

# Mentor Senior Center

## Hours

8 a.m.-5 p.m.  
Tue, Thu, and Fri  
8 a.m.-8 p.m. Mon.  
and Wed.

January-April 2023

keep until April



## Have Fun and Get Fit in 2023



## MENTOR SENIOR CENTER NEWSLETTER

8484 Munson Road, Mentor, OH 44060

Phone: 440-974-5725 440-255-1100

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

## Inside this issue

Contents/Election .....	2
Scholarship .....	2
Senior Services Information .....	3
Website.....	3
January-April Lunch Menus.....	4-5
Director's Corner/Movies.....	6
In Memorium .....	6
Registration, Refund Info, Facebook.....	7
Regular Activities Calendar.....	7
Arts and Craft.....	8
All Media Painting, Ceramics	
Quilters, Woodcarving	
Continuing Education.....	8-9
American Sign Language, Book Club,	
Lake County Council On Aging	
Fitness.....	10-12
Line Dance, Low Impact Aerobics,	
SilverSneakers, Hiking, Cycling	
Stretch and Balance, Weight	
Training, Parkinson's,	
Fitness Center, Personal Training	
Games and Clubs.....	13-14
Bingo, Chair Volleyball, Bridge,	
International Group, Mahjong,	
Pinochle,	
Ping Pong, Secret Pals	
Health Services.....	14-15
Alzheimer's Support, Attorney,	
Podiatrist, Special Elders, Parkinson's	
Support, Visionaries, Produce	
Distribution, AARP Tax Assistance	
Meals/Celebrations.....	16
Music and Theater.....	16
Mentor Follies Dancers, Mentor	
Music Makers, Piano Lessons,	
Chardon Polka Band	
Special Events.....	17
Technology .....	17
Laptop Help, Tech Tuesdays	
Trips.....	18-21
Advertisements.....	22-23
Back Page Misc Info/Membership.....	24

**The Senior Center is a membership based facility, all who enter should be members and scan in every time they visit.**

When you become a member of Mentor Senior Center, you join a network of thousands of older adults and invested community members who have been empowered to build even more vibrant, healthy and inspired lives. Experience the benefits, join today!

### MEMBERSHIP AND HOURS

Membership renewal will begin on Jan 3 and needs to be completed by Jan 31, or on your first visit in 2023, whichever comes first.

Please note: All SilverSneakers members need to renew as well in Jan. Membership is required to participate at the Mentor Senior Center. All memberships expire Dec 31 of each year regardless of when the membership began. You may renew in person at the desk, on the phone with a credit card, or through the mail with a check or credit card. Anyone 55 or older can join the Senior Center with full privileges. \$10 residents, \$15 non-residents.

**Membership Renewal for 2023 begins January 3, 2023.**

### The MSC Advisory Board Scholarship Program Financial Assistance

The Mentor Senior Center Board graciously offers financial assistance for those with a demonstrated financial need. Financial Assistance is available for classes, special events, and monthly celebration lunches.

To apply, just complete an application from the desk by the next deadline of Mar 4, for May - Aug programs.

Advisory Board Meeting

The Advisory Board meets the 2nd Monday of every month at 12:30p.m. Any and all members are welcome to attend.

### SENIOR CENTER WEBSITE

**[www.mentorseniorcenter.com](http://www.mentorseniorcenter.com)**

Our new website is easy to find and easy to navigate. The main page has quick links to the newsletter, lunch menu, and online registration. It has information about all of our programs and activities and facility information such as rentals and hours of operation. A news column has current articles pertaining to the Senior Center, City of Mentor, and other helpful information for Lake County seniors.

### How Do I Download the Latest Newsletter:

Type in [www.mentorseniorcenter.com](http://www.mentorseniorcenter.com). On the right, select Download Newsletter. The latest PDF version of the newsletter opens up.

OR

Type in [www.mycommunityonline.com](http://www.mycommunityonline.com). Type in Mentor Senior Center under Center Name and type in 44060 under City, State or Zip and all of our recent publications will come up. Choose: Subscribe to sign up to receive our bi-monthly newsletter straight to your inbox.

## SENIOR SERVICES INFORMATION

### Frequently used numbers:

**Social Security** - 1-800-772-1213  
Painesville 1-877-692-3143

**LC Gen Health District**  
Painesville 440-350-2543

### Laketrans Dial-a-Ride Service

Dial-a-Ride is a door-to-door, assisted transportation shared-ride service. The Lake County Senior Services levy provides the funding for transportation to and from the Mentor Senior Center for seniors 60+ living in Lake County. The Dial-a-Ride trips are scheduled by advance reservations. Reservations are required 1-12 business days in advance of your trip. Trips are booked on a first-come first-served basis. Reservations are made on-line with Request-a-Ride or by calling Laketrans Customer Service Center at 440-354-6100 or toll-free 1-888-525-3872. Please have the complete address of your destinations when calling to schedule your rides.

Once you have scheduled your reservation, Laketrans will give you a 30 minute pickup window when you can expect the bus to arrive. You can also request an automated Confirmation Call the night prior to your trip and a Reminder Call when the bus is on its way to pick you up. Please wait in the Senior Center lobby during your pick up window.

### Lake County Council On Aging

The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, Meals On Wheels, nutrition services, in home safety, homemaker services, Medicare help, Information referral, and much more. Call 440-205-8111 for more info or visit [www.lcco.org](http://www.lcco.org)

### Veteran Services Commission of Lake County

Assistance is available to the men and women who have honorably served their country. Our Veteran members AND

their eligible surviving spouses seeking guidance and assistance navigating health coverage, home care, transportation, and discounts available, call 440-350-2567.

**For emergencies at home** Please dial 9-1-1. To report police matters, call the Mentor Police Department non-emergency number 440-255-1234. To report a power outage call the First Energy outage reporting line at 888-544-4877 or Customer Service 800-736-3401.

### "2-1-1 Call For Help Program"

This is a 24-hour free and confidential service, providing access to information and services regarding healthcare and human service agencies.

### Senior Services page on the Lake County Commissioners Website

<http://www.lakecountyohio.gov/commissioners-Office/senior-services/>

### Home Repair, Maintenance, and Modification

If you live in Lake County and are 60 or older, you may be eligible for assistance. The Western Reserve Community Development Corporation (WRCDC) has received funding from the Lake County Senior Services Levy. This program may assist with critical emergency repairs and accessibility modifications. Contact WRCDC at 440-357-4400 to see if you are eligible.

**Lock Boxes** are available through most of our local Fire Departments for a small fee. This prevents damage to your property and saves time for our paramedics when trying to gain access into your home in an emergency.

### Snowplow Providers

The Council on Aging has compiled a list of snowplow providers. Please contact the COA for the list at [www.lcco.org](http://www.lcco.org) and click contact us or call (440)205-8111.

### Adult Protective Services

The Lake County Department of Job and Family Services is fortunate to have a dedicated unit of social workers who investigate elder abuse and neglect. Anyone who suspects an elderly individual in our community is being abused, neglected or exploited should contact the agency to report their concerns.

"Elder abuse is a crime. If you see something, say something," said Commissioner Ron Young.

"This is a good reminder to check in with your older neighbors, family members, and friends to see how they are doing and if there is anything they need."

For more information, or to report concerns of abuse, neglect or exploitation, contact the Lake County Department of Job and Family Services, Adult Protective Services Division at 440-350-4000.

### Waste Management Trash Walk Up Service

Walk-up service is available for those residents that are physically unable to move their garbage container and recycling container to the curbside on their waste collection day. This program applies only to the garbage container and the recycling container. It does not apply to bulk items and yard waste. The container(s) must be readily accessible to the Waste Management employee and must be within 75' of the curb and must be outside of any garage or other structure. Learn more and download the application form on the Waste Removal and Recycling page at [cityofmentor.com](http://cityofmentor.com).

## JANUARY CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Senior Center Closed</b> <b>New Year's Day</b>	<b>3</b> <b>Special: Baked Ranch Chicken</b>	<b>4</b> 4:00 Parkinsons Support <b>Special: Salisbury Steak with Mashed Potatoes</b>	<b>5</b> <b>Special: Stuffed Pork Chop</b>	<b>6</b> 12:30 Movie <b>Special: Chicken Alfredo</b>
<b>9</b> 12:00 LCCOA 12:30 Board Meeting 3:00 Cooking Class 5:00 Movie <b>Special: Meat Lasagna with Garlic Bread</b>	<b>10</b> 9:00 Laptop Help <b>Special: Breaded Pork Chop</b>	<b>11</b> 11:00 Secret Pals at MSC <b>Special: Chicken Cordon Bleu</b>	<b>12</b> 1:00 Alzheimer's Support 1:00 Trip Meeting <b>Special: Stuffed Green Pepper</b>	<b>13</b> 12:30 Movie <b>Special: Chicken Paprikash</b>
<b>16</b> <b>Senior Center Closed</b> <b>Martin Luther King Day</b>	<b>17</b> 9:00 Laptop Help <b>Special: Shepherd's Pie</b>	<b>18</b> 1:00 Attorney 1:30 Book Club <b>Special: Chicken Marsala</b>	<b>19</b> <b>Special: Johnny Marzetti and Garlic Bread</b>	<b>20</b> 11:15 OTL Cowboys 12:30 Movie <b>Special: Roast Pork with Potato Wedges</b>
<b>23</b> 10:00 Senior Produce Market 3:00 Newcomers 5:00 Movie <b>Special: Stuffed Shells and Salad</b>	<b>24</b> <b>Special: Chicken Piccata with Rice</b>	<b>25</b> 10:30 Sec Pals Coffee Club 2:00 Visionaries <b>Special: Swedish Meatballs with Egg Noodles</b>	<b>26</b> <b>11:30 Celebration Lunch</b> <b>Chicken Parmesan, Penne Pasta, Mixed Vegetable and Chocolate Chip Cookie</b>	<b>27</b> 12:30 Movie <b>Special: Meatloaf with Mashed Potatoes</b>
<b>30</b> 5:00 Movie <b>Special: BBQ Pulled Pork with Mac &amp; Cheese</b>	<b>31</b> <b>Special: Sweet and Sour Meatballs</b>	<b>Happy Birthday to members born in January and February</b>		

