




# MENTOR SENIOR CENTER

## May - August 2024

**Don't miss out!**  
**Sign up early for your favorite summer classes!**  
**Registration for ALL summer (May-Aug)**  
**classes, programs, events, will begin on**  
**April 1 for Mentor Residents and**  
**April 2 for Non-Residents**



**Mentor Senior Center will be closed on Monday April 8. Make-up classes will be April 29th.**

**Registration for our 22 passenger bus trips taking place Jul-Oct will start on Apr 1/2**



HELLO  
*Summer*



## MENTOR SENIOR CENTER NEWSLETTER

8484 Munson Road, Mentor, OH 44060 Phone: 440-974-5725 440-255-1100

Hours: Mon and Wed 8-8, Tue, Thu, Fri 8-5

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

**May-August  
2024**

**keep until August**

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**Volunteers Needed**

Do you enjoy being at the Senior Center??  
 Do you like being around people??  
 Do you want to be active??  
 Do you want to make a contribution to the Center??  
 Then we need you to be a volunteer. We are looking for kitchen workers. (Kitchen work can be fun!)

**The MSC Advisory Board Scholarship Program Financial Assistance**

The Mentor Senior Center Board's Scholarship Program is designed to provide funds for programs and services to those members who find it financially difficult to participate. Financial assistance is available for payment of membership, exercise classes, fitness studio orientation, arts and crafts classes, monthly celebration luncheons and special events.

The current maximum income requirement is \$29,160 for a household of 1 and \$39,400 for a household of 2. Extenuating financial circumstances will be considered.

If you qualify and are interested in receiving assistance, just complete an application available at the front desk by the next deadline of June 8 for September-December programs. Please don't hesitate asking for help in completing your application.

**Send a Card**

Do you know we have a corresponding secretary on the Board who sends cards to our members? If you know of a member who could use some cheering up since being under the weather, please add their name to the greeting card request book at the front desk. We also send Sympathy cards.

**Advisory Board Meetings**

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

**Kuerig and Coffee Pods**

The Senior Center Advisory Board graciously offers free coffee to members. One coffee pod per day is available at the front desk; cups, condiments, and a Keurig machine are available in the Computer Room. A huge "Thank You" to our board for this nice benefit!



**SENIOR CENTER ADVISORY BOARD**

Front row L to R: Dee Groynom, Sandy Liptak, Connie Karchefsky, Jackie Willis  
 Back Row L to R: John Mazor, Donna Waggle, Deb Higginbotham,  
 Kathy Durda, Jack Hines

**MEMBERSHIP is required at the Mentor Senior Center. Please bring your membership card when entering the building.**

## YOU ASKED, WE LISTENED... ADDITIONAL PARKING COMING SOON

As our center becomes more and more popular with services and activities, the need for more parking is apparent. Thankfully, a solution is on the way. The City of Mentor purchased the property adjacent to the Senior Center in 2023 and has completed the engineering study to add an additional 110 parking spaces including 25 handicap.

Construction will begin in March/April with removal of existing buildings. The new property will be blocked off for safe construction. During construction of the lot, all members should park in the existing Senior Center lot with the Fire Department lot available for overflow parking. Last, the current Senior Center lot will be closed for 2 days for repaving, which will be scheduled for a weekend.

A huge thank you to the Mentor Senior Advisory Board and the members who shared their input on what our seniors need from the parking lot. We are excited to be serving so many seniors within the county and look forward to serving even more with this parking addition. The new lot will connect to the existing lot and there will be an additional entrance/exit off Munson Road. Estimated construction completion is expected in June.

### 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

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. Trips are scheduled 1-2 business days in advance of your trip 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. Have the complete address of your destinations when calling to schedule. 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 pickup 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 AND their eligible surviving spouses. To seek guidance and assistance navigating health coverage, home care, transportation, and discounts are 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, that provides access to information and services regarding healthcare and human service agencies.

**Senior Services page on the Lake County Commissioners Website** [www.lakecountyohio.gov/commissioners-Office/senior-services/](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.

#### Summer Lawn Care

The Lake County Council on Aging offers a list of lawn care providers. This does not constitute an endorsement or recommendation. The list is on the Flier Tower in the lobby.

**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.

#### Western Reserve Grief Services

Hospice provides bereavement and support services throughout Northern Ohio to anyone who has had a loved one die. To receive a copy of the grief services call 800-707-8922 or go online to [www.hospicewr.org](http://www.hospicewr.org)

#### Adult Protective Services

The Lake County Department of Job and Family Services has a dedicated unit of social workers who investigate elder abuse and neglect. For information, or to report a situation call 440-350-4000.

#### Waste Management Trash Walk Up Service

Residents that are physically unable to move their garbage and recycling container curbside on your waste collection day can have a Waste Management employee pick up within 75' of the curb and must be outside of any garage or other structure. Download the application form on the Waste Removal and Recycling page at [cityofmentor.com](http://cityofmentor.com).

## DIRECTOR'S CORNER



### REMARKS FROM RENEE

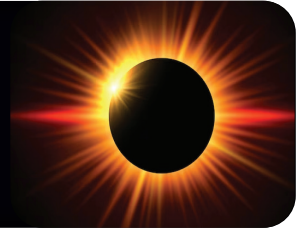
The need for more parking at the Senior Center is apparent. We are so grateful that the City of Mentor purchased the property adjacent to the Senior Center in 2023 and began construction this spring. There will be an additional 110 parking spaces, including 25 additional, for handicap parking. The new lot will connect to the existing lot and there will be an additional entrance/exit off Munson Road. Estimated construction completion is expected in June. I would like to thank the Council on Aging for donating a beautiful double convection oven. This helps us better serve our expanding lunch program.

### DAVE DISCUSSES

Our new patio cover is complete. It will provide protection from the sun and protect us on rainy days so we can enjoy the patio for picnics, ice cream socials, concerts, cards, and more. I encourage you to take your lunch, your card game, a book, outside and enjoy the beautiful patio! I would like to thank the Senior Center Advisory Board for their part in making this happen. Last year's open house was such a huge success we are doing it again on June 20 from 2-3:30 p.m. While we may not be celebrating 50 years, we do want to celebrate what the center provides to the community. A beautiful place to exercise, be creative, meet new friends, travel, eat, and improve the quality of life for seniors. **Registration for our 22 passenger trips scheduled in July - October starts on April 1/2.**



**Mentor Senior Center will be closed on Monday, April 8. Make-up classes will be on April 29th.**



### Movies

Movies are at 12:30 p.m. on Fridays and 5 p.m. on Mondays in the Great Room. Movie dates are listed below. No snacks provided, please feel free to bring your own.

day	dates	movie
Mon/Fri	May 6/10	Indiana Jones and Dial of Destiny PG 13 Action/Adventure
Mon/Fri	May 13/17	Nyad PG-13 Biography/Drama
Mon/Fri	June 3/7	Equalizer 3 R Action/Crime/Thriller
Mon/Fri	June 10/14	Operation Mincemeat PG-13 Drama/War
Mon/Fri	July 1/5	Lift PG-13 Action/Comedy
Mon/Fri	July 8/12	Oppenheimer R Biography/Drama/History
Mon/Fri	Aug 5/9	Barbie PG-13 Adventure/Comedy/ Fantasy
Mon/Fri	Aug 12/16	Heart of Stone PG 13 Action/Crime/Thriller

Resident | Non-Resident: Free

## REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Move and Groove at MCRC	8:10 SS Classic	9:00 Move and Groove at MCRC	8:10 SS Classic	9:00 Move and Groove at MCRC
9:00 Low Impact Aerobics	9:00 Low Impact Aerobics	9:00 SS Yoga	9:00 Low Impact Aerobics	9:00 Low Impact Aerobics
10:00 Shallow/Deep Water Class at MCRC	9:00 Piano	10:00 Shallow/Deep Water Class at MCRC	10:00 Weight Training	10:00 SS Classic
10:00 SS Classic	9:00 Quilting starts July 2	10:00 SS Classic	10:00 All Media Painting	10:00 SS Classic
10:30 Needlecrafters	10:00 Weight Training	10:00 Hand, Knee & Foot	11:00 Stretch & Balance Virtual/In Person	10:00 Somba
11:00 SS Stability	11:00 Stretch & Balance Virtual/InPerson	10:00 Cycling	12:00 SS Stability	11:00 SS Yoga
12:00 SS Yoga	12:00 American Sign Language	10:00 Creative Ceramics	12:30 Wii Bowling	12:00 SS Stability
12:30 Mahjong	12:00 Pinochle	10:00 Music Makers	1:00 SS Classic	12:30 Wii Bowling
1:00 Chair Volleyball	12:00 SS Stability	11:00 SS Circuit	2:00 SS Circuit	12:30 Duplicate Bridge
1:00 Bingo	12:30 Duplicate Bridge	12:00 Special Elders SS Classic	2:00 Sr. Water Ex at MCRC	1:00 Chair Volleyball
3:00 Mat Yoga	1:00 Chess	1:00 Chair Volleyball	3:00 SS Yoga	2:45 Ping Pong
5:30 Quilting	1:00 SS Classic	3:00 Parkinson's Exercise	4:00 SS EnerChi (July-Aug)	
6:00 Hiking	2:00 SS Circuit	5:00 Creative Ceramics		
	2:00 Woodcarving	5:45, 6:45 Line Dance		
	2:00 Sr. Water Ex at MCRC	6:00 Cornhole		
		6:45 Follies Dancers		

SS=SilverSneakers Classes

## MEMBERSHIP and HOURS

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

Mentor Senior Center, administered by the City of Mentor is a thriving meeting place with over 4000 members. The center is open Monday and Wednesday from 8 a.m.- 8 p.m. and on Tuesday, Thursday, and Friday from 8 a.m. until 5 p.m.

