



MENTOR SENIOR CENTER 1973-2023



1973-1978



1978-1995



1995-2023

**Get ready, it's going to be a fun year celebrating
The Mentor Senior Center's Golden Anniversary!**

	<i>date</i>	<i>day</i>	<i>time</i>	<i>Location</i>	<i>Cost</i>
Pizza Party Trivia Night	May 1	Monday	4:00 – 6:00 p.m.	Great Room	Free
Ice Cream Social	Jun 21	Wednesday	1:00 – 2:00 p.m.	Patio	Free
Open House (pg. 17)	Jun 26	Monday	2:00 – 5:00 p.m.	All	Free
Pig Roast (pg. 16)	Aug 31	Thursday	11:30 a.m.–1:30 p.m.	Patio	\$15
Noon Years Eve	Dec 29	Friday	12:00 – 3:00 p.m.	Great Room	\$5

MENTOR SENIOR CENTER NEWSLETTER May-August

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

keep until August

SENIOR CENTER ADVISORY BOARD

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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 3, 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.

Advisory Board Opening.

Are you friendly, enjoy taking simple candid pictures, and love the Mentor Senior Center? If so, we have the perfect volunteer position for you. We are looking for someone to serve on the board as the historian, taking photos and creating basic albums to record our wonderful history. We could also use a couple of people to help us organize and display photos for the 50th Anniversary festivities. Please stop at the desk and let Renee know if you are interested.

MEET JOHN MAZOR
ADVISORY BOARD
PRESIDENT



MEMBERSHIP 2023

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

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

SENIOR CENTER WEBSITE

www.mentorseniorcenter.com

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

How Do I Download the Latest Newsletter:

Type in www.mentorseniorcenter.com. 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.

SENIOR SERVICES INFORMATION

Frequently used numbers:

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

LC Gen Health District
Painesville 440-350-2543

Laketrans Dial-a-Ride Service

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

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

Lake County Council On Aging

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

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.

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.

Adult Protective Services

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

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

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

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

Waste Management Trash Walk Up Service

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Int'l Culture Club 12:00 LCCOA 3:00 Cooking Class 4:00 Pizza Party and Trivia Special: Taco Salad	9:00 Laptop Help Special: Baked Ranch Chicken	4:00 Parkinsons Support Special: Spaghetti with Meat Sauce	Special: Honey Lime Chicken with Confetti Rice	9:30 Matter of Balance 12:30 Movie Special: Stuffed Pork Chop
9:30 Mind Challenge 12:30 Board Meeting 5:00 Movie Special: Spaghetti and Meatballs	9:00 Laptop Help 10:00 Tech Tuesday 10:45 Ain't Misbehavin Trip Special: Chicken Marsala	9:00 Tech Help with MHS Special: Chicken Salad Wrap	1:00 Alzheimer's Support 3:00 Newcomers Meeting 11:30 Special Cookout: Hot Dog, Baked Beans and Watermelon	9:30 Matter of Balance 12:30 Movie Special: Meatloaf with Mashed Potatoes
9:30 Mind Challenge 10:00 Sr Produce Market 5:00 Movie Special: Chicken Parmesan Sandwich	Special: Swedish Meatballs	9-2 Sr. Day at the Mall 10:00 Senior Living - Is It Time Talk 1:00 Attorney 1:30 Book Club Special: Chicken Piccata	Special: Tuna Salad Platter	9:30 Matter of Balance 11:15 OTL Hecks 12:30 Movie Special: Breaded Pork Chop
9:30 Mind Challenge 5:00 Movie Special: Meatball Sub	Special: Roasted Pork Loin	10:00 Homestead Exemption 11:30 Guardians Game Trip 2:00 Visionaries Special: Johnny Marzetti	11:30 Celebration Lunch Turkey, Mashed Potatoes, Stuffing, Green Beans and Cookie	9:30 Matter of Balance 12:30 Movie Special: Cook's Choice
Closed Memorial Day	Special: Sweet and Sour Chicken with Rice	10:30 Sec Pals Coffee Club Special: Taco Salad	Happy Birthday to members born in May, June, July and August	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:30 Summer Mystery Trip Special: Tuna Noodle Casserole	9:30 Matter of Balance 12:30 Movie Special: Salisbury Steak
9:30 Mind Challenge at Wilby Hills 10:00 Int'l Culture Club 12:00 LCCOA 3:00 Cooking Class 5:00 Movie Special: Chicken Paprikash	9:00 Laptop Help Special: Chicken Caesar Wrap	10:00 Hearing Screening 4:00 Parkinsons Support 5:15 Guardians Game Trip Special: Meatloaf with Mashed Potatoes	10:00 Fall Prevention 1:00 Alzheimer's Support Special: Cookout BBQ Chicken with Pasta Salad and Strawberry Pretzel Jello	9:30 Matter of Balance 10:00 Sr Nutrition 12:30 Movie Special: Stuffed Pork Chop
12:30 Board Meeting 5:00 Movie Special: Tuna Salad Platter	9:00 Laptop Help 10:00 Tech Tuesday Mind Challenge Semi Finals Special: Chicken Piccata	Mind Challenge Finals Special: Shepherd's Pie	Special: Vegetarian Lasagna	9:30 Matter of Balance 11:30 OTL Creekside 12:30 Movie Special: Stuffed Cabbage with Mashed Potatoes¹
10:00 Senior Produce Market 10:30 AARP Safe Driving 5:00 Movie Special: Meatball Sub	Special: Chicken Marsala with Steamed Rice	Lancaster Trip June 21-23 1:00 Attorney 1:30 Book Club Special: Fettucine Alfredo	11:30: BBQ Pork	9:30 Matter of Balance 12:30 Movie Special: Stuffed Peppers
2-5 Open House Special: Meat Lasagna	Special: Baked Ranch Chicken	2:00 Visionaries 10:30 Sec Pals Coffee Club Special: Stuffed Shells	11:30 Pork Loin, Au Gratin Potatoes, Corn and Brownie 3:45 Weathervane Playhouse Trip	12:30 Movie Special: Cook's Choice

