



Strongsville

e-Newsletter

July 2010

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Recreation Center
440.580.3260 (phone)
440.572.3503 (fax)

Senior Center
440.580.3275 (phone)
440.572.3137 (fax)

www.strongsville.org

Important Dates

Sun, July 4th: Independence Day, Center CLOSED

Wed, July 21st: CLOSING Early at 5pm due to Homecoming Parade Route

July is Parks & Recreation Month!

July is Park and Recreation Month! Each year since 1985, Americans have celebrated national Park and Recreation Month during the month of July to recognize the importance of parks and recreation in establishing and maintaining the quality of life for, and contributing to the physical, economic and environmental well-being of communities.

Through efforts by the National Recreation and Park Association, the U.S. House of Representatives passed an official resolution for Parks and Recreation Month in 2009. Parks and recreation is an essential part of community health. It positively impacts health, crime prevention, the environment, the community, and the quality of life.

There are many tangible well-researched and quantifiable benefits of having parks and recreation in our communities.



Personal Benefits

- *Physical recreation and fitness activities contribute to a full and meaningful life
- *Balance between work and play
- *Life satisfaction
- *Quality of life
- *Personal development and growth
- *Physical activity reduces the risk of stress-related disease and helps a person live longer

Social Benefits

- *Recreating together builds strong families ~ the foundation of a stronger

community.

- *Reduces crime and delinquency.
- *It gives kids a safe place to go and channel their energy in positive directions.
- *Integrated and accessible recreational services and facilities are critical to the quality of life for people with a disability and disadvantaged individuals.
- *Recreational opportunities, facilities and beauty of the local environment are an essential foundation of community pride.

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*Community recreation enhances ethnic and cultural understanding, harmony and tolerance.

Economic Benefits

*Pay now, or pay more later. Invest in parks and recreation as a preventative health choice.

*Reduces health care costs.

*Recreation, sports and fitness improves work performance, increases productivity, and decreases absenteeism and staff turnover.

*Parks and recreation services help motivate relocation and expansion in our community.

*Parks and recreation facilities are catalysts for tourism.

*Enhanced land and property values.

Environmental Benefits

*Clean water, clean air

*Preserves wildlife

*Reduces pollution

*Protection of the ecosystem

*Provides places to enjoy nature's beauty

*Source of community pride

*Preservation of open space

There are many wonderful benefits and opportunities in parks and recreation. Make sure you take the time to enjoy them whether it's at the Ehrnfelt Recreation & Senior Center, in the Metroparks, at a beach or a ball field.

The opportunities and benefits are endless!

Source:

www.opraonline.org

Coming in August...



Locally grown fruits, vegetables, flowers and more!

Thursdays, August 5 - September 30 3:00-7:00pm

Location: 13213 Pearl Road behind the Communications Building (former library)

Contact Joe DeCarlo for more information at 580-3275



Health Screenings

FREE for all ages, held each month in the Senior Center :

Blood Pressure

3rd Tues, 10:30am-1:00pm

Diabetes Screening

3rd Tues, 10:30-11:30am

Isshinryu Karate

Learn Okinawan Isshinryu Karate! No matter what your age is, we have the right class for you! This is the perfect place and system to learn Isshinryu from the beginning and build a solid foundation for the traditional martial arts. Our advanced classes are designed for those with experience in Isshinryu karate and are designed to perfect technique while teaching more advanced self defense. Please refer to brochure for descriptions of each class.

Sessions: 8

Fees: \$60-80*

No class 8/23 or 8/25

Ages: 4-9 years

KIDDIE KARATE I 4203.493 Mon 7/5-8/30 5:30-6:30pm

KIDDIE KARATE II 4203.494 Mon 5/3-6/28 6:30-7:30pm

KIDDIE KARATE III 4203.497 Mon 7/5-8/30 7:30-8:30pm

KIDDIE KARATE IV 4203.498 Wed 5/5-6/30 5:30-6:30pm

Ages: 10 & Up

ADVANCED KARATE 4204.401 Wed 7/7-9/1 6:30-7:45pm

BEGINNER KARATE 4204.403 Wed 7/7-9/1 8:00-9:00pm

**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.*

Snacks Under 100 Calories

- *1 medium apple
- *1 sheet of graham crackers
- *1 whole cucumbers
- *3 cups light microwave popcorn
- *1 kiwi
- *1/2 cup unsweetened applesauce
- *2 oz. baked potato
- *1/2 cup yogurt
- *1 oz. string cheese
- *12 almonds



Source: www.lhj.com

Dog Obedience

This course will cover heeling/sitting, sit/stay, down/stay, stand/stay and come when called. These commands will help you to bring out the best in your pet.

Pet must be at least 4 months old, proof of vaccination required at first class, and bring a 6 foot leash and choker chain.