Membership is available to anyone 55 years old or older. Membership is required to participate in Senior Center activities. Registration for 2024 membership began January 2. Membership fees are \$10 for Mentor residents and \$15 for nonresidents. Silver Sneaker memberships are available for those who are eligible.

## CITY OF MENTOR REFUND POLICY

- No refunds will be granted less than 1 week prior to the start of the program or advertised deadline.
- Refund/transfer requests are handled on a case by case basis by the Facility Manager.
- An administrative fee of \$10 per class (\$25 per camp or bus trip) will be assessed for any cancellation or change made by the customer.
- A completed refund request form should be submitted for all refunds, including a doctor's note for medical refund requests.
- You will be notified of your Refund/Transfer request within 5-10 business days.
- Please choose your classes/trips/events carefully to avoid refund fees.

## CREATE AN ACCOUNT and REGISTER ONLINE

Call the Senior Center to create an account. When you have an account, your username is your email address and then enter in your password. Your password must contain at least 8 characters, 3 of the following: upper case, lower case, number or special character.

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. Select your programs, finish and enter payment. If you need help registering online, please give us a call.

### Silver Sneakers classes are not available for online registration.

## REGISTRATION PROCESS

Membership is required to register for all summer classes (May-Aug). Mentor resident registration begins at 8 a.m. on Monday, Apr 1. Nonresident registration begins on Tuesday, Apr 2 at 8 a.m.

Skip the long lines and register online by creating an account (see directions above), or call the center at 440-974-5725.

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.

When a class or event is cancelled, you will be notified by e-mail or text.

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

## SENIOR CENTER WEBSITE

Our 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, 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 newsletter straight to your inbox.

### Edely Bolden

### Mentor Senior Center welcomes our newest staff member



Edely Bolden is our newest Special Elders Coordinator. She was born in the Phillipines, moved to Ohio as a child, got her education, married and raised her three children in Mentor. She retired from a career as a post surgical nurse working for UH and the Cleveland Clinic. Edely fuels her energy by staying active with physical activities and pursuing her interests that include

making all forms of crafty items, volunteering and gardening.

### 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.

### IN MEMORIAM

We extend our condolences to the families of our members that passed away recently. Joe Colo, Harold Luckey Dave McDonald and Susan Seese.

RIP

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Please bus your tables!</b> <b>Please pay in Cash!</b> <b>Members only!</b>		9:00 Tech Help <span style="float: right;">1</span> 9:30 Mind Challenge 10:00 Hearing Screening 1:00 Bingo 4:00 Parkinsons Support <b>Special: Spaghetti and Meat Sauce</b>	<span style="float: right;">2</span> <b>Special: Honey Lime Chicken with Rice</b>	<span style="float: right;">3</span> <b>Special: Stuffed Pork Chop</b>
9:00 Laptop Help <span style="float: right;">6</span> 12:00 LCCOA 10:00 Int'l Culture Club 3:30 Cooking Class 5:00 Movie <b>Special: Taco Salad</b>	<span style="float: right;">7</span> <b>Special: Chicken Marsala</b>	9:30 Mind Challenge <span style="float: right;">8</span> <b>Special: Stuffed Shells</b>	1:00 Alzheimer's Support <span style="float: right;">9</span> <b>Special: Stuffed Cabbage</b>	9:00 Matter of Balance <span style="float: right;">10</span> 12:30 Movie <b>Special: Cook's Choice</b>
9:00 Laptop Help <span style="float: right;">13</span> 12:30 Board Meeting 5:00 Movie <b>Special: Chicken Parm Sandwich</b>	10:00 Tech Tuesday <span style="float: right;">14</span> <b>Special: Swedish Meatballs</b>	9:30 Mind Challenge <span style="float: right;">15</span> 1:00 Attorney 1:30 Book Club <b>Special: Chicken Piccata</b>	11:00 Community Outreach <span style="float: right;">16</span> <b>11:30 Picnic on the Patio: Hot Dog, Baked Beans, Macaroni Salad, Orange-Dreamsicle Salad</b>	9:00 Matter of Balance <span style="float: right;">17</span> 12:30 Movie <b>Special: Pork Loin w/ Mashed Potato and Gravy</b>
<span style="float: right;">20</span> 7:00 The Wilds Trip 10:00 Senior Produce Mkt 3:30 Cookbook Club <b>Special: Meatball Sub</b>	<span style="float: right;">21</span> 9 am - 2 pm Senior Day at the Mall <b>Special: Perogies</b>	<span style="float: right;">22</span> 11:30 Guardians Game 2:00 Visionaries <b>Special: BBQ Chicken Sandwich</b>	<span style="float: right;">23</span> 10:00 Lunch and Learn - Tax Efficient Plan <b>Special: Salisbury Steak w/ Mashed Potatoes and Gravy</b>	<span style="float: right;">24</span> 9:00 Matter of Balance <b>Special: Grilled Cheese and Tomato Soup</b>
<span style="float: right;">27</span> Closed Memorial Day	<span style="float: right;">28</span> <b>Special: Tuna Salad Croissant</b>	<span style="float: right;">29</span> 10:30 Sec Pals Coffee Club 12:00 State of the City with City Manager Kenn Kaminski 12:00 International Club Trip 2:30 Italy Info Meeting <b>Special: Sweet and Sour Chicken</b>	<span style="float: right;">30</span> <b>11:30 Celebration Lunch: Chicken Parm, Penne Pasta Salad, Salad, Oatmeal Cookie</b>	<span style="float: right;">31</span> 9:00 Matter of Balance <b>Special: Cook's Choice</b>