## FEBRUARY CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 10:00 Hearing Screening 4:00 Parkinsons Support <b>Special: Vegetable Lasagna and Salad</b>	<b>2</b> <b>Special: Chicken Piccata</b>	<b>3</b> 12:30 Movie <b>Special: Stuffed Cabbage and Mashed Potatoes</b>
<b>6</b> 10:00 Int'l Culture 12:00 LCCOA 3:00 Cooking Class 5:00 Movie <b>Special: Tuna Noodle Casserole</b>	<b>7</b> 9:00 Laptop Help <b>Special: Chicken Paprikash</b>	<b>8</b> 9:00 MHS Tech Help 1:00 Secret Pals at Condado Taco <b>Special: Italian Sausage Potato Casserole</b>	<b>9</b> 9-2 AARP Tax Help 1:00 Alzheimer's Support <b>Special: Chicken Alfredo</b>	<b>10</b> 12:30 Movie <b>Special: Shepherd's Pie</b>
<b>13</b> 12:30 Board Meeting 5:00 Movie <b>Special: Pasta with Meat Sauce</b>	<b>14</b> 9:00 Laptop Help <b>Special: Chicken Cordon Bleu</b>	<b>15</b> 1:00 Attorney 1:30 Book Club <b>Special: Cabbage and Noodles</b>	<b>16</b> 9-2 AARP Tax Help <b>Special: Salisbury Steak with Mashed Potatoes</b>	<b>17</b> 11:30 OTL Mabel's 12:30 Movie <b>Special: Sweet and Sour Chicken with Rice</b>
<b>20</b> <b>Senior Center Closed</b> <b>President's Day</b>	<b>21</b> <b>Special: Pulled Pork and Cheesy Potatoes</b>	<b>22</b> 10:30 Sec Pals Coffee Club 2:00 Visionaries 3:00 Tech Help <b>Special: Pierogi</b>	<b>23</b> 9-2 AARP Tax Help <b>11:30 Celebration Lunch</b> <b>Turkey, Gravy, Stuffing, Mashed Potatoes, Red Velvet Cake</b>	<b>24</b> 12:30 Movie <b>Special: Tuna Salad Platter</b>
<b>27</b> 10:00 Senior Produce Market 5:00 Movie <b>Special: Chicken Marsala with Rice Pilaf</b>	<b>28</b> <b>Special: Swedish Meatballs with Egg Noodles</b>	<b>Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m.</b> The monthly menu is available at the Senior Center front desk, in the monthly newsletter and online at <a href="http://www.mentorseniorcenter.com">www.mentorseniorcenter.com</a> . No reservation or pre-ordering. Simply place your order in person and pay the cashier, pick up your meal at the kitchen window and enjoy.		

## MARCH CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Happy Birthday to members born in March and April</b>		4:00 Parkinsons Support <b>1</b> <b>Special: Teriyaki Chicken and Rice</b>	9-2 AARP Tax Help <b>2</b> <b>Special: Cabbage and Noodles</b>	Applications due for Financial Assistance 12:30 Movie <b>3</b> <b>Special: Vegetable Lasagna</b>
10:00 International Culture Club <b>6</b> 12:00 LCCOA 3:00 Cooking Class 5:00 Movie <b>Special: Pasta with Meatballs</b>	9:00 Laptop Help <b>7</b> <b>Special: Chicken Caesar Salad</b>	9:00 MHS Tech Help <b>8</b> 1:00 Secret Pals at Ninja Sushi <b>Special: Stuffed Pork Chop</b>	9-2 AARP Tax Help <b>9</b> 1:00 Alzheimer's Support <b>Special: Stuffed Green Pepper</b>	12:30 Movie <b>10</b> <b>Special: Grilled Cheese and Tomato Soup</b>
12:30 Board Meeting <b>13</b> 5:00 Movie <b>Special: Honey Lime Chicken</b>	9:00 Laptop Help <b>14</b> 10:00 Tech Tuesday <b>Special: Sweet and Sour Chicken with Rice</b>	1:00 Attorney <b>15</b> 1:30 Book Club <b>Special: Baked Ranch Chicken</b>	9-2 AARP Tax Help <b>16</b> 10:00 Are You Strong Enough? Part <b>Special: St. Patricks Corned Beef and Cabbage</b>	11:30 OTL Palador <b>17</b> 12:30 Movie <b>Special: Tuna Noodle Casserole</b>
10:00 Senior Produce Market <b>20</b> 5:00 Movie <b>Special: Chicken Paprikash</b>	<b>21</b> <b>Special: Roasted Pork Loin</b>	<b>22</b> 2:00 Visionaries <b>Special: Meatloaf and Mashed Potatoes</b>	9-2 AARP Tax Help <b>23</b> <b>Special: Chicken Parmesan and Spaghetti</b>	12:30 Movie <b>24</b> <b>Special: Stuffed Shells</b>
5:00 Movie <b>27</b> <b>Special: Swedish Meatballs</b>	<b>28</b> <b>Special: Chicken Parmesan Sandwich</b>	10:30 Sec Pals Coffee Club <b>29</b> <b>Special: Taco Salad</b>	9-2 AARP Tax Help <b>30</b> <b>11:30 Celebration Lunch Chicken Piccata, Mashed Potatoes and Chocolate Mousse</b>	12:30 Movie <b>31</b> <b>Special: Pierogi with Sour Cream and Applesauce</b>

## APRIL CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Int'l Culture Club <b>3</b> 12:00 LCCOA 3:00 Cooking Class 5:00 Movie <b>Special: Chicken Caesar Wrap</b>	9:00 Laptop Help <b>4</b> <b>Special: Baked Ranch Chicken</b>	9:00 & 3:00 Tech Help <b>5</b> 10:00 Hearing Screening 4:00 Parkinsons Support <b>Special: Stuffed Green Pepper</b>	9-2 AARP Tax Help <b>6</b> <b>Special: BBQ Pork Sandwich</b>	Guardians Opening Day Event <b>7</b> <b>Special: Tuna Salad Platter</b>
12:30 Board Meeting <b>10</b> 5:00 Movie <b>Special: Chicken Marsala</b>	9:00 Laptop Help <b>11</b> 10:00 Tech Tuesday <b>Special: Stuffed Pork Chop</b>	9:00 + 3:00 MHS Tech Help <b>12</b> 1:00 Secret Pals at TJ's on the Avenue <b>Special: Chili and Cornbread</b>	9-2 AARP Tax Help <b>13</b> 1:00 Alzheimer's Support <b>Special: Pasta and meatballs</b>	8:30 Canton Hall of Fame Trip <b>14</b> 12:30 Movie <b>Special: Honey Lime Chicken</b>
10:00 Senior Produce Market <b>17</b> 5:00 Movie <b>Special: Salisbury Steak with Mashed Potatoes</b>	<b>18</b> <b>Special: Chicken Piccata</b>	1:00 Attorney <b>19</b> 1:30 Book Club 6:00 Chardon Polka Band <b>Special: Stuffed Cabbage and Mashed Potatoes</b>	10:00 Are You Strong Enough? Part 2 <b>20</b> <b>Special: Chicken Salad Wrap</b>	11:15 OTL Ferrante's <b>21</b> 12:30 Movie <b>Special: Johnny Marzetti</b>
5:00 Movie <b>24</b> <b>Special: Sweet and Sour Chicken with Rice</b>	<b>25</b> <b>Special: Taco Salad</b>	2:00 Visionaries <b>26</b> 10:30 Sec Pals Coffee Club <b>Special: Cabbage and Noodles</b>	<b>11:30 Celebration Lunch: Chicken Paprikash, Egg Noodles, Mixed vegetables and Brownie Dessert</b> <b>27</b>	12:30 Movie <b>28</b> <b>Special: Meat Lasagna</b>

Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m.

Mentor Senior Center's talented kitchen staff and volunteers prepare delicious, freshly made entrees, sandwiches, salads, soup, and desserts at reasonable prices. A daily Cook's Special features a meat or other high protein dish, and a vegetable at a cost of \$5.00. Daily homemade soup and sandwiches are also available. Homemade cookies finish off the meal.

Drinks include coffee, tea, milk, and soda. Please bus your table when finished eating.

## DIRECTOR'S CORNER

### REMARKS FROM RENEE

Membership renewals for 2023 will begin on Tuesday, January 3. Rates will be \$10 for a Mentor resident and \$15 for a non-resident. We ask that you renew the first time you are in the building in 2023. Please note the scanning station will beep to indicate your membership needs to be renewed and you will see red on the screen indicating your membership is expired. Simply go to the desk to renew for the year. All memberships expire December 31, 2023.



### DAVE DISCUSSES



I am excited about the trip destinations for 2023. You can see the full list of trips in the newsletter. Complete descriptions with costs and dates will be available at the travel meeting on January 12 and thereafter. If you are interested in joining us for charter bus trips in 2023, it would be a good idea to register for the trip meeting on January 12. Registration starts Dec 5 for Mentor residents and Dec 6 for nonresidents.

### Cecilia Laufenberg

Mentor Senior Center welcomes our newest staff member. Cecilia's background in Recreation Therapy makes her the ideal person to join the Special Elders staff. She grew up in Mentor before heading off to Kent State for college. Much of her adult years were spent living in California. For 35 years she worked as a director for Recreation for people with special needs before moving back to Mentor. Her daughter is currently attending Yale University and her son is enrolled in a day program for adults with Autism. Cecilia calls herself a "Nature Girl" as some of her favorite pastimes include camping and gardening.



### IN MEMORIAM

We extend our condolences to the families of our members that passed away.

Our thoughts are with you during this difficult time. With sadness we have recently lost the following members: Bernard Grenier, Arthur Biefert, Rudy Nainiger, Fumie Veatch, Lucius Hulett, Marjorie Kollister, Mike White, Helen Lair, Janet Carpinello, Carol Clement and Pete Sherman. **RIP**

### Movies

Movies are at 12:30p.m. on Fridays and 5p.m. on Mondays in the Great Room. No popcorn or drinks will be available.

