



# THE SILVER PEN

November 2021

## **LOOK! inside for:**

♦ **Scattergories Fun**

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### **Thanksgiving Lunch**

**Thursday, November 18<sup>th</sup> 11:30am \$6.50**



What's Thanksgiving without Missy and Mira's famous Thanksgiving dinner? We will once again be celebrating an early Thanksgiving lunch with all the trimmings at a drive-by event on Thursday, November 18<sup>th</sup> from 11:30am-1:00pm. Registration is required by November 12<sup>th</sup>. Luncheon sponsor- Altenheim Senior Living and Dessert sponsor -Westwood Senior Living.



### **Rotary Christmas Lunch**

**Friday, December 3<sup>rd</sup> 11am Free**  
(Doors open at 10:30am)

The Annual Strongsville Rotary Christmas Lunch is almost here. As always, the afternoon will be filled with holiday fun including entertainment from the Mustang Express and fellowship of the Strongsville Rotary members. Registration ends November 30<sup>th</sup>. Call the Senior Registration Desk at 440-580-3275 to register. Thank you to the Strongsville Rotary Club for their continuous generosity!

### **Soup Season**

As Fall rolls in and the air gets crisp, it's the perfect time to warm up with a delicious bowl of homemade soup. In the month of November our Kitchen will be offering all those who buy our homemade soup at least 4 times, a free container of soup to redeem in the month of December!

All soups are \$6 and come in a 32oz container. Our soup menu changes weekly, and comes out every Thursday for the following week.

This offer is eligible for those ordering and picking up soup at the Strongsville Senior Center.

### **Mark your Calendar**

The Senior Center will be closed

#### **November**

2<sup>nd</sup>-Election Day

25<sup>th</sup> & 26<sup>th</sup>- Thanksgiving Holiday

### **Veterans Lunch**

**Wednesday, November 3<sup>rd</sup> 11:30am-1:00pm**

The Senior Center salutes all the men and women that have served our country, and we thank you for your service. We will recognize our Veterans, with a special drive-by luncheon. This drive-by luncheon is free to Veterans who are either members of the Ehrnfelt Senior Center or Strongsville Residents, but registration is required by October 28<sup>th</sup>. Drive-by on November 3<sup>rd</sup>, from 11:30am - 1:00pm. Special thanks to our luncheon sponsor - Jardine Funeral Home & our dessert sponsor - Dispatch Health

**Fees:** Veterans

Free\*

Non-Veterans

\$6.50

\*Free to Veterans who are either members of the Ehrnfelt Senior Center or Strongsville Residents, but registration is required by October 28<sup>th</sup>.

### **Silver Mustang Holiday Event**

**Thursday, December 9<sup>th</sup> 9:30-11:30am Free**

It's the most wonderful time of the year and we want to spend it with our Silver Mustangs! 'Tis the season for sweets, so join us for a donut with coffee, tea and hot chocolate, along with holiday music, door prizes in more!

This year the event will run a little different but still be just as much fun. Anyone who signs up will choose a time slot. All tickets are **free to Senior Center Silver Mustang Members** but registration and an assigned time slot is required. Tickets will be available November 8<sup>th</sup> - December 3<sup>rd</sup>.

#### **Time slots will be-**

9:30am, 10:00am, 10:30am, 11:00am, 11:30am



# Information YOU Can USE!

## FREE

Erica Skerl, Attorney - monthly  
Tuesday, November 9<sup>th</sup> 9:20-11:00am



Sam Butcher, Attorney- monthly  
Friday, November 19<sup>th</sup>-10:00-11:20am

OSHIIP Volunteer Medicare Counseling  
Various Dates 9:15am-1:00pm

Outreach Services - Questions regarding  
Medicare information, in home services, senior  
housing options.

Sheena Wright, Gerontologist.

***Appointments necessary - call 440-580-3275***

### Senior Wheels

Senior Wheels is a transportation collaboration between the cities of Strongsville and Berea. If you are a Strongsville resident and 60+ years old or a disabled adult and need transportation, please call the Senior Wheels Call Center at 440-826-0800 to schedule your ride. Please note that you must have a completed registration form on file before scheduling your trip. Need more information, please call 440-580-3275 and ask for Sheena.

### Residential Home Lock Box Program

The Strongsville Fire Department participates in a voluntary home lock box program that allows emergency responders to get into a house quickly. Lock boxes can save time and damage to property when emergency crews respond to an alarm or medical emergency in which a resident isn't home or can't get to the door.