## JUNE 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. A featured daily Cook's Special is available 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, lemonade, and soda. 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.				
Lake George Trip <span style="float: right;">3</span> 9:00 Laptop Help 12:00 LCCOA 3:30 Cooking Class 5:00 Movie <b>Special: Meatball Sub</b>	<span style="float: right;">4</span> <b>Special: Chicken Marsala with Rice</b>	<span style="float: right;">5</span> 10:00 Hearing Screening 1:00 Bingo 4:00 Parkinsons Support 5:00 Mocktail Hour on Patio <b>Special: Meat Lasagna</b>	<span style="float: right;">6</span> <b>Special: Pulled Pork Sandwich</b>	<span style="float: right;">7</span> 9:00 Matter of Balance 12:30 Movie <b>Special: Salisbury Steak</b>
<span style="float: right;">10</span> 9:00 Laptop Help 12:30 Board Meeting 5:00 Movie <b>Special: Chicken Paprikash</b>	<span style="float: right;">11</span> 10:00 Tech Tuesday <b>Special: Tuna Noodle Casserole</b>	<span style="float: right;">12</span> 8:30 Historic and Ethnic Cleveland Trip 10:00 Alzheimers Warning Signs 1:00 Attorney <b>Special: Stuffed Pork Chop</b>	1:00 Alzheimer's Support <span style="float: right;">13</span> 4:00 Weathervane Playhouse Trip <b>11:30 Picnic on the Patio: BBQ Chicken, Pasta Salad, Strawberry pretzel salad</b>	<span style="float: right;">14</span> 9:00 Matter of Balance 12:30 Movie <b>Special: Cook's Choice</b>
<span style="float: right;">17</span> 10:00 Senior Produce Market 3:00 Cookbook Club <b>Special: Tuna Salad Platter</b>	<span style="float: right;">18</span> <b>Special: Chicken Piccata</b>	<span style="float: right;">19</span> 1:30 Book Club 4:45 Guardians Game <b>Special: Sweet and Sour Meatballs</b>	11:00 Community Outreach <span style="float: right;">20</span> 2:00 Open House/Newcomers <b>Special: Veggie Lasagna</b>	<span style="float: right;">21</span> 9:00 Matter of Balance <b>Special: Stuffed Cabbage with Mashed Potatoes</b>
<span style="float: right;">24</span> <b>Special: Chicken Ceaser Wrap</b>	<span style="float: right;">25</span> <b>Special: Grilled Brats</b>	<span style="float: right;">26</span> 2:00 Visionaries 10:30 Sec Pals Coffee Club 1:00 Sr Advisory Board Ice Cream Party <b>Special: Stuffed Shells</b>	<span style="float: right;">27</span> <b>11:30 Celebration Lunch: Pork Loin, Cheese Potato, Corn, Watermelon</b>	<span style="float: right;">28</span> 9:00 Matter of Balance <b>Special: Cook's Choice</b>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 3:30 Cooking Class 5:00 Movie <b>Special: Chicken Salad Wrap</b>	<b>2</b> <b>Special: Cheeseburger</b>	10:00 Hearing Screening 1:00 Bingo 4:00 Parkinsons Support <b>Special: Pasta &amp; Meat Sauce</b>	<b>4</b> <b>Senior Center Closed Fourth of July Holiday</b>	<b>5</b> 12:30 Movie <b>Special: Honey Lime Chicken</b>
<b>8</b> 9:00 Laptop Help 12:30 Board Meeting 5:00 Movie <b>Special: Tuna Salad Platter</b>	<b>9</b> 10:00 Tech Tuesday <b>Special: Taco Salad</b>	<b>10</b> 8:00 Summer Mystery Trip 10:00 Medicare 101 <b>Special: Sweet &amp; Sour Pork</b>	<b>11</b> 8:15 Guardians in Detroit 1:00 Alzheimer's Support <b>11:30 Picnic on the Patio: Sausage w/ Sweet Peppers and Onion, Pasta Salad, Orange Pineapple Fluff</b>	<b>12</b> 12:30 Movie <b>Special: Cook's Choice</b>
<b>15</b> 10:00 Senior Produce Market 3:00 Cookbook Club <b>Special: Shepherd's Pie</b>	<b>16</b> <b>Special: Chicken Cordon Bleu</b>	<b>17</b> Sleep in a Caboose Trip 10:00 Alzheimer's Assoc Talk 1:00 Attorney 7:00 Scimitars Concert <b>Special: Grilled Turkey &amp; Cheese</b>	<b>18</b> 11:00 Community Outreach 3:30 Robins Theater Trip <b>Special: Hot Dogs</b>	<b>19</b> 11:15 OTL The Aviator 3:45 Rabbit Run Trip <b>Special: Veggie Lasagna</b>
<b>22</b> <b>Special: Chicken Marsala</b>	<b>23</b> 8:30 Cruise and Comedy Trip <b>Special: Stuffed Pepper and Mashed Potato</b>	<b>24</b> 1:30 Book Club off in July 2:00 Visionaries <b>Special: Tuna Melt</b>	<b>25</b> 11:30 Guardians Trip <b>11:30 Celebration Lunch: Chicken Salad Croissant, Broccoli Salad, Poke Cake</b>	<b>26</b> <b>Special: Cook's Choice</b>
<b>29</b> <b>Special: Grilled Chicken</b>	<b>30</b> <b>Special: Chef Salad</b>	<b>31</b> 10:30 Sec Pals Coffee Club <b>Special: Pulled Pork Sandwich</b>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Happy Birthday to members born in May, June, July and August</b>			<b>1</b> <b>Special: Stuffed Cabbage and Mashed Potatoes</b>	<b>2</b> 9:15 Victorian Lunch on Portage Lakes Trip <b>Special: Grilled Kielbasa &amp; Cabbage &amp; Noodles</b>
<b>5</b> 9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 3:30 Cooking Class 5:00 Movie <b>Special: Sweet and Sour Chicken w/ Rice</b>	<b>6</b> <b>Special: Tuna Salad Croissant</b>	<b>7</b> 10:00 Hearing Screening 11:15 Guardians Trip 1:00 Bingo 4:00 Parkinsons Support <b>Special: Roast Pork Loin and Scalloped Potatoes</b>	<b>8</b> 1:00 Alzheimer's Support <b>11:30 Picnic on the Patio: Cheeseburger, Potato Salad, Broccoli, Lemon Cupcake</b>	<b>9</b> 12:30 Movie <b>Special: Cook's Choice</b>
<b>12</b> 9:00 Laptop Help 12:30 Board Meeting 5:00 Movie <b>Special: Chicken Parm Sandwich</b>	<b>13</b> <b>Special: Taco Salad</b>	<b>14</b> 8:00 Dog Days Mystery Trip 1:00 Attorney <b>Special: Pulled Pork Sandwich</b>	<b>15</b> 11:00 Community Outreach <b>Special: Honey Lime Chicken</b>	<b>16</b> 12:30 Movie 11:15 OTL Welshfield Inn <b>Special: Grilled Hot Dog</b> <b>CityFest Aug 16-17</b>
<b>19</b> 10:00 Sr Produce Market 3:00 Cookbook Club <b>Special: Sweet and Sour Pork with Rice</b>	<b>20</b> <b>Special: Perogies</b>	<b>21</b> 7:30 Rivers Casino Trip 1:00 ASA Ice Cream Party 1:30 Book Club 7:00 Hillcrest Band Concert <b>Special: Meatball Sub</b>	<b>22</b> 8:30 Hartville Kitchen Trip <b>Special: Chicken Ceaser Wrap</b>	<b>23</b> <b>Special: Swedish Meatballs</b>
<b>26</b> <b>Special: Chicken Alfredo</b>	<b>27</b> <b>Special: Stuffed Peppers and Mashed Potatoes</b>	<b>28</b> 10:30 Sec Pals Coffee Club 2:00 Visionaries Picnic <b>Special: Grilled Cheese and French Fries</b>	<b>29</b> <b>11:30 Celebration Lunch: Stuffed Pork Chop, Mashed Potatoes and Gravy, Green Beans, Banana Pudding</b>	<b>30</b> <b>Special: Cook's Choice</b>

## 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: Ginny Mancini**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
May 2 – June 20	Thursday	10 a.m.–12 p.m.
Off July - Aug		

### 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
May 1 – June 19	Wednesday	10 a.m. – 12 p.m.
May 1 – June 19	Wednesday	5 - 7 p.m.
July 3 – Aug 21	Wednesday	10 a.m. – 12 p.m.
July 3 – Aug 21	Wednesday	5 - 7 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 (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 is provided for your convenience. Both classes accept beginners and students up to an intermediate/advanced skill level.

**Instructor: Teri Bittner**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
July 1 – Aug 19	Monday	5:30 – 7:30 p.m.
July 2 – Aug 20	Tuesday	9 – 11 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
May 7 – Aug 27	Tuesday	2 – 4 p.m.

## CONTINUING EDUCATION

### Alzheimer's Association – 10 Warnings Signs

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Assoc. Resources.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
June 12	Wednesday	10 – 11 a.m.

### 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
May 7 – Aug 27	Tuesday	12 – 1 p.m.

### Book Club

Join Mentor librarian Cailey Hutchens 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.hutchens@mentorpl.org. No meeting in July.

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

date	day	time
May 15	Wednesday	1:30 – 3 p.m.
<i>The Love of My Life by Rosie Walsh</i>		
June 19	Wednesday	1:30 – 3 p.m.
<i>The Vanishing Half by Britt Bennett</i>		
Aug 21	Wednesday	1:30 – 3 p.m.
<i>The Last Thing He Told Me by Laura Dave</i>		

### Cardiovascular Seminar with Chardon Healthcare

Chardon Healthcare will be discussing high blood pressure and how to improve, providing blood pressure checks, and supplying a snack for a healthy heart and maintaining normal blood pressure.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
May 29	Wednesday	2:30-3:30 p.m.

### Chronic Pain Self-Management Program

Based on the same structure as the Chronic Disease Self-Management Program this helps individuals living with back pain, nerve pain, fibromyalgia and other types of chronic pain to improve their confidence in managing their symptoms and daily activities. The workshops are facilitated by trained leaders, one or both of whom have



and live with chronic pain. Please plan to attend at least 4 of the 6 classes.

**Facilitator: WRAAA Fairhill Partners**

**Location: Senior Center Cultural Arts Room**

**Resident/Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 20 – Oct 25	Friday	9 - 11:30 a.m.

### **Community Outreach Social Worker**

Lake County Council on Aging now has a Community Outreach Social Worker who will be onsite to answer questions, provide information, and to make sure that your needs are being met. Assistance is available to help you with: In-home care, Home Safety, Health Insurance, Prescription Assistance, Legal and Financial Issues, HEAP, Food Resources, Housing, Medicaid, Food Stamps, Mental Health, Hygiene, Health and Wellness, etc. No appointment necessary.

**Licensed Social Worker: Connie Brocone**

**Location: Senior Center Lobby**

**Resident/Nonresident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
May 16, Jun 20, Jul 18, Aug 15	Thursday	11a.m.-12 p.m.

### **Cook Book Club**

Do you love cooking and sharing with friends and challenging yourself to try new things? In this monthly meeting members all borrow the same cookbook to try for a month. At the next meeting members bring a dish from the book to share in a potluck meal. At the end of the meeting we turn in our book and receive the book for the next month. Registration deadline is May 1 for the four consecutive months.

**Instructor: LaDonna**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
May 20, Jun 17, Jul 15, Aug 19	Monday	3:30–5 p.m.

### **Cooking Classes**

Each participant will make their own dish from scratch. Registration deadline is one week prior to class date.

**Instructor: LaDonna**

**Location: Senior Center Cardinal Room**

**Resident \$25 | Nonresident: \$31.25 each class**

**Chicken Caponata** - A perfect party dish

<i>date</i>	<i>day</i>	<i>time</i>
May 6	Monday	3:30–5 p.m.

**Ponzu Noodle Salad** - A citrus based summer salad

<i>date</i>	<i>day</i>	<i>time</i>
Jun 3	Monday	3:30–5 p.m.

**Thai Portobello Wraps** - Vegan version of popular dish

<i>date</i>	<i>day</i>	<i>time</i>
Jul 1	Monday	3:30–5 p.m.

**Porcini Tofu Burgers** - Mouthwatering simple burger

<i>date</i>	<i>day</i>	<i>time</i>
Aug 5	Monday	3:30–5 p.m.

### **Lake County Council on Aging**

Information and discussion on their programs and services available to seniors in Lake County.