<b>Fri</b>	<b>Jan 6</b>	<b>Red Notice</b> PG-13 Action, Comedy
<b>Mon/Fri</b>	<b>Jan 9/13</b>	<b>Hustle</b> R Drama, Comedy, Sport
<b>Fri</b>	<b>Jan 20</b>	<b>Bandit</b> R Action, Thriller, Suspense
<b>Mon/Fri</b>	<b>Jan 23/27</b>	<b>Elvis</b> PG-13 Drama, Music
<b>Mon</b>	<b>Jan 30</b>	<b>Old Dogs</b> PG Comedy, Family
<b>Fri</b>	<b>Feb 3</b>	<b>Old Dogs</b> PG Comedy, Family
<b>Mon/Fri</b>	<b>Feb 6/10</b>	<b>Top Gun: Maverick</b> PG-13 Drama, Action
<b>Mon/Fri</b>	<b>Feb 13/17</b>	<b>Ticket to Paradise</b> PG-13 Romance, Comedy
<b>Fri</b>	<b>Feb 24</b>	<b>Bohemian Rhapsody</b> PG-13 Drama
<b>Mon</b>	<b>Feb 27</b>	<b>The Adam Project</b> PG-13 Adventure, Comedy
<b>Fri</b>	<b>Mar 3</b>	<b>The Adam Project</b> PG-13 Adventure, Comedy
<b>Mon/Fri</b>	<b>Mar 6/10</b>	<b>Jurassic World Dominion</b> PG-13 Action, Adventure
<b>Mon/Fri</b>	<b>Mar 13/17</b>	<b>The Unforgivable</b> R Drama, Crime
<b>Mon/Fri</b>	<b>Mar 20/24</b>	<b>Age of Adeline</b> PG-13 Action, Adventure, Comedy
<b>Mon/Fri</b>	<b>Mar 27/31</b>	<b>Persuasion</b> PG-13 Drama, Romance
<b>Mon</b>	<b>Apr 3</b>	<b>The Good House</b> R Drama, Comedy
<b>Mon/Fri</b>	<b>Apr 10/14</b>	<b>Black Panther (new)</b> PG-13 Action, Adventure, Drama
<b>Mon/Fri</b>	<b>Apr 17/21</b>	<b>A Star is Born</b> R Drama, Romance, Music
<b>Mon</b>	<b>Apr 24</b>	<b>3 Days to Kill</b> PG-13 Thriller, Suspense

**Resident/Nonresident: FREE**

## REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Low Impact Aerobics	9:00 Low Impact Aerobics	9:00 Silver SneakersYoga	9:00 Low Impact Aerobics	9:00 Low Impact Aerobics
10:00 SilverSneakers Classic	9:00 Piano begins Mar 7	10:00 SilverSneakers Classic	10:00 Weight Training	10:00 SilverSneakers Classic
10:30 Needlecrafters	9:00 Quilting	10:00 Hand, Knee & Foot	10:00 All Media Painting	10:00 Somba
11:00 SilverSneakers Stability	10:00 Weight Training	10:00 Cycling begins Apr 5	11:00 Stretch & Balance Virtual/In Person	11:00 SilverSneakers Yoga
12:00 SilverSneakers Yoga	11:00 Stretch & Balance Virtual/InPerson	10:00 Creative Ceramics	12:30 Wii Bowling	12:00 SilverSneakers Stability
12:30 Mahjong	12:00 American Sign Language	10:00 Music Makers begin 3/19	3:00 SilverSneakers Boom Yoga	12:30 Wii Bowling
1:00 Chair Volleyball	12:00 Pinochle	11:00 SilverSneakers Circuit	4:00 SilverSneakers EnerChi	12:30 Duplicate Bridge
1:00 Bingo	12:30 Duplicate Bridge	12:00 Special Elders SilverSneakers Classic		1:00 Chair Volleyball
5:30 Quilting	2:00 Woodcarving	1:00 Podiatrist		2:45 Ping Pong
6:00 Hiking begins Apr 3		1:00 Chair Volleyball		
6:00 SilverSneakers Circuit		3:00 Parkinson's Exercise		
		5:00 Creative Ceramics		
		5:45, 6:45 Line Dance		
		6:00 Cornhole		
		6:45 Follies Dancers		

### REGISTRATION

Registration for our Winter programs begin Dec 5 for Mentor residents and Dec 6 for Non-residents. You can register online by creating an account (see directions below) or calling the center at 440-974-5725.

**Senior Center membership is required to participate in all programs.**

Please register at least 1 week prior to the start of your class. The City of Mentor accepts cash, check, Visa, Discover and MasterCard. When registering online American Express may also be used.

### REFUND GUIDELINES

Please choose your classes carefully. Full refunds will only be granted if a class is canceled by the Senior Center. There is a \$10 administrative fee for classes canceled or changed by the member. Refunds will only be granted for medical reasons and will require a doctor's note. **No refunds will be granted less than 1 week prior to the start of the program.** Participants assume risk of change in personal affairs or health. **If you cancel before the refund deadline, you can avoid the administration fee if you transfer to another program within the same session.**

### ONLINE REGISTRATION

You must call the Senior Center to create an account. If you already have an account, remember that your username is your complete email address and you must enter in your password. Your password must contain at least 8 characters, 3 of the following: upper case letter, lower case letter, number or special character.

### CREATING AN ACCOUNT

Once you have an account set up, go to [www.mentorseniorcenter.com](http://www.mentorseniorcenter.com). Select "Get in on the Fun", then Select "Register Now". Once you see the catalog, log into your account before selecting any programs. Once you are done selecting your programs, finish and enter payment. If you need help registering online, please give us a call, or see directions located on the senior center website.

**Nonresident Silver Sneakers members cannot register for SilverSneakers Classes online. Please call in to register to avoid being charged nonresident fees on your credit card.**

### SENIOR CENTER FACEBOOK

#### MSC Facebook Page

Follow us on Facebook for daily posts on upcoming events. We also monitor the site for any questions you might have about the Senior Center in general.



Like us on  
**Facebook**

## ARTS AND CRAFTS

### All Media Painting

All the fundamentals of art will be covered: composition, design, and color. Please bring the media of your choice, paper, and reference materials.

**Instructor: Jennifer Theil**

**Location: Senior Center Cultural Arts Room**

**Resident: \$39 | Non-Resident: \$49**

dates	day	time
Jan 5 – Feb 16	Thursday	10:00 a.m. – 12:00 p.m.
Mar 2 – Apr 20	Thursday	10:00 a.m. – 12:00 p.m.

### Creative Ceramics

Join us for seasonal projects. Class includes instruction and firing. An \$8 supply fee is included with your registration and includes use of brushes and paints. Greenware fee is payable to the instructor. All levels of students are welcome.

**Instructor: Sharon Williams**

**Location: Senior Center Cultural Arts Room**

**Resident: \$49 | Non-Resident: \$59**

dates	day	time
Jan 4 – Feb 15	Wednesday	10:00 a.m. – 12:00 p.m.
Jan 4 – Feb 15	Wednesday	5:00 - 7:00 p.m.
Mar 1 – Apr 19	Wednesday	10:00 a.m. – 12:00 p.m.
Mar 1 – Apr 19	Wednesday	5:00 - 7:00 p.m.

### Quilting

Explore new projects using modern time-saving methods in a friendly, self-paced atmosphere. Focus will be on learning color, value, and construction techniques to advance your quilting knowledge. Students should bring material and misc supplies (based upon provided project supply list), sewing machine in good condition. An iron and ironing board is provided. Morning class is for the confident beginner to intermediate/advanced and the evening class is for the beginner to confident beginner.

**Instructor: Teri Bittner**

**Location: Senior Center Cultural Arts Room**

**Resident: \$39 | Non-Resident: \$49**

dates	day	time
Jan 9 – Feb 27	Monday	5:30 - 7:30 p.m.
Jan 3 – Feb 21	Tuesday	9:00 - 11:00 a.m.
Mar 6 – Apr 17	Monday	5:30 - 7:30 p.m.
Mar 7 – Apr 18	Tuesday	9:00 - 11:00 a.m.

### Woodcarving

Beginner or experienced carvers. Patterns and tools available. The first project kit is available for \$5, payable to the instructor. Remaining projects and wood are at your own expense.

**Volunteer Instructor: Ken Kothera**

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Jan 3 – Apr 25	Tuesday	2 – 4 p.m.

# Senior Adults

## CONTINUING EDUCATION

### American Sign Language Club

Join the American Sign Language Club. Expand on what you already know. Learn sentence structure and more about Deaf culture. Challenge yourself and continue learning!

**Volunteer Instructor: Sharon House**

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

dates	day	time
Jan 3 – Apr 25	Tuesday	12–1 p.m.

### Are you Strong Enough? (Part One)

Discuss the slippery slope of aging, loss of muscle mass with aging, how to reverse strength loss, strength testing with comparison to age norms and a few exercises to take home. Presentation provided by Fox Rehabilitation and refreshments by Enclave of Newell Creek.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Mar 16	Thursday	10:00 a.m.

### Are you Strong Enough? (Part Two)

Re-testing of strength to compare results to initial assessment. Discussion on the benefits of exercising and the importance of strength and balance training to reduce fall risk. Determine fall risk factors and learn safety tips to prevent falls and promote productive aging. Learn a few exercises to take home with you. Presentation provided by Fox Rehabilitation and refreshments by Enclave of Newell Creek.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Apr 20	Thursday	10:00 a.m.

### Book Club

Join Mentor librarian Cailey Williams to discuss popular reads each month. Call (440) 255-8811, ext. 247 to arrange pick up at the drive thru. Personal copies may also be used. For more information, email [cailey.williams@mentorpl.org](mailto:cailey.williams@mentorpl.org). To register, call the Senior Center at 974-5725 or visit [www.mentorseniorcenter.com](http://www.mentorseniorcenter.com)

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Jan 18	Wednesday	1:30 - 3 p.m.
<i>The Queen's Secret</i> by Karen Harper		
Feb 15	Wednesday	1:30 - 3 p.m.
<i>The Children's Blizzard</i> by Melanie Benjamin		
Mar 15	Wednesday	1:30 - 3 p.m.
<i>The Silent Patient</i> by Alex Michaelides		
Apr 19	Wednesday	1:30 - 3 p.m.
<i>Oona Out of Order</i> by Margarita Montimore		



## Cooking Classes

Join us as LaDonna from Let's Cook brings in her mobile kitchens to give your own cooking space for us to all cook this healthy meal together.

