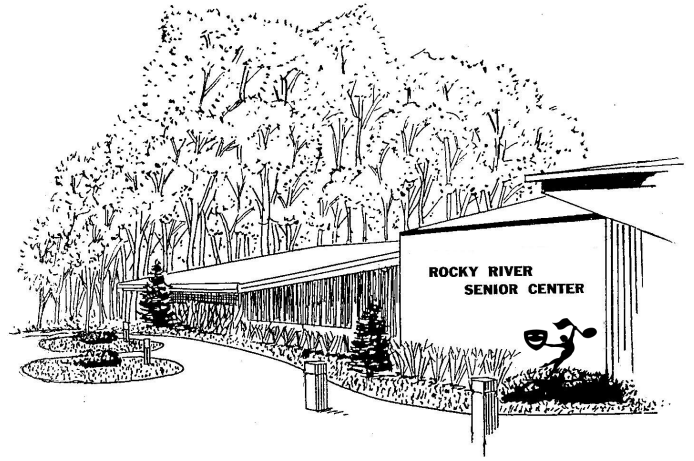


The Quill



May 2024

VOLUME 48 • NUMBER 9

A Monthly Publication of Rocky River Senior Center

A State & Nationally Accredited Senior Center



Senior Players return
With FREE PERFORMANCES of

"The Last Day at W.O.R.K."

by Brandon Daughtry Slocum and JP Schuffman



Radio station W.O.R.K. is signing off after 50 years on the air broadcasting from a small southern town. As the owners (and announcers) contemplate their future, they go "ON THE AIR" one last time with a cast of characters that have been with them through out the years, including a comical community theater group.



Join us for a time of laughter and touching moments which makes this show one to sit back and enjoy!

Wednesday, May 22 at 7:00 pm

Thursday, May 23 and Friday, May 24
matinees at 1:30 pm



Mark your calendar for the
32nd Annual Art Exhibit & Sale

Opening Day Reception
Saturday, May 4
10 am—1 pm



Meet the artists!

Enjoy live music and light refreshments.
On display during normal business hours
through June 3rd.

2024 Haff-Paluck Chamber Music Series
Friday, May 10 at 1:30pm FREE CONCERT

Experience the intimacy and charm of Brahms' waltzes as they transport you to a world of tender emotions and graceful melodies. Op. 52 stands as a timeless testament to the power of love, capturing its essence in every note.



Celebrate the timeless beauty of maternal love with an enchanting concert featuring the exquisite melodies of Johannes Brahms' Liebeslieder Waltzes, Op. 52. Delight in a collection of love songs that will sweep you off your feet as they are brought to life by vocal quartet and piano four hands. Featuring Jacqueline Josten, soprano, Kira McGirr, mezzo-soprano, Mark Vogel, tenor, and Edward Vogel, baritone, with Lorenzo Salvagni and Adam Whiting on piano. But the magic doesn't end there. Join us as we also present captivating compositions by Clara and Robert Schumann and Felix Mendelssohn which will add depth and richness to an afternoon that promises to be unforgettable.

Offered in partnership with Local 4 Music Fund

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


21014 Hilliard Blvd, Rocky River, OH 44116
www.rrc.com/senior-center

Social Services with Mary Hildebrandt 440-333-6664

I am 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 **the social worker at 440-333-6664** and leave a message. Or email Mary at mhildebrandt@rrcity.com. Due to high demand, *appointments are appreciated*.



REACH Call us! 440-462-1160



If you, or perhaps someone in your neighborhood, would enjoy conversing with a peer, please call 440-462-1160. Leave a message. One of our volunteers will return your call.

Beyond the Hospital Pre-register 440-333-6660

◆ **Thursday, May 2 FREE 10-11 am**

Join us for a trivia game focused on care options after a hospital stay. Test your knowledge and learn what is offered in home care, independent living or assisted living facilities, skilled nursing homes, palliative care or hospice. Continental breakfast will be served; please pre-register to assist with planning. *Facilitated by Nicole Milligan LPN, transitional care nurse with Holy Family Hospice, and Dana Hearn, Director of Admissions at Emerald Village Senior Living.*

More than Just Wigs Pre-register 440-333-6660

◆ **Thursday, May 9 FREE 10-11 am**

Hair loss affects both men and women and solutions are available with a variety of options. Join us to learn about the medical, physical and DNA causes of hair loss and what you can do about it. *Facilitated by Gina Ayala, owner of Gina's Salon and Wigs in Rocky River.*

Warning Signs of Alzheimer's Pre-register 440-333-6660

◆ **Thursday, May 16 FREE 10-11 am**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs and how to approach someone with concerns. *Facilitated by Mary Schwarz, Program Manager of the Alzheimer's Association.*

McGregor PACE to stay at home Pre-register 440-333-6660

◆ **Thursday, May 23 FREE 10-11 am**

Learn about this service for Cuyahoga County residents to support individuals as they desire to remain at home as they age. PACE provides a team of health care professionals to provide all-inclusive care for the elderly as well as respite care for family members. *Continental breakfast provided and session facilitated by Nicole Tavanche of McGregor Pace-Brooklyn.*

Health Screenings FREE

- ◆ **BLOOD PRESSURE/HEALTH CLINIC** Walk-In Mondays, May 6, 13, 20 (omit 5/27) 10 am-12noon
- ◆ **HEARING SCREENING - by appointment** 2-4 pm Thursday, May 9

The American Academy of Audiology recommends all adults over 50 have a hearing screening with a baseline test by age 65. Call the Front Desk at 440-333-6660 to schedule your free hearing screening with audiologist Joe Baker from *Hearing Science*.


Medicare Assistance FREE

If you have Medicare questions, we have two resources available for you.

- 1) You may call the OSHIIP 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 onsite alternating Tuesdays from 12:30-4:30 pm. **Here on May 14 and 28.**
To reserve a timeslot, call Front Desk 440-333-6660.

Senior Transportation 440-333-6665

Are you a Rocky River resident who needs transportation? Call **Michelle at 440-333-6665** to schedule your ride. Passengers must be pre-registered. **Proudly transporting River's most experienced people!**



COMPUTER HELP ON-SITE

Tablet, phone, or laptop—Windows or Apple

If you have questions, we have volunteers to look for answers! Drop in during the following times or make an appointment by calling Front Desk at 440-333-6660

Tuesdays 9-11 am Wednesdays 9-11 am
Fridays 8:30-11:30 am

Master Bath Renovation Guide Pre-register 440-333-6660

◆ **Thursday, May 30 FREE 10-11 am**

Let's examine real-life examples of senior-friendly bathrooms that showcase how well-designed spaces blend luxury and functionality. This session will discuss how to understand your individual needs and how aligning your budget with your scope of work results in a bathroom that suits you now and in the future.



Continental breakfast provided and session facilitated by Jenna Raus with Odell Construction.