If interested, contact the Strongsville Fire Prevention Office at (440) 580-3225 where they will instruct you on purchasing a lock box and schedule a time to come to your home and set up a code. During an emergency call, dispatchers can relay the information to the emergency personnel who are responding. They can instantly access your entry keys and open your door without damaging property.

Lock boxes are available for sale at the Senior Center. If you have questions, call the Strongsville Fire Department at (440) 580-3225.

### Benefits Check-Up

**Thursday, October 28<sup>th</sup> 9:30am-12pm**

The Department of Senior and Adult Services will be here to help you apply for various benefits. Find out if you are eligible for different money saving programs including SNAP (Supplementary Nutrition Assistance Program), HEAP, Ohio Best Rx, Medicare, Medicaid, and more. **Appointments are required.** Bring proof of income, state ID and any current bills. Call the Senior Center at 440-580-3275 to schedule an appointment time.



### Cuyahoga County Community Social Services Program Grant

We are reimbursed if you are a grant member and at the Senior Center, playing games, volunteering, working in the craft room and more! Below are some activities that are offered at no cost only to those registered for the grant program. SMILE, Functional Training, Express Circuit, Wii Bowling, Better Balance, Senior Wheels Transportation and more! Just look for the county symbol to identify which programs are included. At this time we are not taking new enrollees.



**Strongsville Senior Center  
18100 Royalton Road  
440-580-3275**

### Hours

**Monday - Friday 9am - 5pm**

***"The Main Entrance to a Long and Healthy Life"***

### Informational Phone Numbers

Ehrnfelt Senior Center	440-580-3275
Strongsville Non-Emergency Fire	440-580-3210
Strongsville Non-Emergency Police	440-580-3230
Strongsville Food Bank	440-580-3280
Strongsville Community Action Line	440-580-3100
Dept. of Senior & Adult Services	1-216-420-6700
Ohio Department of Aging	1-800-422-1976
Veterans' Administration	1-877-222-8387
Medicare	1-800-633-4227
Meals on Wheels	440-238-3361 ext 173
OSHIIP	1-800-686-1578
<i>(Ohio Senior Health Insurance Information Program)</i>	

# Monthly Highlights!

## Movie Matinee

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, and popcorn and a beverage are included. Sign up for one or both! **Registration is required.**

### Thursday, November 4<sup>th</sup> "A Father's Legacy"

After years of searching for his father, a young man, on the run from the law, finds his way into the life of a secluded old man in the woods. As the days go by and secrets about their past are revealed, they realize they may not have been looking for each other but they were brought together for a reason.

<b>Rated PG</b>	<b>1 Hour 26 Mins</b>
Member	\$3
Non-Member/Resident	\$4
Non-Member/Non-Resident	\$5



## Scattergories Fun

**Monday, November 8<sup>th</sup> 1pm 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!

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.**

## Silver Sneakers is at the Recreation Center!

The Ehrnfelt Recreation Center is now accepting Silver Sneakers. The Silver Sneakers membership at the Ehrnfelt Recreation Center allows you access to the Recreation & Senior Center and gives you member pricing on programs\*. The Silver Sneakers membership does not include member coupons or Silver Mustang only events. The Ehrnfelt Recreation & Senior Center does not offer any Silver Sneaker fitness programs. Sign up for Silver Sneakers in person at the Ehrnfelt Recreation Center. For more information or questions call 440-580-3260.

\*The Ehrnfelt Recreation Center does not offer Silver Sneaker fitness classes

## Drop in Programs for November

Below are the drop in fees for the this upcoming month. 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.

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.

**Watercolor-** \$27/ Month Thursday or Friday \$10 Member, \$11 Resident \$12 Non-Resident Drop-in

**Asian Exercise-** \$25/ Month

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

**Cardio Fit-** \$15/Month (Mondays) \$12/Month (Wednesdays) \$9/Month (Fridays)

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

**Functional Training-** \$15/Month (Mondays) \$12/Month (Wednesdays) \$9/Month (Fridays)  
\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

**Open Woodshop-** \$12/Month (Wednesdays) \$9/Month (Thursdays or Fridays)  
\$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 (Tuesdays) \$12/Month (Thursdays)

