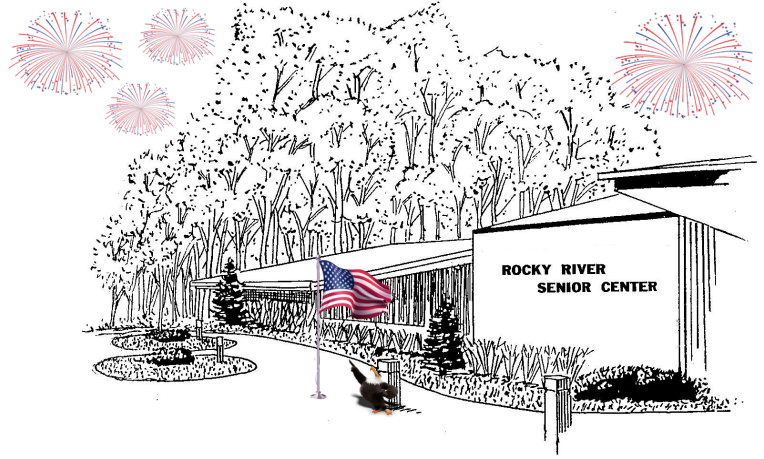


The Quill



July 2021

VOLUME 45 • NUMBER 11

A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center

Rocky River Senior Center's Culinary Competition



Kale Yeah! Salad Competition
Friday, July 30
11:30-12:30 pm
\$10

Tossed, fruit, potato, bean, eggs, chicken or pasta...
What's your best salad? Deadline to enter is July 2nd.

There is an episode of Seinfeld where Jerry goes on a date to a steakhouse and orders a salad- "just a salad." The waiter and his date are both appalled. When he realizes the social sacrifice he made with his healthy order, the words reverberate in his head, haunting him: "Just a salad". When someone orders a salad at lunch, it's presented as the decision of a martyr giving up their happiness to the waiter. It's the "just" that defines the ethos of the salad, positioning it as less than other things you might have eaten. Jerry could have ordered a meal, but instead he just ordered a salad.

Here's your chance to prove there's much more to salad!
Join us in this cutthroat culinary competition. Winners will be announced one week after the competition on the Senior Center (City) Web page.

RRSC Summer Concert Series Continues
And you are invited!
FREE Concert
Friday, July 2 at 1:00 pm



The GeezeCats

GeezeCats (geez kats) n. Slang (1.) Some cool old guys. (2.) Aging hipster hepcats. (3.) A topnotch premium quality show band from Cleveland, Ohio. Here's a quartet of veteran musicians- seasoned with uncommon capabilities. Featuring the classic songs of the pre-Beatles days of the late '50s and early '60s- the Golden Age of Rock 'n' Roll- along with improv style comedy which includes sight gags, one-liners, skits, bits and costumes. **Harmony and hilarity- just flat out fun! You won't want to miss this Doo-Wop Band!**

Concert will be held in the Auditorium

Optional Lunch served 11:30-1 pm

Larry's Ribs, Baked Beans Contest Winning Beans, Potato Salad, Corn Bread, Chocolate Chip Cookie **\$12**

Veggie Penne Pasta with a side of Seasonal Fruit **\$10**

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

Deadline to register June 28

Art Exhibit Winners



1st Place- Wash Before Eating
by Mary Ruffing

2nd Place- Glory in the Morning
by Kathy Ingersoll

3rd Place- Two Apples with Leaves by Robert Parry



Honorable Mention

Desert Hope by Terri Simons
Stepping Out by Joanne Heinert
Umbrella Joy by Joanne Heinert

Senior Players

Performing LIVE on the Rocky River Senior Center Stage
Laughter: The Best Medicine

Wednesday, August 25 at 1:30 pm

Thursday, August 26 at 7 pm

Friday, August 27 at 1:30 pm

See page 9 for details!



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

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

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



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

New Program **FREE**

NEIGHBORHOOD NETWORK SPEAKER SERIES


Introducing a new way to discover the network of facilities and services related to aging, located in Rocky River and our neighboring communities. If you are like me, you love learning for the sake of knowledge, but I also want to know what's available in case my family and I need to make important decisions in the near or distant future! Come and enjoy the wonderful people who represent these entities. They will not only tell you who they are, but will share topics of interest about aging in general! Most companies will be bringing snacks, literature and other surprises.

See the current *Quill* for details on each presentation. Please call ahead at the RRSC front desk to register (440) 333-6660.

We continue to strive to educate, entertain and foster positive socialization at our senior center. That's what "The Rocky River Difference" is all about!

◆ **GET HELP WITH ANXIETY AND DEPRESSION** **10 am**
Thursday, August 12

Join us for a conversation on how to identify the challenges living with anxiety and/or depression present. Learn strategies for coping and conquering those challenges, including services offered through the Enhanced Behavioral Health Program. Presenter: *Kelly Colby from Angels Care Home Health*.



