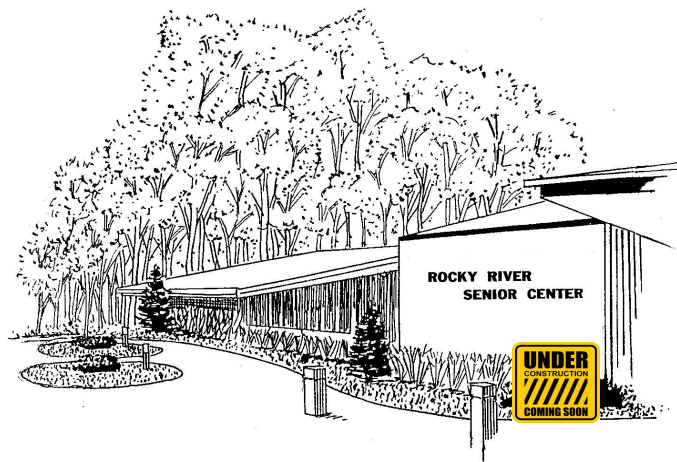


The Quill



March 2025

VOLUME 49 • NUMBER 7

A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center



CELEBRATE MARDI GRAS



Tuesday, March 4

-  **PACZKI FOR SALE AT FRONT DESK**
-  **WEAR BEADS, MASK, OR SIMPLY ANY GREEN, PURPLE, AND GOLD**
-  **SPECIAL JAMBALAYA AND OTHER TRADITIONAL FOODS FOR DELI LUNCH**

Senior Resources
Health Fair
Save the Date
Thursday, May 15
9:30 am—11:00 am



Twenty different agencies and organizations will be available to provide valuable information to all attendees. Learn about independent & assisted living, in home care, elder care law, funeral planning, hospice and palliative care, memory care and long-term care. Medical assistive equipment will be on display. Caring Transitions will discuss downsizing and de-cluttering at 10:45 am. A RE/MAX Senior Real Estate Specialist will be available for consultation. Enjoy a free continental breakfast courtesy of O'Neill Healthcare. Hope you can join us.

St. Patrick's Day Luncheon & Concert on March 14

New Barleycorn on our stage at 1:30 pm

Reserved seat tickets

\$12 resident;

\$13 non-resident



Enjoy a show filled with passion and a touch of humor! John and Alec play both contemporary folk and traditional Celtic songs.

**11:30 am lunch from Italian Creations
pre-order only with entrée choice
\$32 resident; \$33 non-resident**

Corned beef or Baked Black Cod in butter sauce

Both served with spatzle, cabbage, and carrots

Fresh Spring salad w/ honey balsamic vinaigrette

Homemade focaccia bread and brioche rolls w/butter

Carrot cake and coffee

Soda Bread sale March 10 – March 14



This is your lucky week to enjoy homemade soda bread! Scones and loaves will be sold daily from 9 am—3 pm the week of March 10. Seniors Council, Inc. sponsors this annual fundraiser to support our activities. At the Front Desk, pre-orders are required only for gluten free loaves and any request of 5 or more loaves. No pre-payments accepted; cash or credit card at time of pick-up.

Willing to bake or sell? Please volunteer!

Stop at the Front Desk to offer your baking skills. Bakers, be sure to pick up a recipe/helpful hints page after signing up.

If you prefer to join the salesforce and donate time the week of March 10, leave your name and phone number at the Front Desk to be scheduled a sales shift.

Thanks for helping make this a success!

Rocky River Senior Center Hours

Monday—Friday 8:30–4:30

21014 Hilliard Blvd, Rocky River, OH 44116

www.rrcny.com/senior-center

Social Services with Mary Hildebrandt 440-333-6664

Our licensed social worker Mary is available to assist you with life's transitions including home health care and affordable housing. Her furry friend Tanner often joins her at the office. If you would like to contact **Social Services**, please call Mary at **440-333-6664** and leave a message. Or email Mary at mhildebrandt@rrcity.com. *Due to high demand, appointments are appreciated.*



Health Screenings

FREE

♦ **BLOOD PRESSURE/HEALTH CHECK** - walk in
Mondays, March 3, 10, 17, 24, 31 10 am-12 pm



♦ **HEARING SCREENING** - by appointment
Thursday, March 13 2-4 pm



Nearly 25% of those aged 65-74 and 50% of those who are 75 and older have disabling hearing loss. The American Academy of Audiology recommends all adults over 50 have a hearing screening with a baseline test by age 65. *Call Front Desk 440-333-6660 to schedule your free screening with audiologist Joe Baker from Hearing Science.*

Medicare Assistance

FREE

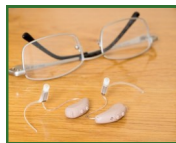
Two resources available to help with Medicare questions.

- 1) You may call the OSHIP call center in Columbus at 1-800-686-1578.
- 2) Donna D'Amico is a licensed agent with Kaz Company and is available for individual appointments on select afternoons. **To request an appointment with Donna, call the Front Desk 440-333-6660.**

Donna will be here on Monday, March 17.

Donations accepted

Do you have old eye glasses or hearing aids lying around your house that you no longer need? You can donate them to the Lions Club and they will distribute them to people who could use them. Donations accepted at the Front Desk.



We Loan-Out Medical Equipment

If you are rehabbing at home after surgery or need extra support for a limited time, consider borrowing equipment from us! Rocky River residents who are registered here at the RRSC may borrow equipment by calling Mary Hildebrandt at 440- 333-6664.

Our inventory consists of walkers, wheelchairs, knee scooter, rollator, and canes.

Rick Warren Series with Director Deb

♦ HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

Thursdays, March 6—April 17 FREE 10-11 am

Life often doesn't make sense, and dishes up a lot more questions than answers. We simply don't know why things happen the way they do. But we do know we can experience peace because God is with us and he loves us. In this groundbreaking study, Pastor Rick and Kay Warren will help you understand the journey of grief and what to expect along the way. From the initial shock, to the unbearable sorrow, you struggle with reality and ultimately surrender on a pathway to peace and service. It's not a linear experience but with God's Word and his ways, he will carry you through it. Grief is God's tool for you getting through the transitions of life. You can have hope knowing God is in control, he will bring good out of bad, and he has a plan to use your pain for a purpose.

SESSIONS INCLUDE:

- Session 1: **SHOCK** – When Your World Collapses
- Session 2: **SORROW** – Getting Through Life's Losses
- Session 3: **STRUGGLE** – When Life Makes No Sense
- Session 4: **SURRENDER** – The Path To Peace
- Session 5: **SANCTIFICATION** – Transformed by Trouble
- Session 6: **START SEEING** – Finding Treasure in Darkness
- Session 7: **SERVICE** – Never Waste Your Pain

Workbooks donated courtesy of O'Neill Healthcare

Programs—call to register 440-333-6660

♦ WHAT IF I HAVE TO MOVE?