Each participant will make their own dish from scratch, please be sure to bring your own container to take leftovers home in! Registration deadline is one week prior to class date, to allow for food purchasing **Location:**

**Senior Center Cardinal Room**



### Vegetable Pot Pie Soup

The weather is cold and what better way to warm up than with this not so traditional comfort dish, pot pie. We are going to take all the delicious creaminess and flavor that we find in pot pie and turn it into a quick budget friendly soup that we can easily freeze for those days we don't feel like cooking.

Registration deadline is Dec 30.

*dates day time*

**Jan 9 Monday 3:00 – 4:30 p.m.**

**Resident | Nonresident: \$25**

### Butter Cauliflower

Have you always wanted to try Indian food but have never had the chance? Well, why not join us and make it yourself. We will be making this incredibly versatile dish that is simmered in a tomato cream sauce with a wealth of spices and aromatics that have the ability to warm you from the inside out on these cold winter days. Participants in this class will also be learning how to make naan. Please note that anybody with a coconut allergy should not take this class.

Registration deadline is Jan 30.

*dates day time*

**Feb 6 Monday 3:00 – 4:30 p.m.**

**Resident | Nonresident: \$25**

### Colcannon and Boxty

It's March and for some reason we all like to think we become a little Irish during this month so why not take class and learn to make two traditional Irish dishes.

LaDonna teaches participants how to use potatoes to make the traditional side dish Colcannon.

After that we will use potatoes again to make the traditional Irish breakfast known as Boxty or Irish potato pancakes. Registration deadline is Feb 27.

*dates day time*

**Mar 6 Monday 3:00 – 4:30 p.m.**

**Resident | Nonresident: \$25**

### Thai Pineapple Fried Rice

Spring is in the air and what better way to brighten yourself up than with a super easy to make, healthy, yummy and colorful pineapple fried rice. Enjoy the tastes of Thailand as we mix together traditional Thai spices with sweet and tangy pineapple to make a flavorful rice that can be enjoyed as a side or main. Registration deadline is Mar 27.

*dates day time*

**Apr 3 Monday 3:00 – 4:30 p.m.**

**Resident | Nonresident: \$25**

### Lake County Council on Aging

Council on Aging will be visiting the Senior Center to bring information and discuss their programs and services that are available to seniors in Lake County.

**Location: Senior Center Cardinal Room 12:00 - 12:30 p.m./Great Room 12:30 - 1:00 p.m.**

*dates day topic*

Jan 9 Monday Meals on Wheels Program

Feb 6 Monday Homemaker Program

Mar 6 Monday Non-medical in-Home Care

Apr 3 Monday Volunteer Opportunities

**Resident | Non-Resident: Free**



**Greater Cleveland  
Food Bank**

### Food Storage: How To make Your Food Last Longer

Want to make the most of your food? Join us to talk about where and how to store foods for longest shelf-life, best quality and safety. And we'll also explain those confusing use-by dates.

**Location: Cardinal Room**

*dates day time*

**Feb 24 Friday 10:00 – 11:00 a.m.**

**Resident | Non-Resident: Free**

## FITNESS/WELLNESS OUTDOORS

### Cycling Club

The cycling club begins its 11th season on April 5. All rides are weather permitting and ride cancellations and any changes will be done via email. There will be a ride make-up on Friday of the same week if Wednesday's ride is canceled. All rides start at 10 a.m. unless designated otherwise. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Rides start in April and continue through October 25. Contact Arnie Zvejnieks at 440-525- 0293 for information or to be added to the mailing list.

**Resident | Non-Resident: FREE**

### Monday Hiking Club

Monday evening hikes begin at 6 p.m. and are available from April through October. You can join the club at any time and hike. If you have any questions, call the Senior Center at 974-5725.

**Resident | Non-Resident: FREE**

<i>dates</i>	<i>day</i>	<i>location</i>
Apr 3	Monday	Veteran's Park
Apr 10	Monday	Chagrin River Park/ Reeves Rd entrance
Apr 17	Monday	Beaty Landing
Apr 24	Monday	Gullybrook Park in Willoughby

## FITNESS/WELLNESS INDOORS

### Line Dancing Basic Beginner

This class is to teach you the basics of line dancing. You will learn the steps and terminology, along with different dance rhythms. We will use different genres of music to make this a fun filled class. All you need is a comfy pair of shoes that have a slick bottom and cannot be kicked off while dancing. Please "no slip-on sandals/flip flops" or "high heels" for your safety.

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

**Resident: \$18 | Non-Resident: \$23**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 4 – Feb 15	Wednesday	5:45 – 6:45 p.m.
Mar 1 – Apr 19	Wednesday	5:45 – 6:45 p.m.

### Line Dancing Advanced Beginner

This is for those ready to take line dancing to the next level. You should have completed at least 6 months of a Basic Beginner class, be an experienced dancer that wants to have a refresher course or just like to keep it nice and easy. This class will move along a little faster, as most steps were learned in the Basic Beginner class.

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

**Resident: \$18 | Non-Resident: \$23**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 4 – Feb 15	Wednesday	6:45 – 7:45 p.m.
Mar 1 – Apr 19	Wednesday	6:45 – 7:45 p.m.

### Low Impact Aerobics

This energetic class is designed for able-bodied seniors, with a small amount of resistance bands and weights.

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Nonresident: \$24**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 9 – Feb 27 (No class Jan 16 and Feb 20)	Monday	9:00–9:45a.m.
Jan 3 - Feb 21	Tuesday	9:00–9:45a.m.
Jan 5 - Feb 16	Thursday	9:00–9:45a.m.
Jan 6 - Feb 17	Friday	9:00–9:45a.m.
Mar 6 - Apr 17	Monday	9:00–9:45a.m.
Mar 7 - Apr 18	Tuesday	9:00–9:45a.m.
Mar 2 - Apr 20	Thursday	9:00–9:45a.m.
Mar 3 - Apr 21	Friday	9:00–9:45a.m.

### Parkinson's Exercise

This fitness program is designed to empower people with Parkinson's disease by optimizing their physical function and helping delay the progression of symptoms. The focus is on Parkinson's specific exercises that help fight the symptoms of the disease. No equipment or expertise is necessary; just participate at your own level of ability. This class is made possible by the Amalia Foundation.

**Instructor: Dana Rini, Sharon Benner, Pat Talladino**

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 4 – Feb 15	Wednesday	3:00 – 3:45 p.m.
Mar 1 – Apr 19	Wednesday	3:00 – 3:45 p.m.



### SilverSneakers® Circuit

Standing upper-body strength work alternated with low impact cardio using a chair for standing support.

**Instructor: Sue Dempsey (Mon) Pat Talladino (Wed)**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24**

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 9 – Feb 27 (No class Jan 16 and Feb 20)	Monday	6:00 – 6:45 p.m.
Jan 4 – Feb 15	Wednesday	11:00 – 11:45 a.m.
Mar 6 – Apr 17	Monday	6:00 – 6:45 p.m.
Mar 1 – Apr 19	Wednesday	11:00 – 11:45 a.m.

### SilverSneakers® Classic

Increase muscle strength and range of motion. You'll have a chair for seated exercises and standing support. Instructors will modify the exercises for your fitness level.

**Instructor: Sharon Benner (Mon and Fri), Pat Talladino (Wed)**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24**

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 9 – Feb 27 (No class Jan 16 and Feb 20)	Monday	10:00 – 10:45 a.m.
Jan 4 – Feb 15	Wednesday	10:00 – 10:45 a.m.
Jan 6 – Feb 17	Friday	10:00 – 10:45 a.m.
Mar 6 – Apr 17	Monday	10:00 – 10:45 a.m.
Mar 1 – Apr 19	Wednesday	10:00 – 10:45 a.m.
Mar 3 – Apr 21	Friday	10:00 – 10:45 a.m.

### SilverSneakers® EnerChi

Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

**Instructor: Denise Molesch**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24**

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 5 – Feb 16	Thursday	4:00 - 4:45 p.m.
Mar 2 – Apr 20	Thursday	4:00 - 4:45 p.m.

### SilverSneakers® Stability

Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.

**Instructor: Monday - Sharon Benner;**

**Friday - Denise Molesch**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24**

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 9 – Feb 27 (no class Jan 16 and Feb 20)	Monday	11:00 - 11:45 a.m.
Jan 6 – Feb 17	Friday	12:00 - 12 :45 p.m.
Mar 6 – Apr 17	Monday	11:00 - 11:45 a.m.
Mar 3 – Apr 21	Friday	12:00 - 12 :45 p.m.

### SilverSneakers® YOGA

Seated and standing yoga poses to increase flexibility, balance and range of motion.

**Instructor: Monday/Friday – Denise Molesch, Wednesday - Pat Talladino**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24**

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 9 – Feb 27 (no class Jan 16 and Feb 20)	Monday	12:00 - 12:45 p.m.
Jan 4 – Feb 15	Wednesday	9:00 – 9:45 a.m.
Jan 5 – Feb 16	Thursday	3:00 – 3:45 p.m.
Jan 6 – Feb 17	Friday	11:00 – 11:45 a.m.
Mar 6 – Apr 17	Monday	12:00 - 12:45 p.m.
Mar 1 – Apr 19	Wednesday	9:00 – 9:45 a.m.
Mar 2 – Apr 20	Thursday	3:00 – 3:45 p.m.
Mar 3 – Apr 21	Friday	11:00 – 11:45 a.m.

### Stretch and Balance

Seated and standing exercises focus on isolating muscles to improve balance, flexibility, and to increase mobility. This class is also available virtually through Zoom.