Meals on Wheels **333-6298**

Are you a resident of *Rocky River, Lakewood or Fairview Park* who needs meals? Dedicated volunteers deliver meals to recipients in our service area who have difficulty shopping for or preparing their own food. Delicious, balanced meals are prepared each morning at our Fairview Park Kitchen and our Rocky River–Lakewood Kitchen, using high-quality ingredients, fresh produce, and made-from-scratch soups and baked goods. Recipients and their family members rely on our meal deliveries for nutritious food and for the peace of mind that a friendly knock on the door brings each day.

Westshore Meals on Wheels has just launched a new website. Check them out at westshoremow.org.

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

Conversations with Candice **FREE** **1 pm**

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!



◆ **Friday, July 16**

Please call 440-333-6660 to register for sessions.

Caregiver Support Group **FREE** **3 pm**

Please register by calling 440-333-6660.

- **Wednesday, July 28**
- **Wednesday, August 25**



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. These sessions will take place on the third Tuesday of the month. Call 333-6660 to register at least 2 days before.

◆ **I APOLOGIZE** **FREE**
Tuesday, July 20 **10:30 am-12**

Even in the best of relationships, all of us make mistakes. We do and say things we later regret and hurt the people we love most. So we need to make things right. But simply saying you're sorry is usually not enough. Let's discover how meaningful apologies provide the power to make your friendships, family and relationships stronger than ever before.

◆ **FEELINGS ARE NOT FACTS: CHANGING YOUR MOOD BY CHANGING YOUR THOUGHTS** **FREE**
Tuesday, August 24 **10:30 am-12**


Discover simple yet powerful steps you can take to overcome emotional distress- and feel happier, calmer and more confident. Based on cognitive-behavior therapy, learn techniques that can help you conquer depression, anxiety attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems.



Senior Transportation **333-6665**

Need a Ride? Are you a Rocky River resident who needs transportation?

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



Danielle Dore

- ◆ **BEGINNER CERAMICS** **8 Weeks**
Tuesdays, August 24–October 12 **10 am–12 pm**
\$45 residents, \$50 non-residents, pay one week ahead

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

- ◆ **INT./ADVANCED CERAMICS** **8 Weeks**
Thursdays, August 26– October 14 **1–3 pm**
\$45 residents, \$50 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, July 9 **10 am– 12 pm**
Friday, July 23 **10 am– 12 pm**
Friday, July 30 **10 am– 12 pm**
Friday, August 6 **10 am– 12 pm**
Friday, August 13 **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.

Paul Passano, B.F.A. in Person

- ◆ **WATERCOLOR PAINTING** **6 Weeks**
Mondays, July 26– August 30 **1–3 pm**
\$45 residents, \$50 non-residents; pay by 7/22

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.

Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE ART** **6 Weeks**
Mondays, August 2– Sept 13 (omit 9/6) **9:30 –11:30 am**
\$42 residents, \$47 non-residents; pay by 7/29

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, August 4– Sept. 8 **9:30 –11:30 am**
\$42 residents, \$47 non-residents; pay by 8/2

Zentangle® continues with new projects.

Eric Dull, B.F.A.

- ◆ **PEN & INK** **6 Weeks**
Wednesdays, July 14– August 18 **10 am–12**
\$45 residents, \$50 non-residents; pay by 7/12

Eric will introduce you to how he works with a variety of pens and markers to create beautiful black and white images. He will guide you on the use of hatching, cross hatching, and stippling to create values and texture. Students will also learn how to use alcohol or water to create washes and spatters. There will be several guided tutorial projects along with individual student projects that Eric will give individualized instruction and guidance in class. *Supply list available.*

- ◆ **OILS & ACRYLICS** **6 Weeks**
Fridays, July 16– August 20 **10 am–12**
\$45 residents, \$50 non-residents; pay by 7/14

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.*

- ◆ **NATURE THROUGH WATERCOLOR** **6 Weeks**
Mondays, July 26– August 30 **10 am–12**
\$45 residents, \$50 non-residents; pay by 7/22

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.

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.

July 14– The Art of Love– Great Artistic Love Stories and Affairs of the Art! *NEW!* Music may be the food of love, but art has also acted as a powerful aphrodisiac. It is often said that the greatest artists also have the greatest love affairs. Let's look at famous couples whose intense passions sparked each other's best works.

August 11– Gustav Klimt was a controversial figure in his time. His work was constantly criticized for being too sensual. Today, they stand out as a "visual symphony" and are regarded as the most important paintings to ever come out of Vienna.

Dance Classes- with *Jim Becker*

Monday

- ◆ **TAP ADVANCED INTERMEDIATE** **8 Weeks**
August 9– October 4 (omit 9/5) **1:15 pm**
\$40 residents, \$45 non-residents; pay by 8/5
- ◆ **TAP ADVANCED BEGINNER** **8 Weeks**
August 9– October 4 (omit 9/5) **2:30 pm**
\$40 residents, \$45 non-residents; pay by 8/5

Tuesday

- ◆ **STAY FIT**
Ongoing \$4 per class **10:15 am**
- ◆ **THEATER JAZZ DANCE** **8 Weeks**
July 27– September 14 **1 pm**
\$40 residents, \$45 non-residents; pay by 7/23
- ◆ **TAP ADVANCED** **8 Weeks**
July 27– September 14 **2:15 pm**
\$40 residents, \$45 non-residents; pay by 7/23
- ◆ **TAP INTERMEDIATE** **8 Weeks**
July 27– September 14 **3:15 pm**
\$40 residents, \$45 non-residents; pay by 7/23

Boom Move– with *Laurie Strauber* Silver Sneakers

- ◆ **BOOM MOVE** **\$4 pay as you go**
Monday, July 12, 19, 26 (omit 7/5) **9 am**

Silver Sneakers Boom Zoom is a higher intensity dance workout class that improves endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building to more complex sequences, bringing you a great cardio workout.