Thursday, February 27 FREE 10 am

Hear some information and join the discussion about the decisions and choices regarding the best time to move. Learn about the options and criteria when searching for senior living. Call 440-333-6660 to register. *Refreshments provided and session presented by Leah Haught of My New Villa*

♦ IS CLUTTER HOLDING YOU BACK?

Thursday, April 24 FREE 10 am

Caring Transitions can help providing customized solutions based on individual goals and needs. Whether you are staying at home, moving, or have already downsized, there are ways to reduce your clutter by sorting and organizing to identify the items you want to let go of or keep. We will do that by helping you auction, liquidate, donate, or dispose of items to give you the proper and safe space you deserve. Call 440-333-6660 to register. *Refreshments provided and session presented by Caring Transitions*

♦ STROKE 101 AND SENIOR SUMMER SAFETY

Thursday, May 1 FREE 9:30 am

Join us for a two-fold presentation on Stroke 101 and Senior Summer Safety. During the stroke presentation, you will learn about the different types of strokes, stroke warning signs, treatment, and prevention. You will also receive tips on staying cool in the summer months and how to stay safe while walking, biking, and gardening. Call 440-333-6660 to register. *Facilitated by Fairview Hospital's Stroke and Trauma teams*

New, temporary location for Silver Linings Café

Silver Linings Café
9 am–4 pm
Coffee, tea, hot chocolate
Cookies or Muffins
cash only



With demolition taking place in the front of our building to begin construction on the new lecture hall, we are brewing coffee, selling bakery and cold beverages at a new location just beyond the Front Desk, near the coat room. While this is temporary, we are looking forward to the expanded Café. Computers with WiFi and tech support are currently relocated along the northern wall of the dining room.

Homemade Deli Lunch

Served Monday—Friday 11:30 am–1 pm
 Soups, Salads, Sandwiches, Daily Meal Specials
 Freshly baked cookies, slices of pie or cake
 weekly & monthly menus online

rrcity.com/senior-lunch

For daily lunch menu choices,
 Call our info line at 440-333-6660 and press 1



Buddy Lunch Bunch on March 7



This is a great way to meet new friends and to become more familiar with our center. Purchase your lunch, join our reserved table, then stay for a free movie *The Out-Laws* at 1 pm. All participants are entered in a free meal raffle awarded for the following month.

**Lunch hour is the best hour
 of the day!**



Meals on Wheels

440-333-6298

Are you a resident of *Rocky River, Lakewood* or *Fairview Park* who would benefit from meal delivery? Check out *Meals on Wheels* at westshoremow.org



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

RR Care Calls

FREE

Enjoy the reassurance of a daily phone call to check-in on your well-being. This home-calling service is offered by our Rocky River Police Department. Participants in Rocky River will receive an automated, daily phone call to check on their welfare. If the call is not answered, our Police Department is notified and an officer will conduct a well visit. To register and see if you qualify, please contact Mary at 440-333-6664 or via email mhildebrandt@rrcity.com.



Computer Help On-Site in NEW location

Find our computers with WiFi in a temporary location along the northern wall of the dining room.

Volunteers are scheduled to help find answers to your questions. Bring your tablet, phone, or laptop—Drop in or make an appointment at the Front Desk.

Tuesdays 9–11 am Wednesdays 9–11 am
First & Third Thursdays 9–11 am
Fridays 8:30—11:30 am

Senior Transportation

440-333-6665

Are you a Rocky River resident who needs transportation?

Call Michelle Soneson at 440-333-6665 for more information about rider registration and to schedule your ride.

Rides are available at no charge.
Passengers must be pre-registered.

FISH FRYS RETURN

during Lent

March 7—April 11

11:30 am—1:00 pm



Did you know we offer scholarships?

Help is available for those in need. Make a discreet inquiry with our social worker Mary Hildebrandt to discuss eligibility.

Funds are ear-marked to assist registered participants in attending programs—do not let the cost deter your interest. Simply ask!

Pineapple Food Pantry



Our pantry is stocked with new choices. We are now offering low sodium options for a variety of items and have a limited supply of frozen entrees! The shelves are stocked with packaged meals, boxed potatoes, fruits and vegetables, pasta and sauce, peanut butter and jelly, and various boxed cereals. We also have paper products, laundry detergent, dish soap, and pet food. On average, we share 3 bags of groceries per month. Items are available at no

cost for RR residents who are registered at the Senior Center. One bag of groceries available once per month.

Donations can be dropped off at the Front Desk. To discreetly inquire for eligibility, please contact our social worker Mary Hildebrandt at 440-333-6664 or via email at mhildebrandt@rrcity.com.

Crochet & Knitting with Amy Wooley, Ph.D.

SUPPLY LISTS AVAILABLE AT FRONT DESK

- ◆ **CROCHET CLUB** 8 weeks
Thursdays, March 6—April 24 1 pm
\$35 residents, \$40 non-residents; pay 2 days prior

Crochet Club is for all who are interested in crochet, from beginners to masters. Learn the basics, hone your skills and explore this versatile craft in a supportive community.

- ◆ **KNITTING CLUB** 8 weeks
Thursdays, March 6—April 24 12 noon
\$35 residents, \$40 non-residents; pay 2 days prior

Knitting Club is for all who are interested in knitting, from absolute beginners to master knitters. You can expect to learn the basics, hone your skills, or knit and share projects and explore the beautiful world of knitting in a supportive community. What will you choose to make?

Ceramics—clay & basic supplies included for all classes

*Class descriptions available on [website](#)—
programs & activities tab under Art Classes.*

- ◆ **BEGINNER CERAMICS** 8 weeks
Wednesdays with Patty Tobin 1-3 pm
March 5—April 30 (omit 3/26)
Thursdays with Jennifer Bueck 10 am—12 noon
March 6—April 24
\$70 residents, \$75 non-residents, pay one week ahead
- ◆ **INTERMEDIATE CERAMICS** 8 weeks
Tuesdays with Patty Tobin 1-3 pm
March 4—April 29 (omit 3/25)
\$70 residents, \$75 non-residents, pay one week ahead
- ◆ **ADVANCED INTERMEDIATE CERAMICS** 8 weeks
Thursdays with Jennifer Bueck 1-3 pm
March 6—April 24
\$70 residents, \$75 non-residents, pay one week ahead

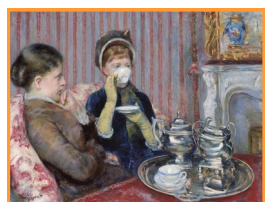
Art Lecture with Felicia Zavarella Stadelman

- ◆ **THROUGH THE EYES OF THE ARTIST** \$5 per lecture
Wednesday, pay 2 days before 11 am—12 pm

March 12—Vincent Van Gogh: Dispel rumors surrounding his life with the true story of passion and obsession. Let us begin to understand what Vincent meant when he said, “Paintings have a life of their own that derives from the painter’s soul.”



April 23—Mary Cassatt: Cassatt influenced Impressionism not only as an artist, but also as a sponsor—financially promoting Impressionist art. Mary was single-handedly responsible for



introducing the paintings of the French Impressionists to the United States. Her paintings of women and children focused on a gaze or gesture, a bond between the models and the viewer.

