

JUL - AUG 2022



Mentor Senior Center Hours

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

Newport Harbor Boat Cruise 2022



***Sign ups
for the NEW
small bus trips
begins on
Monday,
July 11***



MENTOR SENIOR CENTER NEWSLETTER

8484 Munson Road, Mentor, OH 44060

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

www.mentorseniorcenter.com

MSC Advisory Board Elections

Friday, October 27 11:00 a.m.

Mentor Senior Center members will elect board officers to a two-year term beginning Jan 1, 2023 and ending Dec 31, 2025. Board officer positions include President, Vice President, Treasurer, Recording Secretary and Corresponding Secretary. All current Board officers may seek reelection. The election will take place during the Annual Meeting in the Great Room.

The nominating committee is accepting nominations for all positions. All officers except Corresponding Secretary must be Mentor residents. Corresponding Secretary nonresident nominees must have at least 30 hours volunteer service at MSC in the past year to be eligible. Please nominate candidates in the blue book at the desk.

Board Officer Positions

President

The duties of the President shall be to preside at Board meetings and annual or special meetings of the members. The President shall serve as an ex officio member of each standing committee. The President shall follow the agenda as listed during meetings and aid the administrative staff in the planning and promoting of the Center.

Vice President/Fundraising

The Vice President shall serve in the absence of the President. The Vice President becomes President on the resignation, death or permanent incapacity of the President. The person serving as Vice President shall assist the President as may be practical. The Vice President shall oversee any of the Senior Center's fundraising activities, as needed.

Treasurer

1. The Treasurer shall maintain all of the financial records of Mentor Seniors, LLC and make payments as necessary to vendors in connection with funds which are deposited in the Board's account. A statement of receipts and payments shall be recorded in a proper book provided for this purpose. A financial statement shall be reported to the Board of Trustees each month.

2. The Treasurer will participate in the annual audit of the Board's financial records.

3. Checks drawn on the account of the Mentor Seniors, LLC shall be signed by the Treasurer. In the absence of the Treasurer, checks shall be signed by the President.

Recording Secretary

The function of the Recording Secretary shall be to maintain proper records of minutes and attendance at Board, annual and special meetings. Minutes shall be kept in a permanent book designated for this purpose and open for inspection by any member at any reasonable time as determined by the Advisory Board.

Corresponding Secretary

The duties of the Corresponding Secretary shall be to send sympathy and get-well cards as reported by the Senior Center members and attend to applicable correspondence pertinent to the Center.

Inside this issue

Contents/Election2
 Scholarship2
 Senior Services Information3
 Website/Facebook.....3
 Regular Activities Calendar.....4
 Director's Corner/Movies.....4
 July/August Lunch Menus.....5
 Registration, Refund Info.....6
 In Memorium6
 Arts and Craft.....6-7
 All Media Painting, Stamping,
 Ceramics, Quilters, Woodcarving
 Continuing Education.....7
 American Sign Language, Book Club,
 Lunch and Learn, Downsizing, Elder
 Law, LCCOA
 Fitness.....8-9
 Line Dance, Low
 Impact Aerobics, SilverSneakers,
 Stretch and Balance, Weight
 Training, Parkinson's,
 Fitness Center, Personal Training
 Games and Clubs..... 10
 Bingo, Chair Volleyball, Bridge,
 German Group, Mahjong, Pinochle,
 Ping Pong, Secret Pals
 Health Services..... 10-11
 Alzheimer's Support, Podiatrist,
 Special Elders, Parkinson's Support,
 Visionaries, Produce Distribution
 Meals/Celebrations..... 11-12
 Music and Theater 12-13
 Mentor Follies Dancers, Mentor
 Music Makers, Piano Lessons,
 Harmonica
 Special Events.....13
 Technology 13
 Laptop Help, Tech Tuesdays
 Volunteer Opportunities 13
 Trips.....14-17
 Advertisements..... 18-19
 Back Page Misc Info/Membership..... 20

**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 Jul 1, 2022 for Sep - Dec 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 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 (Call before 3 pm) - 440-354-6100. One business day is required for reservations.

Free ride to the Lake County Senior Centers.

Medicare - 1-800-633-4227

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

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.

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.

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

SENIOR CENTER WEBSITE

www.mentorseniorcenter.com

Our new website is up and running. It is easy to find and easy to navigate. The main page has quick links to the newsletter, lunch menu, COVID-19 updates 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. On the right, select Download Newsletter. The latest PDF version of the newsletter opens up.

OR

Type in 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.

DIRECTOR'S CORNER

REMARKS FROM RENEE



We will be transitioning to a newsletter that covers 4 months and will coincide with our 3 registration sessions of Jan–Apr, May–Aug, and Sep–Dec. Please hold onto your newsletter for reference to current programs. We are excited to be offering a new evening exercise class. Check out the Silver Sneakers Circuit class on Monday nights at 6:00.

See the back cover for important info on membership and scanning.

DAVE DISCUSSES

I'm excited to announce the return of several of our special events. First up is the Volunteer Recognition lunch in September, it is our way to say THANKS to all the awesome volunteers who make the center a special place. In October, we have the return of the Chili Cook-off and The Jersey Beat Band concert. And finally in November, we are bringing back the Veteran's Breakfast and the Arts and Crafts Sale. Complete details on all these events can be found in the newsletter.



Movies

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

Thu Last Looks	Jul 7 Not rated	Action/Comedy Adventure
Mon Respect	Jul 11 PG-13	Biography/Drama
Mon/Thu Cyrano	Jul 18/21 PG-13	Drama/Romance
Mon Last Looks	Jul 25 Not Rated	Action/Comedy Adventure
Mon/Thu Death on the Nile	Aug 1/4 PG-13	Thriller/Action Suspense
Mon Marry Me	Aug 8 PG-13	Romance/Comedy
Mon/Thu Nightmare Alley R	Aug 15/18	Action/Thriller
Mon West Side Story	Aug 22 PG-13	Crime/Drama, Musical
Mon CODA	Aug 29 PG-13	Comedy/Drama Music

