



# THE SILVER PEN

August 2021

## Check Out Our New Look!

If you haven't seen our new look, stop up and say Hi! We are excited to now have brand new energy efficient lighting in the Senior Great Room, new carpeting and fresh paint in our Senior Activity Room and a beautifully remodeled Senior Registration Desk! All of these programs were paid for by a grant that Kathy Sazima was awarded in 2019. Due to Covid all projects were put on hold until May 2021. Sheena Wright, the new Senior Services Coordinator, was able to get the necessary quotes, book the contractors and complete the projects. In addition to the updates made in the Senior Center, we also have a brand new van (also provided to us from a grant!) driving along the streets of Strongsville.

**LOOK!**

### Coming Soon!

We are excited to continue to bring more programs and activities back to the Senior Center. Watch for more information to come!

**Table Tennis/Billiards** - Back in August!

**Creative Crafters** - Back in August!

**In Person Medicare Counseling**- Back in August!

**Express Circuit**- Back in September!

**Trips with JKL and Great Day Tours**- Coming in October!

### Line Dancing Is Back!

**Tuesdays (beginning 8/3) 10:00-11:00am**

Come boot, scoot and boogie with our line dance instructor Mary Harwood. She'll teach you the newest steps and help you brush up on your old ones.

Members \$20 Month

\$6 Member, \$7 Resident, \$8 Non-Resident Drop-In

### Dinner on the Go!



Looking for a homemade dinner option to enjoy over the weekend, we have a solution for you! Every Friday the Strongsville Senior Kitchen will be offering a "Dinner on the Go". All dinners must be ordered and paid for by Wednesday and can be picked up Friday. Check out the August menu!

**August 6<sup>th</sup>**- Meatloaf & Mashed Potatoes

**August 13<sup>th</sup>**- Chicken Paprikash & Spaetzle

**August 20<sup>th</sup>**- Roast Pork & Stuffing

**August 27<sup>th</sup>**-Roasted Chicken & Parslied Potatoes

### Movie Club



**Thursday, August 5<sup>th</sup> & 19<sup>th</sup> 12:30pm**

**\$3/Movie**

Do you enjoy watching movies? If so, come to our Movie Matinee, as we show recent releases here at the Senior Center. We will have two movies each month, with popcorn and a beverage. Sign up for one or both!

#### **August 5<sup>th</sup>- "About Hope"**

A man who has been searching for his true love his whole life finally meets "Mrs. Right", a friend of the family with a wonderful young daughter. But when a wealthy and beautiful woman offers him a glimpse into a extravagant lifestyle (If only he'll give up his morals in return) his family and his faith will guide him to learn that it's not only true love that makes us whole. **1Hr 31Mins**

#### **August 19<sup>th</sup>- "Six Minutes to Midnight"**

In the summer of 1939, influential families in Nazi Germany have sent their daughters to a finishing school in an English seaside town to learn the language and be ambassadors for a future looking National Socialist. A teacher there sees what is coming and is trying to raise the alarm. But the authorities believe he is the problem. **1Hr 39 Mins**



### The Senior Center will be closed

August 30<sup>th</sup>, 31<sup>st</sup> & September 1<sup>st</sup> for annual maintenance and September 6<sup>th</sup> in observance of Labor Day.

### Watercolor Painting

**Thursdays & Fridays 9:30-11:30am**

Whether you have been an artist for years or just looking for a new hobby, our watercolor class is open to all levels! Judi will instruct you on how to learn new skills or brush up on your current ones. Students provide own materials; list available at Senior Front Desk.

**Thursday 9:30-11:30am \$18/Month\***

**Friday 9:30-11:30am \$18/Month\***

#### **Drop-In:**

\$10 Member, \$11 Resident \$12 Non-Resident

\*No class 8/5, 8/6, 8/12 & 8/13

### Meditation Group

**Wednesdays 10:30am**

Join our mediation group! Meditation has been proven to reverse memory loss and strengthen your memory, lower blood pressure, help with chronic pain, depression, anxiety, and decrease stress. Our meditation group will teach you new ways to meditate. Time will be used to meditate together as a group. A special thanks to Kemper House for facilitating this group!

| <b>Fees:</b>             | <b>Monthly</b> | <b>Drop-In Fee</b> |
|--------------------------|----------------|--------------------|
| Members                  | August \$12    | \$4                |
| Non-Member/Residents     |                | \$5                |
| Non-Member/Non-Residents |                | \$6                |

### Support Groups

For more information about the support groups offered or to register please call the Senior Center at 440-580-3275.

#### Memory Loss Support Group

Wednesday, August 4<sup>th</sup> 9:15am Free

#### Strongsville Low Vision Support Group

Tuesday, August 24<sup>th</sup> 1:00pm Free

### Simple Stretches for Healthy Aging

**Thursday, September 23<sup>rd</sup> 10:00am**

Stretching should be a vital part of your daily routine. Stretching wakes up your muscles, promotes optimal blood flow, lowers stress, eases pain, and helps you sleep better. Join Jennifer from Kemper House and learn some simple stretches that you can start doing today! **Registration required. Free for members.**

### Drop in Programs for the Month of August

You are now able to drop into many of our classes. Although, paying monthly, and in advance will offer you our lowest rates, we do recognize this might not always work for you due to appointments, vacations, etc. The following classes will be offered with daily drop-in fees for members, residents and non-residents:

If dropping in, please remember to give yourself enough time, as we will be checking in multiple classes. Regardless of monthly registrations or drop ins, everyone must check in at the front desk.

#### Asian Exercise- \$20/ Month

\$6 Member, \$7 Resident \$8 Non-Resident Drop-in

#### Cardio Fit- \$12/Month

\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

#### Functional Training- \$12/Month

\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

#### Open Woodshop- \$12/Month

\$4 Member, \$5 Resident \$6 Non-Resident Drop-in

#### Rhythm & Movement- \$16/Month

\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

#### Yoga- \$16/Month

\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

### Foods for a Healthy Mind

**Friday, September 10<sup>th</sup> 10:00am**

Did you know that food affects your mood? There is truth in the saying, "you are what you eat." We feel better when we eat better. Join Jennifer from Kemper House and learn which foods are good for your gut, your mind, and your mood. **Registration required. Free for members.**

### Rhythm and Movement

**Wednesdays 10:00-11:00am**

This class includes simple moves and steps using a variety of rhythmic music. Move at your own pace, while using a full range of motion; all set to motivating and energizing music.

**Instructor: Betty Lekan**

| <b>Fees:</b>             | <b>Monthly</b> | <b>Drop-In Fee</b> |
|--------------------------|----------------|--------------------|
| Members                  | August \$16    | \$5                |
| Non-Member/Residents     |                | \$6                |
| Non-Member/Non-Residents |                | \$7                |