike 1:15 Int. Tap Dance II 2:30 Beg. Tap Dance II 5:00 Watercolor-ZOOM</p>	<p>6</p> <p>9-4 Quilt Show</p> <p>9:00 SS Yoga with Ann S begin 10:00 Beginner Ceramics begin 10:00 Play Readers 10:15 Get Fit 10:30 Petticoat Politics 11:45 Petticoat Politics 12:00 Weights Workout 1:00 Country West. Line Dance 1:00 History of London begins 2:15 Advanced Tap 3:15 Intermediate Tap I</p>	<p>7</p> <p>9-4 Quilt Show</p> <p>9:30 More Zentangle Art begins Zoom only 11:00 Eyes of the Artist- Valadon 1:00 Writers and Readers 1:30 Chair Exercise Clogging II 2:40 Sun Style Tai Chi 3:15 Clogging from Scratch 3:20 Weights Workout</p>	<p>8</p> <p>9-4 Quilt Show</p> <p>9:45 Fallproof 10:00 Play Readers 10:30 Stretch Class 1:00 Int./Adv Ceramics begins 1:00 The Nature of Evil begins</p>	<p>9</p> <p>9-4 Quilt Show</p> <p>9:00 Walking Group 9:45 S. S. Yoga with Josh 10:00 Explore Watercolor-In Person 10:45 S. S. Yoga with Josh 11:45 S. S. Yoga with Josh 12:00 Explore Watercolor-Zoom 12:45 S. S. Yoga with Josh</p>
<p>12</p> <p>9-4 Quilt Show</p> <p>9:00 Begin. Line Dance 9:00 Walking Group 9:30 Beg. Zentangle Zoom 10:00 Line Dance 10:00 Life in the Middle Ages 10:00 Nature Through Watercolor 10:00 Life in the Middle Ages 1:00 Watercolor ends 1:15 Int. Tap Dance II 2:30 Beg. Tap Dance II 5:00 Watercolor-ZOOM</p>	<p>13</p> <p>9-4 Quilt Show</p> <p>9:00 SS Yoga with Ann S 10:00 Beginner Ceramics 10:00 Play Readers 10:15 Get Fit 10:30 Petticoat Politics 11:45 Petticoat Politics 12:00 Weights Workout 1:00 Country West. Line Dance 1:00 History of London 2:15 Advanced Tap 3:15 Intermediate Tap I</p>	<p>14</p> <p>9-4 Quilt Show</p> <p>9:30 More Zentangle Art Zoom only 1:00 Senior Theater Feeble Fables 1:00 Writers and Readers 1:30 Chair Exercise 2:15 Clogging II 2:40 Sun Style Tai Chi 3:15 Clogging from Scratch 3:20 Weights Workout 6:00 Virtual Trivia</p>	<p>15</p> <p>Medicare Open Enrollment Begins</p> <p>9-4 Quilt Show</p> <p>9:45 Fallproof 10:00 Play Readers 10:30 Stretch Class 1:00 Ceramics 1:00 Senior Theater Feeble Fables 1:00 The Nature of Evil</p>	<p>16</p> <p>9-4 Quilt Show</p> <p>9:00 Walking Group 9:45 S. S. Yoga with Josh 10:00 Explore Watercolor-In Person 10:45 S. S. Yoga with Josh 11:45 S. S. Yoga with Josh 12:00 Explore Watercolor-Zoom 12:45 S. S. Yoga with Josh 1:00 Conversations with Candy 1:00 Senior Theater Feeble Fables</p>
<p>19</p> <p>9-4 Quilt Show</p> <p>9:00 Begin. Line Dance 9:00 Walking Group 9:30 Beg. Zentangle Zoom 10:00 Line Dance 10:00 Nature Through Watercolor 10:00 Life in the Middle Ages 1:00 Watercolor begins 1:15 Int. Tap Dance II 2:30 Beg. Tap Dance II 5:00 Watercolor-ZOOM</p>	<p>20</p> <p>9-4 Quilt Show</p> <p>9:00 SS Yoga with Ann S 10:00 Beginner Ceramics 10:00 Play Readers 10:15 Get Fit 10:30 Petticoat Politics 11:45 Petticoat Politics 12:00 Men's Golf Banquet 12:00 Weights Workout 1:00 Country West. Line Dance 1:00 History of London 2:15 Advanced Tap 3:15 Intermediate Tap I</p>	<p>21</p> <p>9-4 Quilt Show</p> <p>9:00 Seniors Council 9:30 More Zentangle Art Zoom only 1:00 Writers and Readers 1:30 Chair Exercise 2:15 Clogging II 2:40 Sun Style Tai Chi 3:15 Clogging from Scratch 3:20 Weights Workout 6:00 Virtual Trivia</p>	<p>22</p> <p>9-4 Quilt Show</p> <p>9:45 Fallproof ends 10:00 Play Readers Meeting 10:30 Stretch Class 1:00 Ceramics 1:00 CLE Book Talk 1:00 The Nature of Evil 1:00 RR Poet's Society Returns!</p>	<p>23</p> <p>9-4 Quilt Show</p> <p>9:00 Walking Group 9:45 S. S. Yoga with Josh 10:00 Explore Watercolor-In Person 10:45 S. S. Yoga with Josh 11:45 S. S. Yoga with Josh 12:00 Explore Watercolor-Zoom 12-4 FUN FALL FESTIVAL 12:45 S. S. Yoga with Josh 1:15 Book Club 1:30 Halloween Trivia</p>
<p>26</p> <p>9-4 Quilt Show</p> <p>9:00 Begin. Line Dance 9:00 Walking Group 9:30 Beg. Zentangle Zoom 10:00 Line Dance 10:00 Nature Through Watercolor 10:00 Life in the Middle Ages 1:00 Watercolor 1:15 Int. Tap Dance II 2:30 Beg. Tap Dance II 5:00 Watercolor-ZOOM</p>	<p>27</p> <p>9-4 Quilt Show</p> <p>9:00 SS Yoga with Ann S 10:00 Beginner Ceramics 10:00 Play Readers 10:15 Get Fit 10:30 Petticoat Politics ends 11:45 Petticoat Politics ends 12:00 Weights Workout ends 1:00 Country West. Line Dance 1:00 History of London 2:15 Advanced Tap 3:15 Intermediate Tap</p>	<p>28</p> <p>9-4 Quilt Show</p> <p>9:30 More Zentangle Art Zoom only 1:00 Writers and Readers 1:30 Chair Exercise ends 2:15 Clogging II 2:40 Sun Style Tai Chi ends 3:15 Clogging from Scratch 3:20 Weights Workout ends 6:00 Virtual Trivia</p>	<p>29</p> <p>9-4 Quilt Show</p> <p>9:45 Fallproof begins 10:00 Halloween Cookie Dec. 10:30 Stretch Class 1:00 Ceramics 1:00 Nature of Evil</p>	<p>30</p> <p>9-4 Quilt Show</p> <p>9:00 Walking Group 9:30 S. S. Yoga with Josh 10:00 Explore Watercolor-In Person 10:45 S. S. Yoga with Josh 11:45 S. S. Yoga with Josh 12:00 Explore Watercolor-Zoom 12:45 S. S. Yoga with Josh</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

