



# THE SILVER PEN

December 2021

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### **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 30th. Call the Senior Registration Desk at 440-580-3275 to register. Thank you to the Strongsville Rotary Club for their continuous generosity!

### **Calling Santa's Elves!**



The Christmas season is upon us and it's time to turn the Ehrnfelt Senior Center into a winter wonderland! We will be trimming our tree and spreading Christmas joy throughout the Senior Center Great Room on **Monday, November 29th at 10am**. Interesting in helping? Call our Front Desk at 440-580-3275. Thank you to all of our wonderful volunteers!

### **Celebration Handbell Choir Concert**

**Thursday, December 9th 7:00-8:30pm**  
**Free**

Celebration Ringers is a community handbell choir from Strongsville. They ring 5 ½ octaves of handbells and 7 octaves of hand chimes, as well as assorted percussion "toys." Join us in what has become a Holiday tradition at the Ehrnfelt Senior Center. Registration is requested for this free concert. Call the Senior Registration Desk at (440) 580-3275.



### **Mark your Calendar**

The Senior Center will be closed

**December**

Friday, December 24<sup>th</sup> & Friday, December 31<sup>st</sup>

### **Silver Mustang Holiday Event**

**Thursday, December 9<sup>th</sup> 9:30-12:00noon 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 until December 3rd.**

**Time slots will be-**

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

### **Thank you to our sponsors**

Altenheim Senior Living, Arden Courts,  
& Generations Senior Living.



### **Best of Luck to Our Dear Friend Mira**

After 23 years with the City of Strongsville, Mira is hanging up her apron and retiring at the end of 2021. The Senior Staff will greatly miss her and all the talents she has brought to the Kitchen. Mira moved to Ohio in 1998 from Albania, with her husband and two sons. She joined the Kitchen Staff shortly after and the rest is history. During retirement Mira plans to garden, crochet, read and spend time with her 3 grandchildren. If you have a minute stop by and wish Mira luck on her new adventure! Lamtumire Mira!



# Information YOU Can USE!

## FREE

Erica Skerl, Attorney - monthly  
2nd Tuesday 9:20-11:00am

Sam Butcher, Attorney- monthly  
3rd Friday -10:00-11:20am

OSHIIP Volunteer Medicare Counseling  
Back in January 2022 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 our dispatcher at 440-826-0800.



### **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.



### **When Bad Weather Strikes**

We would like to remind everyone that the Ehrnfelt Recreation and Senior Center is the community hub in the case of emergencies. Our facility houses a generator to keep us always up and running for the community's safety. With that being said, we **do not** close when the Strongsville City Schools are closed, or when the weather gets bad in cases such as large amounts of snow or rain.

Programs at the Senior Center can be cancelled by instructors. If that is the case, our staff works hard to call those who have registered for a program to alert them of the cancellation. We never want our members to put themselves in danger, so please use your best discretion when coming to our center on days where the weather is severe.

Please remember if you are without electricity that you are always welcome and encouraged to come to our Center and warm up while getting the latest updates on weather conditions.



**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, December 2<sup>nd</sup> "Free Guy"

In "Free Guy," a bank teller who discovers he is actually a background player in an open-world video game, decides to become the hero of his own story... one he rewrites himself. Now in a world where there are no limits, he is determined to be the guy who saves his world his way... before it is too late.

<b>Rated PG-13</b>	<b>1 Hour 55 Mins</b>
Member	\$3
Non-Member/Resident	\$4
Non-Member/Non-Resident	\$5



## 2022 AARP Free Tax Help

We have been notified that AARP will not be doing taxes here for 2021 filing, as they were unable to get a coordinator for the Strongsville site.

They are planning to do taxes at both the North Royalton and Middleburg Heights libraries. They were unable to share any sign-up details. When/if we get more details, we will share the information.

## 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 December

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-** \$18/ Month Thursday or Friday \$10 Member, \$11 Resident \$12 Non-Resident Drop-in

**Asian Exercise-** \$20/ Month  
\$6 Member, \$7 Resident \$8 Non-Resident Drop-in

**Cardio Fit-** \$16/Month (Mondays) \$20/Month (Wednesdays) \$12/Month (Fridays)  
\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

**Functional Training-** \$16/Month (Mondays) \$20/Month (Wednesdays) \$12/Month (Fridays)  
\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

**Open Woodshop-** \$15/Month (Wednesdays or Thursdays, \$9/Month (Fridays)  
\$4 Member, \$5 Resident \$6 Non-Resident Drop-in

**Rhythm & Movement-** \$20/Month  
\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

**Yoga-** \$16/Month (Tuesdays) \$20/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 \$20/month Thursdays  
\$5 Member, \$6 Resident \$7 Non-Resident Drop-in

**Classical Painting-** \$18/Month Tuesdays or \$27/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>January 11th</b> 
Mobile Post Office		12:40-1:00			<b>2nd Tuesday</b>
Low Vision Support Group		1:00			<b>No Dec. Meeting</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**

December \$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 December 24th & 31st**

### **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**

\$20/ Month

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

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



## Benefits Bank













**Friday, January 7<sup>th</sup> 9:15am-12pm**

The Department of Senior and Adult Services and Cleveland Food Bank can help you apply for food benefits. Find out if you are eligible for 20 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 for an appointment time.