Zentangle® with Judy Montgomery, certified Zentangle® teacher

- ◆ **BEGINNING ZENTANGLE® ART** 6 weeks
Mondays, March 3—April 7 9:30-11:30 am
\$42 residents, \$47 non-residents; pay 2 days prior
No mistakes with Zentangle® - no eraser needed! Please bring \$30 supply fee payable to instructor first day of class.

- ◆ **MORE ZENTANGLE® ART** 6 weeks
Wednesdays, February 26—April 2 9:30-11:30 am
\$42 residents, \$47 non-residents; pay 2 days prior
Zentangle® continues with new projects. Join us to see what you can create with new designs and patterns.

Watercolor Creativity with Paul Passano, B.F.A.

- ◆ **WATERCOLOR PAINTING** 6 weeks
Mondays, March 3—April 7 1-3 pm
\$45 residents, \$50 non-residents; pay 2 days prior

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

Many Mediums with Eric Dull, B.F.A.

- ◆ **NATURE THROUGH WATERCOLOR** 6 weeks
Monday, March 3—April 7 10 am-12 pm
\$45 residents, \$50 non-residents; pay 2 days prior

Explore nature through watercolor as Eric guides you through painting scenes of birds, animals, landscapes, and flowers. This class is open to all levels with live demonstrations.

- ◆ **MIXED MEDIA** 6 weeks
Mondays, March 3—April 7 1-3 pm
\$45 residents, \$50 non-residents; pay 2 days prior

In this class, learn how to combine colored pencils, pastels, India ink, acrylics and graphite in new and interesting ways.

- ◆ **COLORED PENCIL** 6 weeks
Wednesday, April 2—May 7 1-3 pm
\$45 residents, \$50 non-residents; pay 2 days prior

Colored pencils are a versatile tool and medium once you know their secrets. Learn about color layering, paper considerations and solvents. *Supply list available.*

- ◆ **OILS & ACRYLICS** 6 weeks
Fridays, March 28—May 9 (omit 4/18) 10 am-12 pm
\$45 residents, \$50 non-residents; pay 2 days prior

Oils and acrylics are wonderful mediums to paint with and easy to learn. This class is geared for all levels. Students will work with Eric on guided projects consisting of fun and quirky still life, interesting landscapes, and more!

- ◆ **DRAWING & PAINTING PORTRAITS** 6 weeks
Fridays, March 28—May 9 (omit 4/18) 1-3 pm
\$45 residents, \$50 non-residents; pay 2 days prior

Portrait creation is a goal for most artists. Eric will show you the keys to finding a subject’s likeness and how to maintain proportions along with tips for drawing eyes, teeth and hair.

History, Philosophy, Religion

- ◆ **THE STORY OF ROME** 6 weeks
Mondays, March 3—April 7 10 am
\$30 residents, \$35 non-residents; pay 2 days prior

The history of Rome is more than a record of what they did as warriors and rulers. They were the greatest builders of ancient times as well as accomplished writers, philosophers, and artists. Instructor: *Bob Wills*

- ◆ **LILIES OF FRANCE: ROYAL HOUSE OF CAPET** 6 weeks
Tuesdays, March 11—April 15 10:30 am
\$30 residents, \$35 non-residents; pay 2 days prior

Who were the Kings of the House of Capet? Perhaps great kings, a lion or two, a buffoon or two and even a saint. They matched their English counterparts, some defeated by them and others, they out-witted. And their better known English rivals were actually their vassals. The Capetian kings laid the groundwork for what became modern France.

Instructor: *Craig Schermer*

- ◆ **HISTORY OF CHRISTIANITY: ORIGINS** 7 weeks
Thursdays, February 27—April 10 2 pm
\$35 residents, \$40 non-residents; pay 2 days prior

An obscure, itinerant preacher from a backwater village in Israel changed the world. The 1st Century socio-economic, religious and political environment shaped people's expectations of a coming messiah. Instructor: *Ted Smith*

This series with Ted Smith continues—mark your calendars

- ◆ **CHRISTIANITY: FIRST THREE HUNDRED YEARS**
Thursdays, April 17—May 29
- ◆ **CHRISTIANITY: EMBRACED BY CONSTANTINE & ROME**
Thursdays, June 5—July 24

Science: Global Heat Rising with Mike Reiling

- ◆ **GLOBAL HEAT RISING** two sessions
Thursdays, April 3 and 10 1 pm
\$10 residents, \$13 non-residents; pay 2 days prior

The temperature of our planet from the arctic area to the equators is rapidly rising with a variety of consequences for all life on our planet. In these two sessions, explore the science behind global temperatures rising and where it is happening on our planet today. Let's consider what can we do.

Historical Ohio Perspectives with Beryl Prusinowski

- ◆ **JOHNNY APPLESEED** one session
Tuesday, March 11 1 pm
\$5 residents, \$6 non-residents; pay 2 days prior

Was he a cartoon or a real person? Discover the true story of Johnny Appleseed and his role in the settlement of Ohio.

- ◆ **SETTLER'S HERB GARDEN** one session
Tuesday, March 18 1 pm
\$5 residents, \$6 non-residents; pay 2 days prior

The herb garden of an Ohio pioneer provided what our hardware stores, groceries and pharmacies supply today. Learn some of the valuable plants that settlers used regularly.

Author Helen Marketti: *The Long & Winding Phone*

- ◆ **AUTHOR TALK—HELEN MARKETTI** 11 am
Friday, April 4
\$5 residents, \$6 non-residents; pay 2 days prior

Long & Winding Phone (Blue Jade Press, 2024) is a collection of interviews with individuals who had a connection to The Beatles directly or indirectly. Released on February 9, 2024 to celebrate the 60th anniversary of The Beatles appearing on *The Ed Sullivan Show*, the book includes interviews conducted by Marketti over the last 16 years. A few names that appear are Pete Best, The Beatles original drummer; Pattie Boyd, George Harrison's first wife; and Julian Lennon, John's oldest son. This book is for every Beatles fan, music fan, and anyone in pop culture and nostalgia. Helen Marketti has been a freelance writer for the past 17 years and currently writes articles for *LifeStyles* and *The North Coast Voice* magazines.



Literary – Reading and Writing

- ◆ **PAGE TO STAGE: TWELFTH NIGHT** 7 weeks
Tuesdays, March 4—April 15 11 am
\$35 residents, \$40 non-residents; pay 2 days prior

Through lecture and discussion, participants will not only read the romantic comedy, *Twelfth Night*, but also learn about Shakespearean language, play structure, and stage craft. We will also have an opportunity to attend Great Lakes Theater's production of *Twelfth Night* in March or April.