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

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>topic</i>
May 6:	Monday	Health Equipment Lending Program (HELP)
June 3:	Monday	LCCOA Resources
July 1:	Monday	Benefits (Medicaid, HEAP, SNAP)
Aug 5:	Monday	Options Counseling

### **Lunch and Learn - Take Charge of Your Legacy: Create a Tax Efficient Estate Plan**

You may be thinking, “Who needs an estate plan?” The answer is simple: everyone needs an estate plan because we all have assets and a legacy we’d like to pass along to our loved ones. Learn how to accomplish this. Presented by Ben Rivet from Concourse Financial Group, partnering with Steve Mrozek, Financial Advisor with Edward Jones. Registration deadline is May 13.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
May 23	Thursday	10 a.m. – 11:30 a.m.

### **Matter of Balance**

Take steps to make falls less likely and participate in A Matter of Balance workshop! This nationally-recognized program reduces the fear of falling and increases activity levels. Plan to attend at least 5 of the 8 classes.

**Facilitator: WRAAA Fairhill Partners**

**Location: Senior Center Cultural Arts Room**

**Resident/Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
May 10 – June 28	Friday	9 – 11 a.m.

### **Medicare 101 - Medicare & Skilled Nursing Facilities**

Let’s talk about how Medicare coverage works with Skilled Nursing Facilities. We will also talk about how to advocate for yourself and/or your loved ones!

Presentation by Lauren Fenton of Fenton Financial.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
July 10	Wednesday	10 – 11 a.m.

### **Konversation with Ken**

Join City Manager Ken Filipiak for an informative update on what’s happening in the City of Mentor

**Location: Senior Center Great Room**

There will be a Q&A time following the presentation.

<i>date</i>	<i>day</i>	<i>time</i>
May 29	Wednesday	12 – 1 p.m.



## FITNESS/WELLNESS OUTDOORS

### Cycling Club

All rides are Wednesdays, weather permitting. Ride cancellations and any changes will be done via email. All rides start at 10 a.m. except for the summer months of June – Aug, those rides start at 9 a.m. Rides are typically two hours long and cover 20-25 miles. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Rides continue through October. Contact Arnie Zvejnieks at 440-525- 0293, for information or to be added to the mailing list.

### Hiking Club

Monday evening hikes begin at 6 p.m. and are scheduled through October. Hikes are at the various parks in Lake County. You can join the club and hike at any time. Please call the Senior Center at 440-974-5725 to register, schedules will be emailed out on a monthly basis to anyone who has registered.

### Huffers and Puffers Softball

Men age 65 and older play on a softball team at Mentor High School fields. All are welcome. Contact Ron Sovak for details. 440-525-0904 or svkron@hotmail.com

## 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.

*No class Aug 21.*

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

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

dates	day	time
May 1 – June 19	Wednesday	5:45 – 6:45 p.m.
July 3 – Aug 14	Wednesday	5:45 – 6:45 p.m.

### Line Dancing Beginner/Improver

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.

*No class Aug 21.*

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

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

dates	day	time
May 1 – June 19	Wednesday	6:45 – 7:45 p.m.
July 3 – Aug 14	Wednesday	6:45 – 7:45 p.m.

**If a class is cancelled due to instructor illness you will be notified by email and text. If you do not have these technologies, please have a class buddy call you.**

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

dates	day	time
May 6 – June 24	Monday	9 – 9:45 a.m.
<i>(No class Mon, May 27)</i>		
May 7 – June 18	Tuesday	9 – 9:45 a.m.
May 2 – June 20	Thursday	9 – 9:45 a.m.
May 3 – June 21	Friday	9 – 9:45 a.m.
July 1 – Aug 19	Monday	9 – 9:45 a.m.
July 2 – Aug 20	Tuesday	9 – 9:45 a.m.
July 11 – Aug 22	Thursday	9 – 9:45 a.m.
<i>(No class Thurs, July 4)</i>		
July 5 – Aug 23	Friday	9 – 9:45 a.m.

### NEW!!! Mat Yoga Back by popular demand!!

Enhance your flexibility, strength and balance with a combination of sun salutation, balance and warrior poses. Class will include seated and standing poses,



finishing with relaxation. Please bring a mat and wear loose fitting clothes. For beginner and continuing students.

**Instructor: Sue Dempsey, Yogafit certified**

**Location: Senior Center Fitness Studio**

**Resident: \$29 | Non-Resident: \$36**

dates	day	time
May 6 – June 24	Monday	3 - 3:45 p.m.
<i>(No class May 27)</i>		
July 1 – Aug 19	Monday	3 - 3:45 p.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. These 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.

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

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: Free**

dates	day	time
May 1 – June 19	Wednesday	3 – 3:45 p.m.
July 3 – Aug 14	Wednesday	3 – 3:45 p.m.

### SilverSneakers® Circuit

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

**Instructor: Pat Talladino Wednesday**

**Sue Dempsey Tuesday/Thursday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

dates	day	time
May 7 – June 18	Tuesday	2 – 2:45 p.m.
May 1 – June 19	Wednesday	11 – 11:45 a.m.
May 2 – June 20	Thursday	2 – 2:45 p.m.
July 2 – Aug 20	Tuesday	2 – 2:45 p.m.
July 3 – Aug 21	Wednesday	11 – 11:45 a.m.
July 11 – Aug 22	Thursday	2 – 2:45 p.m.

(No class Thurs, July 4)

### SilverSneakers® Classic

Increase muscle strength and range of motion and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor will modify the exercises for your fitness level.

**Instructor: Sharon Benner Monday/Friday**

**Joy Cimino Tuesday/Thursday am**

**Sue Dempsey Tuesday/Thursday pm**

**Pat Talladino Wednesday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

dates	day	time
May 6 – June 24	Monday	10 – 10:45 a.m.

(No class Mon, May 27)

May 7 – June 18	Tuesday	8:10 – 8:50 a.m.
May 7 – June 18	Tuesday	1 – 1:45 p.m.
May 1 – June 19	Wednesday	10 – 10:45 a.m.
May 2 – June 20	Thursday	8:10 – 8:50 a.m.
May 2 – June 20	Thursday	1 – 1:45 p.m.
May 3 – June 21	Friday	10 – 10:45 a.m.
July 1 – Aug 19	Monday	10 – 10:45 a.m.
July 2 – Aug 20	Tuesday	8:10 – 8:50 a.m.
July 2 – Aug 20	Tuesday	1 – 1:45 p.m.
July 3 – Aug 21	Wednesday	10 – 10:45 a.m.
July 11 – Aug 22	Thursday	8:10 – 8:50 a.m.

(No class Thurs, July 4)

July 11 – Aug 22	Thursday	1 – 1:45 p.m.
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(No class Thurs, July 4)

July 5 – Aug 23	Friday	10 – 10:45 a.m.
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### 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**

dates	day	time
No Class May-June		
July 11 – Aug 22	Thursday	4 – 4:45 p.m.

(No class Thurs, July 4)

### SilverSneakers® Stability

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

**Instructor: - Sharon Benner Monday and Friday,**

**Pam Benko/Joy Cimino Tuesday and Thursday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

dates	day	time
May 6 – June 24	Monday	11 – 11:45 a.m.

(No class Mon, May 27th)

May 7 – June 18	Tuesday	12 – 12:45 p.m.
May 2 – June 20	Thursday	12 – 12:45 p.m.
May 3 – June 21	Friday	12 – 12:45 p.m.
July 1 – Aug 19	Monday	11 – 11:45 a.m.
July 2 – Aug 20	Tuesday	12 – 12:45 p.m.
July 11 – Aug 22	Thursday	12 – 12:45 p.m.

(No class Thurs, July 4)

July 5 – Aug 23	Friday	12 – 12:45 p.m.
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### SilverSneakers® YOGA

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

**Instructor: Denise Molesch Monday/Thursday**

**Pat Talladino Wednesday**

**Sharon Benner Friday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

dates	day	time
May 6 – June 24	Monday	12 – 12:45 p.m.

(No class Mon, May 27)

May 1 – June 19	Wednesday	9 – 9:45 a.m.
May 2 – June 20	Thursday	3 – 3:45 p.m.
May 3 – June 21	Friday	11 – 11:45 a.m.
July 1 – Aug 19	Monday	12 – 12:45 p.m.
July 3 – Aug 21	Wednesday	9 – 9:45 a.m.
July 11 – Aug 22	Thursday	3 – 3:45 p.m.

(No class Thurs, Jul 4)

July 5 – Aug 23	Friday	11 – 11:45 a.m.
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### Stretch and Balance

Seated and standing exercises focus on isolating 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**

dates	day	time
May 7 – June 18	Tuesday	11 – 11:45 a.m.
May 2 – June 20	Thursday	11 – 11:45 a.m.
July 2 – Aug 20	Tuesday	11 – 11:45 a.m.
July 11 – Aug 22	Thursday	11 – 11:45 a.m.

(No class Thurs, July 4)

**First time registering with us?**

**Call us to set up an online account and do it yourself!**

(Not valid for SilverSneakers classes)

**Water Exercise Classes at Mentor Community Recreation Center, 6000 Heisley Rd., Mentor.**

A variety of water fitness classes are offered at MCRC. Classes will be offered in one month sessions, and **Senior Center members will have special access and pricing for designated classes.** Check out available water classes at <https://cityofmentor.com/departments/parks-recreation/registration/>

**Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.**

**Move and Groove**

A Pool Fitness Party with energetic cardio exercises set to fun upbeat music. This low-impact, high energy class is for participants of all ages and fitness levels.

Intensity: Low, Moderate or High – completely up to you!