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 3 – Feb 21	Tuesday	11:00 – 11:45 a.m.
Jan 5 – Feb 16	Thursday	11:00 – 11:45 a.m.
Mar 7 – Apr 18	Tuesday	11:00 – 11:45 a.m.
Mar 2 – Apr 20	Thursday	11:00 – 11:45 a.m.



### Water Exercise Class at Mentor Community Recreation Center

A variety of water fitness classes will be offered at the Mentor Community Recreation Center Pool located at 6000 Heisley Rd., Mentor. Target start date is Jan, with registration beginning in December. Check out our website at [mentorseniorcenter.com](http://mentorseniorcenter.com), the Mentor Senior Center Facebook page or call in December for more details. Register through the Mentor Senior Center by phone (440)974.5725.



### Weight Training

This strength class is designed to build muscle, strength and bone density. Resistance bands and weights will be used while standing and while seated.

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 3 – Feb 21	Tuesday	10:00 – 10:45 a.m.
Jan 5 – Feb 16	Thursday	10:00 – 10:45 a.m.
Mar 7 – Apr 18	Tuesday	10:00 – 10:45 a.m.
Mar 2 – Apr 20	Thursday	10:00 – 10:45 a.m.

### Fitness Center

A variety of cardio equipment is available including treadmills, seated ellipticals, standing ellipticals, NuStep and a bike. Light free weights, 4 stationary stations (abdominal, leg press, leg extension/curl, chest press) and a cable pulley station are available for strength training.

Members are asked to disinfect each piece of equipment after use. Please bring clean, dry shoes to prevent equipment damage.

**The fitness orientations fill quickly with only 4 spots per class. NO REFUNDS OR TRANSFERS ARE AVAILABLE WITHIN 7 DAYS OF THE CLASS, SO PLEASE PLAN ACCORDINGLY.**

### Fitness Orientation – Cardio Training

Learn how to use the treadmill, elliptical and bike including operating the machine, adjusting settings, using heart rate functions and proper form. Maximum of 4 people per class.

**Location: Senior Center Fitness Center**

**Resident: \$12.50 | Non-Resident: \$15**

**Call to schedule appointment.**

<i>day</i>	<i>time</i>
Monday	6:30 – 7:20 p.m.
Tuesday	12:00 – 12:50 p.m.

### Fitness Orientation – Strength Training

Learn how to operate fundamental strength training machines focused on large muscle groups while using correct form and proper breathing techniques. Participants will receive assistance in determining their specific equipment adjustments and weight settings, and learn how to modify strength training exercises based on individual needs.

**Location: Senior Center Fitness Center**

**Resident: \$12.50 | Non-Resident: \$15**

**Call to schedule appointment.**

<i>day</i>	<i>time</i>
Monday	6:30 – 7:20 p.m.
Tuesday	12:00 – 12:50 p.m.

### Personal Training

Are you feeling tired and out of shape? Get up and get moving with personal training at the Senior Center! Schedule an appointment now to get back on the road to health and fitness! You will find that regular exercise will help you feel less stiff, stronger, and more energetic throughout the day. Every step of the way you'll be guided by a passionate personal trainer committed to your safety and wellness. Don't wait to start feeling great - schedule your appointment today!

**Tuesday, Thursday and Friday afternoons**

**Location: Senior Center Fitness Center**

**Resident | Non-Resident: \$40 for 60 minute session**

Pick up a flier at the Senior Center for scheduling information.



## GAMES/CLUBS

Yearly registration and Membership is requested for Games/Clubs to participate

### Bingo

Join us for a lively game of BINGO, complete with friends, guest callers, a variety of games and prizes. Cards are \$.25 each, maximum of 4 per person.

**Location: Senior Center Cardinal Room**

<i>day</i>	<i>time</i>
Monday	1:00 – 2:00 p.m.

### Chair Volleyball

Seated participants use a beach ball and low net to enjoy a senior version of volleyball played weekly.

**Leader: Carol Snively**

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: \$10/year**

<i>day</i>	<i>time</i>
Monday/Wednesday/Friday	1:00 - 2:30 p.m.

### Chess Club

Interested in playing chess? Please register at the front desk and we'll try to organize a chess club. Days and times to be determined by interested members.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

### Cornhole

Drop in on Wednesday and join in a fun game of cornhole. Please register annually so we can track who's playing.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Wednesday	6:00 – 7:30 p.m.

### Duplicate Bridge

For more info, or need assistance contact Donna Waggle at 951-5389 or donna1438@aol.com.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: \$1 at the door**

<i>day</i>	<i>time</i>
Tuesday, Friday	12:30 p.m.

### Footloose OWLS (Older Wiser Livelier Seniors)

The club is for single seniors who are 60 years or older. All are invited to join, get together to laugh, and share similar ideas and interests. Please contact Alice at 440-255-7965 for more information.

### Hand Knee and Foot

New players are welcome, no experience needed.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Wednesday	10:00 a.m.

### Huffers and Puffers Softball

Organizational Meeting – Men aged 60 and older interested in playing on a softball team are invited to attend this spring meeting. For questions contact the coordinator, Dick Honkala at 440-354-4587.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Mar 29	Wednesday	1:00 p.m.

### International Culture Club

We have expanded our borders and invite all nationalities to join our informal social club. Talk about different cultures and current events and don't worry, everything is in English. New members are always welcome and we always serve coffee and desserts. For more details contact Lee at 440-463-9013 or Fran at 440-382-2981.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 6	Monday	10:00 – 11:30 a.m. – Regular Mtg
Mar 6	Monday	10:00 – 11:30 a.m. – Regular Mtg
Apr 3	Monday	10:00 – 11:30 a.m. – Regular Mtg



### Mahjong

A popular game originated in China and is played with sets of tiles representing Chinese symbols and characters.

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Monday	12:30 – 4:00 p.m.

### Needlecrafters

A perfect time to work on any crochet, knitting, or cross-stitch projects in a friendly group setting.

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Monday	10:30 a.m. – 12:00 p.m.

### Ping Pong

Open play is available.

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Friday	2:45 - 4:45 p.m.

## Pinochle

All players must be experienced.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

*day*                      *time*

Tuesday                      12:00 – 3:15 p.m.

## Puzzle Table

There is now a community puzzle table in the lobby. Feel free to participate and contribute when you have time.

## Secret Pals Annual Enrollment

Join this group for friendship, socialization and opportunity to enjoy local restaurants. Each group member is assigned a secret pal in January and sends cards and small tokens throughout the year. At our December meeting we exchange gifts with our Secret Pal and discover who they are.

We meet at a local restaurant the second Wednesday of each month at 1 pm. You order off the menu and pay for your meal. We also meet the last Wednesday of the month at 10:30 at the senior center for an informal coffee club. Please call or stop at the desk to register to be part of the group for 2023.

## Kick Off Meeting

Anyone interested in joining our group is welcome to join us for lunch and to learn about this wonderful program. We will complete registration and assign everyone to a new secret pal for the year. Please register and pay \$5 in advance for the January meal. We will meet at 11:00 to discuss the program and get to know each other and at 11:30 we will eat together in the Great Room. The Special of the day is Chicken Cordon Bleu. Homemade soup, sandwiches, beverages and desserts are also available for purchase the day of.

Please register at the desk at least one week in advance for each luncheon listed on the next column, so we have an accurate reservation.

*date*                      *day*                      *time*

Jan 11                      Wednesday                      11:00 a.m. – 12:30 p.m.

Mentor Senior Center, Mentor

Feb 8                      Wednesday                      1:00 – 2:30 p.m.

Condado Tacos 7720 Mentor Ave, Mentor

Mar 8                      Wednesday                      1:00 – 2:30 p.m.

Ninja Sushi 7873 Munson Rd, Mentor

Apr 12                      Wednesday                      1:00 - 2:30 p.m.

TJ's on the Avenue 7485 Mentor Ave, Mentor

## Somba Card Game

New players are welcome, no experience needed.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

*day*                      *time*

Friday                      10:00 a.m. – 12:00 p.m.

## HEALTH SERVICES

### Alzheimer's Association Caregiver Support Group

Discuss signs, symptoms, resources available, caregiving help and other topics for those touched by Alzheimer's and dementia. Group meets the 2nd Thursday of the month.

**Location: Cultural Arts Room**

**Resident | Nonresident: Free**

*date*    *day*                      *time*

Jan 12, Feb 9, Mar 9, Apr 13 Thursday 1:00 – 2:30 p.m.

### Attorney Gary Rosenthal

Meet privately with an attorney to get help with estate planning, wills, trusts and real estate. Call for a free 10 minute appointment.

**Location: Conference Room 2**

**Resident | Nonresident: Free**

*date*    *day*                      *time*

Jan 18, Feb 15, Mar 15, Apr 19                      Wednesday 1-2p.m.

### Income Tax Assistance with AARP Volunteers

Trained volunteers will assist in the completion of state and federal income tax forms. The volunteers do not assist with city tax forms.

Bring these items:

- Copy of last year's income tax return(s) – Fed, Ohio
- W-2 forms from each employer; forms SSA-1099, 1099-INT, 1099-DIV, 1099-R, 1099-MISC, etc
- 1095 form (if you have one)
- W-2G gambling winnings
- Brokerage statements (1009-B)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing
- List of medical expenses
- Social security cards for everyone included on return
- Gov't issued photo ID for tax payer and spouse

**Location: Stage (Register in advance)**

Feb 9 - Apr 13 Thu 9 a.m. - 2 p.m.

Registration begins December 5 for residents, and Dec 6 for non-residents.

### Hearing Screenings

Hearing screenings include an earwax check in both ears, a 10-15 minute baseline hearing test, and recommendations for future hearing healthcare based upon your results.

**Location: Senior Center Conference Room 2**

**Resident | Non-Resident: Free**

*date*                      *day*                      *time*

Feb 1                      Wednesday                      10:00 a.m. – 12:00 p.m.

Apr 5                      Wednesday                      10:00 a.m. – 12:00 p.m.

### Parkinson's Support Group

Patients, caregivers, family and friends – all are welcome. Come share and learn from each other on the first Wed of each month. Find support and encouragement.

