

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
Cleveland, Ohio  
PERMIT #175

VILLA VOICE  
6800 Mayfield Road  
Mayfield Heights, Ohio  
44124

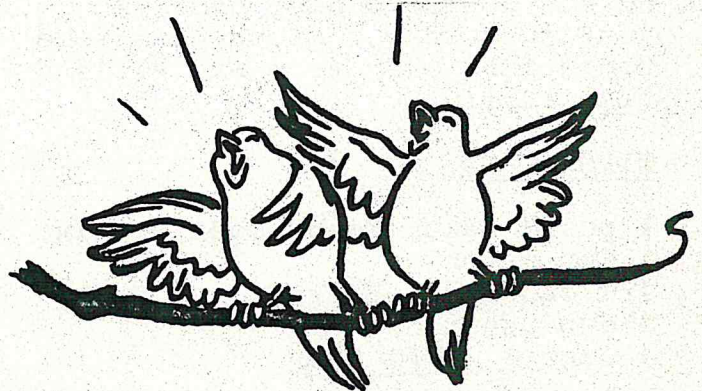
Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30-3:30 Ceramics 10-12 Red Cross 3:30 Rosary 1:00 Bowling (Coliseum) 7:30 Pinochle	3 9-1 Sewing 2-3 Dancercise 8:00 Game Night	4 10-12 Boutique 1-3 Painting 7:30 Card Party	5 10:00 Church Insp. 1-3 Knitting 3-4 Needlepoint 3:30 1st Thurs. Mass 3:30 Prof. Kall 7:00 Pool Tourn. 8:00 Game Night	6 10-12 Beg. Bridge 1-3 Adv. Bridge 5:00 Dinner
9 9:30-3:30 Ceramics 10-12 Red Cross 1:30 WW I Vets 3:30 Rosary 1:00 Bowling 7:30 Pinochle	10 9-1 Sewing 2-3 Dancercise 6:30 Mens Club 8:00 Game Night	11 10-12 Boutique 1-3 Painting	12 10:00 Church Insp. 1-3 Knitting 3-4 Needlepoint 3:30 Prof. Kall 5:00 ST. PATRICK'S DAY DINNER 7:00 PARTY	13 10-12 Beg. Bridge 1-3 Adv. Bridge NO DINNER
16 9:30-3:30 Ceramics 10-12 Red Cross 3:30 Rosary 1:00 Bowling 7:30 Pinochle	17 9-1 Sewing 2-3 Dancercise 8:00 Game Night	18 10-12 Boutique 1-3 Painting	19 10:00 Church Insp. 1-3 Knitting 3-4 Needlepoint 3:30 Prof. Kall 7:00 Pool Tourn. 8:00 Game Night	20 10-12 Beg. Bridge 1-3 Adv. Bridge 5:00 DINNER 7:00 SPRING DANCE
23 9:30-3:30 Ceramics 10-12 Red Cross 3:30 Rosary 1:00 Bowling (Coliseum) 7:30 Pinochle	24 9-1 Sewing 2-3 Dancercise 8:00 Game Night	25 10-12 Boutique 1-3 Painting	26 10:00 Church Insp. 1-3 Knitting 3-4 Needlepoint 3:30 Prof. Kall 7:00 Pool Tourn. 8:00 Game Night	27 10-12 Beg. Bridge 1-3 Adv. Bridge 5:00 Dinner
30 9:30-3:30 Ceramics 10-12 Red Cross 3:30 Rosary	31 9-1 Sewing 2-3 Dancercise 8:00 Game Night	<p>Special Events</p> <p>Every Saturday - Game Night - 8:00 P.M.</p> <p>Thursday, March 12th - St. Patrick's Dinner Party</p> <p>Friday, March 20th - Spring Dance</p> <p>Sunday, March 15th - Big Bingo Day 1:30 P.M.</p>		
7:30 Pinoxhlw	8:00 Game Night	<p>SPECIAL NOTE: Although listed on the schedule, there will be no Sewing or Boutique classes on March 17th, 18th and March 24th and 25th.</p>		

VILLA SERENA DINNER MENU

MONTH OF MARCH, 1981

FRIDAY, MARCH 6th

Choice of Baked Fish  
or Liver & Onions  
Potato  
Vegetable  
Dessert



FRIDAY, MARCH 20th

Choice of Baked Fish  
or Brisket of Beef  
Potato  
Vegetable  
Dessert

THURSDAY, MARCH 12th

SPECIAL ST. PATRICK'S DAY DINNER

Corned Beef and Cabbage  
and all the trimmings

"including that special brew"

FRIDAY, MARCH 27th

Choice of Baked Fish  
or Breaded Pork Chops  
Potato  
Vegetable  
Dessert

TO OUR LOYAL DINNER SUPPORTERS

Once again as in the past, we wish to take this opportunity through this column to thank you all for the fine support you have given to us for our dinners in spite of skyrocketing costs. We still pledge to continue our desire to serve only the best and finest of foods available and at prices our senior citizens can afford. Remember, your suggestions are always welcome. Don't hesitate to let us know your desires.

