



# MENTOR SENIOR CENTER

## September - December 2023



**Registration Dates for Sep-Dec \* August 7 - Mentor Residents \* August 8 - Non-Residents**



### The Mentor Senior Center's Golden Anniversary!

	<i>date</i>	<i>day</i>	<i>time</i>	<i>Location</i>	<i>Cost</i>
Pig Roast (sold out)	Aug 31	Thursday	11:30 a.m-1:30 p.m.	Patio/Great Room	\$15
Noon Years Eve (pg 17)	Dec 29	Friday	12:00 – 3:00 p.m.	Great Room	\$9

## MENTOR SENIOR CENTER NEWSLETTER Sep-Dec

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)

**keep until December**

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**MEMBERSHIP 2023 expires Dec 31.**  
**Please bring your membership**  
**card when entering the building.**

### 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 Nov 3, for Jan - Apr programs.

### Advisory Board Meeting

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

### Senior of the Year.

Mary Padula was recognized at Senior Day at Great Lakes Mall on May 17, 2023 as the Mentor Senior of the Year. Mary has volunteered as a kitchen helper, assisting with meal prep and was cookie baker extraordinaire. She serves on the Mentor Seniors, LLC Advisory Board and she is the coordinator of the greeter program where we welcome our seniors to our facility, give tours and direct seniors to their activities. She helps with Special Events and helps take lunch orders for our Special Elders. She had nearly 500 volunteer hours last year! Please congratulate Mary on a job well done.

**Mentor Senior of the Year**  
**Mary Padula**



### SENIOR CENTER WEBSITE

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

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

#### How Do I Download the Latest Newsletter:

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

OR

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

### The Senior Center is a membership based facility. All who enter must 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! **2024 membership renewal begins January 2.**

**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 1-2 business days in advance of your trip. Trips are booked on a first-come first-served basis. Reservations are made on-line with Request-a-Ride or by calling Laketrans' Customer Service Center at 440-354-6100 or toll-free 1-888-525-3872. Please have the complete address of your destinations when calling to schedule your rides.

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

**Lake County Council On Aging**

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

**Veteran Services Commission of Lake County**

Assistance is available to the men and women who have honorably served their country.

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

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

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

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

**Senior Services page on the Lake County Commissioners**

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

**Home Repair, Maintenance, and Modification**

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

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

**Winter Snow Plowers**

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

**Western Reserve Grief Services**

Hospice of the Western Reserve 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 [hospicewr.org](http://hospicewr.org)