Resident/Nonresident: FREE

REGULAR SCHEDULED ACTIVITIES

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

Class Registration is Aug 1 for Mentor residents and Aug 2 for nonresidents

JUL CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m. Stop by for the best deal in town! The talented kitchen staff and volunteers prepare delicious, freshly made entrees, sandwiches, salads, soup, and desserts at reasonable prices. A daily special costs \$5. Daily homemade soup and sandwiches also available.				1
4 Senir Center Closed 4th of July	5 Special: Chili with Corn- bread	6 8:00 Summer Mystery Trip 4:00 Parkinsons Support Special: Chicken Caesar Salad	7 10:00 Downsizing and You 12:30 Movie Special: Pulled Pork Sand- wich	8 8:30 Hidden Cleveland Trip 9:30 Matter of Balance Special: Grilled Chicken and Coleslaw
11 9:00 Veteran's Group 10:00 Int'l Culture Club 12:00 LCCOA 12:30 Board Meeting 5:00 Movie Special: Sweet and Sour Meat- balls over Steamed Rice	12 Special: Chicken Marsala with Egg Noodles	13 7:30 Rivers Casino 1:00 Secret Pals at Petti's Pizza Special: Chef Salad	14 1:00 Alzheimer's Support 3:00 Newcomers Mtg Special: Cookout BBQ Chicken, Potato Salad, Pineapple Orange Fluff, Chocolate Chip Cookie Bar	15 9:30 Matter of Balance Special: Meat Lasagna
18 10:00 Senior Produce Market 5:00 Movie Special: Salisbury Steak with Mashed Potatoes	19 Special: Chicken Piccata	20 1:00 Attorney Special: Tuna Salad Platter	21 12:30 Movie Special: Pasta Alfredo	22 9:30 Matter of Balance 11:15 OTL Briquettes Special: Chicken Salad Wrap
25 5:00 Movie Special: Swedish Meatballs with Egg Noodles	26 6:15 Ain't Too Proud Trip Special: Marinated Chick- en Thighs	27 10:30 Sec Pals Coffee Club 1:00 Ice Cream Social 2:00 Visionaries Special: Taco Salad	28 11:30 Celebration Lunch Chicken Salad Croissant, Broccoli Salad, Monster Cookie	29 Senior Day at the Fair Special: Johnny Marzetti

AUG CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 International Culture Club 12:00 LCCOA 5:00 Movie Special: Chicken Parmesan Sandwich	2 Special: Breaded Pork Chop	3 11:15 Cleveland Guardians 4:00 Parkinsons Support Special: Stuffed Green Pepper	4 12:30 Movie Special: Baked Ranch Chicken	5 Special: Chef Salad
8 9:00 Veteran's Group 12:30 Board Meeting 5:00 Movie Special: Chicken Cordon Bleu	9 Special: Pulled Pork Sand- wich	10 7:00 Sauder Farm Trip 1:00 Secret Pals at Hellriegel's Patio Special: Salisbury Steak and Mashed Potatoes	11 1:00 Alzheimer's Support Special: Cookout - Grilled Hamburger, Corn on the Cob, Chips, Poke Cake	12 7:45 World's Longest Garage Sale Trip Special: Chicken Caesar Salad
15 10:00 Senior Produce Market 5:00 Movie Special: Chicken Alfredo	16 Special: Sweet and Sour Pork over Rice	17 1:00 Attorney 1:30 Book Club Special: Teriyaki Chicken and Rice	18 12:30 Movie Special: Grilled Hot Dogs, Macaroni Salad	19 11:00 OTL Bass Lake Inn 5:00 CityFest Begins Special: Taco Salad
22 5:00 Movie Special: Chicken Parmesan with Spaghetti	23 Special: Meatball Sub	24 2:00 Visionaries Picnic Special: Grilled Chicken Quarter	25 11:30 Celebration Lunch: Pork Loin, Roasted Potato, Corn, Banana Cake	26 Special: Tuna Salad Platter
29 5:00 Movie Special: Chicken Piccata	30 Special: Spaghetti with Meatballs	31 10:30 Sec Pals Coffee Club Special: Honey Lime Chicken	Happy Birthday to members born in Jul and Aug	

Dana joins us as the newest member of our Fitness team. She teaches the Parkinsons exercise class. To say she's a workout fanatic would be putting it mildly. Dana also teaches various fitness programs at Live Healthy as well as leading virtual and on site fitness classes at local corporations in the area. In her free time she is training for the Tri Athlete Iron Man Competition qualifying rounds and is also involved with fostering rescue dogs.

Dana Rini



Nancy Schott

Nancy serves on the Advisory Board as the Corresponding Secretary. She grew up in Mentor and graduated

when Mentor High School was still located at Hopkins and Mentor Avenue. She stays busy taking care of her home and her yard and is known for putting on a beautiful Christmas display. Nancy's interests include playing Bridge and getting her exercise playing Pickelball.

IN MEMORIUM

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: Joan Ann Evans, Juanita Clapp, Joan S. Evans and Shirley Dessner. **RIP**

REGISTRATION

Registration for our Fall programs: Mon Aug 1 for Mentor residents Tue Aug 2 for Nonresidents. 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

Once you have an account set up, go to 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.

Nonresidents cannot register for SilverSneakers Classes online. Please call in to register to avoid being charged nonresident fees.

CREATING AN ACCOUNT

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.



Registration for Fall Classes begins:
Aug 1 Mentor Residents
Aug 2 Nonresidents

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: Cultural Arts Room
 Sep 1–Oct 20 Thu 10a.m-12p.m.
 Nov 3-Dec 22 Thu 10a.m-12p.m.
 Resident: \$39/Nonresident: \$49



Arts & Crafts – Stamping

Create seasonal and special event cards under the guidance of an experienced teacher.

Preregistration is required.

Instructor: Ann Fairchild

Location: Cultural Arts Room

Sep 1 Thu 12:30–2:30p.m.

Oct 6 Thu 12:30–2:30p.m.

Nov 3 Thu 12:30–2:30p.m.

Dec 1 Thu 12:30–2:30p.m.

Resident/Nonresident: \$7 per class

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: Cultural Arts Room

Sep 7–Oct 19 Wed 10a.m.-12p.m.

Nov 2–Dec 21 Wed 10a.m.-12p.m.

Sep 7–Oct 19 Wed 5-7p.m.

Nov 2–Dec 21 Wed 5-7p.m.

Resident: \$49/Nonresident: \$59

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 (based upon provided project supply list), sewing machine in good condition, sewing notions, and miscellaneous supplies (rulers, rotary cutters, scissors). An iron and ironing board are provided for your convenience. 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: Cultural Arts Room

Sep 12–Oct 24 Mon 5:30-7:30p.m.

Nov 7–Dec 19 Mon 5:30-7:30p.m.

Sep 6–Oct 18 Tue 9-11a.m.

Nov 1–Dec 20 Tue 9-11a.m.

Resident: \$39/Nonresident: \$49

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: Cultural Arts Room

Sep 6-Dec 27 Tue 2–4p.m.

Resident/Nonresident: Free

CONTINUING EDUCATION**American Sign Language Club**

Join the American Sign Language Club. Expand on what you already know. Learn sentence structure and more about the deaf culture.

Challenge yourself and continue learning!

Volunteer Instructor: Sharon House

Location: Lobby

Sep 13-Dec 27 Tue 12–1p.m.

Resident/Nonresident: Free

Book Club

Join Mentor Librarian Cailey 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 To register, call the Senior Center at 440/974-5725.

Location: Cultural Arts Room

Sep 21 Wed 1:30 - 3p.m.

Three Ordinary Girls by Tim Brady

Oct 19 Wed 1:30 - 3p.m.

The Paris Library by Janet Skeslien Charles

Nov 16 Wed 1:30 - 3p.m.

The Henna Artist by Alka Joshi

Dec 21 Wed 1:30 - 3p.m.

Sense and Sensibility by Jane Austen

Resident/Nonresident: Free

Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) workshop offered by Fairhill Partners helps participants take control of their disease and reduce the risk of complications. It empowers people with diabetes and pre-diabetes to take charge of their health. DEEP is fun and interactive, with hands-

on learning. Workshops meet for 6 weekly 2-hour sessions.

Location: Cardinal Room

Sep 13–Oct 18 Tue 9:30–11:30a.m.

