

**Rocky River Senior Center  
21014 Hilliard Blvd.  
Rocky River, Ohio 44116  
440-333-6660**

**STARRS (Second Thursday At Rocky River Seniors) Program**

**“Outback Ray’s Amazing Animal Show”**

**FREE**

**Thursday, April 10**

**1:30 PM**

**FREE Program – Call 333-6660 to register**

The STARRS series of high interest programs continues in April with Outback Ray’s Amazing Animal Show. Outback Ray has had a passion for animals since he was a child and has been doing animal shows since 1987. He has appeared on television, radio talk shows, and has trained animals for commercials.

Outback Ray also breeds, trains, and studies exotic animals. He will bring a variety of his animals to the presentation and share his knowledge of the species with you. See the animals up close as Outback Ray explains the world of exotic animals to the audience.

*Rocky River Senior Center’s STARRS series is sponsored in part through a public grant from Cuyahoga Arts & Culture*

**Guides for Better Living**

**“When Shall I Move?”**

**FREE**

**Friday, April 4**

**10-11:30 AM**

Lee-Ann Spacek, from North Coast Residential Relocation, will discuss when is the best time to down-size to a smaller home. Lee-Ann is the winner of the National “Outstanding Service to Seniors Award” by the National Association of Realtors.

**Call 333-6660 to register.**

**Senior Center Progress Report**

The dry wall installers and painters have finished. March should bring more improvements-wallpaper hung, carpet installed and stage/linoleum flooring repaired or replaced.

The front desk, staff offices, gift shop, computer lab and a few classrooms are open. The auditorium and kitchen (deli lunch) remain closed until the flooring has been completed.

We hope to reopen 100% some time in April!

### **2013 Volunteer of the Year**

Kathleen Lyons Henderson was honored as the 2013 Rocky River Senior Center Volunteer of the Year at the annual Volunteer Recognition Luncheon in February. Kathleen volunteered over 300 hours in 2013.

Every Friday she loves making sandwiches in the kitchen. On a different day, you will see her volunteering in the Gift Shop, enthusiastically greeting people. Kathleen is also a member of Play Readers and works with props and costumes. She is a member of Rocky River Seniors Council, Inc. During the Craft and Quilt Show, Kathleen chairs the Bake Sale.

Kathleen and her husband Doug have been married for 27 years. They have been Rocky River residents since 2005. Kathleen began attending the Center after her retirement of 32 years as a unit secretary at Fairview Hospital. She said she “loves it at the Senior Center” and for the opportunity to give back. Program Coordinator Laurie Schaefer and Mayor Pamela Bobst congratulated Kathleen as Volunteer of the Year. There were 125 volunteers honored for 16,990 hours of service to the Senior Center.

### **Watercolor, Drawing & Clay Classes:**

**Intro to Chinese Traditional Watercolor Painting**      **5 weeks**  
**Monday, March 31-April 28**      **10 AM**

**\$45 residents; \$50 non-residents; pay by March 24**

This class will teach you the basic elements of Chinese painting and the use of a Chinese painting brush on traditional rice-paper. If you appreciate Chinese Art, you won't want to miss this class taught by well-known Chinese artist, Mr. Guangsheng (Jerry) Wang. Materials sold separately at first class.

**Beginner Zentangle® Art**      **6 weeks**  
**Monday, March 31-May 5**      **9:30-11AM**

**\$36 residents; \$40 non-residents; pay by March 24**

If you've ever doodled during a meeting, you will love Zentangle. Creating Zentangle art can be very meditative but also fun. You'll be amazed at what you can create. Anyone can be successful! Optional supplies available at a small fee, payable to instructor Judy Montgomery, Certified Zentangle Teacher (CZT).