**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 a situation call 440-350-4000.

**Waste Management Trash Walk Up Service**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m.</b> 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.				1 12:30 Movie <b>Special: Cook's Choice</b>
4 <b>Closed Labor Day</b>	5 <b>Special: Stuffed Peppers</b>	6 10:00 Medicare Plan Review 4:00 Parkinsons Support <b>Special: Salisbury Steak and Mashed Potato</b>	7 <b>Special: Ham Steak with Scalloped Potato</b>	8 9:00 Chronic Disease Workshop 10:00 Cleveland Zoo 12:30 Movie <b>Special: Chicken Caesar Wrap</b>
11 9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 3:00 Cooking Class 5:00 Movie 12:30 Board Meeting <b>Special: Tuna Salad Platter</b>	12 8:30 Winetasting in Sugar Creek 10:00 Tech Tuesday - Streaming Movies <b>Special: Chicken Cordon Bleu</b>	13 9:00 Tech Help <b>Special: Sweet and Sour Pork</b>	14 1:00 Alzheimer's Support 3:00 Newcomers Meeting <b>11:30 Volunteer Lunch                      Chicken Alfredo, salad, garlic bread, banana pudding</b>	15 9:00 Chronic Disease Workshop 11:30 OTL Alfredos 12:30 Movie <b>Special: Pasta and Meatballs</b>
18 9:00 Laptop Help 10:00 Senior Produce Mkt 3:00 Cookbook Club 5:00 Movie <b>Special: Breaded Pork Chops with Baked Potato and Applesauce</b>	19 Sep 18 - 21 Mega Michigan Trip <b>Special: Chicken Parmesan and Spaghetti</b>	20 1:00 Attorney 1:30 Book Club <b>Special: Meatloaf and Mashed Potato</b>	21 8:00 Hartville Flea Market <b>Special: Honey Lime Chicken</b>	22 9:00 Chronic Disease Workshop 12:30 Movie <b>Special: Pulled Pork Sandwich with Chips and Pickle</b>
25 10:00 Keys to maintaining a great brain and body 3:00 Air Fryer Demo 5:00 Movie <b>Special: Chicken Salad Croissants</b>	26 <b>Special: Open Faced Roast Beef with Mashed Potato</b>	27 10:30 Sec Pals Coffee Club 2:00 Visionaries <b>Special: Cabbage and Noodles with Kielbasa</b>	28 <b>11:30 Celebration Lunch:                      Roast Pork, Mixed Veg,                      Smashed Garlic Potato,                      Snickerdoodle cupcake                      Cookie</b>	29 9:00 Chronic Disease Workshop 12:30 Movie <b>Special: Cooks Choice</b>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 5:00 Movie <b>Special: Salisbury Steak with Mashed Potatoes</b>	3 Oct 4 - 6 Finger Lakes Trip <b>Special: Tuna Noodle Casserole</b>	4 9:00 Tech Help 10:00 Hearing Screening 10:00 Fall Risk Screening 4:00 Parkinsons Support 7:00 Jersey Beat Concert <b>Special: Sweet and Sour Chicken over Rice</b>	5 10:00 Elder Law/Real Estate Planning <b>Special: Egg Bake Breakfast</b>	6 9:00 Chronic Disease Workshop 12:30 Movie <b>Special: Chef Salad</b>
9 9:00 Laptop Help 12:30 Board Meeting 3:00 Cooking Class 5:00 Movie <b>Special: Baked Chicken</b>	10 10:00 Tech Tuesdays No More Cable <b>Special: Cheeseburger with Fries</b>	11 10:00 Aging In Place <b>Special: Tuna Salad Platter</b>	12 1:00 Alzheimer's Support <b>11:30: 90+ Celebration                      Open Faced Roast Beef with Mashed Potato, Veggie Cup and a Cookie</b>	13 9:00 Chronic Disease Workshop 10:00 PA Brew Tour 12:30 Movie <b>Special: Chicken Caesar Wrap</b>
16 10:00 Senior Produce Market 3:00 Cookbook Club 3:00 Veteran's Benefits 5:00 Movie <b>Special: Chicken Marsala with Rice</b>	17 <b>Special: Stuffed Cabbage and Mashed Potatoes</b>	18 10:00 Lunch and Learn - Medicare Health Plans 1:00 Attorney 1:30 Book Club <b>Special: Swedish Meatballs w/Mashed Potatoes</b>	19 7:15 Historic Barn Tour <b>Special: Pulled Pork Sandwich</b>	20 11:15 OTL Quintealia's Tea Parlor 12:30 Movie <b>Special: Spaghetti with Meat Sauce</b>
