



## Help us build Tyler Field



The Berea Youth Sports Commission along with the family of Tyler Graham are hosting a “Night at the Races for the Bases” to raise funds for Tyler Field.

Tyler Graham was born on March 2, 2000, and was diagnosed with dilated cardiomyopathy when he was 6 months old. He needed a heart transplant. The transplant was successful and he thrived for several years. At 7, Tyler was diagnosed with cancer due to complications from his anti-rejection medications. Unfortunately, as a second-grader at Parknoll Elementary, Tyler passed away shortly after his 8<sup>th</sup> birthday, April 20, 2008. Tyler was loved by his fellow students, who at the time held many fundraising events and formed Tyler’s Team. Tyler’s family and the Berea Youth Sports Commission are teaming up to host the Night at the Races to build Tyler Field, a new youth baseball field on the site of the former Parknoll School in the spring 2017.

Night at the Races will be 6-11:30 p.m., Friday, Dec. 2 at the Cleveland Browns Training Facility, 76 Lou Groza Blvd. Tickets are \$30 each and are available at the front desk of the Berea Recreation Center. Tickets are limited and will sell out fast. See inside this program guide for more information on how you can get involved in this great event.

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### Contact Information

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mcompton@cityofberea.org

**Keith Wilson**  
Assistant Director, Youth Sports Commissioner  
kwilson@cityofberea.org

**Guy Turner**  
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croman@cityofberea.org

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Recreation Administrator  
ljakobsky@cityofberea.org

**Michelle Skutt**  
Active Senior Network Program Coordinator  
mskutt@cityofberea.org  
(440) 234-6080

**Phone:** (440) 826-5890  
**Fax:** (440) 891-3389  
**Rainout Line:** (440) 234-6020

**Address:** 451 Front Street, Berea, Ohio 44017

**Website:** www.cityofberea.org

**Facebook page:** City of Berea, Ohio & The Department of Recreation



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# Adult Programs



## Adult Group Fitness Classes

### Yoga - Chair Yoga

Tuesdays 10:30 - 11:30 a.m.  
Thursdays 10:30 - 11:30 a.m.

### Yoga - Gentle Flow

Fridays 10:30 - 11:15 am

### Water Yoga

Sundays 3:30 - 4:30 p.m.

Indoor Pool

Power Passes sold at the front desk. *Try your first class free!*

Practicing Yoga in water presents a whole new venue for the art. Yoga in the water gives participants a feeling of weightlessness. Even experienced yoga students find that they can take their practice to a whole new intensity by practicing familiar or new poses on a deeper level.

### Tai Chi All Levels

Mondays 11 - 11:50 a.m.  
Tuesdays 7:10 - 8 p.m.  
Saturdays 9:45 - 10:45 a.m.

### QiGong

Mondays 10 - 10:50 a.m.  
Active Senior Network Room

### Zumba

Tuesdays 7 - 7:50 p.m.  
Thursdays 8 - 8:50 p.m.

### Aqua Zumba

Tuesdays 8:15 - 9 p.m.

### Body Sculpting™

Tuesdays and Thursdays  
6 - 7 p.m.

For program information, cost and registration, contact Gina at gina@flexcity.com or (440) 729-3463.

### Intensa-Fit Muscle

Mondays and Wednesdays: 7 - 7:50 p.m.  
Saturdays: 9:30-10:20 a.m.

To register, contact: Susanne Toth- Moran  
(216) 904-8311 or e-mail [intensafit@roadrunner.com](mailto:intensafit@roadrunner.com)  
*\*Group fitness program offered by a third-party vendor.*

### Personal Training

Megan Reilly, Certified Personal Trainer  
(440) 668-7859 or [megreilly123@gmail.com](mailto:megreilly123@gmail.com)

Megan Reilly is a certified personal trainer who offers a variety of services to her clients. Please contact Megan to discuss your goals and come up with a fitness plan.

## Adult Group Fitness Classes

### Spinning Schedule

Day	Time	Instructor
Mondays:	6-7 a.m. *6-7 p.m.	Megan Sue
Tuesdays:	9:30-10:30 a.m. 6-7 p.m.	Megan Andrea
Wednesdays:	6-7 a.m. *6-7 p.m.	Sue Sue
Thursdays:	9:30-10:30 a.m.	Megan
Friday:	6-7 a.m. 6-7 p.m.	Megan Andrea
Saturday:	8:30-9:30 a.m.	Andrea

*\*Spinning/Abs*

### MoFit Classes

Sundays: 10:15am  
Tuesdays & Thursdays: 6 p.m.