**Volunteer Leader: Phyllis Hinkel**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Jan 4	Wednesday	4:00 – 5:30 p.m.
Feb 1	Wednesday	4:00 – 5:30 p.m.
Mar 1	Wednesday	4:00 – 5:30 p.m.
Apr 5	Wednesday	4:00 – 5:30 p.m.

### Podiatrist

*Walking into our Golden Years!*

Walking is a good exercise choice and dramatically improves circulation and digestion. Our feet are designed to move. Did you know that you have 26 bones and 33 joints in each foot! Not to mention, feet in motion are far less prone to becoming stiff and painful. Proper treatment of toenails and calluses help make walking enjoyable. Long toenails can hit the inside of the shoe and cause ingrown toenails or other forms of toe pain. Calluses are thick areas of skin, caused by pressure, and can cause joint pain when standing and/or walking. Foot care services are available on Wed at Mentor Senior Center. Call the podiatrist to make an appointment. Fee of \$25 is paid directly to Dr. Del Prince (440-228-0778).

### Produce Distribution

In conjunction with the Cleveland Food Bank we offer produce distribution for limited income seniors the third Mon of the month from 10–11 a.m. No reservations are needed, but please bring a drivers license, as all participants will be registered on site. Participants must certify annual gross household income is at or below \$25,759 for a household of 1 and \$34,839 for a household of 2. Income is self-declared, verification is not required. **No advance registration needed; bring photo ID for onsite registration.**

**Location: Senior Center Munson Rd. parking lot**

**Resident | Non-Resident: Free**

dates	day	time
Jan 23, Feb 27, Mar 20, Apr 17	Monday	10 – 11 a.m.

### Visionaries Support Group

If you suffer from vision impairment, plan to attend these free meetings.

**Facilitator: Licensed Optician Debbie Kogler**

**Location: Cultural Arts Room**

**Resident | Non-Resident: Free**

date	day	time
Jan 25, Feb 22, Mar 22, Apr 26	Wed	2:00-4:00 p.m.

### Special Elders

Do you need assistance to participate at the senior center? The Special Elders staff provides seniors the support and assistance you need to participate in a variety of specialized activities and instruction. The program provides: peer socialization, assistance carrying lunch trays for those with physical limitations, program registration assistance, bingo and craft help when needed and direction to activities for those with memory challenges. **This program is not designed for individuals with moderate to severe dementia unless accompanied by a caregiver.** Contact the front desk to schedule an enrollment appointment to meet with Special Elders staff.

**Resident | Nonresident: \$20 annual fee**

### Special Elders Monday Activities

10:30–10:50a.m.	Submit lunch orders
11:00–11:45a.m.	Lunch/Socialization
12:00–12:45p.m.	Billiards
1:00–2:00p.m.	Bingo

### Special Elders Wednesday Activities

10:30–10:50a.m.	Submit lunch orders
11:00–11:45a.m.	Lunch/Socialization
12:00–12:45p.m.	Special Elders Silver Sneakers Classic
1:00–2:00p.m.	Craft, cards, games, discussion

\*\*\*\*\*

### Special Elders SilverSneakers® Classic

Seated and standing exercises to increase muscular strength, range of motion and activities of daily living. This is designed for Special Elders participants and select individuals who many benefit. Wheelchairs welcomed.

Instructor: Pat Talladino

**Location: Senior Center Cardinal Room**

**Resident: \$19 | Nonresident: \$24 Silver Sneakers: Free**

date	day	time
Jan 4 – Feb 15	Wednesday	12:00 - 12:45p.m.
Mar 1 - Apr 19	Wednesday	12:00 - 12:45p.m.



## CELEBRATION LUNCHES

Please call 974-5725 with your credit card or visit the reception desk to make reservations for all of the monthly celebrations and special lunches. Register early as they sell out and cannot be purchased day of!

### January Celebration

Chicken parmesan, penne pasta, mixed vegetable and a scrumptious chocolate chip cookie to satisfy your sweet tooth! Chuck "Showtime Charlie" Tamblyn entertains us with a variety of music and mixes in a few jokes to keep us fully entertained

Reservation deadline is January 18.

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$9**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 26	Thursday	11:30 a.m.

### February Celebration

Turkey dinner with all the fixings includes turkey and gravy, mashed potatoes, stuffing, and decadent red velvet cake for dessert. The amazing one-man-band Tom Todd will entertain us with a variety of instruments.

Reservation deadline is February 15.

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$9**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 23	Thursday	11:30 a.m.

### March Celebration

Chicken Piccata, mashed potatoes followed up with light and fluffy homemade chocolate mousse for dessert. Dennis Ford returns to entertain us with his amazing voice. Dennis truly enjoys performing and it shows every time he is on stage. Reservation deadline is March 22.

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$9**

<i>date</i>	<i>day</i>	<i>time</i>
Mar 30	Thursday	11:30 a.m.

### April Celebration

Chicken paprikash over egg noodles, with mixed vegetables. Finish off your delicious meal with a special brownie dessert. The Flashbaxx duo returns to sing a variety of classic oldies. They both provide vocals, he plays the guitar and harmonica and she keeps the beat going with tamborines.

Reservation deadline is April 19.

**Location: Senior Center Great Room**

**Resident/Non-Resident: \$9**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 27	Thursday	11:30 a.m.

## SPECIAL LUNCHES

### St. Patrick's Day Celebration

It wouldn't be St. Paddy's Day without a traditional meal of corned beef and cabbage, new potatoes, carrots, and a cupcake for dessert. Julie Slattery will put us all in an Irish mood with her exquisite voice. Reservation deadline is March 9.

**Location: Great Room**

**Resident/Nonresident: \$8**

<i>dates</i>	<i>day</i>	<i>time</i>
Mar 16	Thursday	11:30 a.m.

## MUSIC AND THEATER

### Chardon Polka Band

Whether you love traditional polka music or want to hear a "polka twist" to today's hottest tunes, you'll love the Chardon Polka Band. The band is captivating audiences across northeast Ohio with its unique style and blend of musicians.

**Location: Senior Center Stage**

**Resident | Non-Resident: \$7**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 19	Wednesday	6 – 8 p.m.

### Mentor Follies Dancers

Join us for exercise, dance and fun.

**Director: Rena Ellwanger**

**Location: Senior Center Stage**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 4 – Apr 26	Wednesday	6:45 – 7:45 p.m.

### Mentor Music Makers

Director Maria Voljin is a degreed professional and is a musician, soloist and accompanist. The group practices weekly and performs in many of the Senior Living facilities in the area. The group is perfect for any senior who enjoys singing and the comradery that comes with being part of a performing group.

**Instructor: Maria Voljin**

**Location: Senior Center Stage**

**Resident \$30 | Non-Resident \$38**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan – Feb OFF	Wednesday	10 – 11:30 a.m.
Mar 7 – Apr 19	Wednesday	10 – 11:30 a.m.

### Piano Lessons

We offer private 30-minute beginner and continuing piano lessons. The lesson plans include a balance of theory, sight reading and repertoire appropriate to the student's level and musical ability.

**Instructor: Marge Syrone**

**Location: Senior Center Stage**

**Resident \$70 | Non-Resident: \$87**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan - Feb OFF	Tuesday	9 - 11 a.m.
Mar 7 – Apr 18	Tuesday	9 - 11 a.m.



## SPECIAL EVENTS

### Garage Sale

Join us for this HUGE annual garage sale where you may find some wonderful treasures. For vendors interested in purchasing a space, cost is \$25 for a 6-ft table and \$20 for a 5-ft table. Registration begins December 5 for resident seniors and December 6 for nonresident seniors. If space permits, non-seniors may register beginning March 1. Please register for a table by calling the Mentor Senior Center at 440-974-5725.

**Location: Senior Center**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 29	Saturday	9 – 3 p.m.

### Guardians Opening Day Party

Can't get to the ballpark on Opening Day? Come to our 10th annual Opening Day Party and watch the Guardians take on the Seattle Mariners. During the game, enjoy complimentary ballpark snacks including ice cream, popcorn, peanuts, Cracker Jacks, and more. Snacks provided by local senior services agencies. Game time and concessions TBA. Preregistration is required. We are partnered with FEED Lake County and are collecting for Lake County United Way. Bring your non-perishable and non expired items in.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Items for food bank**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 7	Friday	TBA

### Newcomers

Meet other new members and learn about all the awesome programs your senior center has to offer. Renee Ochaya, Director, and Dave Duricky, Recreation Coordinator, will lead the way and help you find activities to participate in.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 23	Monday	3 - 4 p.m.

### Northeast Ohio Mind Challenge

The Mind Challenge is back for its 5th year. This mind stimulating event grows each year. There will be regional trivia competitions leading to elimination rounds and the finals. We will be forming teams in May, individuals and teams are welcome. Please spread the word, recruit family and friends and get ready for some exciting mind challenging trivia! Please register in advance.

**Location: Cardinal Room**

**Resident | Nonresident: Free**



## TECHNOLOGY

### Laptop Help

Volunteer Nick Ajdinovich is available to help you with your laptop questions. Whether you have a Mac or Microsoft computer, you'll get valuable one on one help.

Call to book your 30 minute appointment today!

**Location: Great Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 10 and 17	Tuesday	9–11a.m.
Feb 7 and 14	Tuesday	9–11a.m.
Mar 7 and 14	Tuesday	9–11a.m.
Apr 4 and 11	Tuesday	9–11a.m.

### Tech Tuesday's with the Mentor Public Library

Explore a different technology topic with Mentor Public librarian's on the 2nd Tuesday of each month. No prior experience with the topic is needed. Bring your own device to follow along during the class.

**Location: Cardinal Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Mar 14	Tuesday	10-11 a.m.
No More Cable - How to Stream Movies and TV		
Apr 11	Tuesday	10-11 a.m.
Apps - Popular Apps for your Phone and Tablet		

### Tech Help

Mentor High School students on hand to help with your tablet, iPad, and smart phone questions. Bring your questions and a willingness to tackle these powerful gadgets.