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Int'l Culture Club 3 12:00 LCCOA 5:00 Movie Special: Grilled Chicken and Coleslaw Applications due for Financial Assistance	4 Senior Center Closed Fourth of July Holiday	5 4:00 Parkinsons Support 5:30 Guardians Game Trip Special: Chef Salad	6 Special: Pulled Pork Sandwich	7 7:30 Lavender Trip 9:30 Diabetes Empowerment 12:30 Movie Special: Honey Lime Chicken
12:30 Board Meeting 10 3:00 Cooking Class 5:00 Movie Special: Chicken Parmesan Sandwich	11 9:00 Laptop Help Special: Meat Lasagna	12 9:30 Victorian Princess Trip Special: Chicken Caesar Salad	13 10:00 Stroke Prevention 1:00 Alzheimer's Support 11:30 Special Cookout: Bratwurst, Potato Salad, Orange Pineapple Fluff	14 9:30 Diabetes Empowerment 12:30 Movie Special: BBQ Chicken
10:00 Senior Produce Market 17 5:00 Movie Special: Chicken Marsala with Egg Noodles	18 9:00 Laptop Help Special: Salisbury Steak and Mashed Potatoes	19 7:30 Rivers Casino Trip 1:00 Attorney 7:00 Simitars Concert Band Special: Tuna Salad Platter	20 Special: Fettuccine Alfredo	21 9:30 Diabetes Empowerment 11:15 OTL Six Horses 12:30 Movie Special: Johnny Marzetti
24 5:00 Movie Special: Chicken Piccata	25 Special: Swedish meatballs and Egg Noodles	26 10:30 Sec Pals Coffee Club 2:00 Visionaries Special: Baked Chicken	27 11:30 Celebration Lunch: Chicken Salad Croissant, Broccoli Salad, Poke Cake for Dessert 6:00 Come From Away Trip	28 9:30 Diabetes Empowerment 12:30 Movie 3:45 Rabbit Run Trip Special: Cook's Choice
5:00 Movie 31 Special: Pulled Pork Sandwich	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. Please bus your tables!			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Laptop Help Special: BBQ Chicken	2 10:00 Hearing Screening 4:00 Parkinsons Support Special: Stuffed Green Pepper	3 8:30 Hartville/Everly Brothers Trip 10:00 Turning 65 Talk Special: Chicken Caesar Salad	4 9:30 Diabetes Empowerment 12:30 Movie Special: Breaded Pork Chop
10:00 Int'l Culture Club 7 12:00 LCCOA 3:00 Cooking Class 5:00 Movie Special: Salisbury Steak and Mashed Potatoes	8 9:00 Laptop Help Special: Chef Salad	9 Special: Pulled Pork Sandwich	10 11:15 Guardians Game Trip 1:00 Alzheimer's Support 11:30 Special Cookout: Cheeseburger with Macaroni Salad and Lemon Cupcake	11 9:30 Diabetes Empowerment 12:30 Movie Special: Taco Salad
14 12:30 Board Meeting 5:00 Movie Special: Chicken Cordon Bleu	15 10:00 Goodtime III Trip Special: Sweet and Sour Pork over Rice	16 7:30 Mystery Trip 1:00 Attorney 1:00 ASA Ice Cream Social 1:30 Book Club Special: Spaghetti and Meatballs	17 Special: Chicken Salad Wrap	18 11:30 OTL Smokin Q's BBQ 12:30 Movie Special: Pierogies
Vermont Aug 21-26 21 10:00 Sr Produce Market 5:00 Movie Special: Meatball Sub Sandwich	22 Special: Chicken Alfredo	23 2:00 Visionaries 7:00 Hillcrest Band Special: Scalloped Potatoes with Ham	24 Special: Shepherd's Pie	25 12:30 Movie Special: Honey Lime Chicken
28 5:00 Movie Special: Teriyaki Chicken and Rice	29 Special: Stuffed Cabbage Rolls	30 10:30 Sec Pals Coffee Club Special: Grilled Chicken Quarter	31 11:30 Celebration Lunch: 50th Anniversary Pig Roast	

DIRECTOR'S CORNER

REMARKS FROM RENEE

Since 1973 the Mentor Senior Center has provided vital services to seniors that strengthen social connections and promote health and well-being. Join us for fun events throughout the year to celebrate 50 years of providing socialization and recreation to our seniors. Be sure to check out the upcoming dates on the front page.

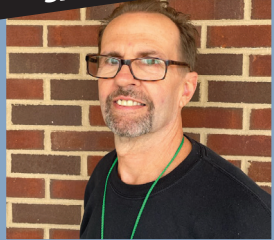


DAVE DISCUSSES

The 5th Annual Mind Challenge begins May 8. Members are invited to join us as individuals or teams to compete in mind challenging trivia. Each team of 6 works together to answer trivia questions. This is a great way to meet new people and sharpen your mind. Through the generosity of the Senior Center Advisory Board, a scholarship program is available for anyone who wants to participate in programs at the center but needs help financially. Forms are available at the front desk. The next deadline is Jul 3 for programs Sep-Dec.



SAM HINTON

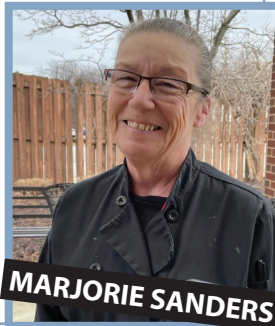


Mentor Senior Center welcomes our newest staff members.

Sam Hinton is making the Senior Center shine! His skills as a G.E. Maintenance Mechanic will come in handy as he joins our custodial staff. Summer is his favorite time of year as he enjoys family outings with his kids at his camper in Orwell, or riding with his Harley Motorcycle

Group. His indoor fun activities include Line Dancing and Ballroom Dancing.

Marjorie Sanders grew up in Chagrin Falls where she raised three kids. She entered the restaurant industry when she was a mere 12 years old and has worked every position in the business. Later in life she went back to school to earn a Hospitality and Business Degree. She's putting her creative talents into renovating a house she recently purchased.



MARJORIE SANDERS

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: Art Sutt, Donnajean Napoli, George Wildeman, Joe Whalen, Marlyss Sekki, Howard Briggs, George Steffy, Bill Komyati and Harold Lavelle. **RIP**

Movies

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

Fri	May 5	Poker Face R Action, Thriller
Mon/Fri	May 8/12	Entrapment PG 13 Crime, Mystery, Drama
Mon/Fri	May 15/19	Ghost & Mrs. Muir NR Comedy, Drama
Mon/Fri	May 22/26	12 Strong R Action, Drama
Mon	Jun 2	Cleaner R Thriller
Mon/Fri	Jun 5/9	Holiday Inn NR Musical, Romance
Mon/Fri	Jun 12/16	Patriots Day R Action, Crime
Mon/Fri	Jun 19/23	Elvis PG-13 Drama, Music
Fri	Jun 30	The Noel Diary PG Drama
Mon/Fri	Jul 3/7	Medicine Man PG-13 Drama
Mon/Fri	Jul 10/14	Leap Year PG Comedy, Romance
Mon/Fri	Jul 17/21	Where the Crawdads Sing PG-13 Drama, Mystery
Mon/Fri	Jul 24/28	Book Club 2 PG-13 Romance, Comedy
Mon	Jul 31	The Uninvited NR Mystery, Horror, Fantasy
Fri	Aug 4	The Uninvited PG-13 Action, Adventure, Comedy
Mon/Fri	Aug 7/11	Don't Worry Darling R Drama, Sci Fi, Thriller
Mon/Fri	Aug 14/18	A Good Person R Drama
Mon/Fri	Aug 21/25	Heart of Stone PG-13 Action, Crime
Mon	Aug 28	80 for Brady PG-13 Comedy
Fri	Sep 1	80 for Brady PG-13 Comedy

Resident/Nonresident: FREE

REGULAR SCHEDULED ACTIVITIES

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

REGISTRATION

Registration for our Summer programs begin Apr 3 for Mentor residents and Apr 4 for Non-residents. You can register online by creating an account (see directions below) or calling the center at 440-974-5725.