Resident/Nonresident: Free

Downsizing and You

A guide for seniors in transition. A community outreach program brought to you by the Senior Initiative Project providing assistance for Mentor residents in the organization and management of unused and unneeded household goods. Years of accumulation? What to sell? What to donate? We have lots of ideas to share.

Location: Cultural Arts Room

Jul 7 Thu 10 a.m.

Resident/Nonresident: Free

Elder Law and Real Estate Planning Seminar

“Don’t stress! We will review key points to help you plan and prepare for downsizing, moving or relocating”. Back by popular demand with up-to-date information. Join us for a delicious free breakfast. Register early since breakfast will sell out quickly.

Presenters: Debbie Ribinskas, Licensed Real Estate Agent, Keller Williams Greater Metropolitan; Hilary King, CEO, Creative Moves, LLC; Karen Brehm, Regional Account Manager, Northstar Title LLC; Susan Priest Richlak, Esq. Law offices of Susan Priest Richlak

Location: Cardinal Room

Oct 6 Thur 8:30 - 10:30 a.m.

Resident/Nonresident: Free

Lunch and Learn

Script Your Family's Future: Why You Need an Estate Plan. This plan is designed to help individuals understand how important the role a well-executed estate plan can play in ensuring their strategy remains aligned with their goals. Presentation and lunch provided by Edward Jones.

Location Cardinal Room

Sep 22 Thu 10 a.m.

Resident/Nonresident: Free

CONTINUING EDUCATION

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: Cardinal Room
12-12:30p.m.

- Sep 12 Mon LCCOA Resources
 - Oct 3 Mon Options-Long term care counseling
 - Nov 7 Mon Medicaid Benefits
 - Dec 5 Mon Vial of Life (Updated)
- Resident/Nonresident: Free

FITNESS/WELLNESS OUTDOORS

Cycling Club

All rides are weather permitting and ride cancellations will be done via email. There will be a ride make-up on Friday, of the same week if Wednesdays ride is canceled. All rides start at 10a.m. unless designated otherwise. Bicycle helmets are required. New riders are welcome. Contact Arnie Zvejnieks at 440-525-0293, for further information.

- Jul 6** Western Reserve Greenway Trail
- Jul 13** Maple Highlands Trail in Chardon
- Jul 20-21** Great Allegheny Passage in Connellsville, PA
- Jul 27** Maple Highlands Trail
- Aug 3** Cleveland Metroparks Rocky River
- Aug 10** Madison Twp Park to Geneva-on-the-Lake
- Aug 17** Western Reserve Trail
- Aug 24** Cuyahoga Valley Towpath
- Aug 31** Maple Highlands Trail

Monday Hiking Club

Hikes begin at 6 p.m. on Mondays at designated locations.

If you have any questions, call the Senior Center at 974-5725.

- Jul 11** Indian Point Park
- Jul 18** Hidden Lake
- Jul 25** Jordan Creek
- Aug 1** Penitentiary Glen

- Aug 8** Big Creek Park–Robinson Rd
- Aug 15** Pete’s Pond
- Aug 22** N Chagrin Reservation – Nature Center
- Aug 29** Lakeshore Reservation

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. Location: Studio

- Sep 7-Oct 19 Wed 5:45-6:45p.m.
 - Nov 2-Dec 21 Wed 5:45-6:45p.m.
- Resident: \$18/Nonresident: \$23

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. Instructor: Tina Foster

- Location: Studio
 - Sep 7-Oct 19 Wed 6:45-7:45p.m.
 - Nov 2-Dec 21 Wed 6:45-7:45p.m.
- Resident: \$18/Nonresident: \$23

Low Impact Aerobics

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

- Instructor: Sharon Benner
- Sep 12-Oct 24 Mon 9–9:45a.m.
(No class Sep 5)
- Sep 6-Oct 18 Tue 9–9:45a.m.
- Sep 1-Oct 20 Thu 9–9:45a.m.
- Sep 2-Oct 21 Fri 9–9:45a.m.
- Nov 7-Dec 19 Mon 9–9:45a.m.
- Nov 1-Dec 20 Tue 9–9:45a.m.
- Nov 3-Dec 22 Thu 9–9:45a.m.
(No class Nov 24)

- Nov 4- Dec 30 Fri 9–9:45a.m.
(No class Nov 11, 25)
- Resident: \$19/Nonresident: \$24

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 classes focus 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, theamaliafoundation.org, promoting Parkinson’s classes in NE Ohio.

- Instructor: Dana Rini, Sharon Benner, Pat Talladino
 - Location: Studio
 - Sep 7-Oct 19 Wed 3–3:45p.m.
 - Nov 2-Dec 21 Wed 3–3:45p.m.
- Resident/Nonresident: Free

SilverSneakers® Boom Mind

The best of yoga and pilates combines in an intermediate to advanced mind-body mat workout. Instructor: Denise Molesch

SilverSneakers® Circuit NEW CLASS

NEW ADDITION - Standing upper-body strength work alternated with low impact cardio using a chair for standing support. Check out this new evening class and meet Sue, our new instructor, in our free demo class on June 20. Jun 20 Mon 6-6:45 p.m. Resident/Nonresident: Free

First session begins in July.

SilverSneakers® Circuit NEW CLASS

Instructor: Sue Dempsey (Mon)
Jul 11 – Aug 22 Mon 6-6:45 p.m.
Resident: \$19/Nonresident: \$24
Silver Sneakers Members: Free

SilverSneakers® Circuit

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

Instructor: Pat Talladino Wed
 Instructor: Sue Dempsey Mon
 Sep 12-Oct 24 Mon 6-6:45 p.m.
 Sep 7-Oct 19 Wed 11-11:45a.m.
 Nov 7-Dec 19 Mon 6-6:45 p.m.
 Nov 2-Dec 21 Wed 11-11:45a.m.
 Resident: \$19/Nonresident: \$24
 Silver Sneakers Members: Free

SilverSneakers® Classic

Seated and standing exercises to increase muscular strength, range of motion and activities of daily living.

Instructor: Mon/Fri - Sharon Benner,
 Wed - Pat Talladino
 Sep 12-Oct 24 Mon 10-10:45a.m.
 (No class Sep 5)
 Sep 7-Oct 19 Wed 10-10:45a.m.
 Sep 2-Oct 21 Fri 10-10:45a.m.
 Nov 7-Dec 19 Mon 10-10:45a.m.
 Nov 2-Dec 21 Wed 10-10:45a.m.
 Nov 4- Dec 30 Fri 9-9:45a.m.
 (No class Nov 11, 25)
 Resident: \$19/Nonresident: \$24
 Silver Sneakers Members: Free

SilverSneakers® Enerchi

Seated or standing Tai Chi movements in flowing sequence to progress strength, balance and focus.

