



THE SILVER PEN

-Special Edition-

July 2021

Welcome Back (Again)!

With more restrictions getting lifted, the Strongsville Senior Center has brought back some more of our favorite programs. You can now join us for card games, Mah Jongg, and Bunco to name a few. Please remember if you are planning to attend any program, it is strongly encouraged to call ahead of time to make sure your membership is current and add your name to the program roster. Our registration process is a bit different and you are now asked to stop in at the Front Desk where we will check you in. If you are not a member, you are still invited to join in the fun, but will be required to pay a daily drop-in fee of \$3/Residents, \$5/Non-Residents. We look forward to introducing new programs in the near future and ask for your patience as we work on rolling out programs.

Games are Back!

Come and join us for one of our many games in the Great Room! Cards and board games are great ways to meet new friends and exercise your brain! Call the Senior Center with any questions or stop by and visit us!

Mondays	Bridge	12:30pm
Tuesdays	Pinochle	12:15pm
	Rummikub/Dominoes	1:00pm
Wednesdays	Mah Jongg	12:00pm
Thursdays	Bunco	9:30am
	Open Play	12:30pm
Fridays	Open Play	12:30pm

Movie Club

Thursday, July 1st & 15th 12:30pm \$3/Movie

Do you enjoy watching movies? If so, join our new monthly movie club! When registering, you will be signing up for both movies. Each movie day will include movie and snacks. We will be practicing all social distance guidelines. Your \$3 fee covers your snacks. Come out and join us, we would love to see you!

July 1st- "The Courier" In this true-life Cold War spy thriller, unassuming British businessman Greville Wynne (Benedict Cumberbatch) becomes entangled in one of the greatest international conflicts in history. Recruited by MI6 and a CIA operative (Rachel Brosnahan), Wynne forms a covert partnership with Soviet officer Oleg Penkovsky (Merab Ninidze), and both men risk everything in a danger-fraught race against time to provide the intelligence needed to prevent nuclear confrontation and end the Cuban Missile Crisis.

1Hr 52Mins

July 15th- "Land" The poignant story of one woman's search for meaning in the vast and harsh American wilderness. Edee (Wright), in the aftermath of an unfathomable event, finds herself unable to stay connected to the world she once knew and in the face of that uncertainty, retreats to the magnificent, but unforgiving, wilds of the Rockies. After a local hunter (Demián Bichir) brings her back from the brink of death, she must find a way to live again. **1Hr 43 Mins**



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 July menu!

July 2nd- Salisbury Steak & Noodles

July 9th- Stuffed Pepper & Mashed Potatoes

July 16th- Ribs & Parslied Potatoes

July 23rd - Potato Crusted Cod & Rice

July 30th - Breaded Chicken & Mashed Potatoes

Order for the whole month and get \$5 off!
(All five dinners must be ordered and paid together)

The Senior Center will be closed

August 30th, 31st & September 1st for annual maintenance and September 6th 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 \$45/Month

Friday 9:30-11:30am \$45/Month

Drop-In:

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

The Wood Carvers

Tuesdays 1:00-3:00pm Free

Are you looking for a new hobby? Join this group of men and women and learn the artistry and craftsmanship of wood carving. Reservation required. Free for members. Instructors: Dave Hoelter

Participants pay for own tools and materials

Memory Loss Support Group

Wednesday, July 7th 9:15am Free

Are you looking for support when dealing with memory loss? This group is open to caregivers of individuals with dementia or Alzheimer's disease, spouses, family members, or friends. Jennifer Nance from Kemper House will be running this helpful monthly support group, all are welcome to join with any questions they may have or come to learn more about the disease. If you are caring for, or know someone with dementia, this support group is for you. **Registration is required**

Scattergories Fun

Wednesday, July 21st 10am Free



Scattergories is a fun game of words and categories. Players roll the letter die, flip the sand timer, and come up with answers to each category on the category list. Score points for writing down answers that no one else did. The more creative the answers, the more points scored! Free for members.

Join Tammy from Westwood Place Senior Living as she leads this monthly fun interactive game. Winner will receive a special prize! Registration is free, but required.

Drop in Programs for the Month of July

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 starting July 1st:

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/(Mon & Wed) \$15/ (Friday) Month

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

Functional Training- \$12/(Mon & Wed) \$15/

(Friday) Month \$5 Member, \$6 Resident \$7 Non-

Resident Drop-in

Open Woodshop- \$12/(Wed) \$15/ (Thurs & Friday)

Month \$4 Member, \$5 Resident \$6 Non-Resident

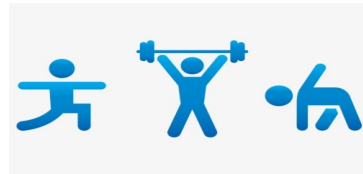
Drop-in

Rhythm & Movement- \$16/Month

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

Yoga- \$16/(Tues.) \$20/ (Thurs.) Month

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



Strongsville Low Vision Support Group

Tuesday, July 27, 2021 1:00p.m. Free

Meeting by telephone conference and in person

Our July meeting topic will be "Travel Without Trouble". We will be sharing tips and tricks for traveling safely and comfortably with vision loss.

To join the call: Dial (701) 802-5235

Enter the following access code when prompted dial: 6529635

To join in person:

Call the Senior Center at 440-580-3275 to register

For details on how to call in to the teleconference contact strongsvillevsg@yahoo.com or call the Strongsville Senior Center. If you have difficulty dialing the phone due to vision loss, we can arrange to call you and connect you to the meeting.