Senior Center membership is required to participate in all programs.

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

REFUND GUIDELINES

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

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.



ONLINE REGISTRATION

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

CREATING AN ACCOUNT

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

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

Kuerig and Coffee Pods

The Senior Center Advisory Board graciously offers free coffee to members. Coffee pods are 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, new member benefit!

ARTS AND CRAFTS

All Media Painting

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

Instructor: Jennifer Theil

Location: Senior Center Cultural Arts Room

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

dates	day	time
May 4 – Jun 22	Thursday	10:00 a.m. – 12:00 p.m.
Jul - Aug	OFF	

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 3 – Jun 21	Wednesday	10:00 a.m. – 12:00 p.m.
May 3 – Jun 21	Wednesday	5:00 - 7:00 p.m.
Jul 5 - Aug 23	Wednesday	10:00 a.m. – 12:00 p.m.
Jul 5 - Aug 23	Wednesday	5:00 - 7:00 p.m.

Quilting

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

Instructor: Teri Bittner

Location: Senior Center Cultural Arts Room

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

dates	day	time
May 1 – Jun 19	Monday	5:30 - 7:30 p.m.
May 2 – Jun 20	Tuesday	9:00 - 11:00 a.m.
Jul - Aug	OFF	

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 2 – Aug 22	Tuesday	2:00 – 4:00 p.m.
Jul 4	No class	

Senior Adults

CONTINUING EDUCATION

American Sign Language Club

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

Volunteer Instructor: Sharon House

Location: Senior Center Lobby

Resident | Non-Resident: Free

dates	day	time
May 2 – Aug 22	Tuesday	12:00–1:00 p.m.
Jul 4	No class	

AARP Driver Safety Course

Licensed drivers 55 or older can take this class designed to refine existing skills as well as develop new, safe defensive driving techniques. You may earn a certificate and qualify for a lower auto insurance rate (check with your agent). Bring your driver's license and AARP card to the class. **Cost: \$20 for AARP members, \$25 for non-AARP members,** check or money orders only made payable to AARP. Bring a bag lunch or money to purchase lunch at the center.

Instructor: AARP Instructor

Location: Senior Center Cultural Arts Room

dates	day	time
Jun 19	Monday	10:30 a.m.–3:00 p.m.

Book Club

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

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

date	day	time
May 17	Wednesday	1:30 – 3:00 p.m.
<i>The Silent Patient</i> by Alex Michaelides		
Jun 21	Wednesday	1:30 – 3:00 p.m.
<i>The Seven Husbands of Evelyn Hugo</i> by Taylor Jenkins Reid		
Jul 19	Off	Aug 16 TBA

Chronic Disease Self-Management (CDSM) Workshop

Take charge of your long-lasting health concerns – and your life. You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

dates	day	time
Sep 8 – Oct 13	Friday	9:00 – 11:30 a.m.

Cooking Classes

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

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

Location: Senior Center Cardinal Room

Resident \$25 | Nonresident: \$31.25

Lemon Butter Pasta with Charred Leeks

Summer is on the horizon and what better way to lighten things up than with a zesty lemon butter pasta with charred leeks.

<i>date</i>	<i>day</i>	<i>time</i>
May 1	Monday	3:00 – 4:30 p.m.

Falafel Sliders

These insanely tasty falafel sliders are bursting with Mediterranean flavor and are so easy to make. The combination of cumin and coriander chickpea patty with cool cucumber sauce is epic.

<i>date</i>	<i>day</i>	<i>time</i>
Jun 12	Monday	3:00 – 4:30 p.m.

Portobello Steaks with Avocado Chimichurri

Rich, marinated portobello mushroom steaks paired with a spicy avocado chimichurri sauce that will be sure to add a kick to this summer meal.

<i>date</i>	<i>day</i>	<i>time</i>
Jul 10	Monday	3:00 – 4:30 p.m.

Southwest Couscous Salad

Full of delicious flavors and textures, this tangy, colorful southwest salad is perfect for summer picnics.

<i>date</i>	<i>day</i>	<i>time</i>
Aug 7	Monday	3:00 – 4:30 p.m.

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: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Jul 7 – Aug 11	Friday	9:30 – 11:30 a.m.

Homestead Exemption Presentation

Did you know you can save money on your homestead property taxes? Lake County Treasurer Michael Zuren and Auditor Christopher Galloway have a short Powerpoint presentation to inform seniors on how to sign up for the homestead property tax reduction, requirements, forms and additional information. Q and A to follow.

Location: Senior Center Cardinal Room

Resident | Non-resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 24	Wednesday	10:00 – 11:00 a.m.

Lake County Council on Aging

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

Location: Senior Center Cardinal Room

12-12:30 p.m./Great Room 12:30 - 1:00 p.m.

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>topic</i>
May 1	Monday	Aging and Disability
Jun 5	Monday	Health Equipment Lending
Jul 3	Monday	LCCOA Resources
Aug 7	Monday	Benefits (Medicare, SNAP, etc)

Matter of Balance

Take steps to make falls less likely —participate in A Matter of Balance workshop! This nationally-recognized program offered by Fairhill Partners reduces the fear of falling and increases activity levels.

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 5 – Jun 23	Friday	9:30 – 11:30

Senior Living – Is It Time?

Have you asked yourself this question? Join us for a special presentation and get all your questions answered.

Topics covered: Selling your home: How? When? Who do you trust? Who will help me?

What's the best way to downsize? How do I afford senior living? What are my options?

Presentation provided by Howard Hanna-Mentor and Tapestry Senior Living.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 17	Wednesday	10:00 – 11:00 a.m.

Senior Nutrition with the Cleveland Food Bank: Diabetes

Healthy eating, physical activity and medical treatment can all help successfully manage diabetes. Learn about how what you eat, how much you eat, and when you eat all matter. The Greater Cleveland Food Bank Nutrition Educator gives tips to improve your health through nutrition, and what to communicate with your medical professionals.



Greater Cleveland
Food Bank

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Jun 9	Friday	10:00 – 11:00 a.m.

CONTINUING EDUCATION, con't

Konversation with Ken

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

Location: Senior Center Cardinal Room

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

<i>date</i>	<i>day</i>	<i>time</i>
May 3	Wednesday	12:00 – 1:00 pm

Turning 65 – What You Need to Know About Medicare

This workshop provides all the information needed for Medicare beneficiaries to understand and take full advantage of all that Medicare has to offer.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Aug 3	Thursday	10:00 – 11:00 a.m.

University Hospital - Fall Prevention

University Hospitals provides a Falls Clinic evaluation service for patients who have experienced a fall in the past or are at risk for falls. This is a multidisciplinary pilot program that involves evaluation by a geriatric physician, clinical pharmacist, physical therapist, and ENT provider. This event will include a clinical pharmacist presenting on polypharmacy, high-risk falls medications, and proper medication adherence.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Jun 8	Thursday	10:00 – 11:00 a.m.