**Location: Senior Center Great Room**

**Resident | Nonresident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Feb 8	Wednesday	9-10 a.m.
Feb 22	Wednesday	3-4 p.m.
Mar 8	Wednesday	9-10 a.m.
Apr 5	Wednesday	9-10 a.m.
Apr 5	Wednesday	3-4 p.m.
May 10	Wednesday	9-10 a.m.





# Come Travel with Us!

## MENTOR SENIOR CENTER TRAVEL QUEST

### 2023

**The Mentor Senior Center offers a variety of trips annually; from local afternoon excursions to weeklong trips to far off destinations.**

#### ACTIVITY LEVELS

**Mild** May require some leisurely walking. There may be minimal steps or uneven surfaces and some standing.

**Moderate** May require moderate walking and extended standing. There may be steps or uneven surfaces.

**Strenuous** May require extended periods of walking and standing. There may be numerous steps or uneven terrain and multiple on/off bus stops per day.

**TRIP REFUND POLICY** - Please read carefully  
**Travel Insurance is available for ALL Trips.**  
**Get more details at the front desk.**

- Please choose your trips carefully. Full refunds will only be granted if a trip is cancelled by the Senior Center.
- An administrative fee of \$10 for day trips and \$25 per trip for overnight trips will be assessed for any changes, refund requests, or transfers.
- Refund requests must be made prior to the advertised deadline.
- Participants assume risk of change in personal circumstances or health.
- Travel insurance is available and recommended for all overnight trips.
- When registering for trips, you may also register your spouse or one friend. If you are registering a friend, payment must be in form of cash or check made payable to the City of Mentor.

### Trip Promotional Meeting

Check out all the great trips we have planned for 2023.

The Tour Operators will present all the trips for next year. Numbers will be assigned for trip registration based on when you register for the meeting.

Registration begins Dec 5 for Mentor residents and Dec 6 for nonresidents.

Registration for 2023 trips will begin at 1 pm on January 12.

Location: Great Room

January 12 1 – 3 pm

Resident | Nonresident:Free

PLEASE READ THE TRIP POLICIES ABOVE CAREFULLY



## 2023 One Day Trips

### Historic Churches and Lakeview Cemetery

Trip highlights: Visit Cleveland area churches to see their magnificence, lunch at Pier W, guided tour of Lakeview Cemetery and Daffodil Hill

<i>date</i>	<i>day</i>	<i>time</i>
<b>Apr 14</b>	<b>Friday</b>	<b>TBA</b>

### Ain't Misbehavin

Trip highlights: Tony-winning musical showcases the infectious energy and masterful stylings of legendary jazz musician, Thomas "Fats" Waller at the Hanna Theatre, and lunch at Windows on the River.

<i>date</i>	<i>day</i>	<i>time</i>
<b>May 9</b>	<b>Tuesday</b>	<b>TBA</b>

### Patriot Tour

Trip highlights: Visit to the Liberty Aviation Museum in Sandusky, have a talk with Mr Harold Brown – one of the 11 remaining Tuskegee Airman, Jaws with Paws – a live demonstration highlighting the incredible work our police officers do with their K-9 partners, and visit to the 9/11 Memorial park in Gibsonburg.

<i>date</i>	<i>day</i>	<i>time</i>
<b>May 26</b>	<b>Friday</b>	<b>TBA</b>

### Weather-vane Playhouse

Trip highlights: Ragtime, the Musical at the Weather-vane Playhouse and dinner at Papa Joe's Restaurant in Akron.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Jun 29</b>	<b>Thursday</b>	<b>TBA</b>

### Lavender and Blueberry Trail

Trip highlights: Visit Lavender Trails and learn all about lavender, a unique herb that has many uses, visit Ohio's largest blueberry farm and have lunch at the Barn Restaurant in Smithville.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Jul 7</b>	<b>Friday</b>	<b>TBA</b>

### Rivers Casino and River Cruise

Trip highlights: Pittsburgh river cruise on the Gateway Clipper and plenty of time at Rivers Casino with a bonus and food voucher.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Jul 19</b>	<b>Wednesday</b>	<b>TBA</b>

### Everly Brothers Experience

Trip highlights: A fantastic tribute to the Everly Brothers that will take you back to the 50s and 60s, a wonderful lunch at Hartville Kitchen and time to visit their bakery.

<i>date</i>	<i>day</i>	<i>time</i>
<b>July 19</b>	<b>Wednesday</b>	<b>TBA</b>

### Rabbit Run Theatre

Trip highlights: Dinner at the Grand River Cellars Winery and Restaurant and admission to The Hound of the Baskervilles at Rabbit Run.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Jul 28</b>	<b>Friday</b>	<b>TBA</b>

### Winetasting in Sugar Creek

Trip highlights: Visit 2 wineries in Amish Country, lunch at the Dutch Village Complex with time for shopping, a visit to Sugarcreek, Ohio's "little Switzerland" and a stop at the Swiss bulk food store.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Sep 12</b>	<b>Tuesday</b>	<b>TBA</b>

### Flea Markets in Hartville

Trip highlights: Plenty of time to shop at the Hartville Flea Market and Walnut Creek Flea Market and a wonderful lunch at Hartville Kitchen.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Sep 21</b>	<b>Thursday</b>	<b>TBA</b>

### Historic Barn Mural Tour

Trip highlights: Visit 6 barns all painted by Barn Artist, Scott Hagan, lunch at Ole Zim's Wagon Shed, an automated dairy farm and 9/11 Public Safety Service Memorial in Gibsonburg, and donuts from Ideal Bakers.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Oct 19</b>	<b>Thursday</b>	<b>TBA</b>

### Detroit

Trip highlights: The metropolis has had a major turn around since Dan Gilbert's company purchased many downtown buildings and repurposed them. Tour and lunch at a classic speakeasy, Dirty Gertie's, GM Renaissance Center, and ride the downtown People Mover.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Nov 1</b>	<b>Wednesday</b>	<b>TBA</b>

### Cleveland Pops

Trip highlights: Playhouse Square to see the Cleveland Pops Orchestra, dinner at Windows on the River, and drive through Public Square to see the holiday lights.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Nov 26</b>	<b>Sunday</b>	<b>TBA</b>

### Franklin Park Conservatory and Alum Creek State Park Fantasy of Lights

Trip highlights: View elegant displays of poinsettias, seasonal foliage and twinkling lights, the annual ginger bread competition and a model garden railway. Lunch in German Village at Schmidt's Restaurant, and 3 miles of LED holiday lights at Alum Creek State park.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Dec 7</b>	<b>Wednesday</b>	<b>TBA</b>

### Lake Erie Wine Trail

Trip highlights: Travel to North East, PA and visit Arrowhead Winery, Arundel Winery, Heritage Wine Cellars, Penn Shore Winery, lunch at Union Station Restaurant

<i>date</i>	<i>day</i>	<i>time</i>
<b>TBA</b>		

### Mystery Trip #5 and #13

Mystery Trips are exciting because the world is a big, wonderful adventure and these trips will take you somewhere you may have never been and can't wait to learn about.

<i>date</i>	<i>day</i>	<i>time</i>
<b>TBA</b>		

## 2023 Overnight Trips

### Amelia Island, St Augustine, and Jacksonville

Trip highlights: Kingsley Plantation, guided tour of Amelia Island, historic Fernandina Beach, guided tour of charming St Augustine and time to visit historic St George Street, Fountain of Youth, dinner party, guided tour of Jacksonville and narrated cruise on the St John's River, and time to visit historic River Street in Savannah.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Apr 30-May 6</b>	<b>Sunday-Saturday</b>	<b>TBA</b>

### Sight and Sound Theater and Flight 93 Memorial

Trip highlights: Moses at the Lancaster Sight and Sound Theater, Magic and Wonder Variety Dinner Show, Guided tour and dinner at Mount Hope Estate and Winery, and Flight 93 Memorial.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Jun 21-23</b>	<b>Wednesday - Friday</b>	<b>TBA</b>

### Vermont

Trip highlights include: Tour of Morse Farm Maple Sugarworks, visit to Ben and Jerry's Ice Cream, dinner cruise on Lake Champlain, Shelburne Museum, Cold Hollow Cider Mill, Rock of Ages Granite Quarry, and Stowe Village.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Aug 21-26</b>	<b>Monday-Saturday</b>	<b>TBA</b>

### Mega Michigan Tour with Charlevoix

Trip highlights: Lunch and tour of Castle Farms, guided tour of Sleeping Bear Dunes National Lakeshore, Cherry Republic (largest cherry store in the world) and lunch. Dinner in Grand Rapids, Frederik Meijer Gardens including a tram tour and lunch, Saugatuck Dune Ride, lunch in Frankenmuth, Bronner's Christmas Store, 2 nights in Charlevoix, and tour of mushroom houses.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Sept 18-21</b>	<b>Monday-Thursday</b>	<b>TBA</b>

### Fabulous Finger Lakes

Trip highlights include: Sonnenberg Castle, guided tour of Watkins Glen, cruise on Seneca Lake, wine tasting and guided tour of Letchworth Park – the Grand Canyon of the East, and lunch at the historic Glen Irish Inn.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Oct 4-6</b>	<b>Wednesday-Friday</b>	<b>TBA</b>

### Smokies at Christmas and Biltmore

Trip highlights include: Hatfield and McCoy Christmas Disaster Dinner Feud, admission to the Titanic in Pigeon Forge, tour of Bush Beans Museum and General Store, Stable Café Dinner and Candlelight Tour at Biltmore Mansion, Antler Hill Village, visit to The Island in Pigeon Forge and tour of Ole Smoky Moonshine, time in Gatlinburg, and admission to Dollywood for the Smoky Mountain Christmas Festival.

<i>date</i>	<i>day</i>	<i>time</i>
<b>Nov 14-17</b>	<b>Tuesday-Friday</b>	<b>TBA</b>

## MSC Small Bus Trips

### Riverdance at Playhouse Square

Riverdance as you've never seen it before! A powerful and stirring reinvention of this beloved favorite, celebrated the world over for its Grammy Award-winning score and the thrilling energy and passion of its Irish and international dance. The Producer and Director have completely reimagined this ground-breaking show with innovative and spectacular lighting, projection, stage and costume designs. Immerse yourself in the extraordinary power and grace of its music and dance-beloved by fans of all ages. For over 25 years, nothing has carried the energy, the sensuality and the spectacle of Riverdance.