You do not have to be a member of the Recreation Center to participate! Check out MoFit on Facebook "MoFit, LLC" or on the web at [mymofit.com](http://mymofit.com) to learn more about how you can become part of this new community.

First class is free, bring a friend and come check it out!

### SilverSneakers® Classic (MSROM)

Monday, Wednesday and Friday at 10:45 a.m.  
Gym Floor

### SilverSneakers® Yoga Stretch

(Yoga 1): Tuesdays and Thursdays at 9:30 a.m.  
(Yoga 1): Tuesdays and Thursdays at 4 p.m.  
(Yoga 2): Mondays, Wednesdays, Fridays at 9:30 a.m.

### SilverSneakers® SilverSplash

Monday-Friday at 9 a.m.  
Indoor Pool  
SilverSneakers® holders: FREE  
Non-SilverSneakers® holders: \$3

### Thanksgiving Day Spin

Thursday, November 24  
8 - 9:30am  
Cost: \$20 (includes water bottle and towel)

Join us for our annual Thanksgiving Day Spin! Get your fitness in before all the food!!! Spots are limited and you must pre-register at the Berea Recreation Center.



# Youth Sports Commission



## Contact Information

**Keith Wilson**  
Commissioner of Youth Sports

Phone: (440) 826-5890 ext. 7017  
Email: [kwilson@cityofberea.org](mailto:kwilson@cityofberea.org)

“Berea Youth Sports  
Commission”

## Youth Sports

### Lou Groza Football

A huge THANK YOU to all the players, coaches, volunteers and families from Flag, Tackle and Cheer for making this the biggest and best season yet for Lou Groza Football!

Each year the programs continue to grow and get better because of all the work done by our volunteers. We are already in the planning stages for next year! Lou Groza Football programs range in age from 5 to 13 years old. For more information, please visit: [www.lougrozafootball.org](http://www.lougrozafootball.org)



### Pink Ladies Baton Corps

The Pink Ladies Baton Corps of Berea, Ohio teaches **baton twirling classes** at the recreational and competitive levels to girls ages 4 and up. We perform at special events like parades, festivals, fundraisers, and half-time shows. Our twirlers come from cities all across **Northeast Ohio** including: North Olmsted, Avon Lake, Parma, Lakewood, Strongsville, Brunswick, Columbia Station, and Berea.

For more information, visit [www.pinkladiesbaton.com](http://www.pinkladiesbaton.com) or contact Coach, Jill Folino at [pinkladiescoachjill@gmail.com](mailto:pinkladiescoachjill@gmail.com)

### BYSC Winter Basketball Leagues

**December – February**  
**1<sup>st</sup> & 2<sup>nd</sup> Grade, Combined Boys & Girls**

**3<sup>rd</sup> & 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>, and 7<sup>th</sup>–9<sup>th</sup> Grade,**  
**Individual Boys and Girls Teams**

**Cost: \$55**

*We are looking for volunteer coaches for all age groups. If you have coached in the past or are looking to get into it for the first time, please email me at [kwilson@cityofberea.org](mailto:kwilson@cityofberea.org) with your name, phone number and the age group you are interested in coaching. No experience is necessary.*



Like us on Facebook:  
“Berea Youth  
Sports Commission”



Follow us on Twitter:  
“Berea Youth Sports”

## Youth Sports

### Basketball Cheerleading

**December – February**

**Grades: K-5th**

**Cost: \$55**

Cheerleading is coming to the Berea Recreation Center for the upcoming basketball season. Girls will cheer during games and perform at halftime! Shirts, shorts and bows will be provided to all participants. Please contact Melissa Azzano at [melazz56@yahoo.com](mailto:melazz56@yahoo.com) or (216) 704-6323 if you have any questions or are willing to volunteer your time. No experience necessary.