***Flying south for the winter?  
Please inform us of any address  
changes, as this will allow us to  
deliver your Silver Pen to the  
correct address. We can also put  
a hold on your Silver Pen!***



# 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	
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
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**

## Woodshop Repairs

Do you have an item sitting at home you are looking to get repaired? Let our wonderful wood shop volunteers help repair your small wood items. To get your item repaired bring your item into the Wood Shop any Wednesday, Thursday or Friday between 9:30-11:30am and one of our volunteers will discuss the project and cost to repair with you. Thanks to our wonderful Wood Shop Volunteers!



## 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 12:30pm and Bingo 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. Please be aware that our standard refund policy is not guaranteed with Mustangs on the Go trips, due to advance purchases and reservations to outside vendors.

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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!

**THIS TRIP IS SOLD OUT, BUT WE ARE TAKING NAMES FOR THE WAIT LIST**

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



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## **March Maple Magic!**

**Tuesday, March 8<sup>th</sup> 8:45am-4:30pm**

Come enjoy the start of Maple Sugaring season as we visit Geauga County, a delightful little slice of Vermont in Northeast Ohio.

We'll start at the End-of-the-Commons - Ohio's Oldest General store – situated in Mesopotamia, a genuine Amish village. Next, we'll enjoy a hearty Pancake Breakfast at Mary Yoder's Amish Restaurant in Middlefield. No one leaves hungry at this Amish restaurant that also offers a gift shop and Bakery - they are well known for their Cheesecake! We'll go around the corner to stop at Rothenbuehler's Family Cheese shop and learn about their generations of cheese-making success with time to shop! We'll visit Burton – Pancake Town USA and experience a unique Maple Sugaring Experience at the SUGAR SHACK to see how Sap boils down to Mother Nature's sweet treat!

We'll continue on to Chardon and visit Sage's Family Farm Market and learn about their family run operation. This trip is a fun, little winter getaway so bring your friends on this adventure.

<b>Fees:</b>	<b>Fee</b>	<b>Registration Date</b>
Members	\$55	December 21st
Non-Member/Residents	\$57	December 28th
Non-Member/Non-Residents	\$61	January 4th

### **Tournament Time**

Looking for some indoor friendly competition this winter? Join us at the Senior Center as we host a Dart and Mustang Horseshoe Tournament. Each event will be bracketed with prizes to be awarded to the top three winners in each event! You can sign up for one or both!

#### **Dart Tournament**

Monday, January 10<sup>th</sup> 12noon 1/6/22

#### **Register by**

#### **Mustang Horseshoes**

Tuesday, February 15<sup>th</sup> 1:30pm 2/11/22

#### **Fee (for each tournament)**

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



### **Computer Instructors Wanted**

Do you have skills with computers, tablets, cell phones or software? Do you enjoy working with/instructing others? If so, please consider joining our Senior Center Technical Group to share your knowledge with other seniors. Contact Debbie Branich at 440-580-3275 for more details.

Additionally, we are excited to announce the Strongsville Senior Center Technical Group will be back in January for one-on-one instructions. Interested in signing up for computer instruction, call the Senior Center to make an appointment.

#### **Fee for Computer Instruction (Per hour)**

Members	\$5
Residents/Non-Members	\$6
Non-Residents/Non-Members	\$8



### **Want Your Silver Pen Hot Off the Press?**

Are you sitting by the mailbox every month waiting for your Silver Pen? Want to help us save money with postage? Well here's how, we offer a pick-up service for your Silver Pen here at the Senior Center. The newsletter is collated on the 3<sup>rd</sup> Wednesday of the month and available to pick up at the Senior Registration Desk by 12noon on that day. Interested in picking your Silver Pen up? Stop at the desk today and let us know. Thank you for being a Silver Mustang!



### **Brookway is Back!** **2nd Tuesday of the month** **10:00am**

Hearing aid services provided by Brookway Hearing Center. Hearing tests, cleaning and service of hearing aids, and battery offers, provided for your convenience. Appointment required, call the Senior Center at 440-580-3275 to make yours.

### **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	December \$16
Thursdays	December \$20

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

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

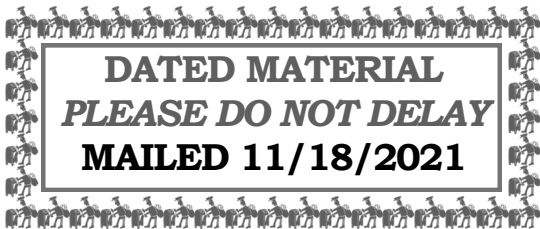




**EHRNFELT SENIOR CENTER**  
**BRYAN V. BOGRE, DIRECTOR OF PARKS,**  
**RECREATION AND SENIOR SERVICES**  
**18100 ROYALTON ROAD**  
**STRONGSVILLE, OH 44136-9500**  
**440-580-3275**



**Change Service Requested**



### **December 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.

#### **December Menu:**

December 3rd: Chicken Parmesan & Noodles

December 10th: Grilled Pork Chop in Mushroom Gravy w/ Rice

December 17th: Potato Crusted Cod w/ Butter Noodles



The leaves are falling and the snow is coming so get ready. Thanksgiving is also fast approaching. Please remember your friends that might not have family in the area and reach out to them throughout the holidays. All Silver Mustang members, don't forget to sign up for the Silver Mustang Holiday Party. This event is free to you as a thank you for your membership. Take a look through the newsletter to find your favorite programs and don't forget to stop by the Senior Center for a program or just the fellowship.

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