23 3:00 Instapot Class 5:00 Movie <b>Special: BBQ Chicken</b>	24 <b>Special: Meatball Subs</b>	25 10:30 Sec Pals Coffee Club 8:45 Autumn Wine Tasting 2:00 Visionaries <b>Special: Stuffed Pork Chop</b>	26 <b>11:30 Celebration Lunch:                      Teriyaki Chicken over rice with Egg Roll and Fortune Cookie</b>	27 10:30 Aurora Farms Trip 12:30 Movie <b>Special: Cook's Choice</b>
30 5:00 Movie <b>Special: Grilled Ham and Cheese with Tomato Soup</b>	31 <b>Special: Chicken Salad Croissant</b>	<b>Happy Birthday to members born in September, October, November, December</b>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 7:30 Detroit Trip 10:00 Medicare Check Up 4:00 Parkinsons Support <b>Special: Perogies</b>	2 9:30 Health Fair <b>Chili Cookoff</b> (no other food served today)	3 12:30 Movie  <b>Special: Italian Sausage Potato Casserole</b>
6 9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 3:00 Cooking Class 5:00 Movie <b>Special: Chicken Paprikash over Noodles</b>	7  <b>Special: Meatloaf and Mashed Potatoes</b>	8 9:00 Tech Help  <b>Special: Pulled Pork Sand- wich</b>	9 1:00 Alzheimer's Support <b>11:30: Veterans Breakfast</b> (no other food served today)	10  <b>Closed Veterans Day</b>
13 9:00 Laptop Help 12:30 Board Meeting 5:00 Movie <b>Special: Breaded Pork Chop</b>	14 Nov 14-17 Smokey Mountains 10:00 Creating Your Estate Plan 10:00 Tech Help - Internet Safety and Scams <b>Special: Meatball Sub</b>	15 1:00 Attorney 1:30 Book Club 2:00 Visionaries <b>Special: Tuna Noodle Casserole</b>	16 <b>11:30 Celebration Lunch: Turkey, Stuffing, Mashed Potatoes, Mixed Veg, Pumpkin Bars</b>	17 11:15 OTL M Italian 12:30 No Movie <b>Special: Cook's Choice</b>
20 10:00 Senior Produce Market 3:00 Cookbook Club 5:00 Movie <b>Special: Bratwurst</b>	21  <b>Special: Chicken Caesar Wrap</b>	22  <b>Special: Tuna Salad Croissant</b>	23  <b>Closed Thanksgiving Holiday</b>	24  <b>Closed Thanksgiving Holiday</b>
27 5:00 Movie <b>Special: Grilled Cheese with Soup</b>	28 3:30 Cleveland Botanical Gardens <b>Special: Pulled Pork Sand- wich with Chips and Pickle</b>	29 10:30 Sec Pals Coffee Club 3:00 No Sew Quilted Orna ment <b>Special: Spaghetti with Meat Sauce</b>	30 9- <b>Special: Chicken Marsala</b>	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Please bus your tables! Please pay in Cash! Members only!</b>				1 12:30 Movie <b>Special: Chicken Salad Wrap</b>
4 10:00 Int'l Culture Club 12:00 LCCOA 3:00 Cooking Class 5:00 Movie <b>Special: Chicken Parm Sandwich</b>	5 10:00 Identity Theft <b>Special: Salisbury Steak and Mashed Potatoes</b>	6 9:00 Tech Help 10:00 Hearing Screening 4:00 Parkinsons Support 7:00 Hillcrest Band <b>Special: Italian Sausage Potato Casserole</b>	7 8:30 Franklin Park Conserva- tory Trip <b>Special: Tuna Noodle Cas- serole</b>	8 12:30 Movie <b>Special: Johnny Marzetti</b>
11 12:30 Board Meeting 5:00 Movie <b>Special: Sweet and Sour Meatballs</b>	12  <b>Special: Chicken Alfredo</b>	13  <b>Special: Chef Salad</b>	14 1:00 Alzheimer's Support 6:00 Christmas Carol Trip <b>11:30 Celebration Lunch: Lasagna, Salad, Garlic Toast, Chocolate Mousse</b>	15 11:15 OTL The Cabin in Aurora 12:30 Movie <b>Special: Cook's Choice</b>
18 10:00 Sr Produce Market 3:00 Cookbook Club 5:00 Movie <b>Special: Cheeseburger and French Fries</b>	19  <b>Special: Breaded Chicken and Mashed Potatoes</b>	20 1:00 Attorney 1:30 Book Club 2:00 Visionaries <b>Special: Perogies</b>	21  <b>Special: Honey Lime Chicken</b>	22 12:30 Movie <b>Special: Pork Chops and Scalloped Potatoes</b>
25  <b>Closed Christmas Day</b>	26  <b>Special: Meatball Sub</b>	27 10:30 Sec Pals Coffee Club <b>Special: Veggie Lasagna</b>	28  <b>Special: Pulled Pork Sand- wich</b>	29 <b>11:30 Noon Year's Eve Party Special Celebration: Small Plates Appetizers</b>