University Hospital – Stroke Prevention

Stroke is the 5th leading cause of death in the United States, but remains the main cause of disability for adults. Learn how to identify risk factors that you can control to prevent stroke. Because every minute counts when dealing with a stroke take this opportunity to learn stroke warning signs and strategies to access care quickly.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Jul 13	Thursday	10:00 – 11:00 a.m.

FITNESS/WELLNESS OUTDOORS

Cycling Club

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

Monday Hiking Club

Monday evening hikes begin at 6 p.m. and are scheduled from April through October. Hikes are at the various parks in Lake County. You can join the club and hike at any time. If you have any questions, call the Senior Center at 440-974-5725 for complete details including the hiking locations.

FITNESS/WELLNESS INDOORS

NEW FOR SUMMER

Country Heat MSC

Step right into this easy-to-follow, completely exhilarating, country dance inspired workout! No complicated moves. No memorizing routines.

Just simply follow along to enjoy the low-impact, high energy dance class set to the hottest country hits.

Instructor: Pam Benko

Location: Senior Center Fitness Studio

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

Silver Sneakers Members: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 4 - Jun 22	Thursday	1:00 - 1:45 p.m.



Line Dancing Basic Beginner

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

Instructor: Tina Foster

Location: Senior Center Fitness Studio

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

<i>dates</i>	<i>day</i>	<i>time</i>
May 3 – Jun 21	Wednesday	5:45 – 6:45 p.m.
Jul 5 – Aug 23	Wednesday	5:45 – 6:45 p.m.

Line Dancing Advanced Beginner

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

Instructor: Tina Foster

Location: Senior Center Fitness Studio

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

<i>dates</i>	<i>day</i>	<i>time</i>
May 3 – Jun 21	Wednesday	6:45 – 7:45 p.m.
Jul 5 – Aug 23	Wednesday	6:45 – 7:45 p.m.

Low Impact Aerobics

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

Instructor: Sharon Benner

Location: Senior Center Fitness Studio

Resident: \$19 | Nonresident: \$24

<i>dates</i>	<i>day</i>	<i>time</i>
May 1 – Jun 19 (No class May 29)	Monday	9:00 – 9:45 a.m.
May 2 – Jun 20	Tuesday	9:00 – 9:45 a.m.
May 4 – Jun 22	Thursday	9:00 – 9:45 a.m.
May 5 - Jun 23	Friday	9:00 – 9:45 a.m.
Jul 3 – Aug 21	Monday	9:00 – 9:45 a.m.
Jul 11 – Aug 22 (No class July 4)	Tuesday	9:00 – 9:45 a.m.
Jul 6 – Aug 24	Thursday	9:00 – 9:45 a.m.
Jul 7 – Aug 18	Friday	9:00 – 9:45 a.m.

Parkinson's Exercise

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

Instructor: Dana Rini, Sharon Benner, Pat Talladino

Location: Senior Center Fitness Studio

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 3 – Jun 21	Wednesday	3:00 – 3:45 p.m.
Jul 5 – Aug 23	Wednesday	3:00 – 3:45 p.m.

NEW FOR SUMMER

SilverSneakers BOOM™ MUSCLE

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill. For intermediate to advanced.

Instructor: Pam Benko

Location: Senior Center Fitness Studio

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

Silver Sneakers Members: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 4 - Jun 22	Thursday	12:00 - 12:45 p.m.

SilverSneakers® Circuit

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

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

Location: Senior Center Fitness Studio

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

Silver Sneakers Members: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 1 – Jun 19 (No class May 29)	Monday	6:00 – 6:45 p.m.
May 3 – Jun 21	Wednesday	11:00 – 11:45 a.m.
Jul 3 - Aug 21	Monday	6:00 – 6:45 p.m.
Jul 5 – Aug 23	Wednesday	11:00 – 11:45 a.m.

SilverSneakers® Classic

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

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

Location: Senior Center Fitness Studio

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

Silver Sneakers Members: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 1 – Jun 19 (No class May 29)	Monday	10:00 – 10:45 a.m.
May 3 – Jun 21	Wednesday	10:00 – 10:45 a.m.
May 5 - Jun 23	Friday	10:00 – 10:45 a.m.
Jul 3 – Aug 21	Monday	10:00 – 10:45 a.m.
Jul 5 – Aug 23	Wednesday	10:00 – 10:45 a.m.
Jul 7 – Aug 18	Friday	10:00 – 10:45 a.m.

SilverSneakers® EnerChi

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

Instructor: Denise Molesch

Location: Senior Center Fitness Studio

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

Silver Sneakers Members: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 4 – Jun 22	Thursday	4:00 - 4:45 p.m.
Jul 6 – Aug 24	Thursday	4:00 - 4:45 p.m.

SilverSneakers® Stability

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

Instructor: Monday - Sharon Benner;

Friday - Denise Molesch

Location: Senior Center Fitness Studio

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

Silver Sneakers Members: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 1 – Jun 19 (No class May 29)	Monday	11:00 - 11:45 a.m.
May 5 – Jun 23	Friday	12:00 - 12:45 p.m.
Jul 3 – Aug 21	Monday	11:00 - 11:45 a.m.
Jul 7 – Aug 18	Friday	12:00 - 12:45 p.m.

SilverSneakers® YOGA

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

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

Location: Senior Center Fitness Studio

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

Silver Sneakers Members: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 1 – Jun 19	Monday	12:00 - 12:45 p.m.
(No class May 29)		
May 3 – Jun 21	Wednesday	9:00 – 9:45 a.m.
May 4 – Jun 22	Thursday	3:00 – 3:45 p.m.
May 5 – Jun 23	Friday	11:00 – 11:45 a.m.
Jul 3 – Aug 21	Monday	12:00 - 12:45 p.m.
Jul 5 – Aug 23	Wednesday	9:00 – 9:45 a.m.
Jul 6 – Aug 24	Thursday	3:00 – 3:45 p.m.
Jul 7 – Aug 18	Friday	11:00 – 11:45 a.m.

Stretch and Balance

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

Instructor: Sharon Benner

Location: Senior Center Fitness Studio

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

<i>dates</i>	<i>day</i>	<i>time</i>
May 2 – Jun 20	Tuesday	11:00–11:45 a.m.
May 4 – Jun 22	Thursday	11:00–11:45 a.m.
Jul 11 – Aug 22	Tuesday	11:00–11:45 a.m.
(No class July 4)		
Jul 6 – Aug 24	Thursday	11:00–11:45 a.m.

Water Exercise Class at Mentor Community Recreation Center

A variety of water fitness classes will be offered at the Mentor Community Recreation Center Pool located at 6000 Heisley Rd., Mentor. Check out our website at mentorseniorcenter.com, the Mentor Senior Center Facebook page or call (440) 974-5725 in April for more details.