New —RR Care Calls

FREE

We are pleased to introduce a new service for our Rocky River residents. 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 along with our social worker, Mary Hildebrandt, will visit the home for a well visit.

To register and see if you qualify, please contact Mary at 440- 333-6664 or via email mhildebrandt@rrcity.com.



VOLUNTEER OF THE MONTH



Meet Debbie Mizak who volunteers with our REACH program and the Monday Blood Pressure Clinic. She enjoys both because it helps her stay connected with what she liked about nursing and working with seniors - the ability to listen to someone and just let them talk when they may have no one else there for

them. Giving feedback on blood pressure checks is an opportunity to help seniors beyond their yearly physicals. Debbie is an RN, having worked at many hospitals from coast to coast before settling down in the Cleveland area; her last job was in Cardiac Rehab at Fairview Hospital which culminated a 42 year career—28 of those years in critical care.

Outside of our health clinic, Debbie enjoys taking a variety of classes here—including Journaling, Zentangle, and other art classes. She loves reading and also belongs to a book club.

Enjoying nature, she also tries to walk daily. Debbie is just one of many well-rounded, engaging volunteers here. We are so grateful she shares her health care expertise and that our programming can help nurture her artistic side.

Buddy Lunch Bunch on May 3rd



Meet new friends! Come to Deli Lunch on Friday, May 3rd and stay for a FREE movie in our comfortable auditorium. This is a great way for new participants or for anyone looking to meet new

friends and to become more familiar with our center. All participants will be eligible for a free meal raffle awarded for the following month. You may purchase lunch between 11:30 am—1 pm. Movie begins at 1 pm.

New—Emergency Food Pantry—donations needed

Food is a basic human need. Yet, often when on a fixed budget, other expenses such as rent, utilities, and medications take priority with limited funds left for food. We can help feed our neighbors by stocking an emergency food pantry. Please consider donating non-perishable items to offer a well-balanced bag of groceries. Drop off donations at the Front Desk.

Help fill our shelves with requested donations: Peanut Butter (creamy or crunchy), Jelly (grape or strawberry), Boxed Cereal (Cheerios, Raisin Bran, Oatmeal, Rice Chex), Canned Soup (Tomato, Chicken Noodle, Vegetable, Vegetable Beef), Canned Pasta Meals (meatless or meat), Packaged Fruit (applesauce, peaches, pears, mandarin oranges), Canned Vegetables (corn, green beans, peas) Boxed Sides (white rice, brown rice, pasta, potatoes), Other Boxed or Canned pre-packaged Meals (mac & cheese, chili, stew, tuna).

This program is being developed to meet an emergency need, perhaps over a weekend before an assistance/ Medicare check is received. It is not designed to be a routine delivery or to replace the outreach and support from the RR Assistance Program or Meals on Wheels.



To discreetly inquire for eligibility, please contact our social worker Mary Hildebrandt at 440-333-6664 or via email at mhildebrandt@rrcity.com.

Daily Deli Lunch

11:30 am-1 pm

Homemade menu options include two soups and salads, a featured sandwich, and daily special meal. Menus are posted at the center and on-line at www.rrcity.com/senior-lunch.

SPECIAL THEMED MEALS

Friday, May 10th—Mother's Day treats before Brahms concert (see front page)

Friday, May 24th—HOT DOG FRIDAYS return Served 11:30 am—1:00 pm

Before Senior Players show (see front page)



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

2024 Haff-Paluck Chamber Music Series

Mark your calendar for this engaging line-up! FREE concerts at 1:30pm

May 10th—Brahms Quartet—details on front page—Join us to celebrate Mother’s Day on Friday.

June 7th—Rock Wehrmann & ensemble

An in-demand jazz pianist who has performed with Cleveland Jazz Orchestra and the Cleveland Pops, Rock will be joined with fellow musicians on stage.



July 3rd—Ernie Krivda

A well-known, Cleveland born musician whose talent has taken him across the United States and into concert halls of Europe and Japan, Krivda has played with the Quincy Jones Orchestra and artists ranging from Ella Fitzgerald to Jackie Wilson.



September 18th—Oblivion Project

Formed in 2003, The Oblivion Project is dedicated to the exploration and performance of the more than 3000 Nuevo Tango works of Argentine tango master Astor Piazzolla.

November 2nd— Ray Flanagan

One of the most sought after guitarists in NE Ohio, Flanagan is a songwriter who writes and performs his songs with the no nonsense attitude of a skilled journeyman. His songs and lyrics are signposts to his perception of the things that are happening right now while keeping a mind for music history and a creative target on the present moment. Join us for this Saturday concert during our annual Craft & Quilt Show.



December 18th—Athena String Quartet

With musical quality and professionalism, the Athena Quartet will bring the ambience and mood of the holidays to our auditorium. Athena members embrace many musical styles, having performed locally, regionally, and nationally with groups including the San Francisco Symphony, the Tanglewood Orchestra, and The Cleveland Opera and artists ranging from Rod Stewart and Roberta Flack to Don Henley and Sarah Brightman.

June 12th—Steven Greenman

Recognized as one of the finest practitioners of traditional East European Jewish klezmer violin music in the world today, Steven has performed internationally from cities across Poland, Germany, China, Italy, and Canada.



August 16th—Jazz Greats of Northeast Ohio

Line-up is in the works with a promise for a stellar performance not to be missed!

Meet our Volunteers of the Year

We traveled through time to the Renaissance to honor all who contribute time and energy to help our Senior Center thrive! Lords and ladies made merry and sumptuously feasted to celebrate all inhabitants of Castle Rocky River. Various volunteers were recognized as members of The Court. Don Hamm was crowned king as Volunteer of the Year with special recognition to his queen Dianne.



HONORED COURT OF KING DON & QUEEN DIANNE

JIM GROSS	BERTHA GOODWORTH
FRAN ERDOVEGI	CAROL MCCABE
RON & JAN ESTES	JANE SIMPSON
NANCY TALBERT	STEVE BLAKE
JOHN CATTANI	PATTY TOBIN
STEVEN PASTOR	STEVE SURAN
SHIRLEY PURCELL	ANN MCCAULEY
CHARLOTTE VALL	KATHY CHAPIN
TONI HOLTZHAUSER	BECKY LOLLI
CAROL CORBIN	GEORGENE COOPER

Social Services Programming in June — plan ahead and register now by calling 440-333-6660

◆ **Fight the Fall with Fyzical**
Thursday, June 6 FREE 10-11 am



This wellness presentation will cover how to stay safe in your home to help prevent falls and help keep you safe as you age. We will go over interesting tips and statistics regarding balance, falls, and fall prevention as well as what to do if you fall—a common question!

Continental breakfast provided and session facilitated by Fyzical Therapy & Balance of Westlake.

◆ **Is Clutter Holding You Back?**
Thursday, June 20 FREE 10-11 am

Navigating through the downsizing process can be overwhelming and stressful, especially when people don't know what to do with all their 'stuff'. Come and learn about the what, where, and why of the 'stuff' involved in a life transition and how you can start managing it NOW.