### Berea-Midpark Titans Youth Wrestling “ALL IN”

**Registrations: Saturday, Nov. 5, 2016 at 10 a.m.**

**Location: Roehm Athletic Complex –  
7220 Pleasant Avenue, Berea, OH 44017**

**Price: \$75**

Join coaches, Mike Czarnecki, Adam Carver and Steve Bosco for a brief practice/parent meeting on Saturday, Nov. 5, 2016 at 10 a.m. at the Roehm Athletic Complex. Berea Midpark Titans Youth Wrestling’s mission is to “Develop quality characteristics in our wrestlers that will enable them to be successful in Academics, Athletics and Life.” For more information, please contact Adam Carver at (440) 865-7148 or check them out on Twitter: [@TitansWrestling](https://twitter.com/TitansWrestling) or on Facebook: Berea-Midpark Wrestling.

### Girls Winter Intramural Volleyball

**Registrations will end soon!**

**Mondays Evenings from Nov. 7 - Dec. 26**

**4 - 6 Grade Girls from 7 - 8 p.m.**

**7 - 9 Grade Girls from 8 - 9 p.m.**

**Cost: \$25**

Join Coach Nichole Hearn to play Intramural Girls Volleyball on Monday evenings. Pickup games will be played with team chosen nightly.

# Night at the Races for the Bases

A fundraiser in conjunction with the Berea Youth Sports Commission and the family of Tyler Graham Friday, December 2, 2016 from 6:00-11:30 PM - \$30 per Ticket

Event to be held at the

Cleveland Browns Training Facility

76 Lou Groza Boulevard

Tyler Graham was Born March 2, 2000 and was diagnosed with Dilated Cardiomyopathy when he was 6 months old and had to have a heart transplant. The heart transplant was a success and he thrived through his young years. When he was 7, Tyler was diagnosed with cancer due to his anti-rejection medications. Unfortunately, as a 2<sup>nd</sup> grader at Parknoll Elementary, Tyler passed away shortly after his 8th birthday on April 20, 2008. Tyler was loved by his fellow students who at the time held many fundraiser events and formed "Tyler's Team". Tyler's family and the Berea Youth Sports Commission are teaming up to host this event to raise funds to build "Tyler Field" a new youth baseball field at the Former Parknoll Elementary School site in the Spring of 2017.

Any support, will go a long way to help us make "Tyler Field" a reality. We anticipate a lot of great people to be at the event. We look forward to the opportunity to partner with you to honor Tyler Graham, while supporting his family as well as the kids who play on this field during spring, summer and fall for years to come.

We are running this event with a partner 501c3 Non-Profit called Titans Youth Sports. 100% of the money for this event goes directly to the Tyler Field project. Upon request, we will provide you with a receipt and documentation of your donation to our cause. Please make checks payable to: "Titans Youth Sports".

**Corporate Tables of (10):** Only \$350.00 for event tickets, a "Reserved" table and a horse to own and name and a 1/4 page ad.

**Race Sponsors: \$100 for Each Race Sponsor:** Sponsors name headlines each race, is read aloud at the event, receives a 1/4 page advertisement in the program.

**Buy a Horse:** \$20.00 to own and name your own horse (10 horses sold per race). If your horse wins the race, you win \$40 (horse owners who win need not be present).

**Program Ads:** \$100 = Full page ad, \$50 = 1/2 page ad, \$25.00 = 1/4 page ad add \$15.00 = Business card size ad.



## "Tyler Field" coming in Spring 2017

**Tickets are limited and can be purchased in person at the:**

Berea Recreation Center

451 Front Street

Berea, Ohio 44017

**21 & over Don't wait! This event will sell out fast...**

Contact: Alison Lemmer 440-571-2607 or [alisonlemmer@yahoo.com](mailto:alisonlemmer@yahoo.com) with question about the event

ITEM	QTY.	PRICE	SUBTOTAL
Corporate Table		\$350	
Sponsor a Race		\$100	
Full Page Ad		\$75	
Half Page Ad		\$50	
Quarter Page Ad		\$25	
Business Card Ad		\$15	
Buy a Horse		\$20	
		Grand Total	

Supporter / Business Name (if applicable)

Name

Address

Phone

Email

Please make check payable to: TITANS YOUTH SPORTS

Mail this form and payment to: Berea Recreation Center  
451 Front Street Berea Ohio 44017

HORSE NAME	OWNER NAME
#1	
#2	
#3	
#4	
#5	

\* Horse names can be no longer than 3 words

\*\* Write Horse and Owner Names exactly as they should appear in the program



## Youth and Family Programs

### Quarry Kids Adventures

Tuesdays and Thursdays from 10:30 - 11:30 a.m.

