



THE SILVER PEN

October 2021

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Thanksgiving Lunch

Thursday, November 18th 11:30am

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 18th from 11:30am-1:00pm. Registration with payment is required by November 12th. Luncheon sponsor- Altenheim Senior Living and Dessert sponsor -Westwood Senior Living

Fee: \$6.50



Sawdust for Beginners

**Monday, October 4th & 11th
9:30am-2:00pm***

This required course for all first time Wood Shop users covers use of equipment, policies and procedures in the Wood Shop and basics of wood working. A simple project will be completed during the class. Class completed in two 4 hour sessions.

Instructor: Jim Burns

*Lunch break from 11:30am -12:00pm

Fees:

Members	\$40
Residents/Non-Members	\$45
Non Members/Non-Residents	\$55



Veterans Lunch

Wednesday, November 3rd 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 members of the Ehrnfelt Senior Center or Strongsville Residents, but registration is required by October 28th. Drive-by on November 3rd, 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 members of the Ehrnfelt Senior Center or Strongsville Residents, but registration is required by October 28th.

Scattergories Fun is Back!

Monday, October 11th 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.**



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 and 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 Sheena at 440-580-3276.

Information YOU Can USE!

FREE

Erica Skerl, Attorney - monthly
1st Tuesday 9:20-11:00am

Sam Butcher, Attorney- monthly
4th Friday-10:00-11:20am

OSHIIP Volunteer Medicare Counseling
2nd Tuesday 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.



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, 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.

Yarn Donation

Have you recently done some cleaning and not sure what to do with your unwanted yarn? Look no further, The Warm Up America 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!

Benefits Check-Up

Thursday, October 28th 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.



HEAP Program

Fridays, October 1st or 15th 9:30am-12:30pm

The Home Energy Assistance Program (HEAP) gives qualified Cuyahoga County seniors a discount on their winter heating bill. A representative from the Cuyahoga County Department of Senior and Adult Services will be on hand to give information about the program, help fill out and collect applications to be processed. Please bring proof of income (social security or pension letter, bank statement or paycheck stub), copy of electric and gas bill, and receipt of payment to your medical supplement insurance plan (only if you have one).

Appointment required.



**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

Thursdays, October 7th & 21st 12:30pm
\$3/per movie

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, October 7th "Queen Bees"

While her house undergoes repairs, fiercely independent senior Helen (Academy Award winner Ellen Burstyn) reluctantly moves into a nearby retirement community just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments and a group of bullying mean girls that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love. A heartwarming and humorous look at life's second act, Queen Bees is inspired by a true story also starring James Caan, Ann-Margret, Jane Curtin, Christopher Lloyd and Loretta Devine.

Rated PG-13 1 Hour 42 Mins

Thursday, October 21st "12 Mighty Orphans"

Haunted by his mysterious past, Rusty Russell, a devoted high school football coach, leads a scrawny football team of orphans, The Mighty Mites, to the state championship during the Great Depression and inspires a broken nation along the way.

Rated PG-13 1 Hour 58 Mins

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.



Simple Stretches for Healthy Aging **Thursday, September 23rd 10:00am**

Stretching should be a vital part of your daily routine. Stretching wakes up your muscles, promotes optimal blood flow, lowers stress, eases pain, and helps you sleep better. Join Jennifer from Kemper House and learn some simple stretches that you can start doing today!
Registration required.



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

Drop in Programs for October

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) \$45 (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- \$12/Month (Mondays) \$12/Month (Wednesdays) \$15/Month (Fridays)
 \$5 Member, \$6 Resident \$7 Non-Resident Drop-in

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

Open Woodshop- \$12/Month (Wednesdays or Thursdays), \$15/Month (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 or 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 (Tues or Thurs)
 \$5 Member, \$6 Resident \$7 Non-Resident Drop-in

Monthly Meetings!

EVENT	MON.	TUES.	WED.	THUR.	
Memory Loss Support Group			9:15		1st Wednesday 
Medicare Counseling		9:15-1:00	Appointment	Required	10/19 & 10/26 
Mobile Post Office		12:40-1:00			2nd Tuesday
Low Vision Support Group		1:00			4th Tuesday

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

Oct \$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.

