



# Strongsville

e-Newsletter

April 2010

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

## Important Dates

- Sat, April 3rd:** Day before Easter, Rec Center open 8am-5pm  
**Sun, April 4th:** Easter ~ Rec Center CLOSED  
**Fri, April 9th:** Puttin' on the Glitz at SHS, 7:30pm (see page 3 for info)  
**Sat, April 10th:** Puttin' on the Glitz at SHS, 7:30pm (see page 3 for info)  
**Sun, April 11th:** Puttin' on the Glitz at SHS, 2:00pm (see page 3 for info)

## Do you Suffer from Springtime Allergies?

Spring is here and with it comes warmer weather, greener grass, flowers and allergies!

Each year, 35 million Americans fall prey to seasonal allergic rhinitis, more commonly known as hay fever.

The biggest spring allergy trigger is pollen released into the air by trees, grasses, and weeds. When pollen grains get into the nose of someone who's allergic, they send the immune system into overdrive.

The immune system, mistakenly seeing the pollen as foreign invaders, releases antibodies that attack the allergens, which leads to the release of chemicals called histamines into the blood. Histamines trigger the runny nose, itchy eyes, and other symptoms of allergies.

Allergy symptoms tend to be particularly high on

breezy days when the wind picks up pollen and carries it through the air. Rainy days, on the other hand, cause a drop in the pollen counts because the rain washes away the allergens. Those suffering from spring allergies may have a runny nose, watery eyes, sneeze, cough, itchy eyes and nose, and dark circles under the eyes.

Airborne allergens also can trigger asthma, a condition in which the airways narrow, making breathing difficult and leading to coughing, wheezing, and shortness of breath.

If you've never been formally diagnosed with spring allergies but you notice that your eyes and nose are itchy and runny during the spring months, see your doctor. Your doctor may refer you to an allergist for tests.

Doctors treat spring allergies with a number of over-the-counter and prescription drugs.

Over-the-counter allergy drugs are effective for many people and include antihistamines, decongestants, nasal spray decongestants, and eye drops.

Even though you can buy these allergy drugs without a prescription, it's a good idea to talk to your doctor first to make sure you choose the right medication. Don't use over-the-counter antihistamines and decongestants for more than a few days without talking to your doctor.

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If over-the-counter remedies don't help allergies, your doctor may recommend a prescription medication or allergy shots.

It's nearly impossible to completely avoid spring allergies if you live in an area where plants grow. However, you can ease sniffing, sneezing, and watery eyes by avoiding your main allergy triggers.

Here are a few tips. Try to stay indoors whenever the pollen count is very high (pollen counts usually peak in the mornings). Keep your

doors and windows closed whenever possible during the spring months to keep allergens out. An air purifier may also help. Clean the air filters in your home often. Clean bookshelves, vents, and other places where pollen can collect. Wash your hair after going outside, because pollen can collect there. Vacuum twice a week. Wear a mask because vacuuming can kick up pollen, mold, and dust that were trapped in your carpet. What ever your allergy and whatever your symptoms are

there is relief. Contact your doctor and find out how you can enjoy the beauty of spring!

Source: [www.webmd.com](http://www.webmd.com) ~ "Spring Allergies"



## Health Screenings

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

### Blood Pressure

3rd Tues, 10:30am-1:00pm  
2nd & 3rd Fri, 8:30-11:30am

### Diabetes Screening

3rd Tues, 10:30-11:30am  
2nd & 3rd Fri, 8:30-11:30am

## Fitness

### **Spin and Group Exercise Classes**

Take advantage of our many exciting and enjoyable classes including pilates, kickboxing, body max, bootycamp, awesome abs, & many more!

All passes are monthly unless otherwise noted...

<u>4 Class Pass</u>	<u>8 Class Pass</u>	<u>12 Class Pass</u>
\$21-30*	\$28-38*	\$35-45*

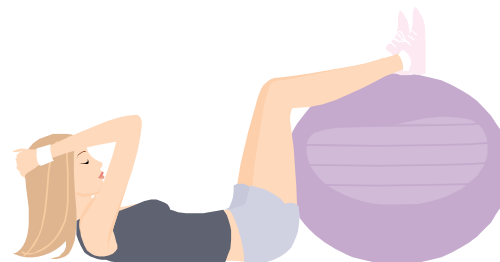
Unlimited Classes (Spin or Group Ex) \$42-52\*

Unlimited Classes Combo (Spin & Group Ex) \$52-62\*

### May-August:

4 Month Unlimited Spin or Group Exercise ~ \$155-195\*

4 Month Unlimited Combo Spin & Group Exercise ~ \$195-235\*



***\*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.***

## Summer Day Camp

The Ehrnfelt Recreation Center will be offering summer day camp for children ages 6-13. Activities will include arts and crafts, organized games, awesome field trips, swimming, movies and much more. Registration is now open. Stop by the front desk to pick information packets and registration forms.

Camp Hours: 9:00am-4:00pm

Camp Fees: \$115-125\*

*Before and after camp available for additional fee.*

## Puttin' On the Glitz IX



Enjoy a musical journey of the USA with "On the Road Again". The Sounds of Gold, The Glitz Girls, the Gold Tones and outstanding soloists, all 55 years of age and older, perform great musical hits including: New York, New York; Kansas City; Chicago; Take Me Home Country Roads; and America The Beautiful. Tickets on sale at the Senior Center Registration Desk!