Instructor: *Margaret Hnat, M.A.*

- ◆ **WRITERS AND READERS** FREE 1 pm
Wednesdays, March 5, 12, 19, 26

We are a diverse and open group who have a fun time writing with prompts and then reading our short essays. Join this creative group each Wednesday. Facilitator: *Bill Grasser*

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

Set in the world's largest ocean, *Playground* by Richard Powers is an awe-filled book exploring the last wild place we have yet to colonize in a still-unfolding oceanic game. Interweaving beautiful writing and profound themes of technology and the environment, Powers offers a deep exploration of our shared humanity. Facilitator: *Sheila Ives*, retired librarian



French Lessons with Susan Hildebrandt

- ◆ **FRENCH FOR TRAVELERS** 8 weeks
Wednesdays, April 9—May 28 9:30 am
\$40 residents, \$45 non-residents; pay 2 days prior

This class is for individuals with some previous exposure to the French language.

- ◆ **FRENCH II** 8 weeks
Wednesdays, April 9—May 28 11 am
\$40 residents, \$45 non-residents; pay 2 days prior

This class will improve language skills by studying French literature and news articles which allows students to expand vocabulary, reading comprehension, and conversation skills.

ZUMBA with Traci Lundell

- ♦ **ZUMBA** Pay as You Go \$4 or Punch Pass
Tuesdays, March 4, 11, 18, 25 8:35 am
Thursdays, March 6, 13, 20, 27 8:35 am

Zumba is perfect for older adults because it improves your emotional health while offering low impact exercise for your joints. It enhances agility and balance and creates opportunities for fun, social engagement!

Irish Dance with Peggy Cannon

- ♦ **LOW IMPACT IRISH DANCE** 8 weeks
Wednesdays, March 12—April 30 1 pm
\$40 residents, \$45 non-residents; pay 2 days prior

Irish Dance offers many health benefits, including but not limited to improving balance, sharpening the memory and strengthening muscles around the joints to assist with arthritis and over all fitness. This low impact version is similar to tap dance and clogging. We will cover various styles of Irish Dance and basic steps of traditional Irish Step Dance. Dancers should wear comfortable clothing and flexible shoes such as regular tennis shoes, dance or jazz shoes or dance sneakers.

No prior experience necessary.

Tap Dance with Patty Hays

- ♦ **BEGINNING TAP** 8 weeks
Tuesdays, March 4—April 22 3:30—4:15 pm
\$40 residents, \$45 non-residents; pay 2 days prior
- ♦ **INTERMEDIATE TAP I** 8 weeks
Tuesdays, March 4—April 22 1—2 pm
\$40 residents, \$45 non-residents; pay 2 days prior
- ♦ **INTERMEDIATE TAP II** 8 weeks
Tuesdays, March 4—April 22 2:15-3:15 pm
\$40 residents, \$45 non-residents; pay 2 days prior

Class descriptions online rrcity.com/senior-programs.

Dance with Alyssa Wilmot

- ♦ **BEGINNER BALLET** 8 weeks
Mondays, March 17—May 5 1 pm
\$40 residents, \$45 non-residents; pay 2 days prior
- ♦ **INTERMEDIATE/ADVANCED BALLET** 8 weeks
Thursday, March 6—April 24 1 pm
\$40 residents, \$45 non-residents; pay 2 days prior
- ♦ **JAZZ DANCE** 8 weeks
Wednesdays, March 12—April 30 1 pm
\$40 residents, \$45 non-residents; pay 2 days prior

The class will consist of a standing warmup, across the floor techniques and sequences, refining basic Jazz dance skills and learning fun dance routines with music. *Please wear clothes you can move in or dance attire, jazz shoes or jazz sneakers.*

- ♦ **OPEN LINE DANCE** Pay as You Go \$4 or Punch Pass
Mondays and Wednesdays 2 pm

Class descriptions online rrcity.com/senior-programs.

Yoga Basics with Maria Perme

NEW FORMAT

- ♦ **YOGA BASICS/BEGINNER** 8 weeks
Thursdays, March 13—May 1 10:15—11:00 am
\$35 residents, \$40 non-residents; pay 2 days prior

Explore the fundamentals of a flowing yoga practice as well as traditional poses and pranayama (breathing techniques). You'll challenge yourself as you work at your own level in a safe and supportive environment. Modifications will be offered as you practice each pose.

Boomer Yoga with Joe Gauntner

- ♦ **BOOMER YOGA** 8 weeks
Thursdays, March 6—April 24 9 am
\$40 residents, \$45 non-residents; pay 2 days prior

Boomer Yoga is a gentle yoga class designed for adults 50 and older. Hatha yoga with traditional asanas or postures. No experience necessary. Those with joint replacements, osteoporosis, high blood pressure, or glaucoma should consult their doctor before signing up. Please bring a yoga mat.

DID YOU KNOW?

Working out with weights can benefit older adults in many ways, including maintaining muscle mass, improving mobility, and increasing the active years of life.

source: National Institute on Aging



Fitness Classes with Pat Andler, C.P.T., L.M.T., R.Y.T.

- ♦ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 wks
Tuesdays, March 4—April 22 12 pm
\$25 residents, \$30 non-residents; pay 2 days prior
 - ♦ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 wks
Wednesdays, March 5—April 23 12:50 pm or 3:20 pm
\$25 residents, \$30 non-residents; pay 2 days prior
 - ♦ **CHAIR EXERCISE (especially beneficial for arthritis)** 8 wks
Wednesdays, March 5—April 23 1:30 pm
\$35 residents, \$40 non-residents; pay 2 days prior
- This program includes range of motion, flexibility, strength and endurance exercises and relaxation techniques.
- ♦ **SUN-STYLE TAI CHI** 8 weeks
Wednesdays, March 5—April 23 2:40 pm
\$25 residents, \$30 non-residents; pay 2 days prior
- Learn the Tai Chi practice, Sun-Style. Increases joint mobility, improves balance and coordination. A recommended exercise routine for arthritis.
- ♦ **FALLPROOF** 8 weeks
Thursdays, February 27—April 17 10 am or 11 am
\$35 residents, \$40 non-residents; pay 2 days prior

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.*

Silver Sneakers or Pay as You Go or Punch Pass

- ♦ **CIRCUIT with Maureen Dunphy**
Mondays, March 3, 10, 17, 24, 31 9 am
Wednesdays, March 5, 12, 19, 26 9:30 am
- ♦ **CIRCUIT with Cindy Souris**
Mondays, March 3, 10, 17, 24, 31 10 am
Wednesdays, March 5, 12, 19, 26 10:30 am
Fridays, March 7, 21, 28 10 am

Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with seated, upper-body strength work using hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support.

- ♦ **CHAIR YOGA with Ann Stefancin or Joyce Roman**
Mondays, March 3, 10, 17, 24, 31 10:15 or 11:15 am
- ♦ **CHAIR YOGA with Ann Stefancin**
Tuesdays, March 4, 11, 18, 25 9 am, 10 am or 11 am

Chair yoga is a great way to improve flexibility and strength by using seated, standing, and balancing poses. This practice also promotes relaxation of body and mind with breathwork.

- ♦ **ENERCHI with Antoinette Horn**
Tuesdays, March 4, 11, 18, 25 1 pm

EnerChi is comprised of easy to learn, modified tai chi forms aimed at improving well-being. Low impact movements are practiced in a slow, flowing sequence to enhance strength, balance and focus.