**Instructor: Anabella**

**Location: Mentor Community Recreation Center**

dates	day	time	rate
May 6 – 20	Monday	9 – 9:50 a.m.	\$15
May 1 – 29	Wednesday	9 – 9:50 a.m.	\$25
June 3 – 24	Monday	9 – 9:50 a.m.	\$20
June 5 – 26	Wednesday	9 – 9:50 a.m.	\$20
July 1 - 29	Monday	9 – 9:50 a.m.	\$25
July 3 – 31	Wednesday	9 – 9:50 a.m.	\$25
Aug 12 – 26	Monday	9 – 9:50 a.m.	\$15
Aug 14 – 28	Wednesday	9 – 9:50 a.m.	\$15

**Senior Water Exercise at MCRC (No class July 4, Aug 8)**

A combination of toning, stretching and light cardio geared towards seniors. Senior Center members have special access and pricing for designated classes.

**Instructor: Annabella**

**Location: Mentor Community Recreation Center**

dates	day	time	rate
May 7 - 28	Tuesday	2 – 2:50 p.m.	\$20
May 2 - 30	Thursday	2 – 2:50 p.m.	\$25
June 4 - 25	Tuesday	2 – 2:50 p.m.	\$20
June 6 - 27	Thursday	2 – 2:50 p.m.	\$20
July 2 - 30	Tuesday	2 – 2:50 p.m.	\$25
July 11 - 25	Thursday	2 – 2:50 p.m.	\$15
Aug 13 - 27	Tuesday	2 – 2:50 p.m.	\$15
Aug 1 - 29	Thursday	2 – 2:50 p.m.	\$20

**Shallow/Deep Water Class at MCRC**

A combination of shallow and deep water exercises to tone your body while getting your heart pumping. Senior Center members have special access and pricing for designated classes.

**Instructor: Vicki**

**Location: Mentor Community Recreation Center**

dates	day	time	rate
May 6 - 20	Monday	10 – 10:50 a.m.	\$15
May 1 - 29	Wednesday	10 – 10:50 a.m.	\$25
June 3 - 24	Monday	10 – 10:50 a.m.	\$20
June 5 - 26	Wednesday	10 – 10:50 a.m.	\$20

July 1 - 29	Monday	10 – 10:50 a.m.	\$25
July 3 - 31	Wednesday	10 – 10:50 a.m.	\$25
Aug 12 - 26	Monday	10 – 10:50 a.m.	\$15
Aug 14 - 28	Wednesday	10 – 10:50 a.m.	\$15

**Stretch and Tone (No class Aug 9)**

Light toning and gentle stretching exercises in shallow warm water. This class is perfect for all ages to help with relaxation, stress relief, pain relief, and improved range of motion.

Intensity: Low

**Instructor: Annabella**

**Location: Mentor Community Recreation Center**

dates	day	time	rate
May 3 – 31	Friday	9 – 9:50 a.m.	\$25
June 7– 28	Friday	9 – 9:50 a.m.	\$20
July 5 – 26	Friday	9 – 9:50 a.m.	\$20
Aug 2 – 30	Friday	9 – 9:50 a.m.	\$20

**Weight Training**

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

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

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

dates	day	time
May 7 – June 18	Tuesday	10 – 10:45 a.m.
May 2 – June 20	Thursday	10 – 10:45 a.m.
July 2 – Aug 20	Tuesday	10 – 10:45 a.m.
July 11 – Aug 22	Thursday	10 – 10:45 a.m.

(No class Thurs, July 4)

**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 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 is needed prior to using fitness center.**

**Fitness Orientation – Cardio Training**

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

**Location: Senior Center Fitness Center**

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

**Silver Sneakers Members: Free**

day	time
Monday	6:30 – 7:20 p.m.
Tuesday	12 – 12:50 p.m.
Thursday	9 – 9:50 a.m.
Thursday	2 – 2:50 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. Maximum of 4 people per class. Call to schedule appointment.

**Location: Senior Center Fitness Center**

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

<i>day</i>	<i>time</i>
Monday	6:30–7:20 p.m.
Tuesday	12–12:50 p.m.
Thursday	1 - 1:50 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!

**Location: Senior Center Fitness Center**

**Resident | Non-Resident: \$40 for 60 minute session; \$20 for 30 minute session**

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

### GAMES/CLUBS

Yearly registration and membership required to participate in Games/Clubs. New participants and players are welcome. No experience necessary with the exception of Duplicate Bridge and Pinochle.

### Billiards

Drop-in play is available on our three tournament quality tables. Whether it's 8 ball, 9 ball or straight pool, there is a game for everyone. Sticks are provided if needed.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

Play is available during normal business hours.

### Bingo

Join us for a lively game of BINGO, complete with friends, guest callers, a variety of games and prizes. Maximum of four cards per person.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: \$.25 a card**

<i>day</i>	<i>date</i>	<i>time</i>
Monday	May 6 – Aug 26	1 – 2 p.m.
Wednesday	May 29 due to holiday	1 – 2 p.m.
Wednesday	May 1, June 5, July 3, Aug 7	1 – 2 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: \$10/year | Non-Resident: \$12/year**

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

### Chess Club

Chess players of all skill levels are invited to join for informal play.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Tuesday	1 – 2:30 p.m.



### Cornhole

Drop in on Wednesdays and join in a fun game of cornhole.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

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

### Cribbage

Interested in playing Cribbage? Please register at the front desk so we can set a time.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

### 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)

Looking for new friends and activities? We are "single seniors" that want to enjoy life and continue to be socially active. A monthly newsletter is provided with all the planned events. It is NOT a dating club. 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 a.m.

## GAMES/CLUBS

Yearly registration and membership required to participate in Games/Clubs. New participants and players are welcome. No experience necessary with the exception of Duplicate Bridge and Pinochle.

### International Culture Club

We are expanding our borders and inviting all nationalities to join our informal social club. Talk about different cultures and current events and don't worry, everything is in English! We have a picnic in September, plan a trip annually, and have a splendid holiday party in December. 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 unless noted below.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>	
May 6	Monday	10 – 11:30 a.m.	Regular meeting
May 29	Wednesday	12 – 7 p.m.	Dinner Theatre Trip
July 1	Monday	10 – 11:30 a.m.	Regular meeting
Aug 5	Monday	10 – 11:30 a.m.	Regular meeting

### Mahjong

A popular Chinese game played with sets of tiles. Always accepting new players.

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Monday	12:30 – 4 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 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**

<i>day</i>	<i>time</i>
Tuesday	12 – 3:15 p.m.

### Puzzle Table

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

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

### Scrabble

Are you a wordsmith? Drop in and test your skills.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Monday	1:00 – 3:00 p.m.

### Somba Card Game

Somba is a rummy style game. Try it out!

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Friday	10 a.m. – 12 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: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
May 9, June 13, July 11, Aug 8	Thursday	1–2:30 p.m.

### Attorney Gary Rosenthal

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

**Location: Senior Center Conference Room 2**

**Resident | Nonresident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
May 15, June 12, July 17, Aug 14	Wednesday	1-2 p.m.

### 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. Please call for an appointment.

**Location: Senior Center Conference Room 2**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
May 1, July 3	Wednesday	10 a.m.–12 p.m.
(Reserve Hearing Center)		
June 5, Aug 7	Wednesday	10 a.m.–12 p.m.
(Amanda's Family Hearing)		

### Parkinson's Support Group

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

**Volunteer Leader: John Mazur**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
May 1, June 5, July 3, Aug 7	Wednesday	4–5:30 p.m.

### Produce Distribution

In conjunction with the Cleveland Food Bank we offer produce distribution for limited income seniors on the dates listed below. All participants are registered on site. Participants must qualify gross household income is at or below \$29,160 for a household of 1 and \$39,440 for a household of 2. Income is self-declared; verification is not required. First come, first served. Bring a heavy-duty bag. No advance registration; bring photo ID for registration.

**Resident | Non-Resident: Free**

**Location: Senior Center Great Room**

dates	day	time
May 20, Jun 17, Jul 15, Aug 19	Monday	10–11 a.m.

### Special Elders

Do you need assistance to participate at the Senior Center? The Special Elders staff provides seniors the support and assistance they need to more fully participate in activities. This program provides socialization, assistance with carrying lunch trays for those with physical limitations, assistance with program registration and directing to activities for those with memory issues. (Note this program is not designed for individuals with moderate-severe assistance needs, unless accompanied by a caregiver.)

The Special Elders eat lunch together at 11:00. (Bring money for lunch.) We play Bingo on Monday and have craft activities or games on Wednesday afternoons. A specially designed chair exercise program is offered at an additional fee for seniors with some physical challenges on Wednesdays (Silversneakers Classic).

Laketrans is available to bring senior citizens to and from Mentor Senior Center activities.

**An enrollment appointment with Special Elders staff is required prior to participation in Special Elders.**

**Location: Senior Center**

**Resident | Non-Resident: \$20 annual fee (Jan-Dec)**

days	time
Monday, Wednesday	10:30 a.m. – 2 p.m.