Ages: 2-5

Cost: \$3 drop-in fee or purchase a Quarry Kids punch card.

Our popular Quarry Kids program is led by Mr. Terry. Have fun, play games, learn and attend several events throughout the year.

## Youth and Family Programs

### FAMILY HAPKIDO- Korean Martial Arts

Ongoing classes are Thursdays 6 - 6:45 p.m. & Saturdays 8:30 - 9:30 a.m.

Student has choice of taking class weekly or biweekly

Price: \$50 per 8 class punch card

These classes provide students with common values upon which the martial arts instill honesty, respect, responsibility, integrity, courage, tolerance, justice, self-confidence, politeness and courtesy. Participants must be at least 5 years old, but less than 18 years old. For more information, visit [www.kmartialarts.com](http://www.kmartialarts.com).

### READING BY THE CAMPFIRE



Saturday, Nov. 5  
11:30 a.m. - 1:30 p.m.  
Grindstone Elementary School

Children can choose a book to read by the "campfire" with their friends and families.

Pizza, salad and refreshments will be provided.  
Every child will receive a free flashlight.

Please RSVP by calling Daune Jaynes at (440) 826-4891 or [bco@cityofbera.org](mailto:bco@cityofbera.org)

### SERENDIPITY DANCE – Inclusive Mommy or Daddy & Me Dance Movement Classes

6 Week session on Fridays from 8:30 - 9:15 a.m. beginning Dec. 2

Ages 2 to 6 years old

Price: 6-week session \$78 or drop in fee of \$15

These classes are for kids ages 2.5 to 6 years old with autism & other special needs. Kids will dance with moms and dads under directions of Serendipity Dance class instructors. For more information, call (440) 544-6653 or visit [www.serendipitydancemovement.com](http://www.serendipitydancemovement.com).

# Jack Frost Festival of Lights

Saturday, Dec. 3, 2016

Light up Berea Parade  
Begins at 5:30 p.m.

Tree Lighting Ceremony  
& Fireworks  
Starting after the parade  
Approximately 6:30 p.m.  
Located at the Berea Triangle

"Iceless" Ice Rink  
5:30-9:30 p.m.  
*FREE*

Meet Santa  
6:30-9:30 p.m.  
*\*Please bring your own camera*

Ferris Wheel,  
Merry-Go-Round,  
Hot Cocoa and Cookies  
6:30-9:30 p.m.  
*FREE- While supplies last*

Free fun for the whole family!



# Senior Scoop Programs



## Contact Information:

### Michelle Skutt

Active Senior Network Program Coordinator  
(440) 234-6080 or email [mस्कutt@cityofbera.org](mailto:mस्कutt@cityofbera.org)

For more information or details about the programs offered, please visit our website at [www.cityofbera.org](http://www.cityofbera.org)

## Office Hours:

Monday - Thursday  
7:30 a.m. - 1:30 p.m.

## Mission Statement:

The goal of the Active Senior Network is to provide older adults with activities and programs that will increase their daily activity and social levels.

## Active Senior Network Room:

The Active Senior Network Room is located in the Berea Recreation Center, 451 Front St. Membership in the Active Senior Network is open to seniors 60 and older. Membership is free. Seniors do not have to belong to the Berea Recreation Center to join the Active Senior Network.

Seniors who are members of Silver Sneakers through their medical insurance programs may use the Berea Recreation Center facility at no charge. Silver Sneakers is free if the program is covered by medical insurance. There may be a nominal charge for non-Silver Sneakers programs offered by the Recreation Center. Those seniors who are not members of Silver Sneakers may join the Berea Recreation Center for a \$39 yearly fee.

## Senior Wheels:

Berea residents 62 or older or who are disabled are eligible to use the Senior Wheels vans for transportation to shopping and medical appointments, once an application form has been completed.

Contact Daune Jaynes at the Berea Community Outreach Office, (440) 826-4891, for a Senior Wheels application.

Trips must be scheduled 24 hours in advance. Call (440) 826-0800 to schedule a ride. Trip fares are \$1-2. The vans run 8:15 a.m. to 3 p.m. Monday-Friday and service Berea, Middleburg Heights, Brook Park and Strongsville. By special request, Senior Wheels can provide transportation to Great Northern Mall in North Olmsted.