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

**Line Dance-** \$20/ Month

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



**Express Circuit-** \$16/Month Tuesdays \$12/month Thursdays

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

**Classical Painting-** \$27/Month Tuesdays or \$18/Month Thursdays

*Join Us*

# Monthly Meetings!

EVENT	MON.	TUES.	WED.	THUR.	
Memory Loss Support Group			9:15		<b>1st Wednesday</b> 
Medicare Counseling		9:15-1:00	Appointment	Required	<b>Nov 9,16,23,30</b> 
Mobile Post Office		12:40-1:00			<b>2nd Tuesday</b>
Low Vision Support Group		1:00			<b>4th Tuesday</b>

**For more information regarding registration & fees, please check the latest issue of the Recreation Bulletin**

## Line Dancing

**Tuesdays 10:00 – 11:00am**

Come boot, scoot and boogie with our line dance instructor, Mary. She'll teach you the newest steps and help you brush up on your old ones. Enjoy exercise, during a morning of fun!

### **Monthly Fees: Members Only**

November \$20

### **Drop-in Fees:**

Members	\$6
Residents/Non-Members	\$7
Non-Residents/Non-Members	\$8



## BINGO

Feeling lucky?! Our BINGO group meets on Fridays, from 12:30 – 3:00pm. It is open to those 60 years old and over. Cards are 25 cents each. Meet new friends and try your luck at our twice weekly Bingo games.

### **No Bingo November 26th**

### **Fees:**

Member	Free
Non-Member/Resident	\$3
Non-Member/Non-Resident	\$5



## Table Tennis/Billiards

**Fridays, 12:30-4:00pm**

If you are looking for some friendly competition or to improve your Table Tennis and/or Billiards skills, come in on Friday afternoons from 12:30-4pm for free play. We will provide all the equipment or bring your own. Come and meet new friends while having fun!

### **No Play November 26th**

### **Fees:**

Member	Free
Non-Member/Resident	\$3
Non-Member/Non-Resident	\$5

## Asian Exercise (Includes Tai Chi)

**Mondays, 9:00am – 10:00am**

These gentle movements can improve balance, naturally boost one's energy, mental focus, and flexibility. There is individualized instruction within the group setting; you progress at your pace and ability. The movements can be tailored to your body type and condition. Good health comes from good circulation. By gently working the range of motion of the joints, the flexibility of the ligaments and surrounding tissues, the body is able to get circulation everywhere it needs to go. Millions of practitioners in the US and China have balanced chronic conditions such as asthma, arthritis, diabetes and fibro-myalgia through practice. This is a drop-in program. No pre-registration required.

**Instructor: Ted Smith**

### **Fees:**

### **Monthly Fees: Members Only**

\$25/ Month

### **Drop-in Fees:**

Members	\$6
Residents/Non-Members	\$7
Non-Residents/Non-Members	\$8






## Yarn Donation

Have you recently done some cleaning and not sure what to do with your unwanted yarn? Look no further, our knitting & crocheting group is asking for your unwanted yarn to make blankets, lap robes and more, all to be donated to those in need. Thanks for your support!





# Fitness - Fun - Fellowship

EVENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
S.M.I.L.E. 	9:15-10:00	11:30-12:15	9:15-10:00	11:30-12:15	9:15-10:00
Functional Training 	10:15-11:00		10:15-11:00		10:15-11:00
Yoga		10:15-11:15		10:30-11:30 1:30-2:30	
Express Circuit 		9:15-10am		9:15-10am	
Cardio Fit 	11:15-12:00		11:15-12:00		11:15-12:00
Bingo 					12:30-3:00
Pinochle 		12:30			
Open Play 				12:30	12:30
Bridge 		12:30			
Better Balance 	10:15-11:00	12:30-1:15	10:15-11:00	12:30-1:15	10:15-11:00
Mah Jongg 			12:00-3:00		
Rhythm & Movement			10:00-11:00		
Bunco 				9:30-11:30	
Meditation Group			10:30		
Woodcarvers 		1:00			
Wii Bowling 		12:00			
Rummikub/Dominos 		1:00			
Open Woodshop			9:30-11:30	9:30-11:30	9:30-11:30
Table Tennis/Billiards 					12:30
Asian Exercise	9:15-10:00				
Classical Painting		1:00-3:30		1:00-3:30	
Watercolor Painting				9:30-11:30	9:30-11:30

**For more information regarding registration & fees, please check the latest issue of the Recreation Bulletin**

## **Puzzle and Book Sale!**

The Senior Center will be having a puzzle and book sale November 8th-12th in the Senior Great Room. All puzzles will be \$1.00, hardback books \$1 and paperback books .50. All proceeds will go towards Senior Activities. Be prepared for those cold days ahead, with a good book or a challenging puzzle.