- ♦ **BOOM MOVE with Cindy Souris**
Fridays, March 7, 21, 28 9 am

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE includes simple dance moves that build into more complex sequences, bringing you a great cardio workout.

Payment options for class participation

PUNCH PASSES*

Purchase a pass for \$40 dollars and attend 11 classes. That's right— you are getting one class FREE! Passes may be kept at the Front Desk so you never need to worry about bringing it to each class. Just stop at the Front Desk, they will initial it and go on to your class. **This pass may be used for any Pay as You Go fitness class, even the same pass for different classes.*

POP-IN PASS

Are you interested in a fitness or music 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.

Chair Volleyball with Toni Holtzhauser **FREE**

- ♦ **CHAIR VOLLEYBALL**
Thursdays, March 6, 13, 20, 27 1 pm
- Join us for fun after lunch. This activity is a good upper body exercise—simply keep your bottom in your chair! And people with walkers or wheelchairs can participate.



33rd Annual Art Exhibit and Sale Meet the artists on Opening Day Saturday, May 10

Enjoy live music and light refreshments 10 am—1 pm

Artists aged 55 + are invited to participate.
Applications available at the Front Desk [and online](#).
Deadline to enter is April 21

For more information, call 440-331-1114

Tai Chi /Qigong Easy with Elizabeth Revy

- ♦ **TAI CHI/ QIGONG EASY** 8 weeks
Fridays, February 28—April 25 (omit 4/18) 11 am
\$40 residents, \$45 non-residents; pay 2 days prior

Qigong means cultivating energy, tai chi means harmony and balance. We all have the natural ability in our body to heal and to be healthy! This class is a simple mind-body-spirit self-care practice, which equals health-care. It will help with disease prevention. It will help with healing. It will reduce stress. It will strengthen your immune system. Join us!

Tai Chi Easy™ with Mike Reiling, M.Ed.

- ♦ **TAI CHI EASY** 8 weeks
Wednesdays, March 5—April 23 9 am
\$35 residents, \$40 non-residents; pay 2 days prior

Practice relaxed breathing, gentle movements, meditation, and self-applied massage to stimulate energy and promote feelings of well-being.



Reiki Energy Healing with Pat Andler, C.P.T., L.M.T., R.Y.T.

- ♦ **DISCOVER REIKI ENERGY HEALING** 8 weeks
Thursdays, February 27—April 17 12:10—12:40 pm
\$25 residents, \$30 non-residents; pay 2 days prior

Reiki is a Japanese word (rei meaning universal; kei meaning life energy) based on the principle that everything in the universe consists of energy that flows around and through living beings. A disruption to this energy may cause health problems. Reiki healing seeks to restore the balance of energy flow with a philosophy of mind, body, spirit unity.

Walking Group **FREE**

Join us to start burning calories, strengthen your heart, and improve your mood. We walk Mondays and Fridays at 9 am—weather permitting. Contact Front Desk to learn about our weekly destinations.

No walking if icy or temps below 35 degrees.

The World According to Polka *with Jake Kouwe*

- ♦ **WORLD ACCORDING TO POLKA** one session
Tuesday, April 8 1 pm
FREE



The Chardon Polka Band leader Jake Kouwe will discuss two episodes of the groups' PBS program, *The World According to Polka* after viewing them together. In Season 1 *Polkas and Pierogies*,

The Pierogi Lady kitchen in Akron is taken over by the band for performances of food-themed songs. Drummer Bob Young performs "The Entertainer" using items from the kitchen including cutlery and mixing bowls. While there, owner Autumn Johnson teaches Kouwe how to make her famous Polish dumplings. In Season 2 *Roller Skates*, The Chardon Polka Band explores roller skating with visits to the roller derby and an old-fashioned skating rink! Musical selections include skate-inspired tunes from the 1990s and disco era. This series is created by Kouwe, Jeff Grau, and executive producer Gary Manke. It is a featured program in PBS Western Reserve's LuminUS collection of stories about our region and winner of the 55th Annual Central East Great Lakes Regional Emmy Award.

Making Music with Amy Wooley, Ph.D.

- ♦ **GUITAR CLUB** 8 weeks
Tuesdays, March 11—April 29
\$35 residents, \$40 non-residents; pay 2 days prior

A #1 pathway to brain health at any age is to learn a musical instrument—and the guitar works with folk, pop, world, and classical—all genres to be explored in our repertoire. Join this club to have fun making music together at all skill levels.

At 1:00 pm BEGINNER: No experience required Learn to tune your guitar, play chords, read chord symbols and TAB to have the skills needed to play classic riffs. Work at your own pace; someone will have your back as we jam!

At 2:15 pm PRO-GUITAR: Basic guitar skills required Review skills while playing in a club, advancing your skill level and learning to use guitar tricks of the trade like barre chords, power chords, flat and finger picking.

Materials: *Bring your own guitar; acoustic preferred or electric with a small amplifier. Tuner or smart phone (with free apps) and picks (one will be provided). Advanced may need a capo. Extra set of strings recommended. All lesson materials, sheet music, and song sheets provided digitally.*

- ♦ **UKULELE CLUB** 8 weeks
Fridays, March 7—May 2 (omit 4/18) 12 noon or 1 pm
\$35 residents, \$40 non-residents; pay 2 days prior

Ukulele Club is a musical community that gathers to have the fun of making music together—we learn new skills as we progress. A few loner ukuleles available to try. New members/beginners should attend the 12 noon class with returning members at 1:00 pm.

Seniors Council, Inc. Update

Council expresses sincere gratitude for a \$10,000 Cleveland Foundation grant from John & Karen Kirk.

New Council officers were sworn in during the January meeting. Pictured below, left to right with Mayor Pam Bobst, we offer congratulations to Steven Blake, assistant treasurer, Eileen Seppelt, treasurer, Toni Holtzhauser, president, Jan Estes, secretary, and Gail MacMillan, vice president. The next Council meeting is Wednesday, March 19 at 9 am. All are welcome to attend and learn more about what Council does.



History of Jazz Music with Amy Wooley, Ph.D.

- ♦ **JAZZ HISTORY** 10 weeks
Tuesdays, March 25—May 27 11 am
\$40 residents, \$45 non-residents; pay 2 days prior

From the Greatest Generation to the Boomers, jazz has been the soundtrack of our lives. In this course, "Doc" Wooley will take you on a journey from the blues roots to New Orleans Jazz and up the Mississippi to Chicago, Kansas City, New York and across the pond during WWII and the great Swing Era. Spreading all over the world into Bebop, West Coast, East Coast Hot, Cool, great vocalist, modern and beyond—it is all jazz! Join Doc who is a daughter of a jazz musician and taught history of popular music at The College of William and Mary, Bowling Green State Univ, and Towson Univ. Session packed with video and audio examples and even participation!

