



# Strongsville

e-Newsletter

December 2009

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Recreation Center  
440.580.3260 (phone)  
440.572.3503 (fax)

Senior Center  
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440.572.3137 (fax)

[www.strongsville.org](http://www.strongsville.org)

## Important Dates

Sat, December 5th:

Thurs, December 24th:

Fri, December 25th:

Thurs, December 31st:

Fri, January 1, 2010:

Breakfast with Santa, 9am, Pre-Sale Tickets Only

Center Closes at 1pm

CLOSED for Christmas

Center Closes at 5pm

CLOSED for New Year's Day

## The Benefits of Joining a Senior Center

Joining a center may be a way to enjoy the senior years.

Getting older presents a number of challenges. One of those challenges is increasing isolation. Family members move to pursue career opportunities. Friends and neighbors relocate to more hospitable climates when they retire.

Often older people move, too, to be closer to their families but ultimately farther away from familiar neighborhoods and community resources.

A typical conversation about senior centers may sound similar to this:

The relatives of a senior may ask "Should you join a senior center?" Just as often, the answer is a resounding "No!" An irritated senior may add, "Why would I want to do that? Senior centers are full

of nothing but old people!" Some senior centers can be like that, serving elderly people who want a predictable place to while away dull afternoons, while putting forth little effort to make the center a vital, interesting community.

Other centers, such as the Ehrnfelt Senior Center, (Strongsville) however, respond to the realities of getting older and can enhance and enrich your life by offering programs that meet a wide variety of interests.

The Ehrnfelt Senior Center recognizes that seniors are physically and mentally active and enthusiastic about learning and teaching, interested in travel, world events and the arts.

In deciding whether or not to join a senior center, do some research and find out:

\*Is the center friendly ~ are greeted when you walk in?

\*What type of activities are offered? ~ Plan to visit some of the activities that interest you. Do the programs match their descriptions? Is exercise taught at a level you can manage? Does the sewing/knitting group attract a lot of people, or is it simply a venue for a few people to sew and others to chat? Do card-players welcome newcomers or tell you to wait until someone yields a chair? Do arts and crafts classes, book groups, or discussion groups have membership limits? Or do they have enough interested members to be viable?

\*Talk to the staff. ~ Get a feeling for their enthusiasm.

\*What does the center do for you? ~ Do they seek out and present current, reliable information on issues of particular concern to seniors:

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health-insurance and medication-plan choices; housing and supportive-living options; government and other program benefits and services for seniors and how to access them.

\*Do they offer any meals ~ would that be of interest to you?

\*Does the center offer transportation to the center, doctors appointments, and to shopping errands ? If so, is there a cost and how does it work?

\*Is there adequate parking if you drive yourself?

Getting acquainted with a senior center is very much like getting acquainted with any new activity at any age.

A good center can add friends and new experiences to your life. A good center can acquaint you with a new community, or with an old one in new ways.

Consider taking an active and positive stance toward the question: "Should you join a senior center?" You can be confident that your efforts will result in a good

decision that can enhance and enrich your life.

For more information on the Ehrnfelt Senior Center stop by, call 440-580-3260 or visit our website at:

www.strongsville.org and click on the Senior Center link.



**"THE CENTER OF LIFE"**

*"The main entrance to a long and healthy life!"*

The **Ehrnfelt Senior Center** offers several programs from crafts to fitness both during the day and in the evening for adults ages 50 and older. Please stop by or pick up a brochure and check out the many daytime and evening programs our staff has developed to help you maintain a healthy lifestyle.

**Become a Silver Mustang Today!**

\$20 per year-Strongsville Residents

\$30 Strongsville Resident Couple

\$35 per year- Non Residents

\$45 per year- Non Resident Couple

**Silver Mustang Members receive:**

\*The monthly Silver Pen newsletter

\*Free lunch the month of your birthday

\*Members only invite to corn roast & holiday party

\*Special member rates

\*Priority Member Registration

\*Discount Admission Coupons

\*3 Free Daily Recreation Passes



**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

2nd & 3rd Fri, 8:30-11:30am

**Fitness**

**Speed, Strength and Agility Training**

*~Parisi Speed School~  
The Nation's Leader in  
Sports Enhancement Training*

**Now being offered  
in Strongsville!**

Increase your speed, acceleration, and change of direction abilities!

Ages: 7-17 years

Program Fee:

12 sessions at \$144

24 sessions at \$259

36 sessions at \$345

**Sign up today (440) 580-3260**

Visit [www.parisischool.com](http://www.parisischool.com) or call Ned at 580-3260 for more information.

**\*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.**

## Did You Know...

\*Beans are an excellent source of fiber providing 20% or more of your fiber needs in one serving.

\*Regardless of the time of year, an increase in temperature is the biggest weather-related headache trigger. Researchers reported that every 9 degree Fahrenheit increase in temperature raised the headache risk by 7.5%.