Line Dancing & Clogging Classes with *Leslie Jones* return in September on Wednesdays!

Diabetes with *Mary Kolk*, author

- ◆ **HOW WE BEAT DIABETES** **FREE** **8 Weeks**
Wednesdays, August 11– September 29 **1 pm**

Do you have Type II diabetes? Are you on insulin or have been told you may soon need insulin? Doctors say that Type II diabetes is a progressive debilitating disease, but is that true? Do you believe you are a victim of you genes... powerless to prevent or reverse Type II diabetes? You won't want to miss any of the eight sessions of this program. Each session is filled with light bulb moments of information. Through our 3 Step



Program of Education, Motivation, and Implementation, you will learn how to become a proactive partner with your doctor in your own healthcare and truly live a better life. Presenter: *Mary Kolk*, author of *How We Beat Diabetes*. **Must call to register.**

Class Descriptions– with *Jim Becker*

TAP BEGINNER & ADVANCED BEGINNER

Tap at this level is a review of the basic steps, or “moves”, plus some choreography and step sequences. Combining a sequence of steps in order set to music helps keep our brains young! Some optional travel steps may be incorporated (social distance permitting). Music styles will be mostly Big Band era, Broadway and even some funky Rock & Roll. Structured warm-up and proper stretch cool-down included with each class.

TAP INTERMEDIATE & ADVANCED INTERMEDIATE

At this level, we will combine the steps from the beginner level and add more combinations with optional travels and turns (social distance permitting). Choreography set to music styles include Big Band era, Broadway, Mid-Century and some Rock & Roll. Structured warm-up and proper stretch cool-down included with each class.

TAP ADVANCED

Advanced tappers will find this class a little more fast-paced, as the steps are within each dancer's comfortable vernacular. We will use songs we know to group choreographic phrases together for both combination, traveling and optional turning steps. Music styles include Big Band era, Broadway, 50's Rock and even some Disco. We may work on dances and add on throughout the weeks. Structured warm-up and proper stretch cool-down included with each class.

THEATRE JAZZ DANCE

Fun and functional, plus story-telling and exercise. Musical Theatre songs help the brain resist dementia. We will introduce various Jazz and Modern techniques including Luigi, Lemon, Graham and more. This class is FUN, and you will burn some calories too! Original choreography from Bob Fosse, Jerome Robbins, Gower Champion and more. We will work on dances, adding on more as the weeks progress. Structured warm-up and proper stretch cool-down included with each class.

STAY FIT

Based on functional corrective exercise, we will be combining balance, act & react, stability and unilateral training with various forms of resistance training. All exercises are time circuits set to music. Participants work at their own pace within the timed circuit. Music and fitness are combined for a well-paced, safe and contained group workout. Structured warm-up and proper cool-down included with each class. Exercises may be performed either standing or sitting. *This is a great class for everyone.*

POP-IN PASS

Are you interested in a fitness class, but not sure if it is right for you? Get a Pop-In Pass from the Front Desk. A Pop-In Pass enables you to observe/take one class for free.

It's a great way to try one of our new classes!

Circuit– with Maureen Dunphy Silver Sneakers

◆ **CIRCUIT** **\$4 pay as you go**
Thursdays, July 1, 8, 15, 22, 29 **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.

My most favorite fitness exercise is a cross between a lunge and a crunch... I call it Lunch!

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

◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** **8 Wks**
Tuesday, June 29– August 17 **12 pm**
\$25 residents, \$30 non-residents; pay by 6/25

◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** **8 Wks**
Wednesday, June 30– August 18 **3:20 pm**
\$25 residents, \$30 non-residents; pay by 6/28

◆ **CHAIR EXERCISE (Especially beneficial for arthritis)** **8 Wks**
Wednesday, June 30– August 18 **1:30-2:30 pm**
\$35 residents, \$40 non-residents; pay by 6/28

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, June 30– August 18 **2:40-3:10 pm**
\$25 residents, \$30 non-residents; pay by 6/28

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, July 1– August 19 ***New Time* 10:30 am**
\$35 residents, \$40 non-residents; pay by 6/29

A comprehensive balance and mobility training program. Activities are specifically designed to address the multiple dimensions that contribute to balance and mobility. *Enjoy a 1 hour workout to increase strength and tone your body.*

Chair Volleyball with Toni Holtzhauser

◆ **CHAIR VOLLEYBALL** **FREE**
Thursdays, July 8, 15, 22, 29 (omit 7/1) **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

◆ **CORNHOLE** **FREE**
Friday, July 23 **1:15 pm**

◆ **SHUFFLEBOARD** **FREE**
Friday, July 16 & 30 **1:15 pm**

Must call 333-6660 to pre-register.