Continental breakfast provided and session facilitated by Kelley Sciko of Caring Transitions, Inc.

◆ **Make the Most of Doctor Visits**
Thursday, June 13 FREE 10-11 am

Be an active member of your healthcare team! This talk will identify ways to get organized for your doctor visit and what questions to ask to ensure the best possible outcome.

Facilitated by Lauren Raymond of Hospice of Western Reserve.

◆ **Thinking about a Move?**
Thursday, June 27 FREE 10-11 am

Not sure where to start if you are considering a move? We can provide solutions for buying before selling, making sure your title is clear, and simplifying and staging prioritization. We can answer questions about home equity lines of credit, bridge loans, title fees and conveyance, and the selling/buying process in order to garner best price and terms. As longtime RR residents, we are here to help you on a local and personal level. *Continental breakfast provided and session facilitated by Mary Beth DeClerck-RR Howard Hanna, Megan Heffron-RR Key Bank, and Grace Vacca, Revere Title Company.*

Ceramics with Patty Tobin

- ◆ **BEGINNER CERAMICS** **8 Weeks**
Wednesdays, May 1—June 26 (omit 6/19) 1-3 pm
\$55 residents, \$60 non-residents, pay one week ahead

Students new to working with clay will learn to apply ceramics hand-building skills such as pinch and slab building, surface texturing, glazing, and wedging, while learning ceramics terminology through various projects. Clay and basic supplies included. *NOTE—after taking this level 3 times, you will be encouraged to enroll in Intermediate Ceramics.*

- ◆ **INTERMEDIATE CERAMICS** *New Day!* **8 Weeks**
Tuesdays, May 7—June 25 1-3 pm
\$55 residents, \$60 non-residents, pay one week ahead

All levels of experienced students will expand upon their knowledge of pinch and slab techniques, use of ceramic tools, surface decoration, and learn coil building while creating varied projects. More advanced students will receive guidance on their own personal artworks. Clay and basic supplies included.

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

- ◆ **WATERCOLOR PAINTING** **6 Weeks**
Mondays, June 10—July 15 1-3 pm
\$45 residents, \$50 non-residents; pay by 6/7

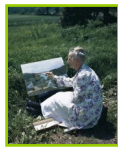
Watercolor instruction for intermediate skill levels. Instructor *Paul Passano* is an artist and teacher with 30 years watercolor experience. Students bring their own reference material. *Supply list available.*

Art Lecture with 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.

May 8 —Grandma Moses: As a self-taught artist working in rural New York, Moses lacked access to high-quality art materials early in her career. Without any small brushes, she used matches and pins to paint details such as eyes and mouths. It would take more than 80 years for little Anna Mary Robertson to become the famous Grandma Moses.



June 26 —Dale Chihuly: As a pioneer of the glass art movement, Dale Chihuly is known for ambitious installations which create visually stunning exhibitions. His most breathtaking colorful blown-glass creations appear to be in constant motion. Chihuly has said that “pushing the material to new forms, creating objects never before seen, embodies the transformational power of Art.”

Crochet Club with Dr. Amy Wooley

NEW

- ◆ **CROCHET CLUB** **8 Weeks**
Thursdays, May 2—June 20 1pm
\$30 residents, \$35 non-residents; pay by 4/30

Crochet Club is for all who are interested in crochet, from beginners to masters. Learn the basics, hone your skills and explore the versatile craft of crochet in a supportive community. Beginners will learn single and double crochet, and we will all explore the versatile Granny Square. *Supply list available at Front Desk.*



Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE® ART** **6 Weeks**
Mondays, June 24—July 29 9:30-11:30 am
\$42 residents, \$47 non-residents; pay by 6/21

No mistakes with Zentangle® - no eraser needed yet bring \$30 supply fee payable to instructor first day of class.

- ◆ **MORE ZENTANGLE® ART** **6 Weeks**
Wednesdays, May 29—July 3 9:30-11:30 am
\$42 residents, \$47 non-residents; pay 5/27
Zentangle® continues with new projects.

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

- ◆ **PEN & INK** **6 Weeks**
Wednesdays, May 22—July 3 (omit 6/19) 10 am-12
\$45 residents, \$50 non-residents; pay by 5/20

Join Eric in exploring how to create with pen and ink. This class will review basic pen and ink drawing techniques and then add a few twists and turns using masking, splattering, smearing and washes. *Supply list available.*

- ◆ **COLORED PENCIL** **6 Weeks**
Wednesdays, May 22—July 3 (omit 6/19) 1—3 pm
\$45 residents, \$50 non-residents; pay by 5/20

Colored pencils are a versatile tool and medium once you know their secrets—how to achieve soft blends and fades, texturing effects, splattering, lifting and more. You will also learn about color layering, paper considerations and solvents to use with your pencils. *Supply list available.*

- ◆ **NATURE THROUGH WATERCOLOR** **6 Weeks**
Mondays, June 3—July 8 10 am-12
\$45 residents, \$50 non-residents; pay by 5/31

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 on the use of watercolors and individual instruction.

- ◆ **OILS & ACRYLICS** **6 Weeks**
Fridays, May 31—July 5 10 am-12
\$45 residents, \$50 non-residents; pay by 5/29

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 life, interesting landscapes, and more!

History, Philosophy & Religion

- ◆ **DECEIVING THE ENEMY**
◇ **Part II: Fortitude** **3 Weeks**
Tuesdays, April 30, May 7, 14 **1 pm**
\$15 residents, \$20 non-residents; pay by 4/26

Uncover the intricate web of controlled German agents that existed in Britain during WWII. See how the agents, along with physical deception, were used to mislead the enemy as to the location of the invasion of France.

Instructor: *Beryl Prusinowski*

- ◆ **WWII IN THE PACIFIC** **6 Weeks**
Mondays, May 13—June 24 (omit 5/27) **10 am**
\$30 residents, \$35 non-residents; pay by 5/10

Learn about the naval war against Japan. Let's explore how the US overcame early adversity to become a superpower. And we will try to make clear why Japan started a war they could not win. Instructor: *Bob Wills*

- ◆ **CLASSIC LOVE STORIES** **one session**
Thursday May 9 **1 pm**
\$5 residents, \$6 non-residents; pay by 5/7



Let's look into the iconic romances of Hollywood stars and British Royal couples from the successful, true love stories to the doomed and tragic. To name a few, we will relive the stories of Spencer Tracy and Katharine Hepburn, Paul Newman and Joanna Woodward to the historic and current British Royal love matches and ill-fated unions. Instructor: *Julie Koenig*

- ◆ **ROYAL PALACES & GARDENS** **one session**
Thursday June 27 **1 pm**
\$5 residents, \$6 non-residents; pay by 6/25