### Schedule of Activities

Monday	
10:30 – 10:50 a.m.	Submit lunch orders
11 – 11:45 a.m.	Lunch/Socialization
12 – 12:45 p.m.	Billiards (optional), no fee
1 – 2 p.m.	BINGO \$.25 per card
Wednesday	
10:30 – 10:50 a.m.	Submit lunch orders
11 – 11:45 a.m.	Lunch/Socialization
12 – 12:45 p.m.	Special Elders Silver Sneakers Classic (optional, registration fee)
1 – 2 p.m.	Craft, games, or parties

### 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 may benefit. Wheelchairs welcomed.

**Instructor: Pat Talladino**

**Location: Senior Center Fitness Studio**

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

**Silver Sneaker Members: Free**

date	day	time
May 1 – June 19	Wednesday	12 – 12:45 p.m.
July 3 – Aug 21	Wednesday	12 – 12:45 p.m.

### Visionaries Support Group

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

**Facilitator: Licensed Optician Debbie Kogler**

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
May 22, June 26, July 24, Aug 28 (Aug 28 Picnic at Veteran's Park)	Wednesday	2–4 p.m.

### MEALS - PICNICS ON THE PATIO



Nothing says summer like fresh air, sunshine, great company and your favorite picnic foods. Register early as these sell out and cannot be purchased on the day of the picnic!

**Location: Senior Center Outdoor Patio**

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

**Second Thursday of the month 11:30 am**

### May 16

Quarter pound all beef hotdog, baked bean, macaroni salad and orange dreamsicle salad for dessert. Reservation deadline is April 29.

### June 13

Barbeque chicken on the grill, pasta salad and strawberry pretzel salad. Reservation deadline is June 3.

### July 11

Sausage with sweet peppers and onions, pasta salad and orange pineapple fluff. Reservation deadline is July 1.

### August 8

Cheeseburger, potato salad, broccoli salad and lemon cupcake. Reservation deadline is July 29.

## MEALS - CELEBRATION LUNCHESES

### Daily Made From Scratch Lunch

Mon – Fri 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, soup, and desserts at reasonable prices, for dine in or carry out.

A daily Cook's Special features a meat or other high protein dish, and a vegetable at a cost of \$5.00. Homemade soup and sandwiches are also available. Homemade cookies finish off the meal. Drinks include coffee, tea, milk, lemonade, and soda. The monthly menu is available at the Senior Center front desk, in the monthly newsletter and online at [www.mentorseniorcenter.com](http://www.mentorseniorcenter.com).

No reservation or pre-ordering. Members simply place your order in person and pay the cashier (cash only), pick up your meal at the kitchen window and enjoy. Please bus your table promptly when finished eating.

### CELEBRATION LUNCHEONS

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!

**Location: Senior Center Great Room**

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

**Last Thursday of the month 11:30 a.m. – 1 p.m.**

### May 30 Celebration

Chicken parmesan, penne pasta salad, and homemade oatmeal cookie to satisfy your sweet tooth! Shipwreck hunters Georgann and Mike are back to talk about Black Friday, Oct 20, 1916 – Lake Erie's perfect storm that took down 3 ships, and the tale of the captains that were the sole survivors on two of the vessels.

Reservation deadline is May 20.

### June 27 Celebration

Pork loin, cheesy potatoes, corn and watermelon for dessert. The amazing one-man band Tom Todd will entertain us with a variety of music and instruments.

Reservation deadline is June 17.

### July 25 Celebration

Chicken salad croissant, broccoli salad and poke cake. Susan Cannavino of Presentations with Pizazz will present Beautiful Homes of the Rich and Famous – a virtual tour of famous people's homes. They are probably out of our price range, but still fun to see!

Reservation deadline is July 15.

### August 29 Celebration

Stuffed pork chop, mashed potatoes and gravy, green beans, banana pudding. Enjoy the smooth velvety sounds of Bill Newman, the Cleveland crooner.

Reservation deadline is August 19.

## MUSIC, DANCE 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: Senior Center Great Room**

**Resident | Non-Resident: \$4**

<i>date</i>	<i>day</i>	<i>time</i>
Aug 21	Wednesday	7 – 8 p.m.

### Scimitars

The SCIMITARS SWING BAND specializes in the music of the 1940's, 50's, and 60's; the era of the "Big Bands". They also present music of an earlier vintage, as well as current popular tunes. Their instrumentation includes full saxophone, trumpet, trombone, and rhythm sections. The concert will be on our newly covered back patio, bring a lawn chair and enjoy the concert outside.

**Location: Senior Center Patio**

**Resident | Non-Resident: \$2**

<i>date</i>	<i>day</i>	<i>time</i>
July 17	Wednesday	7 – 8 p.m.

### Mentor Follies Dancers

Join us for exercise, dance and fun. Always accepting new members.

**Director: Rena Ellwanger**

**Location: Senior Center Stage**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
May 1 – Aug 28	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 areas making this perfect for any senior who enjoys singing, camaraderie and performing.

**Instructor: Maria Voljin**

**Location: Senior Center Stage**

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

<i>dates</i>	<i>day</i>	<i>time</i>
May 1 – June 19	Wednesday	10 – 11:30 a.m.
July 3 – Aug 21	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>date</i>	<i>day</i>	<i>time</i>
May 7 – June 18	Tuesday	9 a.m. – 12 p.m.
July 2 – Aug 20	Tuesday	9 a.m. – 12 p.m.



## SPECIAL EVENTS

### Patio Mocktails and Appetizer Hour Party

The Mentor Senior Center Advisory Board invites you to join them outside for mocktails and appetizers to celebrate the addition of the new patio cover. **The Advisory Board is covering \$10 of the \$25 cost.**

Reservation deadline is May 20.

**Location: Senior Center Patio**

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

<i>date</i>	<i>day</i>	<i>time</i>
June 5	Wednesday	5 – 6:30 p.m.

### I Scream, You Scream, We all Scream for Ice Cream

Not one, but two ice cream parties!! Here's the scoop!!

1) Sponsored by the Senior Center Advisory Board.

**Location: Senior Center Patio**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
June 26	Wednesday	1 – 2 p.m.



2) Sponsored by the Association of Specialists in Aging (ASA).

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Aug 21	Wednesday	1 – 2 p.m.

### Northeast Ohio Mind Challenge

The Mind Challenge is back for its 6th year. Let's cheer on the home team!!

**Location: Senior Center Great Room**

**Resident | Nonresident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 17	Wednesday	9:30 a.m.

**Team formation and Practice round**

May 1, May 8	Wednesday	9:30 a.m.
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**Regional Competition**

### Open House

We welcome new members and the Mentor community to see what a great asset the center is to the senior population. Current members please invite your neighbor, friend or sibling to see what all the hoopla is about. Class displays will help you discover for yourself the many classes, programs, and events that keep our seniors young. A Powerpoint presentation will highlight our many programs. Included is a tour showcasing our beautiful facility and a snapshot of a day at the center with delicious, made from scratch refreshments provided by our talented Kitchen Staff. Program is free, but please register.

**Location: Senior Center**

<i>date</i>	<i>day</i>	<i>time</i>
June 20	Thursday	2-3:30 p.m.
2:00 p.m.	<b>Presentation highlighting programs</b>	
2:30 p.m.	<b>Tours and program group displays</b>	
2:30 p.m.	<b>Demo classes</b>	
3:00 p.m.	<b>Bingo</b>	

### Senior Day at The Mall 2024 - Powered By Connection

This annual event promises to be better than ever, filled with vendors, bingo, activity stations, lots of senior specific information. Two highlights of the program are presentation of the 2024 Seniors of the Year at 11:30 and entertainment at 12:30.

**Location: Great Lakes Mall**

**Resident | Non-Resident: \$1** suggested donation, can be purchased at any Lake County Senior Center

<i>date</i>	<i>day</i>	<i>time</i>
May 21	Tuesday	9 a.m. – 2 p.m.

## TECHNOLOGY

### Laptop Help

Volunteer Nick Ajdinovich is available to help you with your laptop questions. Whether you have a Mac or Microsoft computer, you will get valuable one-on-one help. Schedule your free 30-minute session today. Check in at the front desk.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
May 6 and 13	Monday	9 – 11 a.m.
June 3 and 10	Monday	9 – 11 a.m.
July 1 and 8	Monday	9 – 11 a.m.
Aug 5 and 12	Monday	9 – 11 a.m.

### 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. Please register in advance.



**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
May 1	Wednesday	9 – 10 a.m.

### Tech Tuesdays with 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: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
May 14	Tuesday	10 - 11 a.m.
Streaming Movies With Your Library Card		
June 11	Tuesday	10 - 11 a.m.
Facebook Basics		
July 9	Tuesday	10 - 11 a.m.
e-Reading With Your Library Card		



# Come Travel with Us!

## MENTOR SENIOR CENTER TRAVEL QUEST

# 2024

**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 registering a friend, payment must be in form of cash or check from the friend made payable to the City of Mentor.

### Trips

**Registration for charter bus trips for the entire year always starts in January and will continue until the posted registration trip deadline. Some of the popular trips will sell out quickly so don't hesitate to register. Registration starts April 1/2 for small bus trips that take place July – Oct. And finally, registration for small bus trips that take place in Nov and Dec will be Aug 5/6.**

The Senior Center offers local, day, and overnight trips to exciting destinations. Over 60 trips are offered annually either on a charter motorcoach or our own 22 passenger bus. For complete details on all our trips visit [mentorseniorcenter.com](http://mentorseniorcenter.com) or grab a flyer at the center.

**Please pay close attention to trip registration dates that are posted in the newsletter throughout the entire calendar year. Membership is required for any trip.**

Check out the online Italy trip web link for details and to register: [gateway.gocollette.com/link/1181564](http://gateway.gocollette.com/link/1181564)

Register now for an informational meeting on May 29 at 2:30.  
**Andiamo!!** (translation: Let's Go on this great trip in 2025!)