Weight Training

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

Instructor: Sharon Benner

Location: Senior Center Fitness Studio

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

<i>dates</i>	<i>day</i>	<i>time</i>
May 2 – Jun 20	Tuesday	10:00 – 10:45 a.m.
May 4 – Jun 22	Thursday	10:00 – 10:45 a.m.
Jul 11 – Aug 22	Tuesday	10:00 – 10:45 a.m.
(No class July 4)		
Jul 6 – Aug 24	Thursday	10:00 – 10:45 a.m.

Fitness Center

A variety of cardio equipment is available including treadmills, seated ellipticals, standing ellipticals, NuStep and a bike. Light free weights, 4 stationary stations (abdominal, leg press, leg extension/curl, chest press) and a cable pulley station are available for strength training. Members are asked to disinfect each piece of equipment after use. Please bring clean, dry shoes to prevent equipment damage.

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.

Location: Senior Center Fitness Center

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

Silver Sneakers Members: Free

Call to schedule appointment.

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

Fitness Orientation – Strength Training

Learn how to operate fundamental strength training machines focused on large muscle groups (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.

Location: Senior Center Fitness Center

Resident: \$12.50/Non-Resident: \$15

Call to schedule appointment.

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

Personal Training

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

Tuesday, Thursday and Friday afternoons

Location: Senior Center Fitness Center

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

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

GAMES/CLUBS

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

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. Annual free registration is required.

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. Cards are \$.25 each, maximum of 4 per person.

Location: Senior Center Cardinal Room

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

Chair Volleyball

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

Leader: Carol Snively

Location: Senior Center Fitness Studio

Resident: 10/year | Non-Resident: \$12/year

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

Chess Club

Interested in playing chess? Sign up at the front desk for weekly drop-in play.

Location: Senior Center Great Room

Resident | Non-Resident: Free

<i>day</i>	<i>time</i>
Tuesday	1:00 – 2:30 p.m.

Cornhole

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

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

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

Cribbage

Interested in playing Cribbage? Please register at the front desk and we will try to organize a Cribbage Club. Days and times to be determined by interested members.

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	10:00 a.m.

Huffers and Puffers Softball

Men aged 60 and older play on a softball team. Games are played at Mentor Senior High School field, weather permitting. All are welcome. For questions contact the coordinator, Dick Honkala at 440-354-4587.

Location: MHS across Civic Center Blvd from MSC

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
May - Sep	Mon, Wed, Fri	9:30 a.m.

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 1	Monday	10:00 – 11:30 a.m. – Regular Meeting
Jun 5	Monday	10:00 – 11:30 a.m. – Regular meeting
Jul 3	Monday	10:00 – 11:30 a.m. – Regular meeting
Aug 7	Monday	10:00 – 11:30 a.m. – Regular Meeting

Mahjong

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

Location: Senior Center Lobby

Resident | Non-Resident: Free

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

Needlecrafters

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

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

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

Ping Pong

Open play is available.

Location: Senior Center Fitness Studio

Resident | Non-Resident: Free

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

Pinochle

All players must be experienced.

Location: Senior Center Great Room

Resident | Non-Resident: Free

<i>day</i>	<i>time</i>
Tuesday	12:00 – 3:15 p.m.

Puzzle Table

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

Location: Senior Center Lobby

Scrabble

Interested in playing Scrabble? Please register at the front desk and we will try to organize a Scrabble Club. Days and times to be determined by interested members.

Location: Senior Center Great Room

Resident | Non-Resident: Free

Somba Card Game

New players are welcome, no experience needed.

Location: Senior Center Great Room

Resident | Non-Resident: Free

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

Senior Mixed League Bowling at Roll House Mentor

Tuesdays at 12:30. Call Helen Hayes at 440-725-9585.



HEALTH SERVICES

Alzheimer's Association Caregiver Support Group

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

Location: Cultural Arts Room

Resident | Nonresident: Free

<i>date</i>	<i>day</i>	<i>time</i>
May 11, Jun 8, Jul 13, Aug 10	Thursday	1:00 – 2:30 p.m.

Attorney Gary Rosenthal

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

Location: Conference Room 2

Resident | Nonresident: Free

<i>date</i>	<i>day</i>	<i>time</i>
May 17, Jun 21, Jul 19, Aug 16	Wednesday	1-2p.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.

Location: Senior Center Conference Room 2

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Jun 7, Aug 2	Wednesday	10:00 a.m. – 12:00 p.m.

Parkinson's Support Group

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

Volunteer Leader: Phyllis Hinkel

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
May 3, Jun 7, Jul 5, Aug 2	Wednesday	4:00 – 5:30 p.m.

Produce Distribution

In conjunction with the Cleveland Food Bank we offer produce distribution for limited income seniors the third Monday of the month from 10 – 11 am. No reservations are needed, but please bring a valid driver's 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. Please bring a heavy duty bag or two for produce.

Location: Senior Center Great Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
May 15, Jun 19, Jul 17, Aug 21	Monday	10:00 – 11:00 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 and assistance with program registration and directing to activities for those with memory issues. (Note this program is not designed for individuals with moderate-severe dementia, 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. We offer specially designed chair exercise programs for seniors with some physical challenges on Wednesday. Laketran is available to bring senior citizens to and from Mentor Senior Center activities.

Contact the front desk to schedule an enrollment appointment to meet with Special Elders staff

Location: Senior Center

Resident | Non-Resident: \$20 annual fee

<i>days</i>	<i>time</i>
Monday, Wednesday	10:30 a.m. – 2:00 p.m.

Schedule of Activities

Monday

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

Wednesday

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

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

<i>date</i>	<i>day</i>	<i>time</i>
May 3 – Jun 21	Wednesday	12:00 - 12:45 p.m.
Jul 5 – Aug 23	Wednesday	12:00 - 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: Cultural Arts Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
May 24, Jun 28, Jul 26, Aug 23	Wed	2:00-4:00 p.m.

MEALS

PICNIC 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 day of!

Location: Senior Center Outdoor patio

Resident | Non-Resident: \$9

Second Thursday of the month 11:30 am

May 11

Quarter pound all beef hotdog, baked beans and watermelon. Reservation deadline is May 1.

June 8

Barbeque chicken on the grill, pasta salad and strawberry pretzel salad. Reservation deadline is May 26.

July 13

Bratwurst, creamy potato salad and orange pineapple fluff. Reservation deadline is July 3.

August 10

Cheeseburger, macaroni salad and lemon cupcake. Reservation deadline is July 31.



CELEBRATION LUNCHESES

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

Location: Senior Center Great Room

Resident | Non-Resident: \$9

Last Thursday of the month 11:30 am

May 25 Celebration

Turkey, mashed potatoes, stuffing and green beans and a scrumptious chocolate chip cookie to satisfy your sweet tooth! New to the Senior Center but not to entertaining, Logan Wells is excited to make her debut with a variety of Oldie's music.

Reservation deadline is May 15.

June 29 Celebration

Pork loin, au gratin potatoes, corn and a brownie cookie for dessert. Traveling Man Duo will provide music from the 50s and 60s. Mix in the guitar and tambourines for a wonderful afternoon performance.