Haff-Paluck Concert Series 2025

FREE

Wednesday, April 16 at 1:30 pm

Ed Caner & Friends

Tyler Bohinc, guitar Forrest Britt, mandolin
 Parry Lopez, double bass

Ed Caner is a RRHS graduate who balances his time playing violin/fiddle with his work as a physics instructor at Case Western Reserve University—a unique left brain/right brain combination! *Free concert thanks to partnership with Music Performance Trust Fund and Local 4 Music Fund*

Evening Show at Playhouse Square

- ♦ **SHUCKED** **Wednesday, May 7**
 registration begins March 3—include SASE*
 \$105 resident; \$110 non-resident

Shucked is the Tony Award®-winning musical comedy *The Wall Street Journal* calls “flat out hilarious!” And nobody knows comedy like economists. Featuring a book by Tony Award®-winning Robert Horn (*Tootsie*), a score by the Grammy® Award-winning songwriting team of Brandy Clark and Shane McAnally (Kacey Musgraves’ “Follow Your Arrow”), and directed by Tony Award winner Jack O’Brien (*Hairspray*), this corn-fed, corn-bred American musical is sure to satisfy your appetite for great musical theater. Join us for a night of laughs. **Board 6:15 pm; Estimated return 11 pm**



Overnight Trips *presented by Wendt Touring*

2025 Tours-All are welcome-Registration ongoing Tour Talk for all trips—March 19 at 11 am

Mid-Atlantic Rail Adventure – Washington D.C. Springtime-4 Days April 24-27: Enjoy first class tour features on this special train adventure as we travel into America’s National Capitol. Springtime is a great time of year to visit Washington D.C. All the important monuments, memorials and attractions are included. Pennsylvania, Virginia, West Virginia and Maryland. Delicious meals, very good hotels and unforgettable sightseeing throughout.

America’s National Parks – Yellowstone, Glacier and Grand Tetons – 8 Days June 21-28 (by air): See some of America’s most spectacular National Parks out west and enjoy the many wonders of this dazzling area on this once-in-a-lifetime early summer tour. Wyoming, Montana, Idaho, Washington and Utah. Rocky Mountains, Snake River, Jackson Hole, Jenny Lake. Old Faithful, Grand Canyon of Yellowstone, Mammoth Hot Springs, Salt Lake City and more.

The Canadian Rockies Summertime – Banff, Lake Louise, Jasper – 6 Days August 24-29 (by air): Back by popular demand. This late summer adventure takes us to the Canadian Rockies to see one of the most beautiful and majestic mountain ranges in the world. Marvel at the crystal blue waters, search for incredible wildlife. We stay in the Canadian Rockies at the same hotel for all 5 nights. All the must-see attractions are included.

Treasures of Montreal and Quebec City by Rail Fall Foliage – 6 Days October 4-9: Enjoy a first class tour as we travel through French Canada on VIA Rails Ultramodern LRC train. There is something magical about rail travel. This unique getaway includes an historic boat cruise through the beautiful Thousand Islands. This is a great fall foliage tour. Two nights Montreal. Two nights Quebec City. One night Alexandria Bay.

Detailed tour brochures & registration forms available at
 Front Desk or online at rrcity.com/senior-trips.

Ohio Light Opera Day Trip

- ♦ **BRIGADOON** **Wednesday, June 25**
 registration begins March 3—include SASE*
 \$124 resident; \$129 non-resident

Enjoy the beloved American musical *Brigadoon* on our annual trip to Wooster, Ohio. The story follows Tommy and Jeff, on a hunting trip to Scotland, who stumble on an unmapped village whose citizens are in the midst of a fair celebrating the marriage of Jean and Charlie. Tommy wonders why locals have never heard of a telephone and why Charlie adds his wedding signature to a Bible with a date of 1746. Soon, the local schoolmaster Mr. Lundie explains that Brigadoon only appears one day every hundred years. Disenchanted, Tommy and Jeff return to New York City yet are soon drawn back to the Highlands to discover Brigadoon has vanished....or has it?



Tradition takes us back to Broken Rocks Café for lunch. *Lunch choices: 1) chicken salad—a creamy blend of toasted walnuts, roasted free-range chicken, celery, onions and raisins on focaccia with orange slices; 2) pastrami grilled panini with coleslaw, thousand island and Dijon mustard on sourdough with potato salad and pickle; 3) wild mushroom, shitakes, creminis, pancetta, spinach on bowtie pasta in a gorgonzola cream sauce topped with roasted red peppers. All lunches include dessert and choice of beverage. Please make entrée choice when reserving tickets.* Our return trip includes a stop at Hartzler’s Dairy for optional ice cream purchase.

Board 10 am; Estimated return 6:30 pm

Good Grub Social Club

Board RRSC’s bus to travel for lunch. Cost of traveling is \$10, lunch is on you. Space is limited, so don’t delay.
Registration begins March 3 — include SASE*

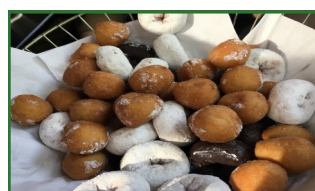
- ♦ **JAKE’S ON THE LAKE** **Wednesday, March 26**



Located in Avon Lake, Jake’s is a family-owned and operated restaurant that serves casual American style food and spirits. Satisfy your hunger with a variety of homemade soups, salads, handheld sandwiches,

burgers, fish, and breakfast dishes.

Board 10:25 am;
Estimated return 1:30 pm



* **SASE = self addressed, stamped envelope** for most day trips

Bridge Lessons Return with Fran Mulkins

- ♦ **BRIDGE LESSONS** 6 weeks
Fridays, March 14—April 25 (omit 4/18) 10 am
\$36 residents, \$40 non-residents; pay two days prior

This class will focus on bridge as a game for people with all abilities. It is a proven fact that bridge improves memory, logic, reasoning, concentration, and partnership skills. Suitable for beginner and intermediate level players.



Let's Play Cards with Steve DeJohn

FREE

- ♦ **EUCHRE** **Thursday, March 13** 1 pm
 ♦ **BRIDGE** **Thursday, March 20** 1 pm

Practice your card playing skills with a supportive group. Drop in and join us in the Atrium area.

Trivia Fridays 1:30 pm

- ♦ **TRIVIA** *register 2 days prior* \$4/person
Fridays, March 7 and 28 1:30 pm

Having a knowledge of trivia offers entertainment and cultivates curiosity, boosts memory retention, and promotes continuous learning. Popcorn and refreshments included. Prizes awarded to the top three winners.

Register for Men's Golf League

KICK-OFF MEETING ON APRIL 29 at 10:00 am

Registrations are being taken now for the men's golf league which begins play at Hilliard Lakes Golf Course on Tuesday, May 6 until September 30. Tee time is 7:30 am with start times assigned for the season. Registration fee covers cost of prizes, a mid-season lunch, golf banquet, and program coordination. Greens fees are paid by the golfer.

Register by completing form—stop in or [access online](#)

Registration fee

\$60 residents; \$65 non-residents

Senior Players

Join our troupe of thespians for an informational meeting on Thursday, February 27 at 10 am. Positions available both on and off stage. No prior experience needed. We will continue to meet every Thursday at 10 am in preparation for the next show which is yet to be determined.



