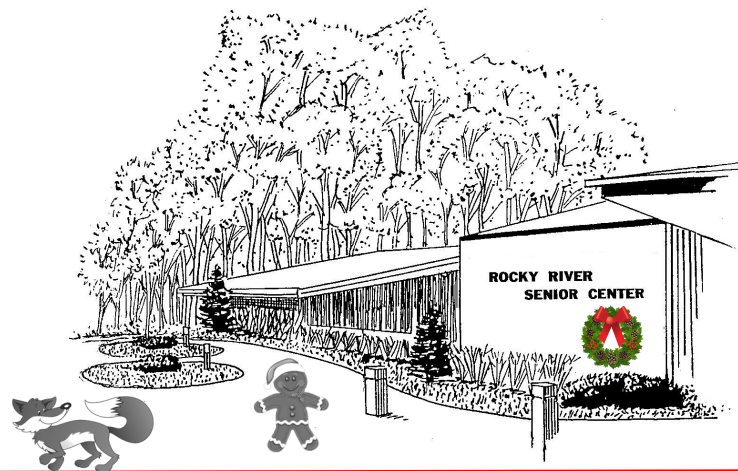


The Quill



DECEMBER 2018

VOLUME 43 • NUMBER 4

A Monthly Publication of Rocky River Senior Center

A Nationally Accredited Senior Center

WISHING YOU ALL A
VERY MERRY CHRISTMAS!
WE HOPE THIS
HOLIDAY SEASON BRINGS
YOU PEACE, RELAXATION
AND JOYFUL TIMES WITH
YOUR FRIENDS AND
FAMILY!

THE STAFF AT
ROCKY RIVER
SENIOR CENTER



Deborah Huff
Cindi Williams
Laurie Schaefer
Michelle Soneson
Larry Goebelt
Gail Hine
Laura Breitenbach
Dianne Hamm
Laurie Rokakis
Ruth Santo
Jody Soneson
Bob Monroe

Leslie Jones
Muggsy Mason
Tom Connelly
Susie English
Pete Jedick
Vince Malik
Wally Pattison
Don Way

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

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

CHRISTMAS DINNER & SHOW

Thursday, December 6

Dinner 6 pm; Show 7:30 pm

5:30 Snowball Punch

Tickets ~ Advanced Sale Only

\$40 Dinner & Show

\$22 Dinner Only; \$18 Show Only

Non-residents add \$1

Please return registration with SASE.



Join us for a wonderful meal starting with everyone's favorite Snowball Punch. Mixed greens with toasted walnuts and dried cranberries will leave your mouth watering for prime rib of beef with mushrooms, garlic mashed potatoes, green bean casserole, assorted rolls with butter, coffee & tea. For dessert, indulge in a delectable piece of chocolate raspberry duet cake. Catered by *Novotny*

7:30 PM Cut Time Simfonica

Cut Time Simfonica is an exciting sound created by Rick Robinson. A highly talented musician, he was the second black member of the Detroit Symphony Orchestra, playing for 22 years. He arranged and composed over 150 publications for his two touring ensembles, organized Detroit's first club classical music series and was among the first class of Kresge Fellows for composition. Rick, a bassist-composer, organized Cut Time Productions to perform, adapt and lead players in symphonic music. Cut Time is called a new path for classical music for a broader public awareness. Rick has performed residencies and seminars with the Hot Springs Music Festival, the Eastman School of Music, The Cleveland Institute of Music and many other music festivals.

FREE transportation provided to Rocky River residents.