	email
Deborah Huff, Director	dhuff@rrcity.com
Cindi Williams, Administrative Assistant	cwilliams@rrcity.com
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Rocky River Seniors Council, Inc.

Fran Andrews	Dottie O'Neill
Joyce Flynn	Wally Pattison, <i>President</i>
Jerry McCabe, <i>Assist. Treasurer</i>	Eileen Seppelt
Marilyn Mize	Yvonne Tarase, <i>Secretary</i>
Moe O'Malley, <i>Vice President</i>	Mimi Verdone

Jim Evans, *Treasurer*

SAVE THE DATES!

October 5– Nov. 10 Quilt Show
October 14 Senior Theater Performance
October 15 Senior Theater Performance
October 16 Senior Theater Performance
October 17 Senior Theater (Possible performance)
October 23 Fun Fall Festival
January 4 Deli Lunch Re-opens (tentative)



Get out your magnifying glasses and be the first to find all the **black cats** in this issue to win a **free muffin**. Call the front desk at 333-6660 with your name, phone number, and the number of black cats located. If you are the first caller with the correct answer, we will give you a free muffin from our new Silver Linings Café!



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www.rrcity.com/seniors.html



We are so happy to be able to welcome you back to Rocky River Senior Center!

Thank you for complying with all the state requirements that help keep everyone safe and healthy as you enjoy activities and programs once again at our center.

It wasn't the same here without YOU!