Instructor: Denise Molesch
 Sep 1-Oct 20 Thu 4 - 4:45 p.m.
 Nov 3-Dec 22 Thu 4 - 4:45 p.m.
 (No class Nov 24)
 Resident: \$19/Nonresident: \$24
 Silver Sneakers Members: Free

SilverSneakers® Stability

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

Instructor: Mon - Sharon Benner;
 Fri - Denise Molesch
 Sep 12-Oct 24 Mon 11-11:45a.m.
 (No class Sep 5)
 Sep 2-Oct 21 Fri 12-12:45a.m.
 Nov 7-Dec 19 Mon 11-11:45a.m.
 Nov 4- Dec 30 Fri 12-12:45a.m.
 (No class Nov 11, 25)
 Resident: \$19/Nonresident: \$24
 Silver Sneakers Members: Free
 Instructor: Wed - Pat Talladino,

SilverSneakers® YOGA

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

Mon/Fri – Denise Molesch Sep 12-
 Oct 24 Mon 12-12:45p.m.
 (No class Sep 5)
 Sep 7-Oct 19 Wed 9-9:45a.m.
 Sep 2-Oct 21 Fri 11-11:45a.m.
 Nov 7-Dec 19 Mon 12-12:45p.m.
 Nov 2-Dec 21 Wed 9-9:45a.m.
 Nov 4- Dec 30 Fri 11-11:45a.m.
 (No class Nov 11, 25)
 Resident: \$19/Nonresident: \$24
 Silver Sneakers Members: Free

Stretch and Balance in Person or offered Virtual

Seated and standing exercises focus on isolating to improve balance, flexibility, and to increase mobility.
 Instructor: Sharon Benner
 Sep 6-Oct 18 Tue 11-11:45a.m.
 Sep 1-Oct 20 Thu 11-11:45a.m.
 Nov 1-Dec 20 Tue 11-11:45a.m.
 Nov 3-Dec 22 Thu 11-11:45a.m.
 (No class Nov 24)
 Resident: \$19/Nonresident: \$24

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
 Sep 6-Oct 18 Tue 10-10:45a.m.
 Sep 1-Oct 20 Thu 10-10:45a.m.
 Nov 1-Dec 20 Tue 10-10:45a.m.
 Nov 3-Dec 22 Thu 10-10:45a.m.
 (No class Nov 24)
 Resident: \$19/Nonresident: \$24

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.

Fitness Orientation – Cardio Training

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

Mon 6:30-7:20p.m.
 Tue 12-12:50p.m.
 Location: Fitness Center
 Resident: \$12.50/Nonresident: \$15
 Call to schedule appointment.
 Silver Sneakers Members: Free

Fitness Orientation – Strength Training

Learn how to operate fundamental strength training machines focused on large muscle groups (such as chest, upper back, and hamstrings/quadriceps leg muscles) 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.

Mon 6:30-7:20p.m.
 Tue 12-12:50p.m.
 Location: Fitness Center
 Resident: \$12.50/Nonresident: \$15
 Call to schedule an appointment.

Personal Training

Are you feeling tired and out of shape after all those months at home? 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!

Tue, Thu and Fri afternoons
 Resident/Nonresident: \$40 for 60 minutes, \$20 for 30 minutes

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

GAMES/CLUBS

Advance yearly registration 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: Cardinal Room

Mon 1 – 2p.m.

Chair Volleyball

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

Leader: Carol Snively

Location: Fitness Studio

Mon Wed Fri 1-2:30p.m.

Resident/Nonresident: \$10/year

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.

Resident/Nonresident: 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: Cardinal Room

Wed 6 – 7:30p.m.

Resident/Nonresident: Free

Duplicate Bridge

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

Location: Cardinal Room

Tue and Fri 12:30p.m.

Resident/Nonresident: \$1 at the door

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: Great Room

Wed 10a.m.–noon

International Culture Club

Formerly the German Club, we are expanding our borders and inviting all internationalities to join our informal social club. We talk about different cultures and current events and don't worry, everything is in English. We have a picnic in Sep, plan a trip annually, and have a splendid holiday party in Dec. 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. Meets on the 1st Monday of each month from 10-11:30a.m.

Location: Cardinal Room

Jul 11, Aug 1, Sep 12 Picnic at Veterans Park 11a.m., Oct 3

Resident/Nonresident: Free

Mahjong

Location: Lobby

Mon 12:30 – 4p.m.

Resident/Nonresident: Free

Needlecrafters

Location: Cultural Arts Room

Mon 10:30a.m. - 12:00 p.m.

Resident/Nonresident: Free

Ping Pong

Open play is available on Fridays from 2:45 – 4:45p.m.

Location: Fitness Studio

Resident/Nonresident: Free

Pinochle

All players must be experienced.

Location: Great Room

Tue 12–3:15p.m.

Resident/Nonresident: Free

Puzzle Table

There is now a community puzzle table in the lobby. Feel free to help out when you have time.

Secret Pals**Registration is full for 2022**

This fun group goes to lunch monthly and has informal coffee club. We meet at a local restaurant the second Wed of each month at 1 pm. You order off the menu and pay for your meal. We also meet the last Wed of the month at the senior center at 10:30a.m. for an informal coffee club.

Please note registration for monthly meals requires separate registration.

Sep 14 Wed 1–2:30p.m.
Fuji Buffet 9130 Mentor Ave, Mentor

Oct 12 Wed 1–2:30p.m.
Concord Family Restaurant 9853 Johnnycake Ridge Rd, Concord

Nov 9 Wed 1–2:30p.m.
Outback Steakhouse 7785 Plaza Blvd, Mentor

Dec 14 Wed 1–2:30p.m.
Scrambler Marie's 9570 Mentor Ave, Mentor

Register at the desk at least one week in advance for each luncheon so we have an accurate reservation.

Somba Card Game

New players are welcome, no experience needed.

Location: Great Room

Fri 10 a.m. - noon

Veteran's Group

Receive updates on current veteran affairs and watch a movie on the 2nd Monday of the month.

Volunteer Leader: Dennis Brandt

Location: Cardinal Room

Jul 11, Aug 8, Sep 12, Oct 10, Nov 14, and Dec 12 Mon 9-10:30a.m.

Resident/Nonresident: Free

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 Thu of the month.

Location: Cultural Arts Room

Jul 14, Aug 11, Sep 8, Oct 13, Nov 10 and Dec 8 Thu 1 – 2:30 p.m.

Resident/Nonresident: Free

Attorney

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

Attorney: Gary Rosenthal

Location: Conference Room 2

Jul 20, Aug 17, Sep 21, Oct 19 Nov 16 and Dec 21 Wed 1-2p.m.

Resident/Nonresident: Free

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 Resident/Nonresident: Free Location: Cardinal Room Jul 6, Aug 3, Sep 7, Oct 5, Nov 1 and Dec 6 Wed 4-5:30p.m.

Podiatrist

Walking into our Golden Years!