Have books and puzzles (no missing pieces) cluttering up your house? Drop them off at the Senior Center between 9am-5pm before November 3rd to add to our sale.

Interested in helping with the sale? Call 440-580-3275.

## **Games, Games, Games**

Are you looking to learn a new game or just trying to stay busy while the weather gets cooler? Join us here at the Senior Center for some fun!

**Monday-** Bridge 12:30pm

**Tuesday-** Pinochle 12:30pm &  
Rummikub/Dominos 1:00pm

**Wednesdays-** Pinochle Instruction 9:30am &  
Mah Jongg 12:00pm

**Thursday-** Bunco 9:30am & Open Play 12:30pm

**Friday-** Open Play, Bingo, Table Tennis &  
Billiards 12:30pm



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# Mustangs on the Go!

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We are excited to get our Mustangs back out and about but wanted to make you aware of some changes. We are currently only traveling with JKL Tours and Great Day Tours, so all trips will be on a deluxe motor coach. All Baron buses now utilize Krypton Disinfection Lighting. This UV light technology helps kill virus, bacteria and fungi in occupied spaces. While on the bus ride **masks will be required** and should be carried with you on the trip so you are prepared if an establishment requires it. As always, our goal is to keep everyone safe and healthy, so please if you aren't feeling well, stay home and remember to wash your hands throughout the day while on the trip. Also, please be aware that when registering for a trip, the Senior Center doors now open at 9am. Trips can be registered for in person or by phone, with in person registrations taking priority.

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## The Mansfield Wine & Ale Trail!

**Wednesday, November 10<sup>th</sup> 7:45am-6pm**



Travel with us to Richland County where a growing industry of wineries and vineyards offers a variety of tastes and styles. In addition to wine sampling, we'll have a brief presentation at each of our stops so you'll be able to know what you enjoy the most and where you enjoyed it!

We'll start by visiting The Blueberry Patch Winery, Ohio's premier Blueberry Plantation that added a Winery! We'll sit in Blossom's Café – a cozy space built inside a Greenhouse to enjoy our samples followed by time to visit their gift shop and bakery. Next, we are off to visit The Wishmaker B&B and Winery, where we'll start with wine sampling before lunch. (Meal entrée choices tbd.)

After lunch, our third stop was a Mortuary, before it became the center of attention in downtown Mansfield. The Phoenix Brewing Company will provide two samples of wine along with two samples of beer, as we learn the tale of how this unique space was saved and brought back to life!

We'll complete our day at The Vault Wine Bar of Shelby, Ohio, and in its previous life, it was The Citizen's Bank. Built in 1911, the bank's grand architecture has been lovingly and classically preserved and is as impressive today as it was back then. In addition to wine sampling, we'll enjoy soft pretzels with beer cheese mustard. JKL TOURS will be leading you on this fun trip.

**Fees:** Members \$90      Non-Member/Residents \$92      Non-Member/Non-Residents \$96

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## The Dueling Piano Christmas Party at Windows-on the-River!

**Wednesday, December 15<sup>th</sup> 10:45am-4:30pm**

Kick off your start to the Christmas season with our JKL TOURS Christmas Party at Windows on the River. After a wonderful plated lunch, we'll take in the high-energy fun of The Dueling Piano Christmas Party, provided by Todd and Andy. These two amazing pianists play their pianos (in addition to a trumpet and harmonica) in a fast-paced 90 minutes of fun. These master piano artists take requests and there is lots of audience participation so come ready and prepared to sing along! Plus, we'll have party games including an Ugly Sweater, Most Holiday Spirit and Biggest Grinch - costume contests!



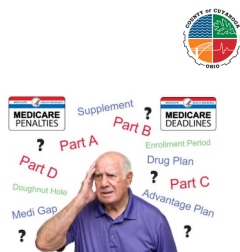
<b>Fees:</b>	<b>Fee</b>
Members	\$84
Non-Member/Residents	\$86
Non-Member/Non-Residents	\$90

## **Medicare Open Enrollment Counseling**

Join an expert from The Ohio Senior Health Insurance Information Program (OSHIIP) as they sit one on one with you and answer all your Medicare questions. See if you qualify for certain Medicare Benefits or just get your questions answered. Please bring a list of your prescriptions and your insurance card to the appointment. Please note, masks are required while meeting in person with a counselor. **Appointment required by calling 440-580-3275.**

### **Available Dates-**

Monday 11/1 - Phone/Zoom  
Tuesday 11/9- in person  
Tuesday 11/16 - in person  
Tuesday 11/23 - in person  
Tuesday 11/30 - in person



## **Senior Yard Charge Leaf Removal** **November 13<sup>th</sup> 9am-12noon**

Fall is coming and Boy Scout Troop 701 are looking to help senior Strongsville residents with all your falling leaves. If you are interested in this free service please call Scott Weeks at 440-334-0856 and leave your name, phone number and address so you can be placed on the list.