Tai Chi Easy with Mike Reiling

◆ **TAI CHI EASY** **8 Weeks**
Wednesdays, July 7– August 25 **9 am**
\$40 residents, \$45 non-residents; pay by 7/6

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*

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!

Yoga with Ann Stefancin Silver Sneakers

◆ **YOGA** **\$4 pay as you go**
Tuesdays, July 6, 13, 20, 27 **9 am or 10 am**
Must register in advance.

Yoga with Josh Holder Silver Sneakers

◆ **YOGA** **\$4 pay as you go**
Fridays, July 2, 9, (omit 16, 23, 30) **9:45, 10:45 or 11:45**
Must register in advance. Ann Stefancin will be subbing for Josh on the 2nd and 9th. Josh will return in August.



WALKING GROUP

Going for a walk when you are tired may be a more effective energy boost than grabbing a cup of coffee. It can also help reduce anxiety, depression or a bad mood.

What's your excuse? Join us!!!
Mondays & Fridays 9 am

Deli Lunch Returns w/Gail

We are so excited to announce the return of Deli Lunch to Rocky River Senior Center. It will be a gradual re-opening as Chef Gail once again takes control of the kitchen creating lunches that you love.

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.

Lunch will be served Mondays, Tuesdays and Wednesdays through August. Meals will resume 5 days a week after Labor Day. Reservations will be required this summer only. Menus will be posted at the center and on-line at www.rrcity.com/seniors.html Please call 440-333-6660 for more information or to reserve your lunch.



Cooking with Cindi Vadini Williams & Michelle Cox



◆ **Friday, July 23** **1 pm**
\$5; pay by 7/21

Sunny days, blue skies and a gentle breeze—the perfect picnic weather. *Michelle Cox* joins *Cindi* to share with you easy and impressive picnic recipes and ideas guaranteed to enliven

any outdoor event. To minimize pre-picnic prep and stress, and maximize your time, you will want to try these delicious, make-ahead picnic ideas and recipes (hint: store bought fried chicken and picnic brownies). Michelle and Cindi will demonstrate how easy it is to throw a picnic together in no time at all!

So ditch the dining room this summer, grab a soft blanket, find a patch of green grass or a picnic table and take it outside! Our easy ideas will help you enjoy every minute of this glorious summer season!

This class will be held in the garden, weather permitting.

Participants will receive their own personal picnic samples!



SILVER LININGS CAFÉ

NOW OPEN!



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

Chillin'-N-Grillin with Larry

◆ **FUN DOG FRIDAYS**
Fridays starting July 9 11:30-1 am

Who doesn't enjoy a grilled hot dog in the summertime? Join us for \$3 dog days.



First come, first serve while supplies last. Eat in, eat out or grab it to go. Beverages \$1



Food Fight! Culinary Competitions

◆ **BUY, BUY MISS AMERICAN PIE** **Noon**
Friday, September 3
Drawing Tickets 1 for \$2, 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 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. Deadline to enter your winning pie is August 6.

◆ **SUPER SOUP** **TBD**
Friday, October 22
Deadline to enter: October 1

Any homemade soup recipe.

◆ **COOKIE COOK-OFF** **TBD**
Friday, December 3
Deadline to enter: November 12

Any homemade cookie. Does not need to be a Christmas cookie.

Cleveland Pops Orchestra at Severance Hall

2021-2022 Concert Season Subscription Concert Series

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



6 SHOWS

Registration begins July 1

The Cleveland Pops delivers performances unlike any other to entertain and enrich audiences of all ages. This year, we are excited to announce that we have added a sixth concert to our subscription season. Our exciting concert lineup will include popular music from the stage, film and television, light classics and more! We are excited to see you at the Pops this concert season!

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

Truly an icon of American culture, John Williams' scores are a vital part of the success of so many movies, including *Star Wars*, *Indiana Jones*, *Jurassic Park*, *Harry Potter* and so many more! Enjoy the luxurious sound of the Cleveland Pops Orchestra as we bring his great music to Severance Hall!

ALL THAT JAZZ

Saturday, January 22, 2022

8 pm

Trumpeter extraordinaire, effervescent vocalist and charismatic entertainer, Byron Stripling returns to grace the stage with his extraordinary talent. A master jazz musician, his virtuosity leaves audiences aghast with his phenomenal playing.

IN CELEBRATION OF BLACK HISTORY MONTH

Friday, February 18, 2022

8 pm

Celebrate the music of George Gershwin, Duke Ellington, Fats Waller, and Scott Joplin with vocalists Evelyn Wright and Michael Precely.

MUSIC OF THE 70S & 80S

Saturday, March 12, 2022

8 pm

Sit back, tap your toes, and hum along to the popular songs from the 70s and 80s.

A NIGHT OF BROADWAY FAVORITES

Saturday, April 22, 2022

8 pm

The Cleveland Pops introduces songstress Lauren Berry along with Pops favorite Connor O'Brien for an evening of hits of Broadway, including songs from *Wicked*, *Mamma Mia*, *West Side Story*, *Les Miserables*, and more.