### Reflections of Italy May 21-30, 2025

Highlights will include Rome, the Vatican museums, the Sistine Chapel, St. Peter's Basilica, Perugia, Cortona, Florence, Michelangelo's David, Chianti Winery and Cooking Class, Venice, Murano Island and lovely, picturesque Lake Como.

Deposit of \$698 is required upon registration.

Final payment is due May 22, 2025.

Cancellation/interruption protection is highly recommended: \$449 per person due at registration.

**Activity Level: Strenuous**

**Resident|Nonresident: \$4,999 per person double; \$5,799 per person single; \$4,969 per person triple (no quads).**



## 2024 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.

### Lake George, NY (Senior Excursions)

Resident/Nonresident: \$765 per person double, \$077 per person single

#### Activity Level: Moderate

date day  
June 3-6 Monday-Thursday

Sold Out! Call to be put on a Wait List

### Sleep in a Caboose and Ride the Oil Creek Railroad (Great Day Tours)

Spend a night in a Caboose Motel, ride on the Oil Creek and Titusville Railroad, visits to the Drake Well Museum and Debence Music Museum, and a stop at Tara – (A Country Inn) for a tour and lunch.

Deposit of \$150 is required upon registration.

Final payment/Registration/refund deadline is May 17.

#### Activity Level: Moderate

Resident|Nonresident: \$335 per person double; \$388 per person single; \$323 per person triple (no quads).

date day  
Jul 17-18 Wednesday-Thursday

Sold Out! Call to be put on a Wait List

Sold Out! Call to be put on a Wait List

Sold Out! Call to be put on a Wait List

### Ark Encounter and Creation Museum (Great Day Tours)

Admission to the Ark Encounter and Creation Museum including a buffet lunch at Emzara's Restaurant, dinner cruise aboard the BB Riverboat in Cincinnati, one night of rooms including breakfast.

Deposit of \$150 is required upon registration.

Final payment/Registration/refund deadline is July 17.

#### Activity Level: Moderate

Resident|Nonresident: \$409 per person double; \$493 per person single; \$388 per person triple; \$373 per person quad.

date day  
Sept 17-18 Tuesday-Wednesday

Sold Out! Call to be put on a Wait List

### Lobsters and Lighthouses (Senior Excursions)

Resident|Nonresident: \$1267 per person double. Triples/quads not available.

#### Activity Level: Moderate

date day time  
Sep 29- Oct 5 Sunday-Saturday TBA

Sold Out! Call to be put on a Wait List

### Nashville Aglow for the Holidays (Great Day Tours)

Walking tour of Opryland Hotel, Opryland Hotel's Country Christmas Dinner Show, Delta River Flatboat – a cruise inside the hotel, dinner show at the Derby Dinner playhouse, shop at Opry Mills Mall, lunch cruise on the General Jackson Showboat, tickets to the Grand Ole Opry, 1 night in Louisville and 2 nights at the Gaylord Opryland Hotel, includes 3 breakfasts and dinner enroute home.

Deposit of \$150 is required upon registration.

Final payment/Registration/refund/deadline is October 1.

#### Activity Level: Moderate

Resident|Nonresident: \$1238 per person double; \$1499 per person single; \$1171 per person triple; \$1144 per person quad.

#### Activity Level: Moderate

date day  
Dec 1-4 Sunday-Wednesday

Sold Out! Call to be put on a Wait List

Sold Out! Call to be put on a Wait List

## 2024 One Day Coach Trips

### "Always...Patsy" Patsy Cline Story at Hanna Theater

Apr 30 Tue 9:30 a.m. - 3:00 p.m.

Registration/refund deadline is March 30

#### Activity Level: Moderate

Resident|Nonresident: \$104

Sold Out! Call to be put on a Wait List

### The Wilds

May 20 Mon 7:00 a.m. - 7:30 p.m.

Registration/refund deadline is April 20

#### Activity Level: Moderate

Resident|Nonresident: \$115

Sold Out! Call to be put on a Wait List

### Historic and Ethnic Cleveland #1

Jun 12 Wed 8:30 a.m. - 5:30 p.m.

Registration/refund deadline is May 12

#### Activity Level: Moderate

Resident|Nonresident: \$90

Sold Out! Call to be put on a Wait List

### "Something Rotten" at the Weathervane Playhouse

Jun 13 Thu 4:00 - 10:45 p.m.

This Tony Award-nominated Broadway musical follows the Bottom brothers, Nick and Nigel, struggling to compete with the theatrical genius of William Shakespeare by creating the world's first musical leading to a series of comedic misadventures.

Registration/refund deadline is May 13.

#### Activity Level: Moderate

Resident|Nonresident: \$125

### Summer Mystery Tour #6

Jul 10 Wed 8:00 a.m. - 6:00 p.m.

Registration/refund deadline is June 10

#### Activity Level: Moderate

Resident|Nonresident: \$115

Sold Out! Call to be put on a Wait List

### Guardians Game in Detroit

Jul 11 Thu 8:15 a.m. - 7:30 p.m.

Travel to Comerica Park in Detroit for an afternoon game against the Tigers (first pitch at 1:10 p.m.) Food on your own.

Registration/refund deadline is June 1.

#### Activity Level: Moderate

Resident/Nonresident: \$103

### "The Music Man" at Rabbit Run Theater

Jul 19 Fri 3:45 - 11:00 p.m.

Prior to the Rabbit Run Theater production of "The Music Man," enjoy dinner of baked half chicken at Grand River Cellars Winery and Restaurant in a rustic setting.

Registration/refund deadline is June 19.

#### Activity Level: Mild

Resident|Nonresident: \$97

### Cruise and Comedy Tour

Jul 23 Tue 8:30 a.m. - 8:00 p.m.

Registration/refund deadline is June 23

#### Activity Level: Moderate

Resident | Nonresident: \$150

Sold Out! Call to be put on a Wait List

### Dog Days Mystery Trip #14

Aug 14 Wed 8:00 a.m. - 6:30 p.m.

Registration/refund deadline is July 14.

#### Activity Level: Moderate

Resident | Nonresident: \$115

Sold Out! Call to be put on a Wait List

### Rivers Casino and River Cruise

**Aug 21 Wed 7:30 a.m. - 8:15 p.m.**

A one-hour sightseeing cruise aboard the Gateway Clipper riverboat followed by an afternoon of slots, video poker or other exciting games at Rivers Casino. Current gaming bonus is \$25 (provided by the casino). Registration/refund deadline is July 21.

**Activity Level: Moderate**  
**Resident | Nonresident: \$86**

### "Pine Ridge Boys" Show at Hartville Kitchen

**Aug 22 Thu 8:30 a.m. - 6:00 p.m.**

Enjoy shopping at the Hartville complex, and a delicious homestyle meal followed by the "Pine Ridge Boys," a quartet who sings spiritual, Christian and gospel music. Registration/refund deadline is July 22.

**Activity Level: Moderate**  
**Resident | Nonresident: \$104**

### Progressive Winery Tour

**Sept 26 Thu 9:15 a.m. - 6:15 p.m.**

Appetizers and tastings at School House Winery, more tastings and lunch at Raven's Glenn Winery, and even more tastings and dessert at Maize Valley Winery. Registration/refund deadline is August 26.

**Activity Level: Moderate**  
**Resident | Nonresident: \$120**

### Seneca Allegheny Resort Casino

**Oct 15 Tue 8:30 a.m. - 7:00 p.m.**

Another opportunity to have fun at the slot machines in the Allegheny Mountains of New York. Current bonus is \$20 slot and \$5 food.

**Registration/refund deadline is September 15.**  
**Activity Level: Moderate**  
**Resident | Nonresident: \$63**

### A Very Merry Pops

**Dec 1 Sun 12:45 - 6:45 p.m.**

Registration/refund deadline is October 1

**Activity Level: Mild**  
**Resident | Nonresident: \$115**

Sold Out! Call to be put on a Wait List

### Rocking Around the Christmas Tree

**Dec 10 Tue 8:45 a.m. - 8:00 p.m.**

Enjoy lunch and a Christmas movie at the Strand Theater, tour of Rutherford B. Hayes home, make your own Christmas tree ornament and go on a candy cane scavenger hunt. Enjoy light appetizers and a glass of wine while making a "cocoa jar." Finish the day with a tour of the fully immersive "Rock and Awe" light show at the Sandusky County Courthouse.

Registration/refund deadline is November 10.  
**Activity Level: Moderate**  
**Resident | Nonresident: \$121**

### Dueling Pianos Party at Windows on the River

**Dec 11 Wed 11:00 a.m.- 4:30 p.m.**

This is holiday trip includes a plated lunch. Registration/refund deadline is November 11.

**Activity Level: Moderate**  
**Resident | Nonresident: \$94**

Sold Out! Call to be put on a Wait List

### MSC Small Bus Trips

**Registration starts Apr 1 for Mentor residents and Apr 2 for Non-Residents for new small bus trips.**

### Cleveland Guardians

Cheer on the Cleveland Guardians at Progressive Field. Registration begins April 1/2 for all games. The seats sell fast so if you are interested don't wait. Registration/refund deadline is 1 month prior to the date of the game.