## **City of Strongsville Snow Care**

The City of Strongsville is once again providing the Senior driveway snow plowing program.

### **The requirements are:**

Must be 62+ yrs of age & no one younger living in the house. A combined pre-tax income TBD and ownership of property.

### **When you register you must bring with you:**

1. Proof of age: Photo ID (driver's license/state ID)
2. Proof of total pre-tax income per household \$34,000 or less (2020 income tax return required for verification)
3. Proof of Ownership (Property Tax Bill).

**Registration:** Now through November 12th. Any questions please contact Bryan Timko at the Service Department at 440-580-3177.



## **History and Pop Music of the 1960's** **Friday, November 5<sup>th</sup> 10:00am**

Join Dr. Keller, as he returns to the Senior Center to share his knowledge and love of music. The 1960's were full of historical importance and great music. Some of the topics covered in this presentation include the election and subsequent assassination of John F. Kennedy, The Civil Rights Act of 1964 and Voter Rights Act of 1965, the build up to the Vietnam war, the assassination of Martin Luther King, Jr. and Bobby Kennedy, the "Summer of Love," the hippy movement, the Woodstock and Altamont concerts, the British Invasion and other memorable events, trends and music.

Instructor: Dr. Joel S. Keller

### **Fees:**

Members	\$10
Non-Member/Residents	\$12
Non-Member/Non-Residents	\$16

## **Pinochle Instruction** **Every Wednesday 9:30am**



Have you always wanted to learn how to play pinochle but haven't taken the time? Or maybe you once enjoyed the game but need a little refresher. Good news, we will now be offering pinochle instruction. Come meet with Joe, our volunteer instructor, to learn the ins and outs of the game and ask any questions you may have. Please call by Tuesday at 12noon to let us know you will be coming!

## **Express Circuit Training** **Tuesdays & Thursdays 9:15-10:00am**

A perfect mix of cardio and strength techniques to help you gain muscle and cardiovascular endurance. This class will feature different stations for you to obtain a total body workout in just 45 minutes. This program is taught by a Certified Fitness Instructor.

### **Monthly Fees: Members**

Tuesdays	November \$16
Thursdays	November \$12

### **Drop-in Fees:**

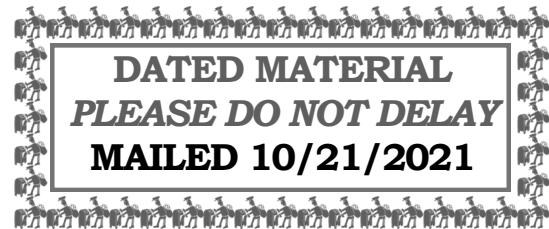
Members	\$5
Residents/Non-Members	\$6
Non-Residents/Non-Members	\$7



**EHRNFELT SENIOR CENTER**  
**BRYAN V. BOGRE, DIRECTOR OF PARKS,**  
**RECREATION AND SENIOR SERVICES**  
**18100 ROYALTON ROAD**  
**STRONGSVILLE, OH 44136-9500**  
**440-580-3275**



**Change Service Requested**



### **November 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". One order will feed you for two dinners and it's only \$10! All dinners must be ordered and paid for by Wednesday and are to be picked up Friday.

No dinner November 26<sup>th</sup>

#### **November Menu:**

November 5th: Cranberry Chicken & Noodles

November 12th: Lasagna

November 19th: Beef Stew



Well for many of you this is your favorite season of the year. The leaves are starting to change and the beautiful colors are starting to come out. Sheena and everyone at the Senior Center are working hard at bringing you great program choices, trips and exercise classes. Not to mention Missy, as always, making some delicious meals. Be sure to read through everything so you know what's coming up.

**Bryan V. Bogre,**  
**Director of Parks, Recreation and Senior Services**