Reservation deadline is June 19.

July 27 Celebration

Chicken salad croissant, broccoli salad and poke cake. The Take II Band will entertain us with music by Karen Carpenter, Stevie Nicks, Bob Seger, the Beatles and more. He plays the guitar and she provides the rhythm with a variety of instruments.

Reservation deadline is July 17.

August 50th Anniversary Celebration Pig Roast

Join us for a pig roast luau to celebrate 50 years of the Mentor Senior Center! Regovich Catering will be on site with fresh off the spit pig and chicken. Delicious sides include potato salad and grilled vegetables with fruit salad for dessert. Hula dancers will shake it up for us. Cost is \$33 per person. To celebrate our 50th Anniversary, the board will contribute \$18 per person, so member cost is \$15. Reservation deadline is August 21 or when sold out.

Location: Senior Center Great Room

Resident | Non-Resident: \$15

<i>date</i>	<i>day</i>	<i>time</i>
Aug 31	Thursday	11:30 a.m.

Daily Made From Scratch Lunch

Mon – Fri 11:30 a.m. – 12:15 p.m.

Stop by for a featured daily Cook's Special at a cost of \$5.00. Homemade soup, sandwiches and cookies are available. Drinks include coffee, tea, milk, lemonade, and soda. The monthly menu is available at the Flier Tower in the lobby, in the monthly newsletter and online at www.mentorseniorcenter.com. 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. Please bus your table promptly when finished eating.

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: Senior Center Great Room

Resident | Non-Resident: \$4

<i>date</i>	<i>day</i>	<i>time</i>
Aug 23	Wednesday	7-8 p.m.

Mentor Follies Dancers

Join us for exercise, dance and fun.

Director: Rena Ellwanger

Location: Senior Center Stage

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
May 3 – Aug 30	Wednesday	6:45 – 7:45 p.m.

Mentor Music Makers

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

Instructor: Maria Voljin

Location: Senior Center Stage

Resident \$30 | Non-Resident \$38

<i>date</i>	<i>day</i>	<i>time</i>
May 3 – Jun 21	Wednesday	10:00 – 11:30 a.m.
Jul 5 – Aug 23	Wednesday	10:00 – 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 2 – Jun 20	Tuesday	9:00 a.m. – 12:00 p.m.
Jul 11 – Aug 22	Tuesday	9:00 a.m. – 12:00 p.m.

Scimitars

The SCIMITARS SWING BAND specializes in the music of the 40s, 50s, and 60s; the era of the "Big Bands". They bring back the sounds from many artists of the "swing" era. They also present music of an earlier vintage, as well as current popular tunes. Their instrumentation includes full saxophone, trumpet, trombone, and rhythm sections.

Location: Senior Center Great Room

Resident | Non-Resident: \$2

<i>date</i>	<i>day</i>	<i>time</i>
Jul 19	Wednesday	7:00 – 8:00 p.m.

SPECIAL EVENTS

Garage Sale

Join us for this HUGE annual garage sale where you may find some wonderful treasures. For vendors interested in purchasing a space will still have tables. Cost is \$25 for a 6-ft table and \$20 for a 5-ft table.

Location: Senior Center

<i>date</i>	<i>day</i>	<i>time</i>
Apr 29	Saturday	9:00 a.m. – 3 p.m.

50th Anniversary Open House

A special day is planned to recognize the history, accomplishments, and welcome the Mentor community to see what a great asset the center is to the community. City officials will be on hand to celebrate 50 amazing years and join us for a celebratory cake.

Take a stroll down memory lane as we display photos and memorabilia from the past 50 years, which includes 3 different locations. Class demos and displays will help you discover for yourself the many classes, programs, and events that keep our seniors young. Tours will be available and if you bring in a non-member, you'll receive a special gift. Registration starts April 3 for residents, and April 4 for non-residents.

Location: Senior Center Great Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
June 26	Monday	2:00 – 5:00 p.m.

ASA 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: Senior Center Great Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Aug 16	Wednesday	1:00 – 2:00 p.m.

Newcomers

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

Location: Senior Center Great Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
May 11	Thursday	3:00 – 4:00 p.m.

Northeast Ohio Mind Challenge

The Mind Challenge is back for its 5th year. The mind stimulating event grows each year. We will be forming teams on May 8, individuals and teams are welcome. The challenge begins in May and wraps up in June. Please spread the word, recruit family and friends and get ready for some exciting mind challenging trivia! Please register in advance.

Resident | Nonresident: Free

<i>date</i>	<i>day</i>	<i>time</i>
May 8	Monday	9:30 a.m. (Team Formation at Kirtland Senior Center)
May 15	Monday	9:30 a.m. at Kirtland Sr Center
May 22	Monday	9:30 a.m. at Kirtland Sr Center
Jun 5	Monday	9:30 a.m. Elevated 11 at Wlby Hills
Jun 13	Tuesday	Fact Finding Six
Jun 14	Wednesday	Finals - Middleburg Hts

Senior Day at The Mall

It's back!! After a few years off. 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 2023 Seniors of the Year at 11:30 and entertainment by Elvis at 12:30.

Location: Great Lakes Mall

Resident | Non-Resident: \$1 suggested donation.

<i>date</i>	<i>day</i>	<i>time</i>
May 17	Wednesday	9:00 – 2:00 pm

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 2 and 9	Tuesday	9:00 – 11:00 a.m.
Jun 6 and 13	Tuesday	9:00 – 11:00 a.m.
Jul 11 and 18	Tuesday	9:00 – 11:00 a.m.
Aug 1 and 8	Tuesday	9:00 – 11:00 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 10	Wednesday	9:00 – 10:00 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 9	Tuesday	10:00 - 11 a.m. E Books and More: Getting the Most Out of your Library Card
Jun 13	Tuesday	10:00 - 11 a.m. Facebook Basics



Come Travel with Us!

MENTOR SENIOR CENTER TRAVEL QUEST

2023

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

ACTIVITY LEVELS

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

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

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

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

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

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 for small bus trips started in December for trips that take place Jan-June. Registration starts April 3/4 for small bus trips that take place July - October. And finally, registration for small bus trips that take place in November and December will be August 7/8.

The interest in the travel program has surged since we didn't travel much for two years and folks are trying to make up for lost time. 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.

NEW for 2024!! Alaska Discovery Land and Cruise Tour Aboard NCL - Norwegian Jewel Jul 25 - Aug 5, 2024 Thursday - Sunday

Join The Mentor Senior Center on a "Trip of a Lifetime". Explore and get inspired by Alaska's vast landscapes, native cultures, wildlife, ancient glaciers and mountain peaks. Our 5 day LAND & 7 Night Cruise is Alaska at its best!!! Deposit of \$500 is required upon registration and is non-refundable if trip insurance is not purchased. Final payment is due February 1, 2024.

Cancellation/interruption protection is highly recommended: \$575 per person due at registration.

