



Strongsville

e-Newsletter

January 2010

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440.572.3503 (fax)

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440.572.3137 (fax)

www.strongsville.org

Important Dates

Thurs, Dec 31st:	Rec & Senior Center CLOSING at 5pm
Fri, Jan 1st:	Rec & Senior Center CLOSED for New Year's Day
Sat, Jan 2nd:	Pre-Registration for Annual Super Sat. 5k Race Begins
Mon, Jan 18th:	Rec & Senior Center OPEN Normal Hours (MLK Day)
Wed, Jan 13th:	Aquatic Center CLOSED 5-10pm for HS Swim Meet
Fri, Jan 22nd:	Aquatic Center CLOSED 5-10pm for HS Swim Meet
Wed, Jan 27th:	Aquatic Center CLOSED 5-10pm for HS Swim Meet

10 Ways to Beat the Winter Blues

Winter is in full force. As the days get shorter and the nights get colder, even the best of us can get a little down.

According to the [American Academy of Family Physicians](#), some 500,000 Americans have the full-blown winter blues also known as [seasonal affective disorder \(SAD\)](#), a type of depression triggered by the seasons. Another 10% to 20% of us experience a milder form.

It's more common in women and residents of northern states, where winters are longer and drearier. The "winter blues" are characterized by the mild depression, lack of motivation, and low energy that many people experience during this cold season. Luckily, there's a lot you

can do to both prevent the blues from coming on and get yourself back to normal if they're already here.

1. **Exercise** will help you stay fit and also releases those "feel good" chemicals that improve your mood.
2. **Eat a healthy diet** to increase mood and energy.
3. **Get some sun** to help release the neurotransmitters in your brain that affect mood. Sit near a window, open shades and use "full spectrum" bulbs in your home.
4. **Act on your resolution** to be healthy—you'll feel better if you are eating healthier and

exercising on a consistent basis.

5. **Avoid binge drinking**, defined as having 5 or more drinks in a sitting, as alcohol is a depressant.
6. **Treat yourself** by planning something exciting such as a weekend trip, a day at the spa or a night out.
7. **Relax!** Try to spend a few minutes each day doing nothing.
8. **Embrace the season** and look for the best it has to offer such as seasonal sports (skiing) and fun activities (holiday parties).
9. **Get social support** from family, friends and co-

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workers through a phone call, chat over coffee or a lunch date.

10. **Make sure to catch some zzzz's.** Try for at least 7-8 hours of sleep at night and don't forget 10-30 minutes naps in the afternoon.

However, if you feel that you are one of the 500,000 Americans that have full blown seasonal affective disorder these ten tips may just be the stepping stone to helping you feel better. You may need to visit your doctor for more extensive

treatments such as light therapy, drugs or psychotherapy.

Tips adapted from 10 Cool Ways to Beat the Winter Blues by Nicole Nichols on www.sparkpeople.com



Kids Garage Sale

Come shop over 50 tables of children's toys, clothing, small furniture and accessories or reserve a table and sell your gently used maternity, baby and kids items.

Sat, February 20 9:00am-12:00noon

5-foot Tables: \$11 8-foot Tables: \$15

Please note there is a two table limit per family.



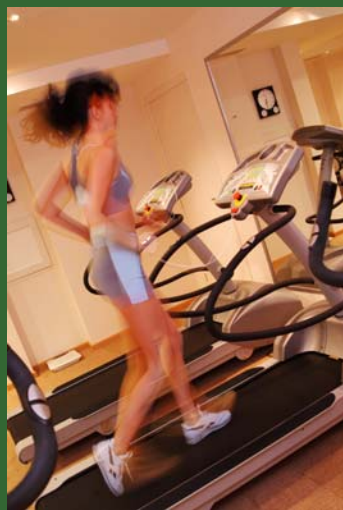
Daddy Daughter Dance

Gentleman, bring your favorite little girl (ages 6-12) to an evening of dancing, food and fun. Tickets on sale now!