**More Zentangle** **6 weeks**  
**Wednesday, April 2- May 7** **9:30-11:30 AM**

**\$42 residents; \$47 non-residents; pay by March 26**

*Prerequisite: Beginner Zentangle.* Zentangle, an art form of doodling, can help calm and center. Add to your tangles and enjoy new projects. Optional supplies available at a small fee. Instructor: Judy Montgomery, Certified Zentangle Teacher (CZT)

**Explore Watercolor with Clela** **10 AM -12 Noon**

**Friday, April 4** **1 session**

**Friday, April 25** **1 session**

**Friday, May 2** **1 session**

**Friday, May 16** **1 session**

**Each session: \$11 residents; \$12 non-residents**

**Pay no later than one week prior to each session.**

Learn to paint watercolor by following a step-by-step demonstration by watercolor artist Clela Stelnicki. Great for beginners and experienced students. Supply list available at registration.

**Watercolor Painting** **6 weeks**  
**Monday, April 21-June 2 (omit May 26)** **1-3 PM**

**\$45 residents; \$50 non-residents; pay by April 14**

Watercolor instruction for ALL skill levels. Instructor Bob Moyer is a freelance illustrator and member of the Ohio Watercolor Society.

Supply list available.

**Creative Clay Classes** **6 weeks**  
**Wednesday, April 23-May 28** **10-12 Noon**

**\$72 per person; pay by April 16**

Create several items of hand built ceramic art work. No experience required. A tool starter kit (\$8) is available to purchase at the first class. Fee includes clay and firings. Instructor: Maureen Moses, MA. ATR-BC

**Classes and Programs:**

**Divided Kingdom: Two Roses, White & Red** **6 weeks**  
**Tuesday, April 22- May 27** **10:30 AM**

**\$30 residents; \$35 non-residents; pay by April 15**

It was a confusing time, 1399-1485, wars between the Houses of York and Lancaster, symbolized by two roses, one white, and one red. It was a time of strong and weak kings and strong women: Elizabeth Woodville, Margaret of

Anjou, and the mother of Henry VII, Margaret Beaufort. Was it like the TV series, the White Queen, or was it different? Come and find out and maybe we can make some sense of this confusing time in English history.

Instructor: Craig Schermer

**Learn about Rocks & Gems**

**FREE**

**Thursday, April 24**

**1 PM**

**Call 333-6660 to register**

Come and learn about the fascinating field of lapidary with Parma Lapidary Club member Jim Lamparyk. Jim will bring samples of rocks, gems, and minerals and explain the process used to take a rock from its raw state to a finished gem or polished stone. He will show examples of slabbing, polishing and wire wrapping and talk about Ohio's official gemstone- flint! This program is free but donations will be accepted for the Parma Lapidary Club.

**World War II & The Pacific**

**6 weeks**

**Monday, April 14-May 19**

**1-2 PM**

**\$30 residents; \$35 non-residents; pay by April 7**

Naval War in the Pacific...this study covers the principal naval actions against Japan. The American and Japanese naval units will be compared. The role of the battleship, the aircraft carrier and the submarine will be developed in light of the torpedo, the airplane and radar. Diagrams, maps and small naval models will be used. Famous people will be included where applicable. Did the Japanese really intend to win? Come see with instructor Bob Wills.

**Annie Oakley**

**1 session**

**Tuesday, May 6**

**1:15 PM**

**\$5 residents; \$6 non-residents; pay by April 29**

She could shoot unbelievably, but was unbelievable in other ways. She received everything from medals to bags of gold and even her own shooting roof. Annie was good friends with Chief Sitting Bull and Buffalo Bill. What caused a falling out with Buffalo Bill? Learn of her tricks and of her loves, desires and calamities. Annie is an Ohio gal with a western flair.

Presenter: Alice Wills

**Art Series Lineup for Spring**

**"Through the Eyes of the Artist" with Felicia Zavarella Stadelman**

**Wednesday, 11 AM-12 Noon;**

### **Tickets \$4 per lecture**

“Through the Eyes of the Artist” is an artist biography lecture series created by Felicia Zavarella Stadelman. The series offers an exclusive view into the remarkable lives and times of our favorite artists. You’ll even have the opportunity to learn about artists you may not know now, but will never forget! Each presentation is enhanced with music, prints and images to help tell the artist’s story. Handouts include an overview of the artist and a notecard memento.