Leigh Eastman returns for

CHRISTMAS TEA WITH LEIGH



Thursday, December 13 @ 2 pm

Enjoy an afternoon of tea, dessert and music with Leigh Eastman at the piano

Tickets \$5 purchase by December 11

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

In Memory or in Honor Of:

Please send acknowledgement to:

Name _____

Address _____

Given by name _____

Address _____

Please direct this gift to:

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



Please make checks payable to "City of Rocky River"

A Time To Remember

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



Bridge with Fran Mulkins

◆ BEGINNING BRIDGE

Fridays, January 11– February 15

6 Weeks

\$36 residents; \$40 non-residents; pay by 1/9 10-Noon

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

◆ INTERMEDIATE BRIDGE

Fridays, January 11– February 15

6 Weeks

\$36 residents; \$40 non-residents; pay by 1/9 1-3 pm

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



Laurie Rokakis 333-6664

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

with seniors at the center or in the community. **Due to her very busy schedule, please call to schedule an appointment.**

Email: lrokakis@rrcity.com

Questions about Medicare Benefits and Health Insurance? Schedule an appointment with Ohio Senior Health Insurance Information (OSHIIP) Specialist Jim Lanagan.



◆ FREE FRESH PRODUCE **FREE**
Tuesday, December 11 **10:30-12 pm**

The Greater Cleveland Food Bank is now providing free fruits and vegetables for seniors making \$2,000 or less a month. No proof of income is required but please bring an ID. The food bank distributes the produce at the **Adult Activity Center, 20120 Detroit Rd., Rocky River**, on the second Tuesday of the month between 10:30 am and noon. Call the senior center, 333-6665, if transportation is needed. Space is limited. Call Lori at 216-931-7390 with questions.

◆ BIG PHARMA: PULLING BACK THE CURTAIN ON THE BUSINESS OF HEALTHCARE **FREE**
Wednesdays, January 9– Feb. 27 **1 pm**

In this program we will pull back the curtain and expose how Big Pharma as well as other medical providers use fear and hyperbole to promote their drugs and a myriad of treatments. What our five years of research uncovered will amaze you! Topics include: Conflicts of interest, deceptive articles in prestigious medical journals, "me too" drugs, fear based media commercials, drugs in search of an illness, drug promotion meetings disguised as continuing education programs, minimizing reports of drug adverse events, manipulating doctors with gifts to promote drugs. We will examine how too many drugs, body scans and over diagnoses can actually cause more harm than good. Presenter: *Mary Kolk, researcher & author*

Languages

● INTERMEDIATE FRENCH FOR THE TRAVELER **8 Weeks**
Wednesdays, January 9– February 27 **9 am**
\$48 Residents; \$52 Non-residents; pay by 1/7

Learn the basics of French vocabulary most useful for travelers: directions, introductions, numbers & time, travel, hotels, restaurants, shops and tourist attractions. Previous exposure to French suggested. Instructor: *Susan Hildebrandt; Susan is a retired teacher and bilingual tour guide.*

● ADVANCED FRENCH FOR THE TRAVELER **8 Weeks**
Wednesdays, January 9– February 27 **10:30 am**
\$48 Residents; \$52 Non-residents; pay by 1/7

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

Support Group

◆ GRIEF SUPPORT GROUP **FREE**
Thursdays, 1/31, 2/28, 3/28, 4/25, 5/30 **1:30 pm**

Getting emotional support after a loved one dies is important. Mary Ellen Jordan, a licensed independent social worker and bereavement coordinator with Hospice of the Western Reserve, will bring her expertise to the senior center with support group sessions beginning in November. Ms. Jordan has provided individual and group grief counseling as well as crisis intervention in the hospice community for over 15 years. Each of these five sessions will focus on a topic relating to the grieving process. Attend one or all based on your particular need.

January 31– Managing Anniversaries

February 28– Depression vs Grief

March 28– Clichés of Grief

April 25– Grief and Travel

May 30– Journaling Through Grief

**no meeting in December. Please call 440-333-6660 to register for one or more sessions. Contact Mary Ellen at 440-414-1737 for additional information.*

Guides for Better Living

The Guides for Better Living returns to Rocky River Senior Center in 2019. This FREE series is sponsored by Rocky River Seniors Council, Inc. and is coordinated by Dottie O'Neill. Q & A session at the end of each presentation. Check your January Quill for topics and dates.