*To reserve for any of these programs,  
please contact: (440) 234-6080.*

*Payments may be dropped off at the  
Active Senior Network drop box.*

## Bus Trips

*Please note: There are spaces available for this trip.  
Please call 234-6080 if you would like to register.*

### Oglebay Festival of Lights Wheeling, West Virginia

Wednesday, Dec. 14

Cost: \$ 41

Payment due: Nov. 18

**Bus will begin boarding: at 7:30 a.m. Coe Lake, 11  
Berea Commons (behind City Hall)**

**Departure: 8 a.m. | Returning: 10:30 p.m.**

Please contact (440) 234-6080 for details about our bus trip cancellation policy.



## Monthly Luncheons

### Tuesday, Nov. 8 at noon

St. Paul Lutheran Church | \$5

Registration and payment due: Nov. 4

The cold and flu season are upon us. Take this opportunity to hear Rebecca Margevicius a clinical specialist of pharmacy from SWGH offer some insight to understanding over the counter medications.

*Estimated Senior Wheels pickup time: 1:30 p.m.*

### Tuesday, Dec. 13 at noon

St. Paul Lutheran Church | \$5

Registration and payment due: Dec. 8

Get into the spirit of the season with the Senior Singers from St. Paul Lutheran Church.

*Estimated Senior Wheels pickup time: 1:30 p.m.*

## Clubs

### Mystery Lover's Book Club

Meets the 1<sup>st</sup> Monday of the month at 1 p.m.

Active Senior Network Room | FREE

**Monday Nov. 7 & Monday, Dec. 5**



If you enjoy a good mystery book then this club is for you! Members will meet the first Monday of each month in the Active Senior Network Room. Readers are required to get the book themselves from the library. Contact: Karen Scopel at 234-2280 or the Active Senior Network at 234-6080.

New faces are welcome at any time! A beverage and snack will be provided to those who register.

*Estimated Senior Wheels Pickup Time: 2:30 p.m.*

# Senior Scoop Programs



## Fun and Games

### Wii Bowling League

**Tuesdays or Thursdays beginning at 9:30 a.m.**

**Active Senior Network Room | Free**



Details about the league:

- Eight weeks long
- Two players per team
- Each team will play two games each week
- Highest score overall will win the league
- Awards Banquet will be held at the end of the eight weeks for all participants

It is never too late to participate! If you would like to join a team or be a substitute player, please call Michelle at (440) 234-6080.

#### Wii Bowling Absentee Policy

*\*To ensure that the scores are posted in a timely fashion, the Active Senior Network staff is asking that if a player is not able to attend a week of bowling that he/she make it up. Making up a bowling session can be done by pre-bowling or by coming in the following week. Please call Michelle at 234-6080 to schedule a time. You can make up your bowling during Rec. Center hours. If you are unable to pre-bowl or come in the following week, a blind score of 140 per game will be added to the team total.*

### Men and Women's Wii Golf:

**Men: Every Monday at 9:30 a.m.**

**Women: Every Monday at 11 a.m.**

**Active Senior Network Room | Free**

*Estimated Senior Wheels pickup time: 11 a.m. for Men*

*Estimated Senior Wheels pickup time: 12:30 p.m. for Women*

### Cards

**Every Friday from Noon - 2 p.m.**

*(Except the third Friday, which is Movie Day)*

**Active Senior Network Room | Free**



Try your hand at Pinochle, Bridge, Rummy or any card game you wish to play with other card players. Card games are subject to change depending on what others like to play.

### Corn Hole

**Every Friday from 10:30 a.m. - Noon**

**Active Senior Network Room | Free**

*Registration is not required*

## Boxed Lunch and Movies

*Once you sign up for the Boxed Lunch & Movie, you will need to pay and give your lunch order one week in advance. You may drop your money off in the Active Senior Network drop box, the Active Senior Network Office or at Berea City Hall.*

**Box lunches are from Café Ah Roma. The sandwich choices are: ham, turkey, veggie, chicken salad, or tuna salad.**

**Movie: "Arsenic and Old Lace"  
Friday, Nov. 18**

Starring: James Stewart, Priscilla Lane  
Comedy/Crime/Thriller



**Lunch: 11:30 a.m.**

**Movie starts: Noon**

**Active Senior Network Room | Cost: \$5**

*Registration and payment due: Nov. 11*

A drama critic learns on his wedding day that his beloved maiden aunts are homicidal maniacs, and that insanity runs in his family.