**April 2 Mary Cassatt** - was singlehandedly responsible for introducing the Impressionists to America.

**April 9 Frederic Remington** – his work inspires love and appreciation for the rustic life of the West.

**April 16 Pablo Picasso** – his work seemed to be far from the mainstream.

**April 23 Tamara DeLempicka** – her portraits encapsulated art deco and the glitz of the 1920’s.

**April 30 Toulouse Lautrec**- the bohemian artist who was told his paintings were atrocious, but very chic.

**Louis Comfort Tiffany**- a savvy businessman who built an industry to satisfy his creative energy.

### **Cupcakes, Cupcakes**

**Thursday, April 3**

**Demo: \$10 per person 1:30 PM**

**Make & Take: \$15 per person 2:30 PM**

**Pay A.S.A.P.**

This month’s cupcake class features springtime decorating with fun-to-create Easter and bunny cupcakes. Supplies provided by instructor Brandy DeLeon. Students should bring a container to transport their cupcakes!

### **Women’s Self-Defense**

**4 weeks**

**Thursday, May 1-22**

**2-3 PM**

**\$35 residents; \$40 non-residents; pay by April 24**

This class is designed to build self-confidence by utilizing a woman’s natural flexibility (rather than strength) to SHOCK an assailant, SCREAM in a way that draws attention, and RUN to safety. Class includes warm-ups and cool downs. Wear loose fitting or comfortable clothing.

Instructor: Ted Smith; class size limited to 30.

### **E-Reader and Tablet Help**

#### **Kindle Korner**

**Tuesday, April 1, 8, 15, 22, 29**

**Ongoing**

**10 AM – 4 PM**

Do you have a new Kindle and need help learning how to use it? Drop by the computer lab on Tuesdays, between 10 AM – 4 PM, and volunteer Ernie Demanelis will help answer your Kindle questions.

#### **IPAD Circle**

**Thursday, April 17**

**Ongoing**

**10 AM-3 PM**

Talk about and share new and favorite IPAD apps with volunteer Joan Foster

#### **Travelogue**

**FREE**

**Montevideo, Buenos Aires, Iguacu Falls and maybe a little bit of Rio**

**Tuesday, April 15, 1:15 PM with Jerry and Nancy Slusser**

Where is Uruguay? Is Buenos Aires as beautiful as everyone claims? Does the Spirit of Evita still live? Did the Tango really begin as a way to kill time while waiting in lines to a “house of ill repute?” Does Iguacu Falls deserve to be one of the Seven Wonders of the World? Learn the answers during an hour of FUN as Jerry and Nancy share their South American experiences.

#### **Golf Leagues:**

##### **Men’s Golf League**

**24<sup>th</sup> season**

**Tuesday, May 6-Sept. 16**

**\$33 residents; \$38 non-residents; pay by April 8**

**(Plus weekly greens fees)**

League plays at Hilliard Lakes, 8:30 AM start time. An organizational meeting for registered golfers will be held at the Center on **Tuesday, April 15 at 10 AM.**

##### **Ladies Golf League**

**Thursday, May 1-August 28**

**\$26 residents; \$31 non-residents; pay by April 17**

**(Plus weekly greens fees)**

League meets at Little Met Golf Course, 8 AM start time. Golf carts available. Organizational meeting for registered golfers will be **Thursday, April 24 at 9:30 AM.**

**RTA Update****FREE****Wednesday, May 14****10 AM**

Learn what's new with RTA – route changes, senior discounts, paratransit system, brochures, maps, etc. – with Erica Gordon, Community Relations Specialist. **Call 333-6660 to register.**

**Health Talks – Call 333-6660 to register****Osteoporosis: Why I Should Know My T Score and What I Can Do About It!****Wednesday, April 9****1 PM**