Senior Transportation

Are you a resident who needs transportation? Call **Michelle at 333-6665** to schedule your ride.



Informational Phone Numbers

Rocky River Senior Center	440-333-6660
Rocky River Non-Emergency Fire	440-331-1212
Rocky River Non-Emergency Police	440-331-1234
Benefits Check-Up	1-216-420-6750
Dept. of Senior & Adult Services	1-216-420-6700
Homestead Exemption	1-216-443-7010
Meals on Wheels	440-333-6298
Medicare	1-800-633-4227
Ohio Department of Aging	1-800-422-1976
OSHIIP	1-800-686-1578
(Ohio Senior Health Insurance Information Program)	
Rocky River Assistance	1-216-556-5887
Rocky River Senior Transportation	440-333-6665
Social Security Administration	1-800-772-1213
Veteran's Administration	1-877-222-8387
WRAAA	1-216-621-0303

(Western Reserve Area Agency on Aging)

Eric Dull, BFA**New Instructor!**

- ◆ **HOLIDAY PAINTING WORKSHOP** 1 Session
Tuesday, December 11 9 am– 3 pm
\$25 residents, \$30 non-residents; pay by 12/7

Get in the Holiday Spirit with a fun day of painting a portrait of Santa Claus. Eric Dull will show you how he creates portraits in watercolor using Old Saint Nick as a subject. Basic watercolor supplies and 11x14 140 lb cold press paper. *For intermediate to advanced students.*

Suzanne Halstead

- ◆ **CIRCLING IN ON CREATIVITY** 6 Weeks
Tuesdays January 8– February 12 1-2:30 pm
\$45 residents, \$50 non-residents; pay by 1/6

This hands on art class will explore creativity by focusing on the Circle. Each week highlights different art mediums and artistic exercises enabling you to explore your creative energies by using mandalas (Sanskrit for sacred circle) as the subject matter. We will reference the many ancient and modern forms of cultural mandalas, and design our own through art activities that develop and enhance personal insights, creativity and mindfulness. Supplies needed: a 9"x12" or 11"x14" sketchbook, heavier paper (70-90 lb wt) 25 or more pages, color markers and color pencils (sets 12-24 each), 2 black Sharpies (fine & ultra fine), pencil and eraser. Please bring to first class.

**Gail Felix, M.A. Certified Art Instructor**

- ◆ **BACK TO BASICS PENCIL DRAWING II** 8 Weeks
Fridays, January 11– March 1 1-3 pm
\$45 residents, \$50 non-residents; pay by 1/9

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

Felicia Zavarella Stadelman

- ◆ **THROUGH THE EYES OF THE ARTIST** \$5 per lecture
Wednesdays 11 am– 12 pm

"Through the Eyes of the Artist" is an artistic biography lecture series created by *Felicia Zavarella Stadelman*. The series offers an exclusive view into the remarkable lives and times of our favorite artists. You'll have the opportunity to learn about artists you may not know now, but will never forget. Each presentation is enhanced with music, print and images to help tell the artist's story. Handouts include an overview of the artist and a notecard memento.

Dec. 12- Norman Rockwell Not the image he presents in his pictures, but his much more complex life filled with twists and turns. Few people really know very much about the man who tells stories in his paintings.



January 23- Salvador Dali Known as a flamboyant Spanish painter famous for putting his dreams and nightmares into realistic paintings. He lived life like an animated Dali painting, explaining, "The only difference between Dali and a crazy man is that Dali is not crazy."

**Eric Dull, BFA****New Instructor!**

- ◆ **NATURE IN WATERCOLOR 6 Weeks 10 am-12**
Mondays, January 7– Feb. 25 (omit 1/21, 2/18)
\$45 residents, \$50 non-residents, pay by 1/3

Explore painting birds, animals and landscapes with artist Eric Dull. This class will be for all levels. Eric will guide beginners through the use of watercolors through live demonstrations and individual instruction of basic techniques and how to apply them to paintings. More advanced students will get a chance to brush up on their basic skills and expand them with more challenging subjects. Supply list available.