Sat, February 13 7:00-9:00pm

Fees: \$8-12/person*

50 tickets must be sold by Feb. 8th for the



FREE health screenings 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

NEW YEAR'S RESOLUTION CHALLENGE

The Ehrnfelt Recreation Center's fourth annual challenge features a 12 week exercise and nutrition program designed to decrease FAT and increase LEAN muscle. It includes body fat measurements and pictures before, during, and after the contest. Prizes will be awarded to the top three winners based on change in overall aesthetic appearance, decrease in body fat, and increase in muscle mass. During the 12 week program, there will be check point sessions offered along the way for any questions you may have on fitness and nutrition.

Fees: \$35 (Open to members only)

Pre Testing: January 10th - 16th

Challenge: January 17th - April 10th

Post Testing: April 11th - 15th

Grand Prize: Incline Trainer

Runner Up: Ab Coaster

3rd Place: 1 Year Membership Extension

To schedule an appointment for testing please stop by the cardio desk, or call the fitness office at 440-580-3260 ext 5275

Resolution Challenge

Personal Training

One hour personal training session to get you on your way with the Challenge! Open to participants of Resolution Challenge Only.

Fee: \$30

Resolution Challenge

Transform Program

12 personal training sessions (training once a week), body fat monitored every other week, pictures monitored every other week, weekly food log analyzed. All sessions must be used by 4/29/2010 or they expire. Fee: \$300

Limit: 3 (3 times/week for 12 weeks)

Open to participants of Resolution Challenge Only

**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.*

5 Ways to Keep Your New Year's Resolution

1. Choose an obtainable goal.
2. Create a game plan.
3. Keep a journal.
4. Reward yourself at each milestone.
5. Ask friends and family to help you so that you have someone to be accountable to.

Go Red for Women Tea Party

Cardiovascular disease claims nearly 500,000 women's lives a year even though it is mostly preventable. Join Nurse Practitioners from Southwest General's Heart and Vascular Institute as they present valuable information and tips aimed at educating women and their families on heart disease. Wear red to show support for women and heart disease. Seating is limited, be sure to register today at the Senior Registration Desk. Sponsored in-part by SWGHC.

Tickets go on sale January 5th. Registration ends February 6th.

Wed, February 10 1:00pm Fee: \$4-6*



Adult and Senior Programs

Dog Obedience

This course will cover heeling/sitting, sit/stay, down/stay, stand/stay and come when called. These commands will help you to bring out the best in your pet. Instructor: David Moore of "Doo the Dog" Adults Ages:18+

Mon, January 25 – March 1 7:00 – 8:00pm Fees: \$80-92*

Calligraphy

Calligraphy means "beautiful writing." This class will focus on the vertical strokes, consistent angle of the calligraphy pen and proper spacing between words. Registration and supply list available at Senior Registration Desk.

Thurs, January 28-March 4 9:45-11:15am Instructor: Barbara Fischer Fees: \$15-21* (no drop-ins)

Zumba Gold (Ages 50+)

Set to the unique Zumba Latin and International music, this cardio-based workout uses dynamic dance steps to sculpt and tone the body. Free Demonstration Class: January 5, 8:45-9:30am Tuesdays, 8:45-9:30am Drop-in Fee: \$3-5*

Ballroom Dancing Instruction

This program will give you an introduction to the waltz, foxtrot, rumba and swing. A partner is not required; just the desire to have fun, while learning some new dance steps. Come and dance the night away! Registration required. Ages: 50+

Thurs, January 21-February 11 7:00-8:00pm Instructor: Marc Rothenberg Fees: \$20-28*

Youth Programs

Tumbleweed Tots

Let the "good times roll" literally! Have fun together with tumbling, beanbags, parachutes and dancing to the music!! This is a 'together class' with parent/caregiver participating.