Come and learn the important facts about bone density, osteoporosis testing and T scores with Michele Hippler Brandt PT, DPT, lead Outpatient Physical Therapist with St. John Medical Center

**Ask the Pharmacist****Wednesday, May 14****10 AM**

Do you ever have questions regarding your prescription medications but are afraid to ask? Now is your chance to discuss all your concerns with an MTM (Medication Therapy Management) specialist. Please bring all your medications with you. Presenter: Leah Wolfe, RPH, MTM Certified

**Advancements in Cataracts Surgery****Wednesday, May 14****1 PM**

Find out the newest advancements in cataract procedures as well as the technology that is available today to give patients more options when making the decision about cataract surgery. This will help you to understand what a cataract is and how to treat it so you can develop a plan for diagnosis and vision correction. Presenter: Krista Bradley, Cleveland Eye Clinic.

**Therapeutic Chair Massage/Reiki****Friday, April 4, 11, 25 (omit April 18)****\$15 for 15 minutes      Call for appointment**

Wear your regular clothing and unwind in a special chair designed to comfortably support your body. Sessions are tailored to release built up stress and tensions in your neck, back, shoulders, arms and hands.

Pat Andler, C.P.T., L.M.T.

**Health Screenings****FREE****Blood Pressure/HealthClinic****Walk-in****Monday, April 7, 14, 21, 28****12:30-3:30 PM**

**Blood Sugar Screening** **9-11 AM**  
**Wednesday, April 16** **Call for appointment**  
Fairview Hospital Community Outreach Nurse

**Ear Canal Screening** **9-12**  
**Monday, May 19** **Call for appointment**  
Miracle Ear Hearing Center will give free ear canal inspections.

**Friday Movie and Popcorn** **FREE** **1 PM**  
**Movies will be shown IF the auditorium has reopened. Please call the front desk, 333-6660, to confirm.**

**April 4** **The Way** **PG** **121 minutes**  
Martin Sheen plays Tom, an American dentist who comes to France to deal with the tragic death of his adult son (Emilio Estavez). Rather than return home, Tom decides to embark on the historical pilgrimage, “The Way of St. James,” to honor his son’s desire to finish the journey. What he doesn’t plan on is the profound impact the journey will have on him.

**April 11** **RED 2** **PG** **116 minutes**  
Retired Extremely Dangerous, black-ops CIA agent Frank Moses reunites his unlikely team of elite operatives for a global quest to track down a missing portable nuclear device. Starring Bruce Willis, John Malkovich, Catherine Zeta-Jones, Mary-Louise Parker and Helen Mirren.

**April 18 - Good Friday – No Movie**

**April 25** **Man From Snowy River** **PG** **104 minutes**  
An ambitious rancher sets his sights on the hills of the Snowy River country. Buried somewhere in that wilderness is a fortune in unmined gold. Before he can stake his claim, his world is turned upside down when a cowboy steals his daughter’s heart. Starring Kirk Douglas.

**Walking Group Meeting** **Open to all**  
If you enjoy walking for fun or fitness, join us on **Monday, April 14 at**



**10 AM** for an organizational meeting to discuss upcoming walks for the season and to meet our new Walking Group volunteer coordinator, Marie Newman. Refreshments served.

**Rocky River Public Library's ON STAGE in RIVER presents  
"Inlet Dance Theatre"**

**Thursday, April 24, 7-8 PM at Rocky River High School  
Auditorium**

This innovative and contemporary dance company is at once powerful, athletic and theatrical in presenting themes that are uplifting and engaging, and through movement, speak creatively about human life issues.

Join us at **Rocky River High School** for an unforgettable performance you, your family and friends will enjoy and treasure.