- ◆ **PEN & INK** 6 Weeks
Wednesdays, January 9– Feb. 13 10 am– 12 pm
\$45 residents, \$50 non-residents, pay by 1/7

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

Judy Montgomery, Certified Zentangle® Teacher

- ◆ **BEGINNING ZENTANGLE® ART** 6 Weeks
Mondays, January 7– Feb. 25 (omit 1/21, 2/18) 9:30 - 11:30 am
\$36 residents, \$40 non-residents; pay by 1/3

If you've ever doodled during a meeting, you'll love Zentangle®. You will be amazed at what you can create. Anyone can be successful! Optional supplies available for a small fee, payable to the instructor.

- ◆ **MORE ZENTANGLE® ART** 6 Weeks
Wednesdays, January 9– February 13 9:30 -11:30 am
\$42 residents, \$47 non-residents; pay by 1/7

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

Pat Sigmier, Ohio Watercolor Society

- ◆ **WATERCOLOR PAINTING** 6 Weeks
Mondays, January 7– Feb. 25 (omit 1/21, 2/18) 1-3 pm
\$45 residents, \$50 non-residents; pay by 1/3

Watercolor instruction for all skill levels. Instructor *Pat Sigmier* is an art instructor who teaches at the Beck Center. Supply list available. *Class limit 20.*

Clela Neale, Watercolor Artist

- ◆ **EXPLORE WATERCOLOR** 1 Session each
Friday, December 7 10 am to 12 pm
Friday, December 14 10 am to 12 pm
Friday, January 11 10 am to 12 pm
Friday, January 18 10 am to 12 pm
Friday, January 25 10 am to 12 pm
\$11 residents, \$12 non-residents; pay one week ahead



Learn to paint watercolor by following a step-by-step demonstration by watercolor artist *Clela Neale*. Great for both beginners and experienced students. Supply list available at registration.

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



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

- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks
Tuesday, January 8– February 26 12 pm
\$24 residents, \$29 non-residents; pay by 1/4
- ◆ **WEIGHTS WORKOUT for BUILDING BONE STRENGTH** 8 Wks
Wednesday, January 2– February 20 3:20 pm
\$24 residents, \$29 non-residents; pay by 12/31
- ◆ **CHAIR EXERCISE (Especially beneficial for arthritis)** 8 Wks
Wednesday, January 2– February 20 1:30-2:30 pm
\$34 residents, \$39 non-residents; pay by 12/31

A proper balance of exercise can relieve stiffness and maintain or improve muscle strength and joint mobility. This program includes range of motion, flexibility, strength and endurance exercises and relaxation techniques.

- ◆ **SUN-STYLE TAI CHI** 8 Weeks
Wednesday, January 2– Feb. 20 2:40-3:10 pm
\$24 residents, \$29 non-residents; pay by 12/31



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

- ◆ **FALLPROOF** 8 Weeks
Mondays, January 7– March 11 (omit 1/21, 2/18) 1– 2 pm
\$34 residents, \$39 non-residents; pay by 1/3

A comprehensive balance and mobility training program. Activities are specifically designed to address the multiple dimensions that contribute to balance and mobility. (pay as you go option on 12/10, 12/17 only; \$5 residents, \$6 non-residents)

NEW DAY AND NEW TIME ADDED!

Thursdays, January 3– February 21 10:30-11:30 am

A holiday miracle would be still fitting into my clothes after the holidays!