\*Vitamin A is known to prevent "night blindness," and carrots are loaded with Vitamin A. One carrot provides more than 200% of recommended daily intake of Vitamin A.

## Senior Ballroom Dance

Come dance the afternoon away at the Ehrnfelt Senior Center. Live entertainment, refreshments and great people!

Thursday, December 10th  
1:15-3:15pm

Ages: 50 & Older  
Fee: \$4-5\*



## Adult and Senior Programs

### New Year's Eve Brunch

Celebrate the arrival of 2010 with brunch at the Senior Center. Join us for a delicious brunch, music, games and an early count down to the New Year. **Registration ends December 23rd.**

Thursday, December 31st      10:00am      Ages: 50 & older      Fee: \$5-7\*

### Coping with the Holidays

Dealing with any holiday while grieving can be both painful and exhausting. We will discuss the losses, the expectations, and the difference between needs and expectations. Registration required.

Monday, December 7th      6:00pm      Ages: 30 & Older      Fee: Free

### 50+ Singles Mingle

To celebrate the holidays and end 2009 we will be going to Bucci's Restaurant located in Crowne Plaza 7230 Engle Rd, Middleburg Hts. Join us for some Italian cuisine and perhaps a glass of wine!

Monday, December 14th      6:00pm      Ages: 50 & Older      Fee: Each person is responsible for his or her own meal.

## Youth Programming

### Wildfire Dance

Join us for the Wildfire Experience! This includes performances at a CAVS game and the Wildfire Revue. Students will learn four complete dance routines in the styles of jazz, pom and hip hop. *Costumes are required for Wildfire Revue: additional \$125 fee for two costumes, dance tights and alterations.* Final Performance: June 2010

Locations: Strongsville Rec Activity Studio

Wednesdays, December 16– May 26\*      Time: Grades Pre-K– K      4:20-5:20pm  
\*no class 12/30 & 4/7      Grades 1-3      6:40-7:40pm  
Grades 4-6      7:40-8:40pm

Fee: \$325-350\*

*\*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.*

## Peppermint Cheesecake Brownies

### Ingredients

#### CHEESECAKE BATTER:

1 (8-ounce) block 1/3-less-fat cream cheese  
1/3 cup granulated sugar  
1/4 teaspoon peppermint extract  
1 large egg  
1 large egg white  
1 tablespoon all-purpose flour

#### BROWNIE BATTER:

1 cup all-purpose flour (about 4.5oz)  
1/2 cup unsweetened cocoa  
1/2 teaspoon salt  
1 1/2 cups packed brown sugar  
1/4 cup canola oil  
1/4 cup buttermilk  
2 teaspoons vanilla extract  
2 large egg whites  
1 large egg  
Cooking spray

### Preparation

\*Preheat oven to 350 degrees.

\*To prepare cheesecake batter: place cheese in medium bowl, beat with mixer at medium speed until smooth.

\*Add granulated sugar and peppermint, beat well.

\*Add 1 egg and 1 egg white, beat well. Add 1 tablespoon flour; beat mixture just until blended.

\*To prepare brownie batter: lightly spoon 1 cup flour into dry measuring cup and level with knife.

\*Combine flour, cocoa, and salt in a bowl in a medium bowl.

\*In a separate larger bowl, combine brown sugar, oil, buttermilk, vanilla, 2 egg whites, and 1 egg; beat with mixer at medium-high speed until well blended.

\*Reserve 1/2 cup of brownie batter. Pour remaining into a 9-inch square pan coated with cooking spray.

\*Carefully pour cheesecake batter over



top; spread evenly to edges.

\*Dot cheesecake batter with reserved brownie batter.

\*Swirl top two layers of batters together using knife tip.

\*Bake at 350 for 26 minutes or until top is set. Cool completely in pan or on wire rack.

*Yields 16 servings (1 bar=serving)*

*Calories: 213g*

*Fat: 75g Fiber:0.7g*

*Cooking Light, December 2008*

## Aquatics

### Lifeguard Training

Candidates will learn the skills necessary to prevent and respond to aquatic emergencies. First Aid, CPR/PR and AED included. Please call the Aquatics department at 580-3260 for more information.

Sundays, January 24-March 28\* 9:00am-1:00pm

Ages: 15 & Older

\*CPR Class 2/21 9:00am-5:00pm

Fee:\$175-225\*



## Sport Programs

### Women's Competitive 6-on-6 Volleyball League

Registration: November 19-December 21

Games: Wednesdays, 1/6-4/7 6:00-10:00pm

Ages: 18 & Older

Fee: \$175 per team

\$260 Official Fees (Season)

\$15 Non-Member/Non-Resident



### Level 2- Advanced Beginners Gymnastics

The beginners' skills will continue to be taught for this level.

Sundays, 1/10-4/11\* 5:00-6:00pm Ages:5-12 years

\*No Class 4/4

Fee: \$105-\$115

This class is located at Head Over Heels-11985 Prospect Rd.

*\*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.*