Join us to take a tour of the famous grounds of Buckingham Palace, Kensington Palace, and Sandringham Estate. We will look at the less famous as well, including King Charles' weekend residence Highgrove House, Frogmore House in Windsor, and Glamis Castle in Scotland—home to the late Queen 'Mum' Elizabeth. Instructor: *Julie Koenig*

- ◆ **ANTI-SEMITISM IN HISTORY** **7 Weeks**
Thursdays, May 30—July 18 (omit 7/4) **2 pm**
\$35 residents, \$40 non-residents; pay by 5/28

It is difficult to imagine another religious group that has endured so much consistent hatred across periods of history as the Jews. From Antiquity through Medieval Times to the Renaissance and into the 20th Century's 'final' solution. What are the political, cultural, religious factors contributing to Anti-Semitism in all these eras? What is the result and consequence to Jew and non-Jew alike as a result of these attitudes and policies? Join us to discover and discuss. Instructor: *Ted Smith*



Ukulele Club

two time choices

- ◆ **UKULELE CLUB** **8 Weeks**
Fridays, May 10—June 28 **12 noon or 1 pm**
\$35 residents, \$40 non-residents; pay by 5/8

Ukulele Club is a musical community that gathers to have the fun of making music together—no experience needed—we learn new skills as we progress. A few loner ukuleles available to try. New members should attend the 12 noon class with returning members at 1:00pm. Instructor: *Dr. Amy Wooley*

Literary – Journaling, Reading, Writing

- ◆ **JOURNALING WITH SPRING** **4 Weeks**
Tuesdays, May 7, 14, 21, 28 **10:30 am**
\$20 residents, \$25 non-residents; pay by 5/3



Attending to the natural world provides us much opportunity for reflection and insight. Writing about what we experience of the natural world focuses our minds and hearts to the good, the true, and the beautiful. In these

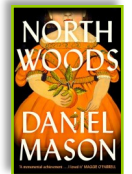
sessions, we will journal about the coming of spring and its effects on life around us. Weather permitting, we will spend time outdoors observing before writing.

Facilitator: *Mike Reiling, M.Ed.*

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

Drop in and join us to discuss *North Woods* by Daniel Mason which is the story of a place — a yellow house deep in the woods of western Massachusetts — and its motley succession of occupants, human and otherwise, who leave their mark on the property over the course of four centuries.

Facilitator: *Sheila Ives*, retired librarian



- ◆ **WRITERS AND READERS** **FREE**
Wednesdays, May 1, 8, 15, 22, 29 **1 pm**

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

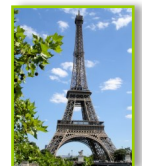
French with Susan Hildebrandt

- ◆ **FRENCH FOR TRAVELERS**

This class is for individuals with some previous exposure to the French language. We will focus on vocabulary and conversation related to travel.

- ◆ **FRENCH II**

This class is suited for individuals with a basic grasp of French who are seeking to improve their language skills.



Summer dates to be determined

Irish Dance with Peggy Cannon

- ◆ **LOW IMPACT IRISH DANCE** 7 Weeks
Wednesdays, May 1—June 12 1 pm
\$35 residents, \$40 non-residents; pay by 4/29

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 from “old style” to “Irish Ceili” (social 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, June 25—August 13 1-2 pm
\$40 residents, \$45 non-residents; pay by 6/14

For dancers with little or no experience with tapping. Learn the basics of tap dance while having fun.

- ◆ **INTERMEDIATE TAP** 8 Weeks
Tuesdays, June 25—August 13 2:15-3:15 pm
\$40 residents, \$45 non-residents; pay by 6/21

Tap for dancers who would like to continue with the skills they already possess and take it to another level while having fun.

Dance with Alyssa Wilmot

- ◆ **BEGINNER BALLET** 8 Weeks
Mondays, June 17—August 5 1 pm
\$40 residents, \$45 non-residents; pay by 6/14

Learn classical ballet techniques. This class includes barre work, low impact across the floor and center work. Improve your balance, posture, flexibility, memory and coordination. Suitable for all levels.



- ◆ **INTERMEDIATE/ADVANCED BALLET** 8 Weeks
Thursdays, May 2—June 27 (omit 5/23) 1 pm
\$40 residents, \$45 non-residents; pay by 4/30

For dancers with some prior ballet experience, this class includes intermediate/advanced ballet vocabulary and technique at the barre, in center work, and across the floor practice involving balance and turning with direction changes. We will integrate connecting and traveling steps with advanced combinations.

- ◆ **OPEN LINE DANCE** \$4 Pay as you go or Punch Pass
Mondays and Wednesdays 2 pm

Join us for fun line dancing! Learn popular line dance steps to a variety of music from country, pop and R&B. Line dancing is a low impact exercise that improves balance, coordination and memory. Suitable for all levels.

ZUMBA with Traci Lundell

Thursdays only

- ◆ **ZUMBA** Pay as you go \$4 or Punch Pass
Thursdays, May 2, 9, 16, 23, 30 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!

Theatre Dance with Jim Becker

- ◆ **THEATRE DANCE** 8 Weeks
Wednesdays, May 15—July 17(omit 6/19 & 7/3) 2-3:30pm
\$45 residents, \$50 non-residents; pay by 5/13

Let's put on a show! All levels welcome, women and men! This class will be rehearsal-focused. We start with a song, add dance steps and theatrics, then the audience! During rehearsal, if there are steps you want to review, we will deconstruct the step phrase and work it into dance exercises to enhance muscle memory. The options are limitless, and you will look and feel great dancing! Together we will decide our tasteful wardrobe/costumes.

Next show is July 17



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

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8Wks
Tuesdays, June 25—August 13 12 pm
\$25 residents, \$30 non-residents; pay by 6/21
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8Wks
Wednesdays, June 26—August 14 12:50 pm
\$25 residents, \$30 non-residents; pay by 6/24
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8Wks
Wednesdays, June 26—August 14 3:20 pm
\$25 residents, \$30 non-residents; pay by 6/24
- ◆ **CHAIR EXERCISE (especially beneficial for arthritis)** 8 Wks
Wednesdays, June 26—August 14 1:30 pm
\$35 residents, \$40 non-residents; pay by 6/24

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
Wednesdays, June 26—August 14 2:40 pm
\$25 residents, \$30 non-residents; pay by 6/24

Learn the Tai Chi practice, Sun-Style. Increases joint mobility, improves balance and coordination. A recommended exercise routine for arthritis.

- ◆ **FALLPROOF** 7 Weeks
Thursdays, June 27-August 15 (omit 7/4) 10:30 am
\$30 residents, \$35 non-residents; pay by 6/25

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 Classes **or \$4 pay as you go**

With a Silver Sneakers benefit on your health insurance, all classes are available for FREE after registration at the Rocky River Recreation Center where you can verify your eligibility. If you do not have coverage, join us for classes by purchasing a punch pass* OR \$4 pay as you go.

