



Strongsville

e-Newsletter

August 2010

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440.572.3503 (fax)

Senior Center
440.580.3275 (phone)
440.572.3137 (fax)

www.strongsville.org

Important Dates

Mon, Aug 2:

Mon, Aug 9:

Tues, Aug 10:

Mon, Aug 23-Sept 7:

Mon, Aug 23-Wed, Aug 25: Center CLOSED for Annual Maintenance

Member Registration for Fall classes begins

Resident Registration for Fall classes begins

Open Registration for Fall classes begins

Pool CLOSED for Annual Maintenance

Where Does Your Milk Come From?

When we think of milk we think of the kind that comes from a cow.

It can be skim, 1%, 2%, whole and even chocolate. Cow's milk provides us a good amount of protein, calcium, potassium, and vitamin D.

However, not everyone likes cow's milk, nor can everyone tolerate cow's milk.

If you fall into one of those categories you're in luck, there are other milks you can try: soy, nut, rice, oat, hemp, coconut and more. When I say milk, I use that term loosely, as these alternatives are not nutritionally equivalent to milk ~ although, each has something to offer.

Soy milk is made from soybeans. It is produced by soaking dry soybeans, grinding them with water, cooking them, and finally straining the beans. Some soy milks provide as much protein as cow's milk,

often some fiber (dairy milk has none), a range of nutrients (including B vitamins and potassium), and isoflavones (potentially healthful plant compounds). Soy milk is available in vanilla, chocolate, sweetened, unsweetened and lite versions.

Nut milk is often made from ground almonds or hazelnuts, and have very little protein, but are relatively low in calories and provide vitamin E, manganese, magnesium, copper, and other nutrients from nuts.

Rice milk consists mostly of carbohydrates and is low in protein and fat (some have added vegetable oil). Though usually made from brown rice, the "milk" has no fiber and is thin in consistency. Rice milk is naturally sweeter than other nondairy beverages and least likely to cause allergies.

Oat milk is made from oat groats (oats that have been cleaned, toasted, and hulled), and contains about half the protein of cow's milk. Oat bran may be added as a source of fiber. It's slightly sweet with a thin consistency, similar to skim or 1% milk.

Hemp milk is from the seeds of the industrial hemp plant (varieties of *Cannabis sativa* grown for food and textile uses). It supplies protein and omega-3 fats similar to those in flaxseeds, and other healthful unsaturated fats. Unlike the *Cannabis* plant that produces marijuana, foods made from hemp contain only trace amounts, if any, of the psychoactive compound.

Coconut milk is a sweet, milky white cooking base derived from the meat of a mature coconut. The color and rich taste of the milk can be attributed to the high oil content and sugars. Fresh coconut milk has a

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Just Once Piano for Busy

People (Adults & Teens)

In just a few hours you can learn enough about playing piano to give you years of musical enjoyment. For more information visit justonceclasses.com. Please bring in an additional \$29 to the class to cover C.D & workbook to take home.

Ages: 13+ Fees: \$30-40*/class Time: 6:30-9:00pm

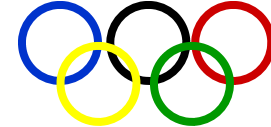
Piano: Thurs, August 12 2407.401

Ways to Shave Calories

***Downsize your dishes.** Use smaller plates and bowls to help you eat less. We tend to fill up the dish we're using and then eat it all. Our brains also think we are getting more when the same amount of food is placed in a smaller dish.

***Don't eat out of a bag or box.** When you eat out of a package, you are likely to keep eating until it's all gone – no matter how many servings the package actually contains. Pour one serving into a small bowl.

Adult and Senior Programs



Ehrnfelt Senior Center 13th Annual Senior Olympics

Olympic events are open to Silver Mustang members, Recreation Center members and Strongsville residents. Events include: Fitness Walk, Bocce Ball, Basketball Throw, 9-Hole Golf (w/Car), Miniature Golf, Softball Throw, Mustang Horseshoes, Billiards, Progressive Pinochle, Swimming, Table Tennis, Darts, Bean Bag Toss, Bowling, Wii Home Run Derby, Wii bowling . . . plus Special Senior Olympic events for the physically challenged. Select events will be offered in the evening.