KITCHEN KORNER

Here's a way to have some fun just in case you might have some booze left over from St. Pat's Day!!!!!!!

TIPSY CAKE

- 1 pound cake (ready made or mix)
- 1 Cup Water
- 1/2 cup Sweet Sherry
- 1 Cup Sugar
- 1 Jigger light rum

Cook water and sugar to a syrup. Add rum and sherry to syrup. Marinate pound cake for one day and serve. Serves 8.

DRUNKEN PORK CHOPS

Pork chops, cut 3/4" thick, trim fat off. Season with salt, pepper and Accent. Dredge with flour. Brown with butter and chopped onion. Remove onion and add 1/2 cup water and 1/2 cup Vermouth.

Simmer for 1-1/2 hours under cover. Thicken slightly with flour and water before serving. Serve with fried apple rings Garnish with watercress.

\*\*\*\*\*

TRAVEL NEWS:

To all of you who have expressed desires to attend our "fun" Spring Trip in the planning stages, please come to a meeting to be held at the Villa Serena on Tuesday, March 3rd, 1981 at 7:00 P.M. Details of our trip will be presented at that time.

Plan to attend.

HOW TO STAY WELL

We can safely say the greatest drug addiction in the country is drinking coffee. Tea, coffee, cola drinks and chocolate all contain caffeine which is a habit forming drug that gives your central nervous system a stimulation like that of a pep pill. When this induced high wears off in an hour and a half you get jittery, more tired and have to have another "fix", meaning more coffee, tea, cola, cigarette or sugar snack. Now you might say, "Well, I drink decaffeinated coffee". This is not much better because you still add sugar and cream, both harmful toxic foods. Besides decaffeinated coffee has been processed with trichloroethylene, a cancer producing chemical. TCE has been supplanted by most manunfacurers with methylene chloride. This chemical adds chlorine to the body which is another toxic agent which also combines with some foods depriving them of digestive enzymes. If you are a working person the company coffee break is another tempting diversion to stimulate your run down body. Dr. Melvin Page of Florida a researcher of degenerative diseases, believes that caffeine may be a major cause of high blood pressure, cancer, arthritis, lung disease, diabetes and senility. A cupy of coffee contains 100 to 150 milligrams of caffeine. Tea at full strength is about the same but it also contains tannic acid and theobromine both of which are toxic elements. Arrhythmia, or irregularities of the heart, can be caused by drinking more than five cups of coffee or tea daily. So why not avoid paying the doctor or hospital for your indiscretions and switch to herb teas from your health store which do not contain caffeine but have desireable oils and a world of variety. If you want to use a sweetener, use a little honey or karo syrup. Or better yet concentrate on drinking fruit juices. As I said previously, one should not drink a liquid when eating.

---Lawrence Blazey---

A BIG HAND OF THANKS TO SO MANY

We know the following words of praise have been said many times before, but they bear repetition again to express our feelings to you.

Much can be said about the recent success of our St. Valentine's celebration as well as the success of our big celebrations in the past years. But none of this would have been possible were it not for the hard work of those who have always helped in every way; starting with our devoted kitchen staff to those persons we can always count on to help set tables and serve at a "last minute's" notice and those who just pitch in without being asked in the clean up of tables.

"WE THANK EACH OF YOU"

To our "ever lovih" men who are always around to assist and who are presently anxiously waiting to go to work on our next Pancake Breakfast coming up in April. You've never seen more teamwork and the fun and cordiality they create when helping wherever and whenever needed no matter what!!!!

"WE THANK EACH OF YOU"

To our newspaper staff, to those lovely fellas who for the past 7 years have created so many beautiful Villa Voice covers, that in all this period of time, you have not seen one duplicate cover on the Villa Voice. What a record that is! our unsung heroines in the library, our good cheer lady who lovingly sends out greeting cards to all; our donors of funds, our charity project workers, our card party, pinochle and bingo people who work diligently each week; our building decorators, our holiday painters, the beautiful persons already hard at work getting ready for Boutique '81; to those who bake and work so hard everywhere on the day of our Boutique; to our printer of dinner signs which are always so appealing and "eye-catching".