◆ **CIRCUIT with Maureen Dunphy**
Mondays, May 6, 13, 20 (omit 5/27) 9 am
Wednesdays, May 1, 8, 15, 22, 29 9:30 am

◆ **CIRCUIT with Cindy Souris**
Mondays, May 6, 13, 20 (omit 5/27) 10 am
Wednesdays, May 1, 8, 15, 22, 29 10:30 am
Fridays, May 3, 10, 17, 24, 31 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.

◆ **ENERCHI with Mary Holtz**
Tuesdays, May 7, 14, 21, 28 1 pm or 2 pm
Thursdays, May 9, 16, 23, 30 1 pm or 2 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.

Seasonal Qigong with Mary Holtz

◆ **SUMMER QIGONG** 4 Weeks
Mondays, June 24 - July 15 9:00 am
\$20 residents, \$25 non-residents; pay by 6/21

In each 30 minute session, practice flowing forms to stretch the body, expand the breath, and energize specific organs.

Taking cues from nature, we will learn a new sequence during each seasonal practice. Weather permitting, this class will meet outside on the back patio.




PUNCH PASSES*

You may 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, and you may use the same pass for different classes.


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.



◆ **CHAIR YOGA with Ann Stefancin or Joyce Roman**
Mondays, May 6, 13, 20 (omit 5/27) 10:15 or 11:15 am
Tuesdays, May 7, 14, 21, 28 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.



I'm a new instructor! Meet Joyce Roman who will be rotating weeks with Ann leading Silver Sneakers Chair Yoga on Mondays at 10:15 and 11:15am. Joyce has led yoga practices for more than 8 years. As she came to respect the benefits of chair yoga, she added to her certifications to offer this method to accommodate participants of all abilities.

◆ **BOOM MOVE with Cindy Souris**
Fridays, May 3, 10, 17, 24, 31 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.

Tai Chi with Mike Reiling, M.Ed.

◆ **TAI CHI EASY** 8 Weeks
Wednesdays, May 15—July 10 (omit 6/19) 9 am
\$40 residents, \$45 non-residents; pay by 5/13

Practice relaxed breathing, gentle movements, meditation, and self-applied massage to stimulate energy. This series is excellent for enhancing physical well-being, reducing stress and improving one's balance.

Boomer Yoga with Joe Gauntner

◆ **BOOMER YOGA** 8 Weeks
Thursdays, May 16—July 11 (omit 7/4) 9:00 am
\$40 residents, \$45 non-residents; pay by 5/14

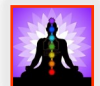
Boomer Yoga is a gentle yoga class designed for adults 50 and older. Traditional asanas or postures and breath work will be utilized to promote balance, flexibility, strength and relaxation.

Attendees should bring a yoga mat.

Yoga through Chakras with Pat Andler, C.P.T., L.M.T., R.Y.T.

◆ **YOGA-HEALING THROUGH CHAKRAS** 7 Weeks
Thursdays, June 27—August 15 (omit 7/4) 11:45 am
\$30 residents, \$35 non-residents; pay by 6/25

The Sanskrit word "Chakra" represents the spinning points of energy in the body which correspond with major organs and nerve bundles. Learn how to revitalize your natural energy which will boost your health and immune system through harmonizing your 7 major chakras.



A Special Invitation for our Seniors!

Plan to attend the dress rehearsal of FROZEN presented by the theater group at Rocky River Middle School. The production takes place at 4 pm on Thursday May 16 at RR Middle School, 1631 Lakeview Ave.



Cleveland Metroparks with Judy MacKeigan FREE

◆ **DOWN BY THE OLD MILL STREAM** **1 Session**
Thursday, May 16 **3 pm**

Among the many features of Mill Stream Run Reservation are the refrigerated toboggan chutes, old quarry lands turned into lakes, and Camp Cheerful. Join Judy to learn about the long and interesting history of this reservation.



Tech Chat with Rocky River Public Library FREE

◆ **TECH CHAT TUESDAY** **1 Session**
Tuesday, June 18 **10 am—12 noon**



Not sure what the latest tech jargon means? Got a phone, tablet, or computer that keeps acting up? Join us for hands on help and conversation about technology. Please call 440-333-6660 to register.

SUMMER DAY TRIP: Take me out to the Ballpark!

◆ **GUARDIANS v KANSAS CITY ROYALS**
Wednesday, August 28 *registration ongoing*
\$85 residents, \$90 non-residents

Join us for a day at Progressive Field to cheer on our Cleveland Guardians from GREAT covered seats along the first baseline (section 136 & 138). Price includes a voucher for either food or merchandise at the ballpark. Wear comfortable shoes and your Guardians gear to cheer on our home team!



Board 11:15 am, depart 11:30 am; estimated return 4:30 pm

Walking Group **Mondays & Fridays**

Walking offers numerous benefits to people of all ages and fitness levels. All you need is a sturdy pair of walking shoes. Join us to start burning calories, strengthen your heart, and improve your mood!

Contact Front Desk to inquire about joining this group or to learn about their weekly destinations.

OVERNIGHT TRIPS presented by Wendt Touring

2024 TOURS

Registration ongoing - All are welcome!

- ◆ **THE CANADIAN ROCKIES** (by air and motorcoach)
6 days early Summer, June 23 - 28, 2024
 Banff National Park, Jasper National Park, Lake Louise, Columbia Ice Fields, Lake Minnewanka Boat Cruise, Valley of the Ten Peaks, Moraine Lake, Athabasca Glacier Snowcoach Ride, Calgary. Stay all six days in Banff at the Rundlestone Inn.
- ◆ **MAINE AND VERMONT**
COASTAL NEW ENGLAND AUTUMN (by motorcoach)
7 days October 5 - 11, 2024
 Acadia National Park, Cadillac Mountain, Ogunquit, Portland, Scenic Highway 1, Mount Desert Island, Bar Harbor, Lobster Supper, Kennebunkport, Historic Bennington, New Hampshire, Atlantic Ocean. 5 days on the Maine coast.
- ◆ **NEW YORK CITY AT CHRISTMASTIME** (by motorcoach)
4 days December 8-11, 2024
 Broadway theater, Rockefeller Plaza, Fifth Avenue, Chinatown, Little Italy, Greenwich Village, Battery Park, Ground Zero, St. Patrick's Cathedral, Central Park, Times Square, Wall Street, Chrysler Building, Empire State Building, United Nations Headquarters.

Forms for Wendt Trips are available at the front desk or online at www.rrcity.com/senior-center

"Where do bees like to go on vacation?"



STINGAPORE

Chair Volleyball with Toni Holtzhauser

◆ **CHAIR VOLLEYBALL** **FREE**
Thursdays, May 2, 9, 16, 30 (omit 5/23) **1 pm**

Chirps of laughter, heavy grunts and jesting calls of "too much power!" echo off senior center walls on Thursdays after lunch. It's good upper body exercise and people with wheelchairs can participate. Join us!