30th ANNUAL "AMERICAN SALUTE"

Friday, June 3, 2022

8 pm

The Cleveland Pops' traditional Salute to the Armed Forces will feature the orchestra in stirring patriotic music. This annual event will include the Six String Soldiers, a fabulous five-piece blue grass and country ensemble from The United States First Army Band and Soldiers Chorus from Fort Meade, Washington, DC who will play Americana and country music, connecting America to its Army.

We are excited to see YOU at the Pops this concert season!

All programs and artists are subject to change without notice.

OVERNIGHT TRAVEL IS BACK! Presented by Wendt Touring

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

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!

Tour Brochures available on August 31st

Tour Presentation and Trip Preview will be held in October

- ⇒ 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

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 ____ / ____ / ____

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 _____

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Signature _____ Date ____ / ____ / ____

History & Philosophy



- ◆ **JAMES & DOLLEY MADISON** **1 Session**
Monday, July 12 **1:15 pm**
\$5 residents, \$6 non-residents; pay by 7/8

Dolley was in love with Virginia. Was she born there? James Madison was passionate for Dolley. Dolley was not in love with him. Who helped her to accept his proposal? James had a few life skills, but Dolley was amazing! What fashions did she prefer? He was so proud of her, and she was proud of her brilliant husband. What accomplishment pleased Dolley most? It might surprise you! Instructor: *Alice Wills*

- ◆ **THE GARDEN OF EDEN** **7 Weeks**
Thursdays, July 22– September 2 **2 pm**
\$35 residents, \$40 non-residents; pay by 7/20

An account so old some relegate it to myth. Others insist it is history. Modern classics such as Steinbeck's *East of Eden* borrow freely from its compelling themes of depravity, self-destruction, guilt and the price of freedom. Augustine of Hippo used the cautionary tale to formulate Original Sin. We will explore the text for its hidden meanings; was expulsion from the Garden necessary for Free Will? Is humanity inherently sinful? Were Adam and Eve really the first humans? Was the serpent really the devil, or God's agent? Instructor: *Ted Smith*

- ◆ **THE TAMING OF THE WEST** **6 Weeks**
Mondays, July 26– August 30 **10 am**
\$30 residents, \$35 non-residents; pay by 7/22

On May 19, 1841, a dozen covered wagons and seventy men, women and children left Missouri and headed for the Pacific Coast. They were the Vanguard of some eight million who came to seek their fortune in the west. Many got rich, many went broke and many died. Come and listen to their stories- but bring your 6 shooters, 'cause it really is the Wild West. Instructor: *Bob Wills*

- ◆ **THE HOOVERS, OUR FIRST WHITE HOUSE WESTERNERS** **1:15 pm**
Monday, August 16
\$5 residents, \$6 non-residents; pay by 8/12

Lou and her Bert were rock hounds and eventually became geologists. Their backgrounds were very different, but they were soul mates. Danger and adventure filled their early years. Great wealth, charity and disappointment filled their middle years including the presidential years. Come and learn how they survived without despair, leaving a great legacy. How did cookies help? Instructor: *Alice Wills*

- ◆ **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*

Bridge Lessons with Fran Mulkins

- Fridays, July 23– August 27** **6 Weeks**
\$36 residents, \$40 non-residents; pay by 7/21 **10-noon**
This class will focus on bridge as a game for people with all abilities. It is a proven fact the bridge improves memory ability. This class is suitable for both beginning and intermediate level players. Instructor: *Fran Mulkins*

Literary

- ◆ **BOOK CLUB** **FREE**
Friday, July 23 **1:15 pm**

Join retired librarian, John Lonsak, in a lively discussion of *The Splendid and the Vile* by Erik Larsen. No meeting in August.



- ◆ **R & R POET'S SOCIETY**
This group will not meet this month but will return in the near future!

- ◆ **WRITERS AND READERS returns!** **\$1**
Wednesday July 7, 14, 21, 28 **1-3 pm**
Facilitator Bill Grasser is back. Join us each Wednesday for this creative group.



Why does the Statue of Liberty stand for freedom?
Because she can't sit!

Trivia

333-6660

Independence Day Trivia Fun Facts

Thomas Jefferson was the main author of the Declaration of Independence. John Hancock was the President of Congress and first to sign. Congress voted on independence from Great Britain on July 2, 1776 but it took til August 2nd to get all the required signatures. John Adams wrote a letter to his wife stating that this day should be remembered and celebrated with parades, bonfires and fireworks. *The Pennsylvania Evening Post* was the first paper to print a copy of the Declaration of Independence. Three presidents who signed the declaration died on July 4th in later years. The Liberty Bell rings 13 times every Independence Day- once for each of the 13 original colonies. The first fireworks show took place in 1777 in Philadelphia.

- ◆ **TRIVIA** **\$3 per player day**
Friday, July 9 **1:30 pm**

Please register your team by July 7. Prizes awarded to top three winners. Popcorn & refreshments included.

- ◆ **TRIVIA** **\$3 per player day**
Friday, August 13 **1:30 pm**

Please register your team by August 11. Prizes awarded to top three winners. Popcorn & refreshments included.