"WE THANK EACH OF YOU"

To those lovely persons who have dedicated themselves to making our outside grounds more beautiful each summer; to those wonderful persons who make sure everything is always in readiness for our weekly church inspiration services and our monthly mass; to our organist who makes lovely music.

"WE THANK EACH OF YOU"

To those who just see a little bit of clean up on their floors or in the lounge areas to be done and just pitch right in and do it without any "fanfare"; to all of you who help in so many other "little helpful" ways just too numerous to individually mention here to keep our building lovely.

"WE THANK EACH OF YOU"

To our dedicated non resident members who seem to find the time to offer their support in so many ways showing that they are truly proud of their memberships in our Villa Serena family.

"WE THANK EACH OF YOU"

And especially to our very dedicated "paid staff members" and our teachers who never, never stop in their desires to serve so well, and so many times way "over and beyond the call of duty" in faithfully halping to make our job a little bit easier. We are grateful to them; To those of you who always support and attend our activities, for "without you" it would all be for naught, and those who always find the time to write or stop in just to say how much they enjoyed an activity.

"WE THANK EACH OF YOU"

THIS IS WHAT MAKES VILLA SERENA WHAT IT IS - separate and apart from all the rest - let no one doubt it - "THE HELPING OF ONE ANOTHER WITH NO RETURNS OR ACCOLADES EXPECTED" This true spirit spirit still exists after 14 years and will never die. GOD BLESS YOU ALL!!

--- MR. Chesler and Mary---

ST. VALENTINE-ANNIVERSARY DINNER

It was a very lucky Friday the 13th for all of the Villa Serena senior citizens as a very large fun-loving group assembled together to celebrate St. Valentine's Day, Birthday-Anniversaries and also the anniversary of the 14th year of the Villa Serena's existence. Was it just yesterday that a dream came true. No, but it seems like it!!

After an excellent dinner that whet our appetites, and I mean just that, and of course as usual for this very auspicious occasion, an exotic dessert that our dear Mary Calogero is famous for. It was the world's largest cream puff that you ever did see! Just what the diet doctors ordered, Oh yea! Everybody just closed their eyes and had a delicious time devouring it. Gosh it was good! The tables were attractively decorated with the St. Valentine's motif; all due to Dorothy Jacobs and the decorating committee, Mae Gaghan and Sylvia Koptis.

After that wonderful dinner, we were entertained by a great dance orchestra under the direction of Angelo Damalas, who tickled the keys, and his very talented group consisting of an attractive singer, Beverly Winston, who was grand. Don Freeman on the drums and Phil Nelson played the bass fiddle. Their theme throughout the evening of course was love tunes in honor of St. Valentine's Day. It was all very enjoyable.

(continued to next column)

ST. VALENTINE-ANNIVERSARY DINNER  
(cont'd)

Many birthdays in February were celebrated, including our own Mary Calogero, and of course, the anniversaries of Mr. & Mrs. Jerry Kulas, Mr. & Mrs. Burt Gordon and last but not least, Mr. & Mrs. Arthur Wiltshire, their 54th.

It sure was a busy night for Cupid and his dart! The evening ended with everybody receiving a miniature "Slo Poke" sucker!

"All's well that ends well," and so it did!! Hope to see you around.

---Edith Madge---

\*\*\*\*\*

PASSING OF TIME - OUR 14th YEAR

It's unbelievable, yes unbelievable,  
wouldn't you say,  
As each year flew by, sad or  
happy, day by day,  
On wings of song, they brought  
us cheer,  
There was so much change in each  
passing year.  
Fourteen years passed by, I know  
not where,  
Just like a rainbow that vanishes  
in the air,  
Let's drink to the future for  
what's in store,  
Good health, happiness and love  
forever more.

---Edith Madge---

\*\*\*\*\*

UP AND DOWN THE HALLWAYS

Many thanks for the books donated to our library by Mary Blasko and Margaret Jefferies

\*\*\*\*\*

Many thanks once again to our anonymous "lovely angel" who has donated some generous cash for flowers for our Valentine Party table.

\*\*\*\*\*

To the one and only John Curry who donated our date stamps and pads for the office use and library and in addition also drove to purchase them as well. Isn't that a handsome man!!!

\*\*\*\*\*

If you have paid real attention to our dinner signs in the lobby for each dinner and special program, you will easily observe how beautiful they are prepared and printed by none other than Lad Cimler. He takes much pride in his work. Thanks, Lad.