Ages: 18m-2 yrs Class Limit 12

Wed, January 6 – February 3

9:30 – 10:15am

Fees: \$26-35*

Young Rembrandts Elementary Drawing

Let's get ready to draw amazing things together! Learn basic to advanced drawing skills, art techniques and vocabulary. We give kids skills to express their creativity, and believe that all children can – and should – learn to draw. We provide all materials and brand new subject matter every week! Students will learn advanced art techniques including portraiture, perspective and color theory, as well as art history; all in a positive, nurturing environment. You'll see increased art abilities, learning skills, self-confidence and self-esteem. Ages: 6-12 years

Fri, January 15-February 19 5:45-6:45pm Fees: \$65-75*

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Beef Stroganoff

(Cooking Light, October 2004)

Ingredients

1lb. top round steak (1 inch thick), trimmed
1 cup chopped onion
2 tablespoons chopped fresh parsley
2 tablespoons Dijon mustard
3/4 teaspoon salt
1/2 teaspoon dried dill
1/2 teaspoon black pepper
8oz. package sliced mushrooms
3 garlic cloves, minced
1/3 cup all-purpose flour
1 cup beef broth
8oz. container low-fat sour cream
2 cups hot cooked medium egg noodles (about 4 ounces uncooked)

Preparation

*Cut steak diagonally across grain into 1/4-inch-thick slices.
*Place steak and next 8 ingredients (though garlic) in a 3-quart electric slow cooker; stir well.
*Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a small bowl; gradually add broth, stirring with a whisk until blended.
*Add broth mixture to slow cooker; stir well.
*Cover with lid; cook on high-heat setting 1 hour. Reduce to low-heat setting, and cook 7-8 hours or until steak



is tender.

*Turn slow cooker off; remove lid. Stir in sour cream. Let stroganoff stand 10 minutes.

*Serve stroganoff over noodles.

*Yields 4 servings
(1 cup stroganoff & 1/2 cup noodles)*

*Calories: 404 Fat: 10.1g
Protein: 35.8g Carbs: 43.2g
Fiber: 2.9g*

Aquatics

2010 Strongsville Recreation Swim Team ~ Sea Monkeys

Ages: 18 and under as of June 1, 2010

Eligibility: Strongsville resident, may not be member of a homeowners association with a viable swim team, must be able to swim 25 yards both freestyle and backstroke on first day of practice.

Registration: Ongoing for 2009 Sea Monkeys, open registration begins Feb 22nd if spots available

Practices: Mon-Fri, 6/1-6/11, 5:00-8:00pm AND Mon-Fri, 6/14-7/16, 7:00-10:00pm

Meets: Tues & Thurs evenings Fees: \$160-190

Lifeguard Training

Candidates learn the skills necessary to prevent and respond to aquatic emergencies. CPR-PR, first aid and AED included.

Sun, January 24 – March 28 9:00am-1:00pm

Mon & Wed, April 12-May 12 7:00-10:00pm

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

Ages: 15 & Over Fee: \$175-225*

Lifeguard Challenge & Review

Designed for current guards to renew their certification.

May 22 OR June 6 9:00am-5:00pm Fee: \$100-120*

Sport Programs

Youth T-Ball, Softball, Baseball

Strongsville Residents ONLY

Ages: 5-18 (age as of 9/30/10)

Registration: January 2-March 10

Practices: Start after April 21 (2x/week)

Games: 2-3 games/week beginning May 28

T-Ball: Saturday only games

Coaches: Interested adults should apply at rec center

Umpires: Those ages 14+ should apply at the rec center



Midnight Madness

Come test some of your hoops skills at this after hour event at the Recreation Center. Contests included are a 3 point shoot out, a 2-on-2 tournament (teams selected randomly), a hot shot contest, a free throw contest and a basketball trivia quiz. Trophies will be awarded to contest winners. There will also be drawings for basketball prizes. Fee includes a tee-shirt. Registration Deadline: Friday, 2/19 Grades: 3-6, co-ed

Friday, February 26 9pm-12midnight

Members: \$15

Residents: \$20

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