Tai Chi with Mike Stadul

- ◆ **BALANCE TAI CHI** 8 Weeks
Wednesday, January 9– February 27 9:15 am
\$40 residents, \$45 non-residents; pay by 1/7

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

- ◆ **TAI CHI** 8 Weeks
Wednesday, January 9– February 27 10:30 am
\$40 residents, \$45 non-residents; pay by 1/7

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

Drop-in Fitness & Silver Sneakers; \$4 Pay As You Go

- ◆ **Monday (omit 12/17, 12/24, 12/31)**
ZUMBA GOLD with Leslie Jones 9 am
LINE DANCING with Leslie Jones 10 am
- ◆ **Tuesday (omit 12/25, 1/1)**
CHAIR YOGA/ SS with Ann Stefancin* 9 am
GET FIT with Leslie Jones (omit 12/18) 10:15 am
COUNTRY LINE DANCE with Leslie Jones (omit 12/18) 1 pm
- ◆ **Wednesday (omit 12/19, 12/26, 1/2)**
ZUMBA GOLD with Leslie Jones 1:15 pm
- ◆ **Thursday**
FIT FOR LIFE/SS with Vicki Yannie* 9 am
CHAIR YOGA/ SS with Ann Marie Barta* 1:15 pm
CHAIR VOLLEYBALL with Toni (omit 12/6) 1:15 pm
- ◆ **Friday**
YOGA/ SS with Josh Holder 9:30 am



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



Chair Volleyball with Toni Now Weekly!

- ◆ **CHAIR VOLLEYBALL (omit 12/6, 12/27)**
Thursdays, December 13, 20 1:15-2:15 pm
\$1 pay as you go

Chair Volleyball is a game which has all the rules of competitive volleyball except it is played on a smaller scale. The white leather volleyball is replaced by a beach ball and the strictest rule is to never, ever let your backside leave that seat! Facilitator: *Toni Holtzhauser*

Coming in January, additional play with area senior centers!

Due to the wild popularity of this activity, other senior centers are joining in. Look for details in the January Quill!



Dance Classes with Leslie Jones

- ◆ **TAP DANCE: BEGINNER** 8 Weeks
Monday, Nov. 26– Feb. 11 (omit 12/17, 12/24, 12/31, 1/21) 2:30 pm
\$40 residents, \$45 non-residents; pay by 11/21
- ◆ **TAP DANCE: ADVANCED BEGINNER** 8 Weeks
Tuesday, Nov. 27– Feb. 5 (omit 12/18, 12/25, 1/1) 3:15 pm
\$40 residents, \$45 non-residents; pay by 11/23
- ◆ **TAP DANCE: INTERMEDIATE** 8 Weeks
Monday, Nov. 26– Feb. 11 (omit 12/17, 12/24, 12/31, 1/21) 1:15 pm
\$40 residents, \$45 non-residents; pay by 11/21
- ◆ **TAP DANCE: ADVANCED** 8 Weeks
Tuesday, Nov. 27– Feb. 5 (omit 12/18, 12/25, 1/1) 2:15 pm
\$40 residents, \$45 non-residents; pay by 11/23
- ◆ **BEGINNER CLOGGING** 8 Weeks
Wednesday, Nov. 28– Feb. 6 (omit 12/19, 12/26, 1/2) 3:15 pm
\$40 residents, \$45 non-residents; pay by 11/26
- ◆ **CLOGGING: INTERMEDIATE** 8 Weeks
Wednesday, Nov. 28– Feb. 6 (omit 12/19, 12/26, 1/2) 2:15 pm
\$40 residents, \$45 non-residents; pay by 11/26

October Volunteer of the Month

Linda Gulden is our October Volunteer of the Month. She has volunteered on Fridays providing tableside service for the Deli Lunch Program. She also sings in St Bernadette's Choir.

Linda was raised in Bay Village on the west side of Cleveland and could walk from her house to Huntington Beach. She has 2 brothers who live out of state. Linda has been happily married to her husband, Colman, for 48 years. They have two children, a daughter Lisa who has two boys ages 14 and 12, and a son Brian who lives in Denver and is not yet married.

Prior to retiring, Linda worked as a front desk clerk at Rocky River Rec. Dept. She was also a sales associate at Sears working in the Women's and Children's Departments.

Linda enjoys reading, watching TV and ballroom dancing with her husband. She especially enjoys taking clogging and tap dance classes at the senior center!