With Summer upon us, many members are looking forward to being more active! 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. If you'd like to start walking more, a supportive pair of walking shoes are necessary to prevent spraining ligaments or straining the muscles of the feet. A thicker than standard insole is a good idea because it will help absorb ground shock and make your walking more enjoyable. Don't be shy about taking a walking stick along, it'll add stability to your stroll. 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. Spivack (440-487-3947) or 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 10-11a.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. First come, first served. No advance registration; bring photo ID for onsite registration. Location: Outside Drive Up Jul 18, Aug 15, Sep 19, Oct 17, Nov 21 and Dec 19 Mon 10-11a.m. Curbside

Visionaries Support Group

If you suffer from vision impairment, plan to attend these free meetings. Facilitator: Licensed Optician Debbie Kogler Location: Cultural Arts Room Jul 27, Sep 28, Oct 26, Nov 16 and Dec 21 Wed 2-4p.m. Aug 24-Picnic at Veteran's Park 2p.m. Resident/Nonresident: Free

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 the Special Elders staff. Resident/Nonresident: \$20 annual fee

Special Elders Monday Activities

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

Special Elders Wednesday Activities

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

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Special Elders Silver Sneakers® 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 may benefit. Wheelchairs welcomed. Instructor: Pat Talladino Sep 7-Oct 19 Wed 12-12:45p.m. Nov 2-Dec 21 Wed 12-12:45p.m. Resident: \$19/Nonresident: \$24 Silver Sneakers Members: Free

MEALS

Daily Homemade Lunch Monday - Friday 11:30 a.m. - 12:15 p.m.

Stop by for the best deal in town! 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, vegetable, and usually a starch or bread product at a cost of \$5. Daily homemade soup and sandwiches are also available. Homemade cookies finish off the meal. Drinks include coffee, tea, milk, and soda. The monthly menu is available at the Senior Center front desk, in the monthly newsletter, and online at www.mentorseniorcenter.com. Reservations are not required. Simply place your order and pay the cashier, pick up your meal at the kitchen window, and enjoy. To go orders are also available. Please bus your table when done eating.

MEALS

Ice Cream Social

Join us for a sweet treat and some time to catch up with old friends or meet some new ones.

Event sponsored by the Association of Specialists in Aging (ASA).

Location: Great Room

Wed Jul 27 1p.m.

Resident/Nonresident: FREE



Picnics on the Patio

Join us on the patio for fresh air, sunshine and sumptuous smells of delicious food cooking on the barbecue.

July 14 BBQ chicken, potato salad, pineapple-orange fluff, brownie.

Aug 11 Hamburger, corn on the cob, chips, poke cake.

Please call 974-5725 with your credit card or visit the reception desk to make reservations. Deadline is 10 days prior to each luncheon. Food is not available to purchase the day of the event.

Location: Patio

Thu 11:30a.m.

Resident/Nonresident: \$8



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.

CELEBRATION LUNCHESES

September Celebration

Pork loin with roasted red skin potatoes, butternut squash and a scrumptious homemade oatmeal raisin cookie for dessert.

It's *Now or Never* so don't get

All Shook Up, Elvis is in the building!

Reservation deadline is Sep 20.

Location: Great Room

Sep 29 Thu 11:30a.m.

Resident/Nonresident: \$9

October Celebration

Chicken, wild rice, roasted brussel sprouts and apple crisp for dessert. Shipwreck Hunters Mike and Georgann are back with a fun and informative presentation about Lake Erie Lights and Lighthouse Lore. Reservation deadline is Oct 18.

Location: Great Room

Oct 27 Thu 11:30a.m.

Resident/Nonresident: \$9

November Celebration

Turkey dinner with all the fixings includes turkey, mashed potatoes, stuffing, green beans and pumpkin cake for dessert. Entertainment to be announced.

Reservation deadline is Nov 8.

Location: Great Room

Nov 17 Thu 11:30a.m.

Resident/Nonresident: \$9

December Celebration

Beef Burgundy over noodles with green beans and chocolate mousse for dessert. Entertainment to be announced.

Reservation deadline is Dec 6.

Location: Great Room

Dec 15 Thu 11:30a.m.

Resident/Nonresident: \$9

SPECIAL LUNCHESES

Volunteer Recognition Luncheon

Join us as we honor our wonderful volunteers. Mary Beth Ions, violinist provides today's entertainment. The meal will be chicken marsala with angel hair pasta, a garden salad and fresh baked double chocolate cake for dessert. Make reservations by Sep 7 and be aware that no other food will be served this day. If you are a member and have recorded at least 12 volunteer hours from Jul 1, 2021-Jun 30, 2022, your lunch will be paid for by funds allocated through Mentor Senior Center LLC Board and the City of Mentor.

Location: Great Room

Sep 15 Thu 11:30 a.m.

Non volunteers: \$9

Chili Cookoff

The annual Chili Cook-off is sponsored by the Mentor Senior Center and ASA (The Association of Specialists for Aging Adults). Join us as local senior services organizations square off in a chili cook-off! Lunch includes salad, chili, and dessert. Purchase tickets for \$5 in advance or at the door. Regular lunch will not be available from our kitchen.

Location: Great Room

Oct 13 Thu 11:30a.m. - 12:45p.m.

Resident/Nonresident: \$5

Veteran's Breakfast

Calling all service men and women to the mess hall at the Mentor Senior Center for a Veterans Appreciation event. Veterans and guests register by Nov 1, all other members register in person or by calling 440-974-5725.

Location: Great Room

Nov 10 The 11:30a.m.

Veterans: Free/Guests: \$9

MUSIC AND THEATER

Hillcrest Concert Band

The Hillcrest Concert Band is recognized as one of the finest adult community bands in the area. Enjoy an evening of great music performed by this 60 piece band on our stage.

Location: Great Room

Aug 31 Wed 7-8 p.m.

Resident/Nonresident: \$4

The Jersey Beat Band

Oh What A Night! Take a step back into the past listening and singing along to a magical tribute to Frankie Valli and the Four Seasons. The 9-piece band will play greatest hits from the 1960's and 1970's and mix in some light humor to provide an evening of great entertainment.

Location: Great Room

Oct 26 Wed 7 - 9 p.m.

Resident/Nonresident: \$15

Harmonica

Instructor: Harold Lavellee

Sep 6-27 Tue Oct 4-25 Tue 10a.m.

Nov 1-22 Tue Dec 6-27 Tue 10a.m.

Resident/Nonresident: \$6/month

Mentor Follies Dancers

Join us for exercise, dance and fun.
 Director: Rena Ellwanger
 Location: Stage
 Wed 6:45 – 7:45p.m.
 Resident/Nonresident: Free

Mentor Music Makers

Our choir group has called the Senior Center it's home for over 20 years. Led by their outstanding Director Maria Voljin, the group returns after a lengthy time off. Maria is a degreed professional known for her work as a church musician, soloist and accompanist with many local groups. 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 comraderie that comes with being part of a performing group.
 Location: Stage
 Instructor: Maria Voljin
 Sep 7 – Oct 19 Wed 10–11:30 a.m.
 Nov 2 – Dec 21 Wed 10–11:30 a.m.
 Resident \$30/Nonresident: \$38

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: Stage
 Sep 6-Oct 18 Tue 9a.m. - 11a.m.
 Nov 1-Dec 20 Tue 9a.m. - 11a.m.
 Resident \$70/Nonresident: \$87

SPECIAL EVENTS

Christmas In July

Cannot wait until the hustle and bustle of Christmas? Have you started your Christmas shopping? If this sounds like you, join Christine Lukehart in celebrating Christmas in July with this fun, interactive, wacky Christmas Dice Exchange game. No one walks away empty handed!
 Location: Great Room
 Jul 25 Mon 12p.m.