**FREE admission.** Registration NOT required.

**Book Club**

**April 25**

**1:15 PM**

Discuss *The Time of Our Lives* by Tom Brokaw. May's book, *The Master's Muse* by Varley O'Connor, available April 25. John Lonsak, volunteer coordinator

**STARRS May Program**

**FREE**

**Five Million Steps: Thru-Hiking the Appalachian Trail**

**Thursday, May 8, 1:30 PM**

**Call 333-6660 to register**

Bob Grau, a retired educator and non-hiker, decided to thru-hike the 2,181 mile Appalachian Trail from Georgia to Maine. His life-changing journey through 14 states was completed in 170 days! Less than 25% of those who attempt to thru-hike the trail are successful.

Bob will present a Power Point program of many great photos that will inform, entertain and truly inspire you as he recreates his awesome adventure. He will tell how he broke his ankle in the White Mountains of New Hampshire, completing the last 380 miles hobbling over the rough terrain, and his quest for food, water and lodging.

During his hike, Bob had over 25,000 hits on a blog he created and raised \$7,500 for the Alzheimer's Association, Leukemia and Lymphoma Society and the Society for Melanoma Research.

Bob's book, **Five Million Steps on a Journey of Hope: Thru-Hiking the Appalachian Trail**, will be for sale, cash or check, for \$15.00. All book proceeds benefit **Journey of Hope**, a Cleveland-area charity that aids adult cancer patients in desperate need of financial help. Come learn about Bob's inspiring feat and be captivated by his "journey of hope" adventure.

**Steppin' Out Show Choir's Annual Fund Raiser at RRSC  
"Dance to the Music" Music and Dance for All Ages!**

**Two weekends at 7:30 PM**

**May 9-10; May 16-17**

Tickets are 412 at the front desk or door.

Proceeds benefit RRSC transportation service.

**Spring Fling Card Party**

**Friday, May 30, 1:30 PM**

Dessert – door prizes – table prizes.

Tickets \$7 each. Please pay for your complete party when registering.

**Dance Classes with Leslie Jones**

**Tap Dance: Beginner**

**8 weeks**

**Tuesday, March 18-May 6**

**3:15 PM**

**\$40 residents; \$45 non-residents; pay asap**

**Tap Dance: Intermediate**

**8 weeks**

**Monday, March 31-May 19**

**1:15 PM**

**\$40 residents; \$45 non-residents; pay asap**

**Tap Dance: Advanced**

**8 weeks**

**Tuesday, March 18-May 6**

**2:15 PM**

**\$40 residents; \$45 non-residents; pay asap**

**Drop-in Fitness            \$3 Pay-As-You-Go**

**Monday:**

**Zumba Gold with Leslie Jones**

**9 AM**

**Line Dance with Leslie Jones**

**10 AM**

**Tuesday:**

**Men's Fitness with Don Way**

**8:45 AM**

**Get Fit with Pat or Leslie**

**10:15 AM**

**Country Line Dance**

**1 PM**

**Wednesday:  
Zumba Gold**

**1:15 PM**

**Thursday:**

**Men's Fitness with Don Way  
Stretch & Swing with Carol Silvay**

**8:45 AM  
10 AM**

**Friday:**

**Sit & Fit with Pat Andler (omit April 18)**

**9:30 AM**

**Silver Sneakers® Classes**

**Classes are FREE to Silver Sneakers® members. Remember to swipe your card at the Front Desk. Non-Silver Sneakers® members pay \$3 as-you-go.**

**Silver Sneakers® Yoga**

**Ongoing**

**Tuesday, April 1, 8, 15, 22, 29**

**9:30 AM**

Move your whole body through a complete series of seated and standing yoga poses. Chair support is available to safely perform postures designed to increase flexibility, balance and range of movement.

**Silver Sneakers® Classic**

**Ongoing**

**Thursday, April 3, 10, 17, 24**

**9-9:45 AM**

Silver Sneakers® Classic fitness classes offer something for everyone, regardless of fitness level. Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

**Silver Sneakers® Broga**

**Ongoing**

**Friday, April 4, 11, 25 (omit April 18)**

**11:30 AM**

Broga, yoga geared for MEN, uses traditional yoga postures and fitness movements for a great workout!