We don't think we have ever seen Linda without a smile on her face. Linda says she has always enjoyed her friendships and interacting with people. She loves to bring joy to others, especially those who may be lonely or sad.

Linda, we think you do a terrific job of lighting up the room with your radiant, upbeat attitude. We are so fortunate to have you volunteer at RRSC!



November Volunteer of the Month

Dennis and Dee Rundle are our November Volunteers of the Month. Dennis recently retired from the family heating and cooling business in which he worked 46 years!

You will remember Dennis and Dee from their Singing Hands performances. Dee always wanted to learn sign language and put it together with music to create a beautiful show about 20 years ago. Dennis joined her three years later. They never charge for performances and the multi-talented Dee sews all their costumes. This year, both Dennis and Dee participated in the Play Readers Halloween Show.

Dennis and Dee have been happily married for 45 years. They met at Dee's sister's wedding and Dennis proposed just 37 days later! Dee enjoys crafting doll house miniatures and sewing. She also loves taking classes at RRSC including Leslie's Tap Dance classes, and singing with Leigh Eastman. Prior to retirement, Dee worked at Bankruptcy Court.

This enthusiastic couple has nothing but praise for RRSC. Dennis stated that once he retired, every day was a Saturday. He was looking for something meaningful to do. The couple enjoys getting out of the house and claims that Rocky River Senior Center is their "home away from home". They feel welcome and happy at RRSC and think the staff and volunteers to an amazing job.

We think you do an amazing job too, Dennis and Dee! Thank you for sharing your talents with Rocky River Senior Center.



December Volunteer of the Month

Mike Simpson is our December Volunteer of the Month. Mike is most often seen at our special events passing out programs for the shows in the auditorium. He has been volunteering at RRSC for about 3 years. He requested time off from his job for the first time in 32 years to pass out programs at the Talent Show!

Mike has worked at Nature's Bin and Giant Eagle. A dedicated employee, he is not ready to retire yet. He has learned many things from his job, one of the most important— being in a supportive role is very important. Mike also worked for the Cleveland Indians for 9 years. It was in this job he learned how to "read" people and not make assumptions about people and their behavior.

Mike is a 1982 graduate from RRHS and proudly continues to support the Pirates and his community. He enjoys watching movies, TV, sporting events and hanging out with his church friends. Right now, he hasn't much time for that since the holidays are a busy time for the grocery business.

When asked why he volunteers, Mike responded that he enjoys it. He is a people person and loves being with people. We think that is obvious because Mike shares a big smile with everyone he meets. He states that giving a smile is the biggest thing you can give someone. Mike also says he has a few disabilities. He has had several eye surgeries and went 6 years with no vision. He can see a bit now though he is considered legally blind. He reminds us that he is not "handicapped" but a person, with a few disabilities. *Thank you Mike for sharing your positive outlook and contagious smile at RRSC.*



Volunteer Opportunities

Volunteers are a valued part of our team here at Rocky River Senior Center. Whether you are introverted or extroverted, prefer center stage or behind the scenes, we could use your help. Some positions are ongoing, some are occasional. What type of volunteering do you have time for? Let us match you with a position that you will enjoy!

The **Gift Shop** is in need of volunteers. Should enjoy interacting with customers and work a simple cash register.

New Position! Lunch Buddy We are looking for friendly people to welcome newcomers to the senior center to eat lunch and attend the movie with them once a month.

The **AARP Tax-Aide Program** provides free tax-filing help to those who need it most. The Program is looking for compassionate and friendly individuals to join our volunteer team this upcoming season. No background in accounting or law is necessary. The Program provides the training and support to help you learn new skills, and you'll get a great feeling from helping someone else. *You can apply at aarpfoundation.org/taxaide or call Ernie Demanelis at 440-333-6072.*



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

A special "Thank You" to those listed below for their donations made to Rocky River Senior Center and Rocky River Seniors Council, Inc. in 2018. Your generosity and support are sincerely appreciated.