Fees:

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



Meditation for Healthy Aging

Tuesday, October 12th 1:00pm Free

Meditation promotes many physical and psychological benefits and helps to promote healthy aging. Join Jennifer from Kemper House for this interactive program and learn what meditation is and how to develop a practice of your own. We will also meditate together as a group. **Registration required.**

Fees:

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

Your Breath is Your Superpower

Monday, October 25th 1:00pm 

Breathing exercises offer an extremely simple, effective and convenient way to relieve stress, manage chronic pain, and sleep better. Join Jennifer from Kemper House and learn several breathing techniques that you can do to help yourself age in a healthy way. **Registration required.**

Fees:

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

The Music of Barbra Streisand

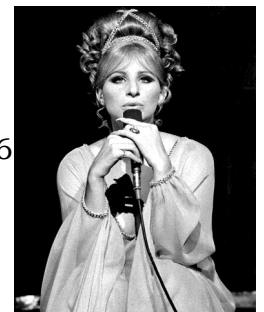
Thursday, October 7th 1:00pm

Join Dr. Keller, as he returns to the Senior Center to share his knowledge and love of music. Barbra Streisand is the "Grande Dame" of music and movies during the last half of the 20th Century. This program will first provide her biographical and professional information, including some details of her personal life. We will then listen to 10 of her top hit songs including "Woman in Love," "Evergreen," "Don't Rain on My Parade," and "You Don't Bring me Flowers," the last of which was sung as a duet with Neil Diamond. **Registration required**











Instructor: Dr. Joel S. Keller

Fees:

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



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		10:15-11:15 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

Tap Dancing

**Thursdays, Sept. 30th - November 11th
10:30am - 11:30am**

Learn the basics and fun of Tap Dancing. Tap shoes, or hard soled shoes, and an enthusiasm to learn is all that you need. Get some great exercise and you may be Strongsville's next Fred Astaire! Registration required. All levels welcome.

Instructor: Peggy Stockdale

7 Week Session Minimum class size: 4

Fees:

Members \$38

Residents/Non-Members \$40

Non-Residents/Non-Members \$44

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

Mustangs on the Go!

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.

The Amish Country Theater "One Way or an Udder"

Friday, October 15th 8:00am-5:30pm

Hold onto your seat and get ready to laugh! This brand-new show is jam-packed with great music, new comedy acts, acclaimed ventriloquist, Ken Groves, the wildly popular comedy of country bumpkin Lynyrd and his shenanigans, the Beachy Boys and their newly formed boy band, audience interaction, and surprises that will keep you rolling for the rest of 2021. In addition to this great show we will enjoy a Family-style Amish Luncheon at the Der Dutchman Restaurant, a trip to a Flea Market and stop to purchase Amish Meats and Cheeses from Heini's! This is a Great Day Tours trip.

Fees:	Fee	Sign up
Members	\$99	Now!
Non-Member/Residents	\$101	Now!
Non-Member/Non-Residents	\$105	9/28

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

Wednesday, December 15th 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!

Fees:	Fee	Sign up
Members	\$84	10/5
Non-Member/Residents	\$86	10/12
Non-Member/Non-Residents	\$90	10/19

The Mansfield Wine & Ale Trail!

Wednesday, November 10th 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	Sign up	Now
Non-Member/Residents	\$92	Sign up	9/28
Non-Member/Non-Residents	\$96	Sign up	10/5

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-

Tuesday 10/19 - in person
 Tuesday 10/26 - in person
 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 13th 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.

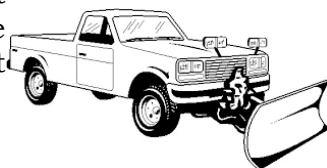
The requirements are:

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 (2017 income tax return required for verification)
3. Proof of Ownership (Property Tax Bill).

Registration: Mid to late October. Any questions please contact Bryan Timko at the Service Department at 440-580-3177.



History and Pop Music of the 1960's **Friday, November 5th 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	Oct \$16
Thursdays	Oct \$16

Drop-in Fees:

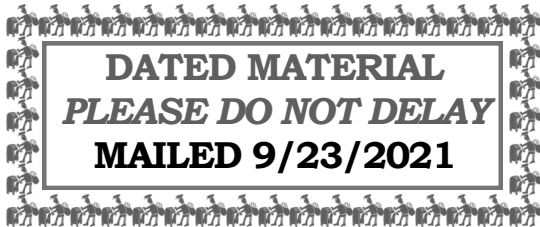
Members	\$5
Residents/Non-Members	\$6
Non-Residents/Non-Members	\$7



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



October 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.

Order for the whole month and get \$5 off!
(All five dinners must be ordered and paid together)

October Menu:

- October 1st: Swiss Steak & Buttered Noodles
- October 8th: Breaded Chicken & Parslied Potatoes
- October 15th: Pork Roast & Sweet Potatoes
- October 22nd: Italian Sausage & Stuffed Shells
- October 29th: Meatloaf & Mashed Potatoes



Well Fall is here and the leaves should be nice and colorful by now. The Senior Center continues to be open and Sheena and the staff are working hard at bringing you all kinds of exciting programs and tasty meals. I'm sure you can find many different opportunities in the newsletter so we expect to see you up here soon. Enjoy the fall and the wonderful things that it has to offer.

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