Fri/Sat, April 9 & 10: 7:30pm

Sun, April 11: 2:00pm

Adults: \$10 Seniors & Students: \$8

Limited reserved seating available.

Show held in the Strongsville High School Auditorium

## Adult and Senior Programs

### Line Dance Jamboree 2009

Our 11<sup>th</sup> Annual Line Dance Jamboree promises to be a two stepping good time! Your admission cost includes continental breakfast, a full hot lunch, and line dancing instruction. Come boot, scoot and boogie your favorite steps and learn some new ones too!

Mon, May 3

9:00am-3:00pm

Fees: \$15-17\*

### Wii Home Run Derby

Come "swing" into action, as you bat indoors, against the Senior Center's Wii video game machine. Wear your favorite team's baseball attire, and try your luck or skill at hitting into the far reaches of our virtual stadium. Baseball themed refreshments will be available to keep at the top of your game! The top three players will be declared the Ehrnfelt Senior Center's Home Run Derby Champions. Registration required by April 16<sup>th</sup>.

Thurs, April 22

6:00-8:30pm

Fees: \$2-4\*

### 50+ Singles Mingle "Northfield Park"

Join the 50+ Singles Mingle group as they travel to Northfield Park for a night of great food, exciting races, and good conversation! Cost includes admission, transportation and buffet meal. Participants will be responsible for their own purchases of alcoholic beverages and gambling on races. Menu consists of buffet special, coffee or tea, dessert. Tax and tip are included in cost.

Mon, April 19

5:30pm

Fees: \$18-22



## Youth Horseback Riding

(Class held at Pony Tales Farm: 13360 Cowley Rd, Columbia Station, 44028)

### Pony Camp Junior (Ages 2-6)

Learn to groom ponies, play with them and ride them. Wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Parents are responsible for transportation to/from farm. Classes held rain or shine.

May 1-8

9:30-10:15am

Fees: \$35-43\*



### Pony Camp (Ages 6-12)

Learn introductory riding basics, general horse care, grooming, saddling, bridling, safety issues and stable care. Students will receive individual attention. Each student should wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Parents are responsible for transportation to/from farm. Weight limit of 125lbs. Classes are held rain or shine.

Sat, May 1-22

10:45-11:45am

Fees: \$77-85\*



*\*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.*

# Mushroom and Asparagus Fettuccine

## Ingredients

8oz dried whole wheat fettuccine  
8oz asparagus cut into 1 inch pieces  
Nonstick cooking spray  
3 cups button mushrooms  
1 medium leek, thinly sliced or 1/2 cup chopped onion  
3 garlic cloves, minced  
1/3 cup vegetable broth  
1/4 cup evaporated fat free milk  
1 tsp dried basil, crushed  
1 tsp dried oregano, crushed  
1/4 tsp salt  
1/8 tsp black pepper  
1 cup chopped plum tomatoes  
1/4 cup toasted pine nuts  
Finely shredded Parmesan cheese

## Preparation

\*Cook fettuccine or linguine according to package directions, adding asparagus for the last 1 to 2 minutes of the cooking time; drain. Return pasta mixture to saucepan; cover and keep warm.

\*Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium-high heat. Add mushrooms, leek or onion, and garlic to hot skillet. Cover and cook for 4 to 5 minutes or until tender, stirring occasionally.

\*Stir in vegetable broth, evaporated milk, basil, oregano, salt, and pepper. Bring to boiling. Boil gently, uncovered, for 4 to 5 minutes or until mixture is slightly thickened. Stir in tomatoes and heat through.

\*Spoon mushroom mixture over pasta mixture; gently toss to coat.



\*Sprinkle with pine nuts and, if desired, Parmesan cheese. Serve immediately.

*Yields 4 servings*

*Calories: 319g      Carbs: 54g  
Fat: 8g              Fiber: 3g*

[www.diabeticlivingonline.com](http://www.diabeticlivingonline.com)

## Aquatics

### Lifeguard Instructor Course,

Become certified to teach lifeguard classes. If lifeguard and CPR is not current add \$35 to fee for certification renewal.

1310.401 Mon-Fri, June 14-18 9:00-5:00pm

Fee: \$225 (if CPR & LG are current or add \$35 if not)

### Water Safety Instructor Course

Become certified to teach learn to swim classes.

1304.461 9:00-2:00pm

Sundays, April 11 –May 30

Fees: \$175-225\*



## Sport Programs

### Wednesday Night Summer Open Basketball League

Registration: April 15-May 10 ~ first pay, first serve

Ages: 18+

Games: Wed, June 2-August 18 (no games 7/21)

Game Time: 6:20-10:00pm

Fee Per Team: \$100

NM/NR Fee: \$15

Cash Forfeit Deposit: \$79

Referee/Scorekeeper Fee: \$32 per team/per game

### Adults Summer Open Basketball League

Registration: April 15-May 10 ~ first pay, first serve

Ages: 18+

Divisions: Lower, Middle, Upper

Games: Sun, May 16-August 22 (no games 5/30, 7/4)

Game Time: 4:20-10:30pm

Fee Per Team: \$125

NM/NR Fee: \$15

Cash Forfeit Deposit: \$79

Referee/Scorekeeper Fee: \$32 per team/per game



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