Monday Movie Matinees 1 pm FREE

July 12 HOOK 1991
PG 2H 22M FANTASY/ADVENTURE

When work-obsessed corporate lawyer Peter Banning's children go missing, the only clue is a ransom note signed by the nefarious Captain Hook. As it turns out, Peter is none other than Peter Pan, who left Neverland decades earlier to finally grow up. With Tinker Bell's help, he flies off to his magical homeland to battle Hook and save his family. Cast: *Dustin Hoffman, Robin Williams, Julia Roberts*



July 19 FINDING NEVERLAND 2004
PG13 1H 46M ACTION

In this drama, we are told the story of how J.M. Barrie came up with the play *Peter Pan*. After some failed attempts at creating a well written play, Barrie finds himself in a park playing with his dog... Cast: *Johnny Depp, Kate Winslet, Dustin Hoffman, Julie Christie*



July 26 PIRATES OF THE CARIBBEAN—THE CURSE OF THE BLACK PEARL 2003
PG13 2H 23M FANTASY/ADVENTURE

Captain Barbossa sends his pirate crew to kidnap Elizabeth Swan and the last remaining piece of Aztec gold. A blacksmith called Will Turner joins a recently captured pirate named Jack Sparrow and goes off searching for Elizabeth. It isn't until they all meet up, that they discover the real terrifying truth behind the Aztec gold, and why they need Will Turner and not Elizabeth Swan. Cast: *Johnny Depp, Geoffrey Rush, Orlando Bloom, Keira Knightly*



August 2 PIRATES OF THE CARIBBEAN—AT WORLD'S END 2007
PG13 2H 49m FANTASY/ADVENTURE

After losing Jack Sparrow to the locker of Davy Jones, the team of Will Turner, Elizabeth Swan and Captain Barbossa make their final alliances with the pirate world to take on the forces of Lord Cutler Beckett and his crew, including Davy Jones, who he now has control over. It's not going to be easy, as they must rescue Sparrow, convince all the pirate lords to join them and defeat Beckett, whilst each individual pirate has his own route which they wish to follow. Cast: *Johnny Depp, Orlando Bloom, Keira Knightly, Geoffrey Rush, Chow Yun-Fat*



August 9 PRIDE & PREJUDICE 2005
PG 2H 9 M DRAMA

One of the greatest love stories of all time, Elizabeth Bennet meets the handsome Mr. Darcy. She believes he is the last man on earth she would ever marry. But as their lives become intertwined in unexpected adventure, she finds herself captivated by the very person she swore to loathe for all eternity. Based on the beloved masterpiece by Jane Austin. Cast: *Keira Knightley, Matthew McFadyen*



Friday Movie Matinees 1 pm FREE

July 2 No Movie—Join us for Geezecsats!

July 9 HARRIET 2019
PG-13 2H 5M DRAMA/BIOGRAPHY

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. Cast: *Cynthia Erivo, Leslie Odom Jr., Janelle Monae*



July 16 55 STEPS 2018
PG-13 1H 54M DRAMA/REAL LIFE

In this gripping depiction of real events, workaholic attorney Colette Hughes takes on the case of confined psychiatric patient Eleanor Riese, who's questioning the policy of administering antipsychotic drugs to patients without their consent. Cast: *Hillary Swank, Helena Bonham Carter, Johan Heldenbergh*



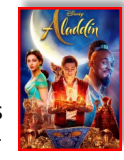
July 23 MASTERPIECE: THE CHAPERONE 2019
NR 1H 48M DRAMA/PERIOD PIECE

Society matron Norma Calisle volunteers to accompany future Jazz Age star and free spirit Louise Brooks for a summer in New York. But why does she want to go? It's a story full of surprises—about who these women really are, and who they eventually become. Cast: *Elizabeth McGovern, Haley Lu Richardson, Victoria Hill*



July 30 ALADDIN 2019
PG 2H 8M FAMILY/ADVENTURE

From Disney comes the thrilling and vibrant live-action adaptation of the animated classic *Aladdin*, the exciting take of the charming street rat Aladdin, the courageous, self-determined Princess Jasmin and the Genie who may be the key to their future. Cast: *Will Smith, Mena Massoud, Naomi Scott, Marwan Kenzari*



A man follows a woman with a dog out of the cinema. He stops her and says, "I'm sorry to bother you, but I noticed that your dog seemed to be enjoying the movie. He cried when it was sad, barked at the bad guy, and laughed at the funny parts. I didn't understand why he was howling at the end though?"

"Oh, he hates when the director changes the ending from the book" she replied.





**THE SPYDER STOMPERS
WITH SUGAR PIE
Friday, August 6 ~ 1 pm**

Nearly 30 years ago, Jack DiAlessandro and Kevin T. Richards started performing traditional American music. Ray DeForest joined the group 10 years ago. Jack is a finger style guitar master and teaches mathematics at Kent State. Kevin plays mandolin, fiddle, and various guitar styles and directs a non-profit organization— Roots of American Music. Raymond is an acoustic bass genius who performs and teaches jazz, blues and nearly any style of music. Last, but definitely not least is Sheela— Sister Sugar Pie— who provides vocals, ukulele, and wash-board.