Cost: A wrapped, unisex gift valued \$15-\$20 that any adult would enjoy. NO GAG GIFTS (or else you will find yourself on Santa's naughty list).

Senior Day at the Fair to replace Mall Event!

We have an exciting day planned at Senior Day at the Lake County Fairgrounds on Friday, July 29 from 10 am – 2 pm for a special salute to Lake County Seniors as we gather at the Fair! The day will include free admission for seniors till 3PM, free transportation thru Laketrans, free boxed lunch compliments of the Lake County Council on Aging, musical entertainment by the Summit and games planned by the Senior Centers. A highlight of the day will be the presentation of the "Outstanding Seniors Awards", an event that took place at the Mall.

Arts and Crafts Sale

Homemade arts and crafts of all kinds will be available for sale at the annual Arts and Crafts Sale. For vendors interested in purchasing a space, cost is \$25 for a 6-ft table and \$20 for a 5-ft table. Registration is open for seniors 55+. If space permits, non-seniors may register Oct 1.
 Nov 19 Sat 9a.m.-3p.m.

New Member Meeting

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: Great Room
 Jul 14 Thu 3 - 4 p.m.
 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 help.
 Location: Great Room
 Off Jul and Aug
 Sep 6, 13, Oct 4, 18, Nov 1, 8
 Tue 9–11a.m.
 Resident/Nonresident: Free

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
 Sep 13 Tue 10-11 a.m.
 Home Technology: Alexa, Ring, and More!
 Oct 11 Tue 10-11 a.m.
 Podcasts: What are they and how to find them?
 Nov 15 Tue 10-11 a.m.
 Safe Shopping Online
 Resident/Nonresident: Free

VOLUNTEERS

Kitchen

The Senior Center kitchen is looking for a dishwasher on Mondays and a prep person/server on Wednesdays.

Greeter - Host/Hostess

Friendly smiling faces needed to welcome members and help with check in.

Technology Help Needed

Although many of our seniors are quite tech savvy, we have many who would love assistance with their iPads and smart phones.

Historian

The Senior Center Board is looking to fill the vacant Historian position. The Historian is needed to develop and maintain pictures, articles, and records of special events in a scrapbook to be displayed at the center. If you are interested, please inquire at the front desk for all of the above.



Come Travel with Us!

MENTOR SENIOR CENTER TRAVEL QUEST

2022

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.

TRIP REFUND POLICY

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 City of Mentor. An administrative fee of \$10 for day trips and \$25 for overnight trips will be assessed per person per trip for any changes made to trip registrations. Changes will include participant cancellations, refund requests, transfers and/or room changes. No changes will be made/granted after the advertised deadline. Participants assume risk of change in personal affairs or health. For overnight trips, travel insurance is available and recommended.

2022 One Day Trips

Hidden Cleveland

Jul 1 Fri 8:30 a.m. – 5 p.m.

This is an all-new Cleveland area tour that is part history, part mystery, seeing some of the most mysterious, seeing some of the most mysterious, seeing some of the most mysterious. Registration/transfer deadline is June 1.

Activity Level: Moderate
Resident/Nonresident: \$93

Summer Mystery Surprise #4

Jul 6 Wed 8 a.m.–5:30 p.m.

Registration/transfer/transfer deadline is June 6.

Activity Level: Moderate
Resident/Nonresident: \$93

Rivers Casino with River Cruise

Jul 13 Wed 7:30a.m.–8:15p.m.

There is no better way to see some of America's most lively cities. Registration/transfer deadline is July 13.

Activity Level: Mild
Resident/Nonresident: \$72

Sauder Farm Tour

Aug 10 Wed 7 a.m.–8:15 p.m.

Experience history up close as the costumed staff leads many activities and demonstrations of daily rural

life in the 19th century. Depending on the day and season, your visit may include hymn singing, demonstrations of old printing techniques, samples of a 19th century recipe or a chance to taste a homemade pickle or help with food preparation. Visit craft buildings, enjoy lunch at the Barn Restaurant in Sauder Village (included) and learn how we developed into the nation we are today. Then travel to Toledo and board the MV Sandpiper for a cruise on the Maumee River, seeing the sights of the Toledo area.

Registration/transfer deadline is July 10.

Activity Level: Mild
Resident/Nonresident: \$95

World's Longest Garage Sale

Aug 12 Fri 7:45 a.m. – 5:30 p.m.

Calling all yard and garage sale enthusiasts! Come "saleing" with us as we bargain hunt along the historic Lincoln Highway-Rte. 30. (This yard sale is patterned after the World's Largest Garage Sale that travels from Alabama to Michigan!) We'll depart early and work our way searching sales in community parking lots, church basements, people's yards, county fairgrounds and

more. We'll meander from one sale to the next, enjoying beautiful rural areas with scenic vistas throughout central Ohio. We will stop for lunch on your own near Wooster, Ohio. This trip is best for people who are really flexible in a group setting. Registration/refund/transfer deadline is July 12.

Activity Level: Strenuous
Resident/Nonresident: \$52

Jaws with Paws, Vineyards and Horsin' Around

Sept 15 Thu 8:15 a.m. – 6:15 p.m.

This tour includes a variety of stops. Begin with the Jaws with Paws, Enforcing Laws Experience where you learn how amazing K-9 dogs are and see how they are trained for law enforcement and the military. A "farm fresh" lunch is included in a beautiful barn setting. Then visit a horse farm and tour the barn and get to see many beautiful Belgian Horses. The trainer will explain how they raise, train and show these beauties at fairs and festivals. Finish the day at a beautiful countryside winery (with samples) while listening to the owners tell their personal stories of the winery business.

Registration/refund/transfer deadline is August 15.

Activity Level: Mild

Resident/Nonresident: \$89

Mystery Trip#12

Sep 27 Tue 8 a.m.–6:30 p.m.

Registration/refund/transfer deadline is August 27.

Activity Level: Moderate

Resident/Nonresident: \$99

Lunch with a President Tour

Oct 4 Tue 8:30 a.m. – 5:45 p.m.

The luncheon experience is one-of-a-kind as you are joined by a Presidential Historian and a First Lady Historian. These living historians are more than impersonators or re-enactors, they are serious portrayers of the U.S. Presidents and First Ladies. While you are enjoying your luncheon at Yours Truly Restaurant in Hudson, they go table to table and talk with each of you. Following lunch, they will answer questions from the group. In keeping with the theme of the tour, we will also visit the National First Ladies Library & Museum which is devoted to educating people about the contribution of First Ladies and other notable women in history. We will also visit the McKinley Presidential Library & Museum which chronicles the life and career of the 25th President from his birth to his death at the hands of an assassin. Finish the day with an ice cream cone at Rosati's Frozen Custard.

Registration/refund/transfer deadline is September 4.

Activity Level: Mild

Resident/Nonresident: \$95

Chocolate and Wine – An Autumn Adventure

Oct 13 Thu 8 a.m.–6 p.m.

Oct 14 Thu 8 a.m.–6 p.m.

Registration/refund/transfer deadline is Sep 6.

Activity Level: Moderate

Resident/Nonresident: \$99

Canton Christmas Spectacular

Nov 12 Sat 8:30 a.m. – 6 p.m.