**Activity Level: Moderate**

date	day	time	cost
May 22	Wednesday	11:30 a.m. – 5 p.m.	\$32
Jun 19	Wednesday	4:45 p.m. – 10:30 p.m.	\$79
<i>Club seats – includes food and soft drinks</i>			
Jul 25	Thursday	11:30 a.m. – 5 p.m.	\$43
Aug 7	Wednesday	11:15 a.m. – 5 p.m.	\$83
<i>Club seats – includes food and soft drinks</i>			
Sep 25	Wednesday	4:45 p.m. – 10:30 p.m.	\$80
<i>Club seats – includes food and soft drinks</i>			

### Mystic Belle River Cruise

Aboard the Mystic Belle, you'll see the maritime industry in Vermilion and learn about the natural world life that call the beautiful shores home and a chance to see some of Vermilion's most beautiful waterfront homes. After cruising, enjoy a meal at Martino's International Café with a menu of global eats (on your own). Registration/refund deadline is Jun 7.

**Activity Level: Mild**  
**Resident | Non-Resident: \$24**

date	day	time
June 22	Saturday	12:30 - 6 p.m.

### Secret Gardens of Euclid

Start with lunch at Tupelo Honey (on your own), then experience the "secret gardens" of Euclid on this exciting bus tour showcasing Euclid's most talented gardeners sponsored by the Euclid Shade Tree Commission. The tour highlights water features, yard art, vegetable, flower, topiary, and shade gardens. Come meet the gardeners and be amazed at their hard work and creativity. We will be on and off the bus approximately 15-20 times. There will be uneven steps and terrain. This is not a handicap accessible trip. Registration/refund deadline is June 28.

**Activity Level: Moderate/Strenuous**  
**Resident | Non-Resident: \$20**

date	day	time
July 13	Saturday	11 a.m. – 5:15 p.m.

### Robin's Theater

We start our trip at Charbenay's on the River, nestled on the bank of the Mahoning River in picturesque, historical downtown Warren. Dinner is on your own and then we make our way to the Robin's Theater to see a show by the 5-time Grammy nominated-Ambrosia. The group has 3 of the original members and is known for such hits as "How Much I Feel" and "Biggest Part of Me." Registration/refund deadline is June 26.

**Activity Level: Mild****Resident | Non-Resident: \$56**

<i>date</i>	<i>day</i>	<i>time</i>
July 18	Thursday	3:30 p.m. - 11:15 p.m.

**Victorian Lunch and Tea on Portage Lake**

Cruise Portage Lake on board the Portage Princess and be treated to an assortment of starters. The luncheon features a delightful Chicken Salad on a bed of crisp lettuce, served with mini croissants. On a sweet note, indulge on an elegant tower of treats featuring cream puffs, madeleines, tartlets with cream and fruit, macarons, fresh berries, and pirouettes. Tea is served.



Registration/refund deadline is July 19.

**Activity Level: Mild****Resident | Non-Resident: \$63**

<i>date</i>	<i>day</i>	<i>time</i>
Aug 2	Friday	9:15 a.m. - 2:30 p.m.

**West Side Market**

We start our trip with lunch at Town Hall Restaurant in Ohio City (on your own). This restaurant was billed as the most innovative restaurant in the entire country by USA Today. The entire menu is non-gmo, with a wide range of vegan friendly, keto and paleo options. The interior has a good vibe with great old fashioned lighting. After lunch, you have the option of dessert from nearby Mitchell's Ice Cream (on your own). The West Side Market is the last stop before departure at 4 p.m. Registration/refund deadline is August 23.

**Activity Level: Mild****Resident | Non-Resident: \$8**

<i>date</i>	<i>day</i>	<i>time</i>
Sept 6	Friday	11:30 a.m. - 4:30 p.m.

**Maltz Museum and Pinstripes**

The Maltz Museum celebrates the history of the Jewish community of greater Cleveland and Northeast Ohio, as well as the diversity of the human experience. We will take a guided tour (Lessons of the Holocaust) and following the tour hear from a survivor of the Holocaust. Next, indulge on a buffet lunch at Pinstripes (included) of Caesar salad, parmesan potato chips, pesto grilled chicken, grilled Italian sausage, ravioli and marinara, Ghirardelli triple chocolate brownies and house made cookies.

Registration/refund deadline is October 4.

**Activity Level: Mild****Resident | Non-Resident: \$54**

<i>date</i>	<i>day</i>	<i>time</i>
Oct 25	Friday	9:15 a.m. - 3 p.m.

**Out to Lunch Bunch Trips****The Aviator**

The Aviator invites you to experience a reinvention of the 100th Bomb Group and view flights from Cleveland Hopkins Airport. Your lunch choices are: Nashville Hot 'Shroom on a brioche bun; chipotle chicken BLT, grilled chicken, or spinach salad, with citrus balsamic dressing; or aviator mash burger, 2 - 4 oz crispy perfection with American cheese and smash sauce. Non-alcoholic beverages are included. Cookies for dessert.

Registration/refund deadline is July 11.

**Activity Level: Mild****Resident | Non-Resident: \$35**

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

**Welshfield Inn**

The Welshfield Inn is located in the heart of Burton, Ohio's Amish country, in a historic building that has been part of the community for over 100 years. Lunch begins with bread service of white rolls or cinnamon rolls. Meal choices are: Chicken Piccata; Welshfield chopped salad with oregano vinaigrette with grilled chicken; bacon and cheddar omelette with potatoes, fresh fruit and English muffin; or The Welshfield cheeseburger on a brioche bun with french fries. Dessert is a mixed berry crisp ala mode. Your choice of soft drink, iced tea or coffee.

Registration/refund deadline is August 8.

**Activity Level: Mild****Resident | Non-Resident: \$35**

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

**Vinny's Italian Kitchen**

Vinny's partners with local small businesses to provide local flavor to make each dish as fresh and exciting as possible. Your meal begins with a house salad and a fountain beverage or coffee. Meal choices are: Rigatoni with meatball; Chicken parmesan with rigatoni; or a maple bacon burger. Dessert is a mini cannoli. Registration/refund deadline is September 12.

**Activity Level: Mild****Resident | Non-Resident: \$35**

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

**Chops**

Choose from hearty comfort food family favorites and local specials that make every meal a celebration. Meal choices are: Club sandwich on three slices of golden toast; Final four Philly cheesesteak on a hoagie roll; Rebound reuben served on a thick marble rye. All entrees served with a side of fries. Lunch includes a choice of coffee, tea or soft drink and ice cream for dessert.

Registration/refund deadline is Oct 10

**Activity Level: Mild****Resident | Non-Resident: \$35**

<i>date</i>	<i>day</i>	<i>time</i>
Oct 18	Friday	11:30 a.m. - 2:30 p.m.



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

**PRESORTED  
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 Mentor, OH  
 44060**

To the current resident or:



Guardians Opening Day Event postponed to April

**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

**Mentor Senior Center 2024 Special Events**

May	9	Picnic on the Patio	11:30 a.m. – 1 p.m.
	21	Senior Day at the Mall	9 a.m. – 2 p.m.
	30	Monthly Celebration	11:30 a.m. – 1 p.m.
June	13	Picnic on the Patio	11:30 a.m. – 1 p.m.
	20	Open House/Newcomers	2 p.m. – 3:30 p.m.
	26	Advisory Board Ice Cream Social	1 - 2 p.m.
	27	Monthly Celebration	11:30 a.m. – 1 p.m.
July	11	Picnic on the Patio	11:30 a.m. – 1 p.m.
	17	Scimitars Patio Concert	7 - 8 p.m.
	25	Monthly Celebration	11:30 a.m. – 1p.m.
Aug	8	Picnic on the Patio	11:30 a.m. – 1 p.m.
	16-17	Mentor CityFest	5 – 11 / 12 – 11 p.m.
	21	ASA Ice Cream Social	1 - 2 p.m.
	21	Hillcrest Summer Concert	7 – 8 p.m.
	29	Monthly Celebration	11:30 a.m. – 1:30 p.m.
Sept	12	90 + Lunch	11:30 a.m. – 1 p.m.
	15	Levy Coalition Pancake Beakfast	TBA
	19	Newcomers	3 – 4 p.m
	26	Monthly Celebration	11:30 a.m. – 1 p.m.
Oct	10	Volunteer Appreciation Lunch	11:30 a.m. – 1 p.m.
	31	Monthly Celebration	11:30 a.m. – 1 p.m.
Nov	7	Veteran’s Breakfast	11:30 a.m. – 1p.m.
	21	Thanksgiving Celebration	11:30 a.m.–1:30 p.m.
	TBA	Arts n Crafts Sale	9 a.m. – 3 p.m.
Dec	4	Hillcrest Holiday Concert	7 – 9 p.m.
	19	Monthly Celebration, Xmas	11:30 a.m. – 1 p.m.
	31	Noon Year’s Eve	11:30 - 3 p.m.

**The Senior Center will be closed the following:**

**Monday, April 8**



**Monday, May 27 Memorial Day**

**Thursday, July 4 Independence Day**

President.....	John Mazor	Decorations Chair.....	Connie Karchefsky	Library Chair.....	Kathy Durda
Vice President .....	Sandy Liptak	Historian.....	Vacant	Volunteer Chair ...	Debbie Higginbotham
Treasurer .....	Donna Waggle	Hospitality Chair .....	Jack Hines		
Recording Sect’y.....	Dee Groynom				
Corresponding Secretary .....	Jackie Willis				