Be sure to join us for this incredible music event!

Optional Lunch served 11:30-1

- Larry's Grilled Pork Tenderloin with Seasonings. Baked Carrots, Hash Brown Taters, Corn Bread, Lemon Cake, Beverage **\$12**
 - Cindi's Power Bowl Salad (vegetarian), Corn Bread, Lemon Cake, Beverage **\$10**
 - Laurie's Home Churned Country Vanilla Ice Cream **\$2**
- Register by August 2**

**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 includes 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**

Who Done It Murder Mystery Party



- ◆ **WHODUNIT?**
Friday, October 29 **5 pm**
\$34 residents, \$39 non-residents; pay by 10/27
Mystery Menu

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. **Opening Reception & Punch 5 pm, Show Opens at 5:30 pm, Dinner Served at 6 pm.**

Senior Players

**Rocky River Senior Center's Senior Theatre
Proudly Presents:**



LAUGHTER: THE BEST MEDICINE

Wednesday, August 25 at 1:30 pm
Thursday, August 26 at 7 pm
Friday, August 27 at 1:30 pm

Rocky River Seniors players will perform two one-act plays.

Doctor, Doctor: in this zany medical office, Dr. Layshun dispenses medicine while his under-paid receptionist gives her own medical opinion to anyone who might want to listen.

Golden Oldies Nursing Home: A new resident comes to live at the Golden Oldies Nursing Home; a place where all the residents are retired rock stars.



*Bring your friends, family and neighbors to this delightful **FREE** performance.*

Please call 440-333-6660 to reserve your seats.

DAY TRIPS Presented by Rocky River Senior Center

◆ **CLEVELAND INDIANS VS. OAKLAND ATHLETICS**
Thursday, August 12 1:10 Game Time
\$75 residents, \$80 non-residents; a few spaces left!

Join us for a day at the ballpark and watch the Cleveland Indians take on the Oakland Athletics in GREAT covered seats along the first base line (section 136). Included in the price is a voucher for either food or merchandise at the ballpark. So put on your most comfortable Indians gear and come cheer on the Tribe! Board the bus at 11:30 am, departs at 11:45 am, estimated return 5:00 pm.

Return registration with a SASE. All state mandates apply. *Policies subject to change due to pandemic restrictions.* Take me out to the ball game!



Most of our trips require walking, boarding and un-boarding a bus, and often stairs. If you have limited mobility or utilize an assistive device, please travel with an escort who 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!

Outside, Rain or Shine

Junk in the Trunk Sale



Saturday, August 28
9 AM- 1 PM

SELL STUFF from the TRUNK of your CAR
 Sell items you no longer want or need the easy way!
 Rent a space \$20 per car
 Price your items, fill your trunk, and sell your stuff.
 Call 440-333-6660 for details
 Deadline to register August 24th