River Singers with Leigh Eastman **FREE**

◆ **RIVER SINGERS**
Mondays, May 6, 13, 20 (omit 5/27) **1 pm**

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

Everyone welcome.



DAY TRIPS presented by Rocky River Senior Center

When registering for any day trip, please include a SASE (self-addressed, stamped envelope).

◆ **MEADOW BROOK HALL: Wednesday, July 10 registration begins May 1st— include a SASE
\$100 residents, \$105 non-residents**

A National Historic Landmark, Meadow Brook Hall is the historic home built by one of the automotive aristocracy's most remarkable women, Matilda Dodge Wilson, widow of automobile pioneer John Dodge, and her second husband, lumber broker Alfred Wilson. We will explore Meadow Brook Hall from the two-story ballroom to the gleaming bathrooms. See secret staircases, hidden spaces and so much more! This two-hour guided tour is a combination of the house and behind-the-scenes tour. We will explore all four floors of the Hall, including family and staff spaces. Please wear comfortable shoes. **Due to the age of the building, please be advised that it is NOT handicap accessible, no rollators or walkers.** Also, some portions of the house are NOT air conditioned. Lunch will be served in Meadow Brook Hall. The menu is: Citrus Chicken – Pan roasted breast of chicken, citrus artichoke cream and crispy capers served with wild rice pilaf and poached French beans. Dessert is All-American Apple Pie, presented with bourbon caramel sauce, and whipped cream. **Board 7:30 am; Depart 7:45 am; Estimated return 6:30 pm.**

◆ **MJ—MICHAEL JACKSON—THE MUSICAL: Wednesday, August 7 registration begins May 1st— include a SASE
\$115 residents, \$120 non-residents**

The music. The moves. The icon. Now, the unparalleled artistry of a great entertainer comes to Cleveland as MJ, the multi Tony Award-winning new musical centered around the making of the 1992 Dangerous World Tour. Created by Tony Award-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status. MJ is startin' somethin' as it makes its Cleveland premiere at Playhouse Square. Main floor orchestra seats at the Key Bank State Theatre. **Board at 6:15 pm; Depart at 6:30 pm; estimated return 10:30 pm.**



◆ **OHIO LIGHT OPERA—THE SOUND OF MUSIC: Wednesday, June 19 registration ongoing - include a SASE
\$120 residents, \$125 non-residents**

Join us for the annual summer trip to Wooster for Ohio Light Opera. This year we will enjoy *The Sound of Music* which remains one of the gemstones of American musical theater featuring hit songs "My Favorite Things," "Do-Re-Mi," and "Edelweiss" as well as several gems not included in the film. Lunch will follow tradition at Broken Rocks Café in downtown Wooster. *Choice of either 1) Chicken salad: a creamy blend of toasted walnuts, roasted chicken, celery, onions and raisins on focaccia with orange slices 2) Pulled pork sandwich: BBQ sauce, pepper jack and coleslaw on focaccia with potato salad and pickle or 3) Wild mushroom Shitakes, creminis, pancetta, spinach with bowtie pasta in a gorgonzola cream sauce topped with roasted red peppers.* All lunches include choice of beverage and the Café's signature Strawberry Shortcake with Crème Anglaise. Our return trip includes a stop at Hartzler's Dairy for optional ice cream purchase. What a sweet way to end a perfect day outing! *When registering, please make lunch choice.* **Board 10:00 am; depart 10:15 am; estimated return 6:30 pm.**

◆ **BACK TO THE FUTURE: Tuesday, July 2 registration ongoing - include a SASE
\$100 residents, \$105 non-residents**



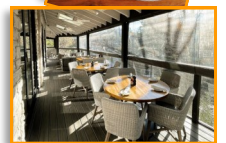
Great Scott! When Marty McFly finds himself transported back to 1955 in a time machine built by the eccentric scientist Doc Brown, the course of history alters. Now Marty is in a race against time to fix the present, escape the past, and send himself.... back to the future. Main floor orchestra seats at the KeyBank State Theatre. **Board 6:15 pm, depart 6:30 pm; estimated return 10:30 pm.**

Good Grub Social Club

Board RRSC's bus to travel for lunch at a variety of establishments. Cost of traveling is \$10, lunch is on you. Space is limited, so don't delay. Registration begins May 1-include a self addressed, stamped envelope (SASE)

◆ **17 RIVER GRILLE in Chagrin Falls: Wednesday, May 29**

Striving to be one of Cleveland's best restaurants, 17 River Grille provides friendly service and straight-forward American food to their guests. The time honored grille menu features house-butchered premium steaks, sustainable fresh fish, juicy beef burgers and classic sandwiches and salads. They proudly shop local and support small independent farms. After enjoying lunch, we will have time to walk the shops of Chagrin Falls. **Board 10:00 am; Depart 10:15 am; Estimated return 3:00 pm.**



Seniors Council News—Join Us on May 15th

A note of thanks to our donors, sponsors, horse owners and volunteers who made *Night at the Races a grand success*—much camaraderie, cheerful competition, and delicious food was enjoyed by all! We also invite all to join us at our next Seniors Council meeting here at the RR Senior Center on May 15th at 9 am. Seniors Council is an advisory group to the Director. Come to learn how you can be involved; **and if a RR resident, consider completing an application to join us on Seniors Council.** We need to fill four vacancies at the end of 2024. Applications available at Front Desk.

Bridge Camp with Fran Mulkins

- ◆ **BRIDGE CAMP** 1 week
Monday—Friday, June 24—June 28 10 am—12 noon
\$25 residents, \$30 non-residents; pay by 6/21

Beginner and intermediate level players can enjoy a week at summer bridge camp. Each day opens with a lesson followed by playing 12 boards. *Prizes awarded on Friday!* **Class limit 20.**



Trivia Call to register your team 440-333-6660

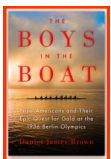
- ◆ **GENERAL TRIVIA** \$4/person
Fridays, May 3 and 31 1:30 pm
 Having a knowledge of trivia offers more than just entertainment; it cultivates curiosity, boosts memory retention, and promotes continuous learning. *Please register 2 days prior.* Popcorn and refreshments included. Prizes awarded to the top three winners.

History of Holidays with Beryl Prusinowski

- ◆ **TIME TO THINK SUMMER** 1 pm
Tuesday, June 11
\$5 residents, \$6 non-residents; pay by 6/7
 Summer is for patriotic holidays. Flag Day and Independence Day celebrate our country's history. Juneteenth is an historic day of remembrance with renewed attention in recent years. More than picnics, Labor Day reminds us of past working conditions. Mark this date to get ready for all summer holidays!

One Book, One City with RRPL FREE

- ◆ **ALL AGES BOOK DISCUSSION** 10:30 am
Tuesday, July 30



You can see the movie here on May 3rd and then read the book to prepare for a book discussion hosted by Rocky River Public Library. Invite a young reader in your life to join an intergenerational discussion of this inspirational true story.