**Registration/refund/transfer deadline is Feb 3.**

**Activity Level: Mild**

**Resident/Non-Resident: \$73**

<i>date</i>	<i>day</i>	<i>time</i>
<b>Mar 5</b>	<b>Sunday</b>	<b>11:30 am – 4:15 pm</b>

### Canton Football Hall of Fame

There's something for everyone at the Canton Football Hall of Fame as a highly knowledgeable staff member takes us on a personal tour! The exhibits on the first level present a panoramic view using high-tech interactives and one-of-a-kind artifacts to tell the story of professional football, from its humble beginnings in the early 20th century to the worldwide phenomenon it has become today. The second floor of "The NFL's First Century" features historical information regarding professional football in several dramatic themes. After our tour, lunch will be (on your own) at a Canton landmark known for "The Bittner". Established in 1926, Taggart's will take you back to the charm of the twenties with their wrought iron "ice cream parlor" chairs and high-backed booths, combined with the old wood and tile floors.

Registration/refund/transfer deadline is **Mar 14.**

**Activity Level: Moderate**

**Resident/Non-Resident: \$53**

<i>date</i>	<i>day</i>	<i>time</i>
<b>Apr 14</b>	<b>Friday</b>	<b>8:30 a.m. – 3:00 p. m.</b>

### Grand River Cellars

Common interests-Grapes & Wine-motivated the purchase of Grand River Cellars in 2005. Restoring it and returning it back to the winery it once was in 1976 with some additions was the goal. The wines boast a remarkable list of international awards and the business itself has been chosen as Business of the Year and Best of the East. Enjoy a 4 sample wine tasting with cheese and crackers (included). Next, lunch (on your own) followed by one hour of Bingo. Bingo prizes come straight from the gift shop!

**Registration/refund/transfer deadline is May 4.**

**Activity Level: Mild**

**Resident/Non-Resident: \$17**

<i>date</i>	<i>day</i>	<i>time</i>
<b>May 12</b>	<b>Friday</b>	<b>11:30 a.m. – 3:30 p. m.</b>

### Put-in-Bay

Cruise to Put in Bay aboard the Jet Express, its exclusive catamaran design provides the smoothest ride across the lake. It drops you off downtown, right in the middle of all the action. You'll have the entire day on your own to enjoy the island, the views, shops, restaurants and the warm lake breezes. The Roundhouse Bar across from the park has free entertainment for "Senior Day."

**Registration/refund/transfer deadline is Jun 12.**

**Activity Level: Moderate**

**Resident/Non-Resident: \$47**

<i>date</i>	<i>day</i>	<i>time</i>
<b>June 21</b>	<b>Wednesday</b>	<b>7:45 a. m. – 9:00 p.m.</b>

### Out to Lunch Bunch Trips

#### Cowboy Food and Drink

Cowboy's BBQ is smoked in-house in a 500-pound Southern Pride Smoker! Smother it in one of their four homemade Cowboy BBQ Sauces, served with signature sides and honey butter cornbread. Your lunch starts with a House Salad. Entrée choices are: Smokehouse Sausage Sandwich; Pulled Pork Dinner or Turkey Club Sub. Dessert is Chocolate and banana pudding topped with caramel and chocolate syrup and whipped cream.

**Activity level: Mild**

**Refund deadline: Jan 12**

**Cost: \$35**

<i>date</i>	<i>day</i>	<i>time</i>
<b>Jan 20</b>	<b>Friday</b>	<b>11:15a.m.-2:45p.m.</b>

#### Mabel's BBQ

Mabel's has a style that Clevelanders can call their own because it incorporates Bertman's Ballpark Mustard into the barbecue sauce, using Eastern European spices and smoking meat over local fruitwood. Lunch starts with a leafy greens salad. Entrée choices include Classic Kielbasa, Pork Spare Ribs, or Pulled Pork. Entrees are served with Tony Packos Sweet Hot Pickles, Cleveland Kraut Gnar-Gnar, a slice of Mediterra rye bread and a side of baked beans. Dessert is a macaron from the tearoom and a beverage choice.

**Activity level: Mild**

**Refund deadline: Feb 9**

**Cost \$35**

<i>date</i>	<i>day</i>	<i>time</i>
<b>Feb 17</b>	<b>Friday</b>	<b>11:30a.m.-2:30p.m.</b>

#### Paladar Latin Kitchen

Paladar Latin Kitchen and Rum Bar is a fresh, colorful and fun Latin American restaurant experience inspired by Central & South America, Cuba and the Latin Caribbean. Your meal begins with traditional homemade guacamole, fire-roasted tomato salsa, and house chip blend. Your choice of entrees are: Rio-style Chicken Tacos; El Cubano Sandwich; Caribbean Mango Chicken Salad and key lime mustard vinaigrette; or Sweet Potato and Brussels Grain Bowl. Seasonal donuts are for dessert.

**Activity Level: Mild**

**Refund deadline: Mar 9**

**Cost: \$35**

<i>Date</i>	<i>day</i>	<i>time</i>
<b>Mar 17</b>	<b>Friday</b>	<b>11:30a.m.-2:30p.m.</b>

#### Ferrante

The Ferrante Family has been producing nationally and internationally acclaimed wines since 1937, when they opened their first winery in Cleveland's Collinwood area. Today guests can visit the state-of-the-art winery, where third generation brothers work together with the overall goal of striving to maintain 80 years of tradition. The Ferrante farm is located in the heart of the Grand River Valley. Your lunch begins with a wine tasting of 2 wines. Salad is next with house dressing and roll and butter. The choice of entrees are: Casa Lasagna; Pollo Romano Alla Pasta; Gnocchi Brue Filet Tips; Capellini alla Pomodoro. Non-alcoholic beverage of choice and delicious Tiramisu for dessert.

**Activity Level: Mild**

**Refund deadline: April 13**

**Cost: \$35**

<i>date</i>	<i>day</i>	<i>time</i>
<b>Apr 21</b>	<b>Friday</b>	<b>11:15a.m.-2:45p.m.</b>

#### Heck's of Avon

Heck's Café is housed in a brand-new building with a warehouse feel in Avon. They are best known for their gourmet burgers. The expertly prepared cuisine combines the freshest local ingredients and original recipes from all around the globe to produce a uniquely delicious menu. Lunch begins with a salad. Entrée choices are: Fish and Chips; Ohio City Burger served with fries; Salmon burger served with fries; or chicken kabobs served with rice. Choice of a soft drink or a hot beverage. Dessert is bread pudding or carrot cake.

**Activity level: Mild**

**Refund deadline: May 11**

**Cost: \$35**

<i>date</i>	<i>day</i>	<i>time</i>
<b>May 19</b>	<b>Friday</b>	<b>11:15-2:45p.m.</b>

#### Creekside Restaurant

Creekside has been serving guests in Northeast Ohio for over 30 years, using fresh locally sourced ingredients to create a modern twist on classic menu favorites. Located in downtown Brecksville, Creekside Restaurant provides an inviting experience, offering casual cuisine nestled in the treetops overlooking picturesque Chippewa Creek. Lunch begins with a salad and rolls, next, your choice of entrée: Honey Pecan Chicken with home style mashed potatoes; Creekside Pot Roast over potato pancakes; or Garden Veggie Pasta Primavera (vegetarian option). Coffee, tea or soft drink and the dessert is finger pastries.

**Activity level: mild**

**Refund deadline: June 8**

**Cost: \$35**

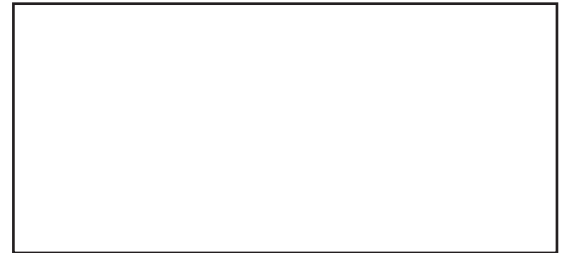
<i>date</i>	<i>day</i>	<i>time</i>
<b>Jun 16</b>	<b>Friday</b>	<b>11:15-2:45p.m.</b>



Mentor Senior Center  
8484 Munson Road  
Mentor, OH 44060  
(440) 974-5725

PRESORTED  
STANDARD  
U.S. Postage  
PAID  
Permit No. 311  
Mentor, OH  
44060

To the current resident or:



**Recreation Manager**  
Renee Ochaya  
*ochaya@cityofmentor.com*  
440-974-5725

**Recreation Coordinator**  
Dave Duricky  
*duricky@cityofmentor.com*  
440-974-5725

**Office Administrator**  
Lisa Nichols  
*nichols@cityofmentor.com*  
440-974-5725

Administered by the City of Mentor  
Department of Parks, Recreation, &  
Public Facilities

**Council President**  
Matthew Donovan - Ward 2

**Council Vice President**  
Scott J. Marn - **Council at Large**  
**Council Ward 1** - Sean Blake  
**Council Ward 3** - Mark Freeman  
**Council Ward 4** - John Krueger  
**Council at Large** - Ray Kirchner  
**Council at Large** - Janet Dowling

**City Manager** - Ken Filipiak  
**Asst. City Manager** - Robert Fowler  
**Dir of Parks & Rec** - Kenn Kaminski  
**Supt of Recreation** - Nita Justice

**The Senior Center will be closed the following:**  
**January 2 New Years Day Holiday Observed**  
**January 16 Martin Luther King Day**  
**February 20 Presidents Day**



President.....John Mazor  
Vice President .....Sandy Liptak  
Treasurer .....Donna Waggle  
Recording Sect'y.....Dee Groynom  
Corresponding Secretary ...Nancy Schott

Decorations Chair..... Connie Karchefsky  
Historian.....Vacant  
Hospitality Chair .....Mary Padula

Library Chair .....Kathy Durda  
Volunteer Chair ...Debbie Higginbotham

**MENTOR SENIOR CENTER**