BUY STUFF from the TRUNKS of other CARS



Admission FREE
 Refreshments available
 Rocky River Senior Center
 Parking Lot

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 _____ / _____ / _____

**July
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>Deli Lunch Returns Tuesday, July 6th</p> <p>Open Monday-Tuesday-Wednesdays through August, opening Full time after Labor Day!</p> <p><i>Please call for a reservation. Reservations <u>required</u> in July and August. Call 440-333-6660 to place your lunch reservation.</i></p>	<p>SILVER LININGS CAFÉ NOW OPEN!</p>  <p>COFFEE, TEA, HOT CHOCOLATE, BAKERY GIFTS COMPUTERS & WIFI</p>		<p>1</p> <p>10:00 Senior Players 10:30 Fallproof begins 11:00 SS Circuit 1:00 Int/Adv Ceramics 1:15 NO Chair Volleyball 2:00 Books of Enoch</p>	<p>2</p> <p>9:00 Walking Group 9:45 SS Yoga with Ann S 10:45 SS Yoga with Ann S 11:30 GeezeCats Luncheon 11:45 SS Yoga with Ann S 1:00 GeezeCats Concert</p>
 <p>Center Closed</p> <p>5</p>	<p>6</p> <p>8:30 Men's Golf 9:00 SS Yoga with Ann S 10:00 SS Yoga with Ann S 10:00 Beg. Ceramics 10:00 Senior Players 10:15 Stay Fit 11:30 Deli Lunch resumes 12:00 Weights Workout 1:00 Theatre Jazz 2:15 Advanced Tap 3:15 Intermediate Tap</p>	<p>7</p> <p>9:00 Tai Chi Easy begins 9:30 More Zentangle Art ends 11:30 Deli Lunch 1:00 Writers and Readers 1:30 Chair Exercise 2:40 Sun Style Tai Chi 3:20 Weights Workout</p>	<p>8</p> <p>10:00 Senior Players 10:30 Fallproof 11:00 SS Circuit 1:00 Int/Adv Ceramics 1:15 Chair Volleyball 2:00 Books of Enoch</p>	<p>9</p> <p>9:00 Walking Group 9:45 SS Yoga with Ann S 10:00 Explore Watercolor 10:45 SS Yoga with Ann S 11:30 Fun Dogs Friday begins 11:45 SS Yoga with Ann S 1:00 Movie- Harriet 1:30 Trivia</p> 
<p>12</p> <p>9:00 SS Boom Move 9:00 Walking Group 10:00 Age of Exploration 10:00 Nature Watercolor 11:30 Deli Lunch 1:00 Movie- Hook 1:00 Watercolor 1:15 Adv. Int. Tap Dance 1:15 James & Dolley Madison 2:30 Adv. Beg. Tap Dance</p>	<p>13</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 10:00 Senior Players 10:15 Stay Fit 11:30 Deli Lunch 12:00 Weights Workout 1:00 Theatre Jazz 2:15 Advanced Tap 3:15 Intermediate Tap</p>	<p>14</p> <p>9:00 Tai Chi Easy 10:00 Pen & Ink begins 11:00 Eyes of Artist- Art of Love 11:30 Deli Lunch 1:00 Writers and Readers 1:30 Chair Exercise 2:40 Sun Style Tai Chi 3:20 Weights Workout</p>	<p>15</p> <p>10:00 Senior Players 10:30 Fallproof 11:00 SS Circuit 1:00 Int/Adv Ceramics 1:15 Chair Volleyball 2:00 Books of Enoch ends</p>	<p>16</p> <p>9:00 Walking Group 10:00 Oil & Acrylics begins 11:30 Fun Dogs Friday 1:00 Conversations with Candice 1:00 Movie- 55 Steps 1:00 Oil & Acrylics begins 1:15 Shuffleboard</p> 
<p>19</p> <p>9:00 SS Boom Move 9:00 Walking Group 10:00 Age of Exploration ends 10:00 Nature Watercolor ends 11:30 Deli Lunch 1:00 Movie- Finding Neverland 1:00 Watercolor ends 1:15 Adv. Int. Tap Dance 2:30 Adv. Beg. Tap Dance</p>	<p>20</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 10:00 Senior Players 10:15 Stay Fit 10:30 Sticky Situations- Apologies 11:30 Deli Lunch 12:00 Weights Workout 1:00 Theatre Jazz ends 2:15 Advanced Tap ends 3:15 Intermediate Tap ends</p>	<p>21</p> <p>9:00 Seniors Council 9:00 Tai Chi Easy 10:00 Pen & Ink 11:30 Deli Lunch 1:00 Writers and Readers 1:30 Chair Exercise 2:40 Sun Style Tai Chi 3:20 Weights Workout</p>	<p>22</p> <p>10:00 Senior Players 10:30 Fallproof 11:00 SS Circuit 1:15 Chair Volleyball 1:00 Int/Adv Ceramics 2:00 Garden of Eden begins</p>	<p>23</p> <p>9:00 Walking Group 10:00 Bridge Lessons begin 10:00 Explore Watercolor 10:00 Oil & Acrylics 11:30 Fun Dogs Friday 1:00 Movie- The Chaperone 1:00 Cooking with Cindi 1:15 Book Club 1:15 Cornhole</p> 
<p>26</p> <p>9:00 SS Boom Move 9:00 Walking Group 10:00 Taming of the West begins 10:00 Nature Watercolor begins 11:30 Deli Lunch 1:00 Movie- Pirates Black Pearl 1:00 Watercolor begins 1:15 Adv. Int. Tap Dance 2:30 Adv. Beg. Tap Dance</p>	<p>27</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 ends 10:00 Senior Players 10:15 Stay Fit 11:30 Deli Lunch 12:00 Weights Workout 1:00 Theatre Jazz begins 2:15 Advanced Tap begins 3:15 Intermediate Tap begins</p>	<p>28</p> <p>9:00 Tai Chi Easy 10:00 Pen & Ink 11:30 Deli Lunch 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>29</p> <p>10:00 Senior Players 10:30 Fallproof 11:00 SS Circuit 1:15 Chair Volleyball 1:00 Int/Adv Ceramics ends 2:00 Garden of Eden</p>	<p>30</p> <p>9:00 Walking Group 10:00 Bridge Lessons 10:00 Explore Watercolor 10:00 Oil & Acrylics 11:00 Fun Dogs Friday 11:30 Kale Yeah Salad Competition 1:00 Movie- Aladdin 1:15 Shuffleboard</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	<i>email</i> 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

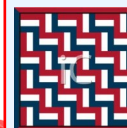
Rocky River Seniors Council, Inc.

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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It's time to start gathering quilts for our upcoming **QUILT SHOW on November 5-6**. If you have a quilt(s) or quilted item you'd like to have considered for entry in the show, you can either download an entry form from our website, stop by the front desk, or call 440-333-6660. If you have questions or would like to talk with the Quilt Show Coordinator, please call Shirley at 216-409-2732. *Deadline for entry is Sept. 25th*



Get out your magnifying glasses and count all the eagles in this issue to win a **free muffin**. Call the front desk at 333-6660 with your name, phone number, and the number of eagles you found. If you are the first caller with the correct answer, we will give you a free muffin from our new Silver Linings Café! Congratulations to **Marilyn Gould** who came the closest to 9 neckties in the June Quill.



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 Rocky River, OH 44116
 440-333-6660
www.rrcity.com/seniors.html