**Fitness Classes:**

**Yoga for Seniors**

**8 weeks**

**Friday, May 9-June 27**

**2:45-3:45 PM**

**\$34 residents; \$39 non-residents; pay by May 2**

**OR \$6 pay-as-you-go**

Yoga can improve health, heal aches and pains, and keep sickness at bay.

Pat Andler, C.P.T.

**Enjoy a 30 minute workout to increase strength and tone your body.  
Weights provided. Pat Andler, C.P.T.**

**Weights Workout for Building Bone Strength** **8 weeks**  
**Tuesday, May 6-June 24** **12-12:30 PM**  
**\$24 residents; \$29 non-residents; pay by April 29**

**Weights Workout for Building Bone Strength** **8 weeks**  
**Wednesday, May 14-July 2** **3:20-3:50 PM**  
**\$24 residents; \$29 non-residents; pay by May 7**

**Arthritis/PACE Fitness** **8 weeks**  
**Wednesday, May 14-July 2** **1:30-2:30 PM**  
**\$34 residents; \$39 non-residents; pay by May 7**  
Increase your range of motion and strengthen your muscles with instructor Pat Andler, C.P.T.

**Sun-Style Tai Chi** **8 weeks**  
**May 14-July 2** **2:40-3:10 PM**  
**\$24 residents; \$29 non-residents; pay by May 7**  
Sun-Style Tai Chi strengthens your joints, keeps them mobile and helps with balance. It's an effective exercise due to its agile steps and higher stances, making it easier to learn and practice. Instructor: Pat Andler, C.P.T.

**Balance Tai Chi** **8 weeks**  
**Wednesday, May 14-July 2** **9:15 AM**  
**\$40 residents; \$45 non-residents; pay by May 7**  
This class combines Tai Chi and Qigong movements to improve balance. Focus is on strengthening muscles in the ankles, knees, hips and legs to increase flexibility and movement coordination. Suitable for all ages and abilities. Instructor: Mike Stadul

**Tai Chi** **8 weeks**  
**Wednesday, May 14-July 2** **10:30 AM**  
**\$40 residents; \$45 non-residents; pay by May 7**  
Exercises for balance and whole body health. Tai Chi develops muscular strength and flexibility in the spine and body joints. It relieves the stiffness

and pain associated with arthritis, lowers blood pressure, and improves balance. Instructor: Mike Stadul

**Day Trips:**

**Mansion and Castle Day  
Friday, April 25**

**Cost: \$55 (\$60 for non-residents)  
Registration: Call regarding  
availability**

Our spring tour takes us to Minerva and Alliance, Ohio for a day filled with romantic and historic ambiance. Enjoy an elegant lunch experience at Hart Mansion restaurant in a beautifully restored 1869 mansion. The Hart Mansion sits high atop a hill overlooking the heart of Minerva. We'll savor impeccably prepared cuisine in charming dining rooms with original fireplaces. **Lunch choice #1 – Mansion Chicken**- chicken breast sautéed with onions, mushrooms, and peppers, served over penne pasta with marinara and melted cheese OR **#2 Lemon Shrimp**- shrimp sautéed in a lemon wine sauce served over rice. Both entrees come with salad, coconut cake and coffee/tea. Please make entrée choice when registering.

Following lunch, we'll travel to one of Alliance's most enduring landmarks, Glamorgan Castle. Built by William Henry Morgan in the early 1900's, the castle was named for his father's birthplace in Wales. Morgan was a Renaissance man not known for doing things on a small scale. Built from 100 tons of structural steel and 96 train-car loads of Vermont marble, Glamorgan boasted the strength and security of castles of old. But unlike those structures, which were often cold and dark, Glamorgan featured many modern comforts, including bowling alleys, a billiard room and a large swimming pool in the basement. **NOTE:** our docent-led tour through the castle will include **MANY STAIRS.**

**Depart: 9:45 AM; estimated return 4:30 PM**

**Jersey Boys at the State Theater  
Wednesday, May 14, 8 PM show**

**Cost: \$90 (\$95 non-residents)  
Registration: Begins April 1**

Tony Award-Winning Best Musical *Jersey Boys* is back! This is the story of The Four Seasons: Frankie Valli, Bob Baudino, Tommy DeVito and Nick Massi and how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide- all before they were 30!