Next Performances

Wednesday, June 4 at 7 pm

Thursday, June 5 and Friday, June 6 at 1:30 pm

River Singers with Leigh Eastman

TBD

- ♦ **RIVER SINGERS** *postponed—dates to be determined*

If you love to sing, this group is for you. No previous experience required! Song sheets provided for a wide variety of music. We plan to return later this Spring.

Renovation Round-Up

Contractors have been working hard and have cleared the sites for the Lecture Hall and Fitness Center. Utility companies have been collaborating to identify and move existing utilities as necessary.

Temporary walls have been created in construction areas as the outdoor work progresses. The Café has closed but beverages and bakery are still available just outside of the Coat Room. You will be noticing more changes each time you visit the senior center. We are so grateful that our contractors are working very hard to maintain our programming without interruption! We are grateful for your patience too!



Movie Matinees Fridays 1 pm FREE

COME INFORMED—READ REVIEWS ONLINE FIRST

- March 7** **THE OUT-LAWS** 2023
R 1H 35m COMEDY/ACTION

Owen Browning is a straight-laced bank manager about to marry the love of his life, Parker. When his bank is held up by the Ghost Bandits during his wedding week, he believes his future in-laws who just arrived in town are the infamous outlaws. *Cast: Nina Dobrev, Ellen Barkin, Adam DeVine, Pierce Brosnan*



- March 14** **No Movie—The New Barleycorn concert**
Ticket details on front page

- March 21** **MY OCTOPUS TEACHER** 2020
not rated 1H 30m MELODRAMA/DOCUMENTARY

A filmmaker begins diving in a kelp forest off the coast of South Africa and meets a female octopus who casts a spell on him. *Cast/Producer: Craig Foster, Tom Foster*



- March 28** **LIFT** 2024
PG3 1H 47m COMEDY/ACTION

A master thief is wooed by his ex-girlfriend and the FBI to pull off an impossible heist with his international crew on a 777 passenger flight from London to Zurich. *Cast: Kevin Hart, Ursula Corbero, Billy Magnussen, Sam Worthington*



March 2025

Deborah Huff, Director
Mary Hildebrandt, Social Service
Laurie Schaefer, Programming
John Catavalos, Front Desk
Dianne Hamm, Front Desk, Trip Escort

333-6660
333-6664
331-1114
333-6660
333-6660

Front Desk
440-333-6660
John, Dianne

Michelle Soneson, Transportation/Silver Linings 333-6665
Jody Soneson, Food Service 333-6660
Janus Toth, Kitchen Assistant 333-6660
Michelle Dull, Trips 333-6660
Mary Holtz, Marketing Communications 356-2092
Larry Goebelt, Facilities 333-6660