Hollywood Scandals—Part II with Aaron Spears

- ◆ **SCANDALS PART II** 3 Weeks
Tuesdays May 7—May 21 10 am
\$15 residents, \$20 non-residents; pay by 5/3



Continue our look at true crime in the early days of Hollywood which was marked by technological breakthroughs and staggering artistic achievements. In each class, we will examine a different case file from this unprecedented era of hedonism, crime and cover-ups.

Streaming On-Site FREE

- ◆ **OUTLANDER SEASON 6 CONCLUSION** 1:00 pm
Mondays, May 6 and 13
 The sixth season concludes as the Frasers strive to maintain peace and defend their home on Fraser's Ridge as the colonies unwittingly march toward revolution.

Movie Matinees Fridays 1 pm FREE

May 3 **BOYS IN THE BOAT** 2023
PG-13 2H 4M SPORT/DRAMA

A true story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics. More than just an underdog story, the movie offers profound insights into how to forge a winning team from disparate parts and the value of teamwork, trust, and leadership.



Cast: *Callum Turner, Joel Edgerton, Jack Mulhern, Joyce Simdars, Luke Slattery*

May 10 **NO MOVIE**
 Join us for a **FREE Brahms Concert at 1:30 pm**

May 17 **RICKY STANICKY** 2024
R 1H 53M COMEDY/FANTASY

When three childhood best friends pull a prank that goes wrong, they invent the imaginary *Ricky Stanicky* to get them out of trouble. Cast: *Zac Efron, John Cena, Andrew Santino, Lex Scott Davis, Jermaine Fowler, Anja Savcic, William H. Macy*



May 24 **NO MOVIE**
 Join us for Senior Players show at **1:30 pm**

May 31 **THE HILL** 2023
PG-13 2H 6M THRILLER/ SPORT

Based on the incredibly true story of Rickey Hill's path to a professional baseball career by overcoming a physical handicap in order to try out for a legendary major league scout. Cast: *Dennis Quaid, Colin Ford, Scott Glenn, Bonnie Bedelia*



**May
2024**

Deborah Huff, Director 333-6660
 Cindi Williams, Administrative Assistant 333-6662
 Laurie Schaefer, Program Coordinator 331-1114
 Dianne Hamm, Front Desk, Trip Escort 333-6660
 John Catavolos, Front Desk 333-6660
 Mary Holtz, Marketing Communications 356-2092

**Front Desk
440-333-6660
John, Dianne**

Larry Goebelt, Facility Manager 333-6660
 Mary Hildebrandt, Social Service 333-6664
 Michelle Soneson, Transportation/Silver Linings 333-6665
 Jody Soneson, Kitchen 333-6660
 Janus Toth, Kitchen Assistant 333-6660