Activity Level: Moderate

Resident/Nonresident inside stateroom: \$5889 per person double, \$7499 per person single, \$5399 per person triple; other room options available for additional fee.



The following trips are sold out. Call to be put on a Wait List. People do cancel, and if we have enough on the Wait List we can schedule a 2nd bus.

Ain't Misbehaving at the Hanna Theater

May 9 Tue 10:45 a.m. - 4:30 p.m.

Registration/refund deadline is April 9.

Activity Level: Mild

Resident | Nonresident: \$100

Summer Mystery Trip #5

Jun 1 Thu 8:30 a.m. - 6:00 p.m.

Registration/refund deadline is May 1.

Activity Level: Moderate

Resident | Nonresident: \$104

Rivers Casino with Pittsburgh River Cruise

Jul 19 Wed 7:30 a.m. - 8:15 p.m.

The gaming bonus (provided by the casino) is \$25.

Registration/refund deadline is Jun 19

Activity Level: Moderate

Resident | Nonresident: \$82

Everly Brothers Tribute Show at Hartville

Aug 3 Thu 8:30 a.m. - 6:00 p.m.

Registration/refund deadline is June 26.

Activity Level: Mild

Resident | Nonresident: \$104

Dog Days of Summer Mystery Trip #13

Aug 16 Wed 7:30 a.m. - 7:00 p.m.

Registration/refund deadline is July 16

Activity Level: Moderate

Resident | Nonresident: \$104

Autumn Wine Tasting Adventure

Oct 25 Wed 8:45 a.m. - 6:00 p.m.

Registration/refund deadline is September 25

Activity Level: Moderate

Resident | Nonresident: \$94

A Very Merry POPS

Nov 26 Sun 12:45 - 6:45 p.m.

Registration/refund deadline is October 13

Activity Level: Mild

Resident | Nonresident: \$104

Fabulous Finger Lakes in Fall

Oct 4-6 Wed - Fri

Deposit of \$150 is required upon registration. Final payment/registration/refund deadline is August 4.

Activity Level: Moderate

Resident | Nonresident: \$599 per person double, \$723 per person single, \$569 per person triple, \$569 per person quad.

2023 One Day Trips

Weathervane Playhouse

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

<i>date</i>	<i>day</i>	<i>time</i>
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Jun 29	Thursday	3:45 - 11:55 p.m.
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Resident | Nonresident: \$125

Lavender and Blueberry Trail

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

<i>date</i>	<i>day</i>	<i>time</i>
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Jul 7	Friday	7:30 a.m. - 6:00 p.m.
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Resident | Nonresident: \$115

Rabbit Run Theatre

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

<i>date</i>	<i>day</i>	<i>time</i>
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Jul 28	Friday	3:45 - 11:00 p.m.
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Resident | Nonresident: \$93

Winetasting in Sugar Creek

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

<i>date</i>	<i>day</i>	<i>time</i>
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Sep 12	Tuesday	8:30 a.m. - 7:00 p.m.
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Resident | Nonresident: \$93

Flea Markets in Hartville

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

<i>date</i>	<i>day</i>	<i>time</i>
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Sep 21	Thursday	8:00 a.m. - 6:30 p.m.
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Resident | Nonresident: \$73

Historic Barn Mural Tour

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

<i>date</i>	<i>day</i>	<i>time</i>
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Oct 19	Thursday	7:15 a.m. - 8:15 p.m.
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Resident | Nonresident: \$101

Detroit

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

<i>date</i>	<i>day</i>	<i>time</i>
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Nov 1	Wednesday	7:30 a.m. - 7:30 p.m.
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Resident | Nonresident: \$125

Franklin Park Conservatory and Alum Creek State Park Fantasy of Lights

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

<i>date</i>	<i>day</i>	<i>time</i>
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Dec 7	Wednesday	8:30 a.m. - 8:30 p.m.
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Resident | Nonresident: \$112

2023 Overnight Trips

Sight and Sound Theater and Flight 93 Memorial Jun 21-23 Wednesday - Friday

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

Activity Level: Moderate

Resident | Nonresident: \$545 per person double, \$676 per person single, \$506 per person triple, \$489 per person quad.

Vermont

Aug 21-26 Monday-Saturday

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

Final payment/registration/refund deadline is June 7

Activity Level: Moderate

Resident | Nonresident: \$720 per person double, \$1009 per person single, \$699 per person triple, quad not available.

Mega Michigan Tour with Charlevoix

Sept 18-21 Monday-Thursday

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

Final payment/registration/refund deadline is July 3.

Activity Level: Moderate

Resident | Nonresident: \$871 per person double, \$1027 per person single, \$821 per person triple, \$795 per person quad.

Smokies at Christmas and Biltmore

Nov 14-17 Tuesday-Friday Trip highlights include: Hatfield and McCoy Christmas Disaster Dinner Feud, admission to the Titanic in Pigeon Forge, tour of Bush Beans Museum and General Store, Stable Café Dinner and Candlelight Tour at Biltmore Mansion, Antler Hill Village, visit to The Island in Pigeon Forge and tour of Ole Smoky Moonshine, time in Gatlinburg, and admission to Dollywood for the Smoky Mountain Christmas Festival.

Final payment/registration/refund deadline is September 1.

Activity Level: Moderate

Resident | Nonresident: \$1049 per person double, \$1232 per person single, \$995 per person triple, \$973 per person quad.

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.

MSC Small Bus Trips

Registration starts April 3/4 for small bus trips that take place in July – October.

Registration for small bus trips in May and June is currently open.

Cleveland Guardians

Cheer on the Cleveland Guardians at Progressive Field. Registration is currently open for games in May and June. Registration/refund deadline is 1 month prior to the date of the game.

Activity Level: Moderate

<i>date</i>	<i>day</i>	<i>time</i>	
May 24	Wednesday	11:30 a.m. – 5:00 p.m.	\$30
Jun 7	Wednesday	5:15 p.m. – 11:00 p.m.	\$79
Club seats – includes food and soft drinks SOLD OUT			
Registration starts April 3/4 for games in Jul, Aug, Sep.			
Jul 5	Wednesday	5:30 p.m. – 11 p.m.	\$37
Aug 10	Thursday	11:15 a.m. – 5 p.m.	\$79
Club seats – includes food and soft drinks			
Sep 6	Wednesday	11:30 a.m. – 5 p.m.	\$39

Festival of the Arts

Legacy Village, in Lyndhurst, is the perfect setting for this first-class art affair. Spend the day perusing great artwork, dining on your own at the many restaurants on site, and enjoying the day. More than 100 artists on display featuring mediums such as paint, jewelry, photography, sculpture, ceramics and much more. This show will also include a separate craft marketplace.

Registration/refund deadline is May 19

Activity Level: Moderate

Resident | Non-Resident: \$12

<i>date</i>	<i>day</i>	<i>time</i>
Jun 3	Saturday	9:30 a.m. – 4:00 p.m.