Instructor: David Moore of Doo the Dog
Mondays, July 12-August 16

7:00-8:00pm

Fees: \$80-92* (price is per pet)



Adult and Senior Programs

Christmas in July

Ho Ho Ho! Who says that we should only celebrate the most wonderful time of the year once a year! Join us for a fun afternoon with a traditional holiday dinner with all the trimmings, Chinese raffle, pictures with Santa, Christmas bingo and much more! Interested in being part of the Chinese raffle, all you have to do is bring in non-perishable items to be donated to the Strongsville Food Bank. You will receive one raffle ticket for each food item you bring in. Not only will the amount of food you bring in give you a greater chance at winning a prize, it will also help a community member in need! Be sure to participate, after all this is the season of giving! Feliz Navidad!

Tues, July 27 11am Fee: \$5-7* Ages: 50+

50+ Singles Mingle: Lake County Captain's Game

Join us as we travel to Eastlake to watch the Lake Erie Captains (Class A affiliate of the Cleveland Indians) take on the Burlington Bees (Class A affiliate of the Kansas City Royals). Your ticket includes admission to the park and a feed your face wristband good for all the hot dogs, hamburgers, fries, onion rings, popcorn & chips you can eat! Transportation is provided. Tickets are limited so be sure to register today! Ages: 50+ Wed, July 21 5pm Fees: \$20-24*

Mustang Horseshoe Tournament

This is our version of the Texas Horseshoe game. The tournament will be played as double elimination one-on-one game. This is great practice for the upcoming Senior Olympics! Be sure to sign up at the senior registration desk, prizes will be awarded. Registration ends July 23rd. Ages: 50+ Wed, July 28 1pm Fees: \$2-4*

Youth Programming

Kidzart Night at the Museum Camp

Join us as we explore the forms and techniques from famous artists that hang in galleries around the world. We'll be creating Monet Watercolors, Miniature Canvas Paintings, Tiffany-inspired "Stained Glass" Collages, and Foil Creations with artist quality mediums like the Prismacolor line of products.

Grades: K-5 Fees: \$168-176

Mon-Fri, July 26-30 2:00-4:00pm

Wildfire One Day Dance Camps

Dance Princess Ages: 3-5 July 14 4:30-6:30pm Fees: \$33-37*

Your little dancer will feel like royalty when she dances with her tiara and star wand (included). This session includes technique, movement, fun dance routines, which will be performed at the end of the session.

Girl Power Ages: 5-10 July 28 4:00-8:30pm Fees: \$56-64*

Sassy and fun describes this jazz-funk class for girls with some spunk. Lots of facials and fun steps using a music mix of today's pop artists. Camp also includes aerobic warm-up, stretching and across the floor drills. Dance will be performed at the end of the camp (costume pieces included).

**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.*

Whole Wheat Pasta with Ricotta & Vegetables

Ingredients

8 oz dried whole wheat penne pasta
2.5 cups broccoli florets
1.5 cups asparagus or green beans cut into 1-inch pieces
1 cup light ricotta cheese
1 Tbsp dried basil, crushed
1 tsp dried thyme, crushed
4 tsp balsamic vinegar
1 Tbsp olive oil
1 garlic clove, minced
1/2 tsp salt
1/2 tsp black pepper
2 large ripe tomatoes, seeded and chopped
2 Tbsp grated Parmesan or Romano cheese

Preparation

*Cook pasta according to package directions, omitting any oil or salt.
*Add broccoli florets and asparagus or green beans during the last 3 minutes of cooking; drain.
*In a large serving bowl, combine ricotta cheese, basil, thyme, balsamic vinegar, olive oil, garlic, salt, and ground pepper.
*Add cooked pasta and vegetables to ricotta mixture. Add chopped tomatoes. Toss to combine. Sprinkle each serving with grated cheese.



Yields 4 servings

*Calories: 361g Protein: 16g
Fat: 9g Fiber: 7g*

www.fitnessmagazine.com

Aquatics

Special Aquatic Center Hours

Tuesday, July 4 CLOSED for Independence Day

Saturday, July 17 CLOSED All Day for SSL Championship Meet

For a detailed pool schedule visit
www.strongsville.org/content/openswimschedule.asp

Strongsville Swim League

The SSL is collecting much needed food for the Strongsville Food Bank. If you would like to donate food, please drop it off in the Avenue of the Ehrnfelt Recreation Center July 10-17.

Food Drive

Sport Programs

Girls' Volleyball Clinic

If you are looking to learn how to play volleyball or improve your skills, then this clinic is for you.

Grades: 6-8th Limit: 24 Fees: \$41-51*

Tues, July 6-August 17 (no class 7/13) 4:45-6:15pm

Summer Baseball Appreciation Day

Open to all summer baseball participants, coaches and their families. Enjoy free refreshments 5-6:30pm and free entry into the Ehrnfelt Recreation Center from 5-9pm. Players should wear their jerseys.

Tues, August 3

Boys' Late Summer Baseball

Registration is June 23-July 13 or until leagues are filled, which ever comes first. STRONGSVILLE RESIDENTS ONLY!

Ages: 6-16yr (as of 9/30/10)

Fee: \$40

Practices: Starting after 8/2. One weeknight & one weekend time.

Games: Tuesdays & Thursdays starting 8/17 (10 games/team)

Coaches: Parents & interested adults should complete an application at the recreation center.



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