\*\*\*\*\*

On the sick list this month are Tony Catullo, Margaret Nero and Leonard Shoemaker. Hope you are all home from the hospital, dear friends, by the time you read this!!!

\*\*\*\*\*

Our sympathy to the family of Lulu Sarver, who many of you will remember was a resident for many years.

\*\*\*\*\*

Happy vacationers who have deserted us all for the Florida sunshine are Flossie Podojil, Shirley Bristow, Clem and Mae Brazis. Of course, its nice to have Anne Skigen back from Florida. At least she felt sorry for those of us here in the cold weather and came back to share it with us.

\*\*\*\*\*

Sympathy also to Lad Cimler, whose brother, George, just passed away.

\*\*\*\*\*

Thanks once again to lovely, petite Gay Thuron, who just continues to "spoil" our kitchen help with her wonderful little surprises, and didn't she look like the perfect Valentine Package all decked in her "gay" red outfit for our party!!

\*\*\*\*\*

Our bowlers are hard at work having a good time - better join up now, they are bowling on Mondays. Joe Kubik recently bowled games of 191-222-198, how about that!! We need more bowling news each month, so you bowlers get busy and let us know what you are doing.

On their honeymoon right now are Jack and Elena Walters, they are having a nice time, but will be back bowling very soon.

Good luck to all of you.

Bill Pace is certainly doing a good job.

\*\*\*\*\*

VEE KARASH - ARM CHAIR TRAVEL

Once again, we will welcome our own "Vee" Karash who will take us on another of her very special trips to a lovely country, all at no cost, no packing, no passport, and no inconvenience whatsoever. Just a "push" of the elevator button and you will be downstairs to enjoy this nice evening of travel. For those of our non-resident members, it might cost you a little bit for "gas" but that's a small amount to pay for this nice trip.

The day is Wednesday, March 25th at 7:30 P.M. Lets all turn out!! "Vee" will be delighted to be your escort for the evening.

\*\*\*\*\*

WORLD WAR I VETS & AUXILIARY

The next meeting of the World War I Vets will be held on Monday, March 9, 1981 at 1:30 P.M.

There will be nominations for officers for the new term.

---Mike Perella---  
Commander

\*\*\*\*\*

Better Everyday

I ask and wish not to appear  
More beauteous, rich or gay.  
Lord, make me wiser every year;  
And better every day.

Submitted by  
--Florence Gardner--

\*\*\*\*\*

BUS FUND DONATIONS

Our ever generous bus fund contributors are taking us closer and closer to our goal of a shiny new bus.

Here they are:

Helen Lessem - - - - -	\$ 10.00
Rose Frayer - - - - -	10.00
Anna Dean - - - - -	10.00
Louise Crosby- - - - -	50.00
Mr. & Mrs. John Pazderak - - - - -	20.00
Leroy Emmons - - - - -	5.00
Mary Horvath - - - - -	10.00
Nina Akehurst- - - - -	10.00
Helen Walsh - - - - -	50.00
Mr. & Mrs. Steve Kapelka - - - - -	20.00
Mr. & Mrs. Bill Nau- - -	25.00
Clyde Gordon - - - - -	20.00
Anonymous - - - - -	10.00
Anonymous - - - - -	100.00

We sincerely thank each of you for being so kind.

\*\*\*\*\*

RUDY'S TRAVEL NEWS

How about a nice day in the country.  
"Spring" is just around the corner.

March 19th is the day. Nice time to visit the Winery, have a good meal and perhaps do a little shopping.

Just a day to forget your troubles and enjoy the countryside.

Bus leaves the Villa Serena at 9:00 A.M. - Total cost: \$13.50

--Rudy Fried--

\*\*\*\*\*

MARCH BUS SCHEDULE

March 11 -	Euclid Mall
March 25 -	Mentor Mall

\*\*\*\*\*



DINNER-SQUARE DANCE

After a luscious dinner, including the promised, "Yummy Yummy, Yummy Dessert", the Red and Blue rooms were opened for an evening of square dancing.

Mr. Chesler greeted the guests by reminiscing about this particular date-fourteen years ago. He recalled Mr. & Mrs. Henry Herczog were the first tenants and Mr. Herczog volunteered his services as the first Security Guard at Villa Serena. What changes have taken place since that date!! Compare fourteen years ago, with today's comfortable living and today's parties, dinners and entertainment. "We've come a long way baby"- words never more appropriately spoken!!

Here we are swinging partners and square dancing to Bob Howell's calls and instructions. "Doe Cee Doe" was the "In" thing that night.