Bye Bye Birdie

A 1963 American musical romantic comedy. Teen heart-throb Conrad Birdie has been drafted, so he chooses all-American girl Kim MacAfee for a very public farewell kiss in this send-up of the 1950s, small-town America, and rock & roll. Show is performed at the Ashtabula Arts Center.

Registration/refund deadline is June 26

Activity Level: Mild

Resident | Non-Resident: \$19

<i>date</i>	<i>day</i>	<i>time</i>
Jul 9	Sunday	6:15 p.m. – 10:45 pm

Victorian Princess

The Victorian Princess is a unique and premier event for Erie locals and travelers alike. Take in the beautiful scenery of Presque Isle Bay as you enjoy a delicious buffet meal! Stop for ice cream (on your own) at Romolo's on the way home.

Registration/refund deadline is June 23

Activity Level: Mild

Resident | Non-Resident: \$52

<i>date</i>	<i>day</i>	<i>time</i>
Jul 12	Wednesday	9:30 a.m. – 3:45 pm

Come From Away at the Connor Palace

On 9/11, the world stopped. On 9/12, their stories moved us all. Broadway's COME FROM AWAY is a Best Musical winner all across North America! This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships.

Registration/refund deadline is June 27.

Activity Level: Mild

Resident | Non-Resident: \$88

<i>date</i>	<i>day</i>	<i>time</i>
Jul 27	Thursday	6:00 – 11:00 p.m.

Goodtime III

GOODTIME III offers a unique option in Cleveland, with a two-hour, narrated cruise along the Cuyahoga River and Lake Erie. You'll enjoy our Skipper's Luncheon Buffet dockside, followed by a tour learning about the amazing history of the city and enjoy spectacular views of downtown Cleveland, the Flats, and surrounding areas.

Registration/refund deadline is July 11.

Activity Level: Mild

Resident | Non-Resident: \$60

<i>date</i>	<i>day</i>	<i>time</i>
Aug 15	Tuesday	10:00 a.m. – 3:00 p.m.

Cleveland Zoo

The zoo offers a vast array of activities. This trip includes admission to the Rainforest and main zoo. Weather permitting, the zip line is open (\$9 on your own), as well as the Carousel (\$3 on your own). Lunch is available at the Rainforest Café or one of the zoo kiosks (on your own).

Registration/refund deadline is August 29.

Activity Level: Moderate

Resident | Non-Resident: \$24

<i>date</i>	<i>day</i>	<i>time</i>
Sep 8	Friday	10:00 a.m. – 4:00 p.m.

PA Brew Tour

We are going to expand our horizons and offer a brew tour (vs winery). We start at the Erie Brewing Company where we taste samples and then enjoy a flight of 4oz beers. Next, we explore the Riverside Brewing Company in Cambridge Springs for lunch and any beer purchases on your own. There are beautiful views of the French Creek and the historic Riverside Inn gardens. Our last stop is at Twisted Elk Brewing for some unique beers including a flight of 4oz beers.

Registration/refund deadline is September 29.

Activity Level: Mild

Resident | Non-Resident: \$37

<i>date</i>	<i>day</i>	<i>time</i>
Oct 13	Friday	10:00 a.m. – 5:30 p.m.

Aurora Farms & Mad Jack's

Enjoy lunch (on your own) at Mad Jack's in Aurora, a colonial house with a relaxed vibe and American fare. After lunch enjoy some shopping at the Aurora Farms Outlets.

Registration/refund deadline is October 13

Activity Level: Moderate

Resident | Non-Resident: \$11

<i>date</i>	<i>day</i>	<i>time</i>
Oct 27	Friday	10:30 a.m. – 5:00 p.m.

Out to Lunch Bunch Trips

Six Horses Tavern

At the Aurora Inn Hotel & Event Center, this bright and airy restaurant offers lunch choices of: The signature half pound Six Horses burger; Grilled chicken breast sandwich; or Six Horses House Tavern Artisan Salad with Salmon. Each meal is served with fries. Coffee, tea or soft drink and dessert is included.

Registration/Refund deadline is July 13.

Activity level: mild

Cost: \$35

<i>Date</i>	<i>day</i>	<i>time</i>
Jul 21	Friday	11:15 a.m. - 2:45 p.m.

Smokin' Q's BBQ and Beer House

Smokin' Q's BBQ "strives each and every day to put forth the best offerings possible". Lunch begins with a salad or soup. You have a choice of Pulled Pork; Pulled Chicken; or Perch. Entrees are served with fries. Dessert is German Chocolate cake or Key Lime pie.

Registration/Refund deadline is Aug 10.

Activity level: mild

Cost: \$35

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

Alfredo's at the Inn Italian Restaurant

Alfredo's at the Inn Italian Restaurant encompasses decades of made-from-scratch family recipes. Lunch begins with salad and bread service; Entrée choices are: Chicken Parmigiana; Lasagna al Forno; Cavatelli with meatballs and marinara sauce; or Gluten-free Penne, delicious corn, brown rice and quinoa pasta with marinara. Cookies for dessert.

Registration/Refund deadline is September 7.

Activity level: mild

Cost: \$35

<i>Date</i>	<i>day</i>	<i>time</i>
Sept 15	Friday	11:30 a.m. - 2:30 p.m.

Quintealia's Tea Parlor

Quintealia's Tea Parlor on Burton Square specializes in teas, savories and sweets. Lunch will include two savory tea sandwiches, soup and regular or decaf tea. Dessert includes a brownie, cream puff and fruit plate. There is a gift shop and an artisan group housed in the Tea Parlor and Burton maple syrup is sold nearby if you finish lunch early and want to shop.

Registration/Refund deadline is Oct 12.

Activity level: mild

Cost: \$35

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



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

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

To the current resident or:

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

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

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

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

Council President
Matthew Donovan - Ward 2

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

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

The Senior Center will be closed the following:
Monday, May 29 Memorial Day
Tuesday, July 4 Fourth of July

Flashback to 1973

What is now known as "The Mentor Senior Center" was started in 1973. Mark your calendar to join us in the yearlong celebration.

Here are some fun facts from 1973:

- In May 1973, a gallon of gas cost \$.38 a gallon, by 1975, the price skyrocketed to \$.57 a gallon!
- The average monthly rent was \$175
- Two of the top movies were *The Exorcist* and *The Way We Were*
- Ground Chuck cost \$.99 a pound (it was all beef, no "pink slime" added)
- Haddock was \$.89 a pound, compared to \$17 a pound today, if you can get it on sale
- Ice cream was \$.79 for a HALF gallon, not a quart and a half like today
- In 1973, for the first time in U.S. history, women were allowed to serve on a jury in all 50 states
- The cost of a Super Bowl ad was \$88,000. If you want to buy one for the 2023 Super Bowl, be prepared to pay \$7 Million

We can use your help. Were any of your parents members of the original Mentor Plus 60 Club back in 1973? If you have any memories to share, please see anyone at the front desk to tell your story.

Get Ready, it's going to be a fun year celebrating The Mentor Senior Center's Golden Anniversary.

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

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

Library ChairKathy Durda
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