This holiday tour package takes you to the beautifully restored Canton Palace Theatre. It originally opened in 1926 as a million dollar "jewel in

the crown". The day will begin with some holiday shopping at Hartville Collectibles and lunch at Hartville Kitchen. Then we have reserved seats for the Christmas Spectacular Show at the Canton Palace Theater. This two-hour musical showcase features choral groups, comedy skits and lots of great holiday cheer. This show will bring back memories of the variety holiday shows of Bob Hope, Perry Como and Carol Burnett.

Registration/refund/transfer deadline is October 12.

Activity Level: Mild

Resident/Nonresident: \$110

Very Merry Pops

Nov 27 Sun 12 – 7:15 p.m.

Be a part of this annual holiday tradition. Registration/refund/transfer deadline is October 27.

Activity Level: Moderate

Resident/Nonresident: \$104

Dueling Piano's Christmas Party

Dec 14 Wed 11 a.m. – 4 p.m.

Kick off your start to the Christmas season with our JKL Tours Christmas Party at Windows on the River. After a wonderful plated lunch, we'll take in the high-energy fun of The Dueling Piano Christmas Party, provided by Todd and Andy. These two amazing pianists play their pianos (in addition to a trumpet and harmonica) in a fast-paced 90 minutes of fun. These master piano artists take requests and there is lots of audience participation so come ready and prepared to sing along. Plus, we'll have party games with an Ugly Sweater, Most Holiday Spirit and Biggest Grinch Costume contests!

Registration/refund/transfer deadline is November 14.

Activity Level: Moderate

Resident/Nonresident: \$93



OVER NIGHT TRIPS

When booking a triple or quad room on any overnight trip, please note that there will only be 2 beds in the room. Travel insurance is available and recommended on overnight trips.

2022 Overnight Trips

Magnificent Michigan

Sep 7 – 9 Wednesday – Friday

Deposit of \$150 due by May 27 and is required upon registration. Final payment is due July 27.

Registration/refund/transfer deadline is July 27.

Activity Level: Moderate

Resident/Nonresident: \$524 per person double, \$624 per person single, \$494 per person triple/quad

Hudson Valley Tour

Sep 19 - 23 Monday – Friday

The Hudson Valley is a New York State region that stretches along the Hudson River. This package features a Tour of the US Military Academy in West Point, cruise on the Hudson River, tour of the Culinary Institute of America with an upscale dinner in one of their restaurants, tour the Vanderbilt Mansion and a tour of Olana, the estate of Frederic Edwin Church with a spectacular view of the Hudson River Valley. We also spend one day at the Roosevelt National Historic Site which features the visitors center, a tour of the Franklin D. Roosevelt home and a self-guided tour of the library and museum plus Val-Kill Cottage (the only place that Eleanor Roosevelt ever called her own). This package includes ten total meals.

Deposit of \$150 due by May 19 and is required upon registration. Final payment is due July 19.

Registration/refund/transfer deadline is July 19.

Activity Level: Moderate

Resident/Nonresident: \$1207 per person double, \$1522 per person single, \$1102 per person triple, \$1049 per person quad

New York City Autumn Adventure

Oct 25-28 Tue – Fri

Deposit of \$150 due by May 30 and is required upon registration. Final payment is due Jul 31.

Registration/refund/transfer deadline is August 25

Activity Level: Moderate

Per person double, \$939 per person single, \$889 per person triple/quad

Sold Out - Call to be put on a wait list

MSC Small Bus Trips

Music Box Supper Club

Sun Jul 10 10:15a.m.-2:15p.m.

The Music Box Supper Club is located on the West Bank of the flats in downtown Cleveland. It is a unique two-story concert venue and restaurant, voted Cleveland Magazine's Best Live Music Venue three years in a row. With waterfront views, a rooftop deck overlooking downtown, they strive to excel in customer service, music, dining, drinks and facilities. Their goal is "to deliver one of the most unique entertainment experiences in Northeast Ohio." Our live entertainment will be performing music from Linda Ronstadt. We will be treated to a buffet brunch and choice of coffee, tea and fountain drinks. There will be a cash bar available.

Activity Level: Mild

Refund deadline: Jun 30

Cost \$46

Ain't Too Proud at Playhouse Square

Tue Jul 26 6:15-10:45p.m.

Ain't Too Proud – The Life and Times of The Temptations follows the Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and silky-smooth harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number one. The unforgettable story of this legendary quintet is set to the beat of the group's treasured hits, including "My Girl," "Just My Imagination," "Get Ready," "Papa Was a Rolling Stone" and so many more.

Activity Level: Mild

Refund deadline: Jun 10

Cost \$79

Cleveland Guardians Game

Wed, Aug 3 11:15a.m.–5p.m.

Join us to cheer on the Cleveland Guardians at Progressive Field. Enjoy club seating, food and soft drinks included.

Refund deadline: Jul 3

Cost: \$87

Erie Station Dinner Theater

Sun Aug 21 12:30-8:30p.m.

At the quaint Station Dinner Theater in Erie, PA we'll enjoy lunch which includes soup, salad, 2 meats, 2 sides and dessert. Coffee, unsweetened tea and water are included. The show, Watchin' Waldo! Is a hilarious comedy revolving around John, who was recently promoted and finds himself in charge of his boss's company, apartment and a dog named Waldo when the boss goes on vacation. Nothing goes as planned and soon John's world is spiraling out of control, including a new "foreign bride" who shows up unannounced!

Activity level: Mild

Refund deadline: Jul 8

Cost: \$54

REGISTRATION FOR THE FOLLOWING NEW SMALL BUS TRIPS BEGINS ON MON, JUL 11, 8A.M.

Progressive Field and League Park

Thu Sep 15 8:30a.m.-3:30p.m.

Our day begins with a tour of the Baseball Heritage Museum and a visit to the historic League Park ball field. Enjoy lunch (on your own) at Cleveland Bar & Grill. Following lunch, we will make our way to Progressive Field. The tour will wind upstairs into the press box (which has never had a cracked window from a foul ball, we learn), back to the depths of the lower level and into the dugouts.

Activity level: Moderate

Refund deadline: Sep 1

Cost: \$38

Das Schnitzel Haus and Rudy's Bakery

Fri Oct 7 11:15a.m.-3:45p.m.

Das Schnitzel Haus is a family run restaurant with a culinary background that specializes in German, and many other European dishes!

Enjoy lunch (on your own) and then visit Rudy's Bakery. From Hungarian immigrants starting the shop in 1948 to Lidia Trempe's Ukrainian and Polish parents picking up the torch in 1975, Rudy's Strudel and Bakery is steeped in Eastern European tradition. Rudy's is THE destination place for paczki, pierogi, and polka!

Activity Level: Mild

Refund deadline: Sep 23

Cost \$8

Steele Mansion

Tue Nov 22 9a.m.-1:15p.m.

Steele Mansion was built in 1867 for George W. Steele, described in a daily newspaper as the "grandest home in Painesville"! The French Second Empire home featured a third-floor ballroom, 7 Italian marble fireplaces, windows imported from France, three bathrooms with running water, ornate walnut doors, stairs, and trim. Enjoy a visit to the mansion for storytelling with beverages, a tour, and lunch. The mansion will be dressed for the holidays! Lunch includes Chef's Choice of home-made soup, Croissant Turkey Club Sandwich, and dessert. Unlimited hot and cold non-alcoholic beverages (coffee, tea, soft drinks) are included. A cash bar is available.