**Depart: 6:45 PM; estimated return 11 PM.**

**Tappin' Thru Life at the Allen Theater      Cost: \$55 (\$60 non-residents)**  
**Thursday, June 12      Registration: Begins April 7**

Tap dance legend Maurice Hines stars in this explosive world premiere production. Featuring contemporary tap icons The Manzari Brothers, and backed by a sizzling orchestra, this celebration of Mr. Hine's life and showbiz forerunners, including Frank Sinatra, Duke Ellington, and Nat King Cole, will have you tappin' all day!

**Depart: 12:30 PM; return: 4:30 PM estimated**

**Overnight Tours with Wendt Touring - stop by or call for a brochure**  
**New Orleans Fiesta – Springtime Down South**

**Cost: \$1199 per person double; \$1599 single**

**7 days- April 27-May 3; Status- call regarding availability**

**Treasures of Montreal & Quebec City by Rail 6 days June 23-28**

**Cost: \$1299 per person double; \$1699 single**

**Deposit: \$100 per person; balance due April 21**

Highlights include: Montreal, Basilica of Notre Dame, Mont Royal, St. Lawrence Seaway, Old Port, Quebec City, French Quarter, National Battlefields Park, Citadel, Monmorency Falls, Parliament Buildings, Basilica of Sainte Anne de Beaupre, Ten Thousand Island Boat Cruise, VIA Rail Canada, Watertown, New York, Casino de Montreal, Montreal's Underground, Expo '67 Biosphere.

**California – San Francisco, Yosemite, Monterey/Carmel**

**7 days – August 25-31**

**Cost: \$2199 per person double; \$2799 single**

**Deposit: \$200 per person; balance due June 23**

Highlights include: Golden Gate Bridge, Fisherman's Wharf, Chinatown, Sausalito, Twin Peaks, Nob Hill, Lombard Street, California Wine Country, Pacific Ocean, El Capitan, Half Dome, Mariposa, Grove Seventeen Mile Drive, Cypress Point, Mission San Carlos Borromeo, Pacific Coast Highway, Cannery Row, Seal Rock, Ghirardelli Square.

**Cape Cod & Boston 7 days Oct. 12-18**

Highlights include: Freedom Trail, Bunker Hill, USS Constitution, Faneuil Hall, Plymouth Rock, Mayflower II, Hyannis, Provincetown, Cape Cod National Seashore, Kennedy Memorial, The Breakers, Martha's Vineyard Cruise, Mystic Seaport, Pocono Mountains, Newport.

**The Quill – our monthly newsletter**

To find complete listings for our clubs, pay-as-you-go fitness classes, exercise classes such as Tai Chi, Qigong, and Yoga for Seniors, Senior Power Workout and Arthritis Exercise, and to learn more about our numerous activities, programs, one day and overnight trips, subscribe to *The Quill*. Cost for 12 issues, mailed first class monthly, is \$15.00.

**Computer lab**

The Senior Center's computer lab has six state of the art computers and printer. The lab is open Monday-Friday, 9 AM – 4 PM, except when computer classes are in session. Check the calendar for dates. Cost to print a page is ten cents.

**Social Service**

A licensed social worker is available to senior residents who are in need of services/information. Call 333-6660.

**Minibus Transportation Service**

The Senior Center provides transportation for Rocky River residents who are 60 years of age or above who have no other means of transportation. The van service operates Monday-Friday, 9 AM – 4 PM. Rides for medical appointments have priority and should be scheduled one week in advance. All other appointments can be made two working days in advance. Grocery shopping is limited to Wednesdays only. A wheelchair lift minibus is available.

**Senior Center Deli Lunch – call 333-6660 regarding availability.**