September 13-24th Registration: August 2-September 3 Ages: 50+ Fee: \$16* (*Add \$10 if registered 9-Hole golf)

Boot Camp for Baby Boomer

Designed for those between the ages of 45 – 60, this class features movements that impact the heart. Weight bearing and resistance exercises are used to increase muscle mass and bone density. Ages: 45+

Mon & Wed, August 2-September 1 (no class 8/23, 8/25) 5:30-6:30pm Fee: \$24-36* Drop-In Fee: \$4-6*

The Affects of Grief

Sometimes understanding and talking about the many changes you experience during the stages of grief can be a helpful. Here is an opportunity to understand how grief changes us and talk about what those changes mean. Join Linda Gregson from The Thomas P. Perciak Family Residential Hospice Facility to hear more about these affects. Registration required.

Mon, August 16 10:00am Free

Young Rembrandts Day Camp

Ancient Castles Camp

We will jump into medieval times as we explore the land of castles, knights and dragons by drawing a variety of characters and items familiar to this time, including: knights in armor, jesters juggling, jousting, catapults and more. No experience necessary. Please pack a snack and drink each day for your student.

Ages: 6 – 12 years Fees: \$120-\$135*

Mon – Fri, August 16-20 9:00am-12noon

Passport to Pastels

Join us as we “explore” different locales and famous artists. We'll recreate famous masterpieces including Edvard Munch's *The Scream*, Vincent Van Gogh's *Harvest at Le Crau* and Claude Monet's *Regatta at Argenteuil*. Each day we'll create at least two 12 x 18 drawing in pastel chalks. No experience necessary. Please pack a snack and drink each day for your student. Wear an old t-shirt or art smock.

Ages: 6-12 years Fees: \$156-\$170*

Mon-Fri, August 16-20 12:30 – 5:00pm



Register for both camps and save (YR Staff will supervise during 1/2 hour break)

Fee: \$240-275*

**The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

Better Bran Muffins

Ingredients

1 1/4 cups flour
1/2 cup soy flour
1 cup bran flake cereal
1/2 cup brown sugar
1 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
2 slightly beaten eggs
2/3 cup soymilk
1/2 cup raisins
1/4 cup soy oil

Preparation

*Spray muffin pan with vegetable cooking spray or line with paper baking cups.

*Stir together all dry ingredients.

*Combine eggs, soymilk and soy oil. Add egg mixture to flour mixture; stir until moistened.

*Fold in raisins.

*Fill 12 cup muffin pan 2/3 full.

*Bake in a 400° F. oven for 15-20 minutes.



1 muffin per serving

*Calories: 134g Fat: 6.7g
Carbs: 26.4g Protein: 4.7g*

www.soyfoodrecipes.com

Aquatics The Aquatic Center is CLOSED August 23-Sept 7

Fall Swim Classes

Fall swim classes begin the week of September 13. Don't miss out! Registration begins August 2 for members!

Lifeguards Needed

Positions are available for lifeguards with current Red Cross Lifeguard Certifications. Pick up an application today at the front desk or contact Robin Meczka at robin.meczka@strongsville.org. Applicants will be water tested in early August.



Sport Programs

Co-Ed Softball League

Registration : July 21-August 21 Ages: 18+

Games: Fridays, Sept 10-Nov 19

Time: 6:30-10:30pm

Team Limit: 24 Fee Per Team: \$165

Cash Forfeit Deposit: \$79 Non-Resident Fee: \$15

Umpire/Scorekeeper Fee: \$30 per team per game

Sunday AM Men's Softball League

Registration : July 21-August 21 Ages: 18+

Games: Sundays, Sept 12-Nov 2 Time: 9am-1pm

Team Limit: 12

Fee Per Team: \$240 Non-Resident Fee: \$15

Cash Forfeit Deposit: \$133

Umpire/Scorekeeper Fee: \$30 per team per game

Head Start Basketball Clinic

Run by former Kent State Basketball star, Mike Klinzing, this co-ed clinic stresses all the FUN-damentals of basketball with individual attention provided to each child.

Grades: 2-7 (last year) Fees: \$35-40

Mon & Tues, August 16-17 1:30-4:30pm



**The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*