Activity Level: Mild

Refund deadline: Nov 10

Cost \$43

Historical Society Christmas

Fri Dec 9 10a.m.-2:30p.m.

Get in the holiday spirit with a visit to the Lake County History Center home for the holidays! Enjoy a tour to see the holiday decorations, followed by lunch. Lunch includes pretzel crusted chicken breast, red skin potatoes, seasonal vegetable, side salad and dessert.

Activity Level: Mild

Refund deadline: Dec 1

Cost \$24

Out to Lunch Bunch Trips

Briquettes

Fri Jul 22 11:15a.m.-2:45p.m.

Cost \$35

Briquettes Smokehouse has the honor of being a...
business...
D...
...abula Harbor
... recognized as an "America's Main Street" winner and well known as one of the prime culinary scenes on Lake Erie.

Activity level: Mild

Refund deadline: Jul 14

Bass Lake Inn

Fri Aug 19 11:30a.m.-2:30p.m.

Cost \$35

A longtime Geauga County popular establishment, Bass Lake Inn offers fresh, local seasonal menus for lunch and dinner. Lunch choices are Southwest Chicken Salad, Angus Cheeseburger with fries, or Fish and Chips with fries and slaw. A choice of coffee, tea or soft drink is included. Dessert is homemade bread pudding.

Activity level: Mild

Refund deadline: Aug 11

REGISTRATION FOR THE FOLLOWING NEW OUT TO LUNCH TRIPS BEGINS ON MON, JUL 11, 8A.M.

Tinker's Creek Tavern

Fri Sep 23 11:15a.m.-2:45p.m.

Cost \$35

This unique, gorgeous location was fully restored in 2007. The original Tinkers Creek Tavern was built in 1902 and started out as a home in Walton Hills. Lunch includes a choice of a 8 oz. Angus tavern burger; Deluxe Philly grilled steak wrap; Chicken Parmesan served on a hoagie roll; Reuben served on rye. All entrees served with seasoned fries. Your choice of beverages are coffee, tea or soft drinks. Dessert is cheesecake. Activity level: Mild
Refund deadline: Sep 15

The Oak Barrel

Fri Oct 21 11:15a.m.-2:45p.m.

Cost \$35

The Oak Barrel is a locally owned restaurant labeled by some a "Gastropub" in Valley View. Known for their top notch food and amazing

selection of craft beers, bourbons and whiskies, The Oak Barrel is also dedicated to using local and organic products whenever possible. The menu offers a New American style of food with a French twist. Lunch choices include Amish Chicken Tacos; The Cuban, local pork loin, bavarian ham, dijon mustard, pickle, swiss served with kettle chips; or the Ohio Beef Burger served with fries. Choice of coffee or soda. Cookies for dessert.

Activity level: Mild

Refund deadline: Oct 13

Wild Mango

Fri Nov 18 11:30a.m.-2:30p.m.

Cost \$35

Wild Mango at Legacy Village is a chef driven, multi culturally influenced restaurant, an Asian fusion restaurant with many popular dishes. Lunch begins with Lobster Bisque. Meal choices are Bar-B-Q Ribs (Hawaiian citrus sauce) with steamed broccoli and short grain rice; Chicken Cheese Cake with white meat chicken, mozzarella and Asian pesto, roasted tomato and sweet potato fries, sweet soy and orange-mango coulis; or Ginger Soy glazed Salmon, Mango-cucumber salsa and short grain rice. Your choice of soft drinks. Dessert is Crème Brule, fresh mango and berries.

Activity level: Mild

Refund deadline: Nov 10

Abo's Grill

Fri Dec 16 11:30a.m.-2:30p.m.

Cost \$35

Treat your palate to the tastes of Nonna's Southern Italian family dining. Their meals are proudly made from scratch and freshly prepared from garden grown produce. Meal selections are: Chicken Caesar Wrap; Tuna Melt, Albacore tuna salad and gruyere cheese on toasted rye bread; Cavatelli meatball, or Eggplant Parmesan with house made marinara sauce. Your choice of coffee, tea or a soft drink. Dessert is a Cannoli.

Activity level: Mild

Refund deadline: Dec 8



Jun 7 That Arena Rock Show
Hair Metal Tribute

Jun 14 Elton John
Elton John Tribute

Jun 21 Parmalee - National Artist

Jun 28 George Michael Reborn

George Michael/Wham Tribute

Jul 5 The Heart of Rock and Roll

Huey Lewis and the News Tribute

Jul 12 Everclear - National Artist

Jul 19 No Duh-No Doubt

Gwen Stefani Tribute

Jul 26 Red Not Chili Peppers

Red Hot Chili Peppers Tribute

Aug 2 Fastball - National Artist

Aug 9 Livin' on a Bad Name

Bon Jovi Tribute

Aug 16 20 Ride

Zac Brown Band Tribute

Aug 23 ZOSO Led Zeppelin Tribute

Aug 30 Matchbox Twenty-Two

Matchbox 20 Tribute

The main-stage entertainment lineup at Mentor CityFest on Friday and Sat, Aug. 19-20: STP2 (Stone Temple Pilots tribute) and The Ten Band (Pearl Jam tribute) are slated to play Fri. The Spin Doctors are set to perform Sat.

Mentor CityFest

Mentor's biggest event of the year. Volunteers are needed for Mentor CityFest. Applications are available on the web at www.Mentor-CityFest.com. Call Nick at Wildwood for info (440) 974-5735.

Fri Aug 19 5-11p.m. and

Sat Aug 20 12-11p.m.

CityFest Color Dash & Walk Is Not Your Average Fun Run!

Mark your calendar for the most colorful event of the year. This 2.5 mile fun run and walk starts and finishes at Mentor CityFest and features several different color zones to leave you festively decorated.

Sat Aug 20 6p.m.

Location: Civic Center Park.



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

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To the current resident or:

MEMBERSHIP 2022

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

We have designated the Munson Road entrance as the sole entrance/exit to facilitate scanning by all. Staff and volunteers man that entrance to provide assistance and reminders to scan in, please be courteous and kind in their efforts.

Daily scans ensure that all who enter are current members.

Scans are used for Silver Sneakers participation reimbursement and to report participation to the Lake County Commissioners, which is used to determine levy funding to each senior center.

Scans help with security and allow us to know who has entered the building. This is helpful when Laketran drivers are looking for riders and when we need to know if a particular member is here.

Scans also help track attendance and usage to determine program needs.

Recreation Manager

Renee Ochaya
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Recreation Coordinator

Dave Duricky
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Office Administrator

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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

Dir of Parks & Rec - Kenn Kaminski
Supt of Recreation - Nita Justice

President..... Hap Berichon
Vice PresidentSandy Liptak
TreasurerDonna Waggle
Recording Sect'y.....Dee Groynom
Corresponding Secretary ...Nancy Schott

Decorations Chair..... Connie Karchefsky
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Hospitality ChairMary Padula

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