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Tai Chi Easy 9:30 SS Circuit 9:30 French Travelers 10:00 NO Pen & Ink 10:30 SS Circuit 11:00 French II 11:30 Deli Lunch 12:50 Weights Workout 1:00 Irish Dance begins 1:00 Beginning Ceramics starts 1:00 NO Colored Pencil 1:00 Writers and Readers 1:30 Chair Exercise 2:00 NO Theater Dance 2:00 Open Line Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout	8:35 Zumba 9:00 Boomer Yoga 10:00 Beyond the Hospital 10:00 Senior Players 10:30 Fallproof 11:30 Deli Lunch 11:45 Chakra Yoga 1:00 Int/Adv Ballet begins 1:00 Crochet begins 1:00 Chair Volleyball 1:00 Climate Change 1:00 SS EnerChi 2:00 SS EnerChi 2:00 Synoptic Gospels II ends	9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics ends 10:00 Bridge 10:00 SS Circuit 11:30 Deli Lunch 11:30 Buddy Lunch Bunch 12:00 Ukulele Club ends 1:00 Open Ceramics 1:00 Movie—Boys in the Boat 1:00 Ukulele Club ends 1:30 Trivia Saturday May 4th— 10 am—1 pm Art Show Opening
9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10-12 Blood Pressure Clinic 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 Intermediate Ceramics 1:00 Watercolor ends 1:00 River Singers 1:00 Outlander Season 6 2:00 Open Line Dance	9:00 SS Chair Yoga 10:00 SS Chair Yoga 10:00 Scandals II begins 10:00 Senior Players 10:30 WEBB Telescope ends 10:30 Journaling Spring begins 11:00 SS Chair Yoga 11:30 Deli Lunch 12:00 Weights Workout 1:00 Inter Ceramics begins 1:00 Beginner Tap 1:00 Deceiving Enemy 1:00 SS EnerChi 2:00 SS EnerChi 2:15 Intermediate Tap	9:00 Tai Chi Easy ends 9:30 More Zentangle begin 9:30 SS Circuit 9:30 French Travelers 10:00 NO Pen & Ink 10:30 SS Circuit 11:00 French II 11:30 Deli Lunch 12:50 Weights Workout 1:00 NO Colored Pencil 1:00 Beg. Ceramics begins 1:00 Irish Dance 1:00 Writers and Readers 1:30 Chair Exercise 2:00 NO Theater Dance 2:00 Open Line Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout	8:35 Zumba 9:00 Boomer Yoga ends 10:00 More than Just Wigs 10:00 Senior Players 10:30 Fallproof 11:30 Deli Lunch 11:45 Chakra Yoga 1:00 Chair Volleyball 1:00 Int/Adv Ballet 1:00 Classic Love Stories 1:00 Crochet 1:00 SS EnerChi 2:00 SS EnerChi 2:00 Jefferson Bible begins 2-4 Hearing Screenings by appt	9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics begins 10:00 Bridge ends 10:00 SS Circuit 11:30 Mother's Day themed lunch 1:00 No Movie 12:00 Ukulele Club begins 1:00 Ukulele Club begins 1:00 Open Ceramics 1:30 Brahms Waltzes FREE Concert
9:00 Spring Qigong ends 9:00 SS Circuit 9:00 Walking Group 9:30 Beginning Zentangle 10-12 Blood Pressure Clinic 10:00 SS Circuit 10:00 WW II in Pacific begins 10:00 Nature Watercolor 10:15 SS Chair Yoga 11:15 SS Chair Yoga 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Intermediate Ceramics ends 1:00 Watercolor ends 1:00 River Singers 1:00 Outlander Season 6 ends 2:00 Open Line Dance	9:00 SS Chair Yoga 10:00 SS Chair Yoga 10:00 Scandals II 10:00 Senior Players 10:30 Journaling Spring 11:00 SS Chair Yoga 11:30 Deli Lunch 12:00 Weights Workout 12:30-4 Medicare w/Donna 1:00 Beginner Tap 1:00 Deceiving Enemy ends 1:00 Intermediate Ceramics 1:00 SS EnerChi 2:00 SS EnerChi 2:15 Intermediate Tap	9:00 Tai Chi Easy begins 9:30 SS Circuit 9:30 French for Travelers 10:00 Pen & Ink ends 10:30 SS Circuit 10:30 More Zentangle 11:00 French II begins 11:30 Deli Lunch 12:50 Weights Workout 1:00 Irish Dance 1:00 Beginning Ceramics 1:00 Colored Pencil ends 1:00 Writers and Readers 1:30 Chair Exercise 2:00 Theater Dance begins 2:00 Open Line Dance 2:40 Sun Style Tai Chi 3:20 Weights Workout	8:35 Zumba 9:00 Boomer Yoga begins 9:00 Warning Signs Alzheimer's 10:00 Senior Players 10:30 Fallproof ends 11:30 Deli Lunch 11:45 Chakra Yoga ends 1:00 Int/Adv Ballet 1:00 Chair Volleyball 1:00 Crochet 1:00 SS EnerChi 2:00 SS EnerChi 2:00 Jefferson Bible 2-4 Hearing Screenings 3:00 Metroparks	9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics 10:00 Bridge begins 10:00 SS Circuit 11:30 Deli Lunch 12:00 Ukulele Club 1:00 Ukulele Club 1:00 Open Ceramics 1:00 Movie—Ricky Stanicky
9:00 SS Circuit 9:00 Walking Group 9:00 Beginning Zentangle 10-12 Blood Pressure Clinic 10:00 SS Circuit 10:00 WW II in Pacific 10:00 Nature Watercolor ends 10:00 Senior Players 10:15 SS Chair Yoga 11:15 SS Chair Yoga 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Watercolor begins 1:00 River Singers 2:00 Open Line Dance	9:00 SS Chair Yoga 10:00 SS Chair Yoga 10:00 Scandals II ends 10:00 Senior Players 10:30 Journaling Spring 11:00 SS Chair Yoga 11:30 Deli Lunch 12:00 Weights Workout 1:00 Beginner Tap 1:00 Intermediate Ceramics 1:00 SS EnerChi 2:00 SS EnerChi 2:15 Intermediate Tap	9:00 Tai Chi Easy 9:30 French for Travel ends 9:30 SS Circuit 9:30 More Zentangle 10:00 Pen & Ink begins 10:30 SS Circuit 11:00 French II ends 11:30 Deli Lunch 12:50 Weights begins 1:00 Irish Dance 1:00 Beg Ceramics 1:00 Colored Pencil begins 1:00 Writers/Readers 1:30 Chair Exercise 2:00 Open Line Dance 2:00 Theater Dance 2:40 SunStyle TaiChi 3:20 Weights Workout	8:35 Zumba 9:00 Boomer Yoga 10:00 McGregor PACE 10:00 Senior Players 10:00 Comforts of Home 10:30 Fallproof 11:30 Deli Lunch 11:45 Healing with Chakras 1:00 Int/Adv Ballet 1:00 NO Chair Volleyball 1:00 Crochet 1:00 SS EnerChi 1:30 Senior Players Performance 2:00 SS EnerChi 2:00 Jefferson Bible ends	9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics ends 10:00 Bridge 10:00 SS Circuit 11:30 HOT DOG FRIDAY returns 12:00 Ukulele Club 1:00 Ukulele Club 1:00 NO Movie 1:00 Open Ceramics 1:15 Book Club—North Woods 1:30 Senior Players Performance
9:00 SS Circuit 9:00 Walking Group 9:00 Beginning Zentangle 10-12 Blood Pressure Clinic 10:00 SS Circuit 10:00 WW II in Pacific 10:00 Nature Watercolor ends 10:00 Senior Players 10:15 SS Chair Yoga 11:15 SS Chair Yoga 11:30 Deli Lunch 1:00 Beginner Ballet 1:00 Watercolor begins 1:00 River Singers 2:00 Open Line Dance	9:00 SS Chair Yoga 10:00 SS Chair Yoga 10:30 Journaling Spring ends 11:00 SS Chair Yoga 11:30 Deli Lunch 12:00 Weights Workout 12:30-4 Medicare w/Donna 1:00 Beginner Tap 1:00 Intermediate Ceramics 1:00 SS EnerChi 2:00 SS EnerChi 2:15 Intermediate Tap	9:00 Tai Chi Easy 9:30 SS Circuit 9:30 More Zentangle 10:00 Pen & Ink 10:30 SS Circuit 10:30 Good Grub boards 11:30 Deli Lunch 12:50 Weights 1:00 Irish Dance 1:00 Beg Ceramics 1:00 Colored Pencil 1:00 Writers/Readers 1:30 Chair Exercise 2:00 Open Line Dance 2:00 Theater Dance 2:40 SunStyle TaiChi 3:20 Weights Workout	8:35 Zumba 9:00 Boomer Yoga 10:00 Master Bath Renovation 10:00 Senior Players meeting 10:30 Fallproof 11:30 Deli Lunch 11:45 Healing with Chakras 1:00 Int/Adv Ballet 1:00 Chair Volleyball 1:00 Crochet 1:00 SS EnerChi 2:00 SS EnerChi 2:00 Anti-Semitism History begins	9:00 SS Boom Move 9:00 Walking Group 10:00 Oil & Acrylics begins 10:00 Bridge 10:00 SS Circuit 11:30 Hot Dog Friday 1:00 Movie—The Hill 12:00 Ukulele Club 1:00 Ukulele Club 1:00 Open Ceramics 1:30 Trivia



Mission

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

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

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

Senior Center Staff

Deborah Huff, Director	dhuff@rrcity.com
Cindi Williams, Administrative Assistant	cwilliams@rrcity.com
Laurie Schaefer, Program Coordinator	lschaefer@rrcity.com
Mary Hildebrandt, Social Service	mhildebrandt@rrcity.com
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Jody Soneson, Food Service Coordinator	jsoneson@rrcity.com
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Dianne Hamm, Reception/Trip Escort	seniorcenter@rrcity.com
Mary Holtz, Marketing Communications	mholtz@rrcity.com
John Catavolos, Reception	seniorcenter@rrcity.com

Rocky River Seniors Council, Inc.

Fran Andrews	Steven Blake, <i>Assist. Treas.</i>
Georgene Cooper	Jan Estes, <i>Secretary</i>
Toni Holtzhauser, <i>Vice President</i>	Jim Hopkins
Gail MacMillan	Carol McCabe, <i>President</i>
Maggie McIntyre	Moe O'Malley
Eileen Seppelt, <i>Treasurer</i>	

rrseniorscouncil@gmail.com

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Get out your magnifying glasses to find this symbol supporting the theatrical events here. Call the Front Desk at 440-333-6660 with your name, phone number, and number of 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 **Madeline Brookshire** for locating all 8 smiling shaded suns in the April Quill.*



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



SILVER LININGS CAFÉ
9 AM-4 PM
COFFEE, TEA, HOT CHOCOLATE
BAKERY, GIFTS
COMPUTERS, WIFI, &
TECH ASSISTANCE