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle starts 10:00 Story of Rome starts 10:12 Blood Pressure Check 10:00 SS Circuit 10:00 Nature Watercolor starts 10:15 SS Chair Yoga 11:15 SS Chair Yoga 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Mixed Media starts 1:00 Watercolor starts 2:00 Open Line Dance	4 <i>Paczk Sale while supplies last</i> 8:35 Zumba 9:00 SS Chair Yoga 10:00 SS Chair Yoga 11:00 SS Chair Yoga 11:00 Twelve Night starts 11:00 Rock History 11:30 Deli Lunch 12:00 Weights Workout starts 1:00 Intermediate Tap I starts 1:00 Intermed Ceramics starts 1:00 Beginning Guitar ends 1:00 SS EnerChi 2:15 Intermediate Tap II starts 2:15 Pro Guitar ends 3:30 Beginning Tap starts	5 9:00 Tai Chi Easy starts 9:30 SS Circuit 9:30 French Traveler 9:30 More Zentangle 10:30 SS Circuit 11:00 Advanced French 11:30 Deli Lunch 12:50 Weights Workout starts 1:00 Begin Ceramics starts 1:00 Irish Dance ends 1:00 Writers/Readers 1:00 Colored Pencils 1:00 Jazz Dance ends 1:30 Chair Exercise starts 2:00 Open Line Dance 2:40 Sun Style TaiChi starts 3:20 Weights Workout starts	6 8:35 Zumba 9:00 Boomer Yoga starts 10:00 Begin Ceramics starts 10:00 What going through starts 10:00 Senior Players 10:00 Fallproof 10:15 Yoga Sculpt ends 11:00 Fallproof 11:30 Deli Lunch 12:00 Knitting Club starts 12:10 Reiki healing 1:00 Chair Volleyball 1:00 Int/Adv Ballet 1:00 Crochet Club starts 1:00 Inter/Adv. Ceramics starts 2:00 History Christianity	7 9:00 SS Boom Move 9:00 Walking Group 10:00 SS Circuit 10:00 Oil & Acrylics 11:00 Tai Chi/Qigong 11:30 Deli Lunch— <i>Buddy Lunch Bunch</i> 12:00 Ukulele Club starts 1:00 Ukulele Club starts 1:00 Portrait 1:00 Movie— <i>The Out-Laws</i> 1:00 Open Ceramics 1:30 Trivia
10 9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10:00 Story of Rome 10:12 Blood Pressure Check 10:00 SS Circuit 10:00 Nature Watercolor 10:15 SS Chair Yoga 11:15 SS Chair Yoga 11:30 Deli Lunch 1:00 Beginner Ballet ends 1:00 Mixed Media 1:00 Watercolor 2:00 Open Line Dance Sales 9:00-3:00	11 8:35 Zumba 9:00 SS Chair Yoga 10:00 SS Chair Yoga 10:30 House Capet starts 11:00 SS Chair Yoga 11:00 Twelve Night 11:00 Rock History 11:30 Deli Lunch 12:00 Weights Workout 1:00 Intermediate Tap I 1:00 Intermed Ceramics 1:00 Beginning Guitar starts 1:00 Johnny Appleseed 1:00 SS EnerChi 2:15 Intermediate Tap II 2:15 Pro Guitar starts 3:30 Beginning Tap Sales 9:00-3:00	12 9:00 Tai Chi Easy 9:30 SS Circuit 9:30 More Zentangle 9:30 French Travelers 10:30 SS Circuit 11:00 Eyes of the Artist 11:00 Advanced French 11:30 Deli Lunch 12:50 Weights Workout 1:00 Beg Ceramics 1:00 Irish Dance starts 1:00 Writers/Readers 1:00 Colored Pencils 1:00 Jazz Dance starts 1:30 Chair Exercise 2:00 Open Line Dance 2:40 Sun Style TaiChi 3:20 Weights Workout Sales 9:00-3:00	13 8:35 Zumba 9:00 Boomer Yoga 10:00 Begin Ceramics 10:00 What going through 10:00 Senior Players 10:00 Fallproof 10:15 Yoga Basics starts 11:00 Fallproof 11:30 Deli Lunch 12:00 Knitting Club 12:10 Reiki healing 1:00 Chair Volleyball 1:00 Int/Adv Ballet 1:00 Crochet Club 1:00 Drop in Euchre 1:00 Inter/Adv. Ceramics 2-4 Hearing Screenings by appt 2:00 History Christianity Sales 9:00-3:00	14 9:00 NO SS Boom Move 9:00 Walking Group 10:00 Bridge Lessons start 10:00 NO SS Circuit 10:00 Oil & Acrylics 11:00 Tai Chi/Qigong 11:30 Catered lunch— <i>pre-orders only</i> 12:00 Ukulele Club 1:00 Ukulele Club 1:00 Portrait 1:00 Open Ceramics 1:30 New Barleycorn concert Sales 9:00-3:00
17 9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10:00 Story of Rome 10:12 Blood Pressure Check 10:00 SS Circuit 10:00 Nature Watercolor 10:15 SS Chair Yoga 11:15 SS Chair Yoga 11:30 Deli Lunch 1:00 Beginner Ballet starts 1:00 Mixed Media 1:00 Watercolor 2:00 Open Line Dance	18 8:35 Zumba 9:00 SS Chair Yoga 10:00 SS Chair Yoga 10:30 House of Capet 11:00 SS Chair Yoga 11:00 Twelve Night 11:00 Rock History ends 11:30 Deli Lunch 12:00 Weights Workout 1:00 SS EnerChi 1:00 Beginning Guitar 1:00 Intermediate Tap I 1:00 Intermediate Ceramics 1:00 Herb Garden 2:15 Intermediate Tap II 2:15 Pro Guitar 3:30 Beginning Tap	19 9:00 Tai Chi Easy 9:00 Seniors Council Mtg 9:30 SS Circuit 9:30 More Zentangle 9:30 French Travel 10:30 SS Circuit 11:00 Wendt 2025 tour talk 11:00 Advanced French 11:30 Deli Lunch 12:50 Weights Workout 1:00 Beginner Ceramics 1:00 Jazz Dance 1:00 Irish Dance 1:00 Writers and Readers 1:00 Colored Pencils 1:30 Chair Exercise 2:00 Open Line Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout	20 8:35 Zumba 9:00 Boomer Yoga 10:00 Beginning Ceramics 10:00 Fallproof 10:00 What going through 10:00 Senior Players 10:15 Yoga Basics 11:00 Fallproof 11:30 Deli Lunch 12:00 Knitting Club 12:10 Reiki healing 1:00 Chair Volleyball 1:00 Int/Adv Ballet 1:00 Crochet Club 1:00 Drop in Bridge 1:00 Intermediate Adv. Ceramics 2:00 History Christianity	21 9:00 SS Boom Move 9:00 Walking Group 10:00 Bridge Lessons 10:00 SS Circuit 10:00 Oil & Acrylics ends 11:00 Tai Chi/Qigong 11:30 Deli Lunch 12:00 Ukulele Club 1:00 Ukulele Club 1:00 Portrait ends 1:00 Movie— <i>My Octopus Teacher</i> 1:00 Open Ceramics
24 9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10:00 Story of Rome 10:12 Blood Pressure Check 10:00 SS Circuit 10:00 Nature Watercolor 10:15 SS Chair Yoga 11:15 SS Chair Yoga 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Watercolor 1:00 Mixed Media 2:00 Open Line Dance	25 8:35 Zumba 9:00 SS Chair Yoga 10:00 SS Chair Yoga 10:30 House of Capet 11:00 SS Chair Yoga 11:00 Twelve Night 11:00 History Jazz starts 11:30 Deli Lunch 12:00 Weights Workout 1:00 SS EnerChi 1:00 Intermediate Tap I 1:00 NO Intermediate Ceramics 1:00 Beginning Guitar 2:15 Intermediate Tap II 2:15 Pro Guitar 3:30 Beginning Tap	26 9:00 Tai Chi Easy 9:30 SS Circuit 9:30 French Travelers 9:30 More Zentangle 10:30 SS Circuit 10:25 Good Grub boards 11:00 Advanced French 11:30 Deli Lunch 12:50 Weights Workout 1:00 NO Beginner Ceramics 1:00 Jazz Dance 1:00 Irish Dance 1:00 Writers and Readers 1:00 Colored Pencils ends 1:30 Chair Exercise 2:00 Open Line Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout	27 8:35 Zumba 9:00 Boomer Yoga 10:00 Beginning Ceramics 10:00 Fallproof 10:00 What going through 10:00 Senior Players 10:15 Yoga Basics 11:00 Fallproof 11:30 Deli Lunch 12:00 Knitting Club 12:10 Reiki healing 1:00 Chair Volleyball 1:00 Int/Adv Ballet 1:00 Crochet Club 1:00 Intermediate Adv. Ceramics 2:00 History Christianity	28 9:00 SS Boom Move 9:00 Walking Group 10:00 SS Circuit 10:00 Bridge Lessons 10:00 Oil & Acrylics starts 11:00 Tai Chi/Qigong 11:30 Deli Lunch 12:00 Ukulele Club 1:00 Ukulele Club 1:00 Open Ceramics 1:00 Portrait starts 1:00 Movie— <i>Lift</i> 1:15 Book Club— <i>Playground</i> 1:30 Trivia
31 9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10:00 Story of Rome 10:12 Blood Pressure Check 10:00 SS Circuit 10:00 Nature Watercolor 10:15 SS Chair Yoga 11:15 SS Chair Yoga 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Watercolor 1:00 Mixed Media 2:00 Open Line Dance	Our website can be accessed at rrcity.com/senior-center . The website includes updates on weekly lunch menus, bus trips, special events, and ongoing classes. Construction photos and news will be posted regularly. Check it out often to stay informed. 			Rocky River Senior Center has a Facebook Page at this link! Friend us on Facebook to receive notifications of upcoming events along with pictures and information about Rocky River Senior Center. Be sure to “like” and “share”! 

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



**DATED INFORMATION
MAILED February 20, 2025**

Check website for up to date information
www.rrcity.com/senior-center

As construction continues, be sure to call our
information line for daily updates,
changes, or cancellations.
Dial 440-333-6660, press 1

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	<small>email</small> dhuff@rrcity.com
Mary Hildebrandt, Social Service	mhlildebrandt@rrcity.com
Laurie Schaefer, Programming	lschaefer@rrcity.com
John Catavolos, Front Desk	seniorcenter@rrcity.com
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Mary Holtz, Marketing Communications	mholtz@rrcity.com
Larry Goebelt, Facilities	lgoebelt@rrcity.com

Rocky River Seniors Council, Inc.

Steven Blake, Asst. Treasurer	Linda Bartolozzi
Georgene Cooper	Jan Estes, Secretary
Toni Holtzhauser, President	Gail MacMillan, Vice President
Maggie McIntyre	Eileen Seppelt, Treasurer
Mark Seryak	Nancy Seryak
Mary Jane Simpson	

rrseniorscouncil@gmail.com

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Get out your magnifying glasses and look for **this loaf of soda bread**. Call the Front Desk at 440-333-6660 with your name and the number you find. All correct answers will be eligible for a drawing to receive a free cookie or muffin from our Silver Linings Café.



Congratulations to Yvonne Tarase who found the 10 sets of hearts in the February Quill. Pick up your certificate for a free muffin or cookie at the Front Desk.