*Estimated Senior Wheels pickup time: 2:30 p.m.*

## Other Activities

### Computer Access

Take advantage of the computers available to you at any time in the Active Senior Network Room. Check your e-mail, play games, surf the Internet, etc. A printer is available for your convenience.

## Special Programs

### Brown Bag Buddies

**Wednesday, Nov. 2**

**11:30 a.m. – 12:30 p.m.**

**Active Senior Network | Free**

*Registration due: Nov. 1*

Pack a lunch and join friends for fun and games.

*Estimated Senior Wheels pickup time: 1 p.m.*



## Special Programs

### Tea of Thankfulness

**Wednesday, Nov. 16**

**11:30 a.m. – 12:30 p.m.**

**Active Senior Network Room | Cost: \$2**

*Registration due: Nov. 11*

Enjoy a warm cup of tea and some tasty pastries while being entertained by husband and wife Dee & Dennis Rundle of Singing Hands. They perform uplifting, positive, fun songs to pre-recorded music using sign language. The audience does not need to know sign language. They will be able to hear the words and the music to their favorite songs and at the same time, they are able to enjoy the beauty and creativity of sign language.

*Estimated Senior Wheels pickup time: 1p.m.*

### Pumpkin Pie & Pictionary

**Tuesday, Nov. 22**

**11:30 a.m. – 12:30 p.m.**

**Active Senior Network Room | Free**

*Registration due: Nov. 23*



A little sweet treat and a fun game of Pictionary with friends before turkey day. We have so much to be thankful for! Enjoy a slice of pumpkin pie donated by Northwestern.

*Estimated Senior Wheels pickup time: 1p.m.*

### Medicare Open Enrollment Consultations with OSHIP (Ohio Senior Health Insurance Program)

**Wednesday, Nov. 30**

**10 a.m. - 1 p.m.**

**Active Senior Network | Free**

*Appointments required Call 234-6080*

If you are already on Medicare, you are encouraged to review your plan choices every year during open enrolment.

Jim Aust is a co-coordinator for Cuyahoga County with OSHIP Medicare counseling. He will be available to discuss what's new in Medicare and the resources that are available. Take this opportunity to gather information to aid you in making the best choice for you.

### Knit Wits

**Meets the second Wednesday of the month**

**10 a.m. - Noon**

**Active Senior Network Room | Free**

*Estimated Senior Wheels pickup time: 12:30 p.m.*

## Special Programs

### Christmas Connection at the IX Center

**Nov. 18 -20**

**Discounted Tickets | Cost: \$9.99**

Good for any one day at the Christmas Connection

*Registration & payment due: Nov. 10*

Tickets can be picked up at the Berea Recreation Center Nov.14-17 a photo ID will be required to receive the tickets.

Those individuals who utilize the Senior Wheels for transportation and purchase a discounted ticket will be issued their ticket when they board the bus.

### Senior Wheels Transportation:

**Christmas Connection at the IX Center**

Friday, Nov. 18

Pick up location Berea Recreation Center

Cost: \$1/Round trip

*Registration due: Nov. 10*

**Destination IX Center**

*First Pick-up: 9:30 a.m.*

*Second Pick-up: 10 a.m.*

**Return trip to the Berea Recreation Center**

*First Pick-up: 1 p.m.*

*Second Pick-up: 2 p.m.*

The Christmas Connection at the IX Center kicks off the start of the holiday season. Take advantage of the Senior Wheels by getting dropped off at the door, while avoiding the cost of parking. Put that extra money to use buying Christmas presents.

### Monday Movie at the Matinee

**Monday, Nov. 21**

**Cinemark Strongsville:**

**1745 Southpark Ctr.**



**Pick up location Berea Recreation Center**

*Registration due: Nov. 17*

Jump on the Jitney with friends and head to the movies. The senior rate for the movie is \$5.75 which you will be required to pay for yourself. The round trip will be free! The movie will be selected the week prior to the event and the group will attend the first showing of that film. Active Senior Network staff will contact participants with the ride details.