Participation was great-which pleased Mr. Howell. This was the night without leaders or professionals- just being ourselves and enjoying and learning for future parties.

What a responsive and pleasant way to spend an evening among friends at Villa Serena, January, 1981.

---Irene McDonough---

\*\*\*\*\*

REMINDER TO ALL

Please do not forget that our Boutique Class is still in need of "clean" nylon stockings and cardboard pieces.

\*\*\*\*\*

DEVOTIONAL HOUR SCHEDULE

Thursdays - 10:00 A.M.

- Mar. 5th - Rev. Roger Spence  
Epiphany Reformed Episcopal
- Mar. 12th - Fr. Frank VanBergen  
St. Clare's Church
- Mar. 19th - Rev. Boyer Wild  
Lyndhurst Baptist
- Mar. 26th - Fr. Roy Holland  
St. Clare's Church

Our devotional services are very inspiring, if you have never attended, make this a must on your agenda, you will be glad you did.

\*\*\*\*\*

WINNERS ALL!!!!

Card party winners were, Clem Brazis, Aileen Spencer, Lillian Freedman, Charles Hridel, John Nagy, Anna Dean., Hilda Griffin, John Schultz, Mike Volino, Mae Luke, Amelia Nagy.

Pinochle winners were:

1/25/81

Charlotte Bohacek	733	\$3.00
Bea Blatnick	716	2.50
Betty Pinter	687	2.00
Helen Burns	682	1.50

2/2/81

Walter Ruth	732	3.00
Flo Simpson	701	2.50
Mike Perella	671	2.00
Joe Kubik	650	1.50

2/9/81

Pauline Kubik	688	3.00
Joe Kubik	687	2.50
Kate Blumer	687	2.00
Joe Rak	686	1.50

2/16/81

Joe Rak	739	3.00
Hilda Griffin	691	2.50
Ellen Guarnieri	670	1.50
Rose Liedberg	660	1.00

\*\*\*\*\*

"HAVE YOU CHECKED YOUR MEMBERSHIP CARD????? BE SURE IT HAS NOT EXPIRED!!!!!"

T H E V I L L A V O I C E

Volume XIII

MARCH, 1981

Number 3

THE VILLA SERENA SENIOR  
CITIZENS CENTER  
6800 Mayfield Road  
Mayfield Hts., Ohio 44124  
Telephone: 449-3977

Howard I. Chesler, Administrator

Staff. . . . .  
Eileen Bentler, Lad Cimler,  
Kathryn Ewing, Rudolf Freed,  
Ralph Keeler, Dorothy Khaner,  
Edith Madge, Irene McDonough,  
Joseph Rak, John Smola, Ann  
Tieleman, Lawrence Blazey

March Cover . . . . .  
Mike Suvak

\*\*\*\*\*

SPRING DANCE

YES, FRIDAY, MARCH 20th will be the first day of Spring, and what nicer way to welcome the coming of Spring than to start a bit of exercising and "toe tapping" to take out the winter weariness out of our bones and to begin getting into shape for the coming summer just around the corner.

So, all you guys and gals, be sure to circle the above date on your calendars, and then do join us for our "Swing into Spring" Dance at 7:00 P.M. in the Red Room.

It promises to be a great evening of dancing, with "soft lights" and all.

\*\*\*\*\*

OUR IRISH WING DING

"THE IRISH ARE COMING", so look out everybody, because we are planning an evening of Dining, Diversions, Drinking and Dancing, all rolled into one. Naturally, it can be none other than our St. Patrick's celebration to be held on THURSDAY, MARCH 12th.

Dinner will be served at 5:00 P.M. and, of course, on the menu is our traditional Corned Beef and Cabbage Dinner with all the extra trimmings. Price is \$6.00 per person.

It will be a super night of enjoyment and "CHEER" (hic!) 'cause we will as usual be serving that "good old Irish Brew".

Then at 7:00 P.M., a real wing ding of a party will begin, when we once again welcome back Sheila Murphy and those beautiful Irish Dancers in their lovely costumes and new dance numbers. They seem to have become a tradition with us now, and we certainly look forward to having them.

Let's really "do it big" this year, and make sure each one of us comes to the party "wearin' a little bit o' green". How nice it will be to see Italian Greens, Jewish Greens, Polish Greens and mixed greens of all kinds to honor the Irish on this special day.

In addition we will also honor our March Birthday and Anniversary celebrants on this special occasion.

Join in the fun!!!! It will be another "G R E A T" night at the Villa Serena.

\*\*\*\*\*



# The Villa Voice

MARCH 1981