## DIRECTOR'S CORNER



### REMARKS FROM RENEE

As we celebrate an impressive 50 years as a senior center we give thanks to an incredibly supportive city that demonstrates it values its older residents by funding state of the art facilities and programs. We are also very grateful for the senior services levy which provides additional funding for the senior programs. Thank you to our members, it is

our pleasure to serve you and we are looking forward to the next 50 years.

### DAVE DISCUSSES



A huge thank you to everyone that made our 50th Anniversary Open House a HUGE success! The staff and volunteers all contributed to a wonderful event and did a great job of highlighting all the great programs and events that make our center a great place to be. We have wonderful memories of the past 50 years and look forward to creating more for the next 50.

### Mentor Senior Center welcomes our new staff members.

Sue Davis is a 35 year resident of Mentor where she resides with her husband, two sons and her dog. Sue is a Financial Analyst and worked at Avery for many years, followed by employment at Eaton Corp. She retired recently and planned to enjoy traveling, walking, reading, and relaxing, BUT, she put that on hold and has joined our desk staff.

Susan Davis



Lisa Apthorp



Lisa Apthorp has joined our Kitchen Staff. Lisa and her family live on a Hobby Farm where she tends to a variety of plantings along with raising chickens, with the goal of returning the property to its native state. She is a "Cat Lady" and helps trap neuter and release feral cats. Other hobbies include working on cars, particularly Volkswagens.

Sadly, we say farwell to Jen Theil, All Media Painting instructor. Jen has been sharing her creative talent to students here for the past 23 years. Her guidance and encouragement has led many pupils to enter their artwork into competitions with many ribbons awarded!

JEN THEIL



## Movies

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

<b>Fri</b>	<b>Sep 8</b>	<b>Dog Gone</b> PG Biography, Drama, Family
<b>Mon/Fri</b>	<b>Sep 11/15</b>	<b>A Man Called Otto</b> PG-13 Comedy, Drama
<b>Mon/Fri</b>	<b>Sep 18/22</b>	<b>Michael</b> PG Comedy, Drama, Fantasy
<b>Mon/Fri</b>	<b>Sep 25/29</b>	<b>All Quiet on the Western Front</b> R Drama
<b>Mon/Fri</b>	<b>Oct 2/6</b>	<b>Glass Onion</b> PG-13 Comedy, Crime, Drama
<b>Mon/Fri</b>	<b>Oct 9/13</b>	<b>Air</b> R Drama, Sport
<b>Mon/Fri</b>	<b>Oct 16/20</b>	<b>Worth</b> PG-13 Biography, Drama, History
<b>Mon/Fri</b>	<b>Oct 23/27</b>	<b>Thoroughly Modern Millie</b> R Comedy, Musical, Romance
<b>Mon</b>	<b>Oct 30</b>	<b>The Whale</b> R Drama
<b>Fri</b>	<b>Nov 3</b>	<b>The Whale</b> R Drama
<b>Mon</b>	<b>Nov 6</b>	<b>Luckiest Girl Alive</b> R Drama, Mystery, Thriller
<b>Mon</b>	<b>Nov 13</b>	<b>Bullet Train</b> R Action, Comedy, Thriller
<b>Mon</b>	<b>Nov 20</b>	<b>A Few Good Men</b> R Drama, Thriller
<b>Mon</b>	<b>Nov 27</b>	<b>Charlie Wilson's War</b> R Biography, Comedy, Drama
<b>Fri</b>	<b>Dec 1</b>	<b>Charlie Wilson's War</b> R Biography, Comedy, Drama
<b>Mon/Fri</b>	<b>Dec 4/8</b>	<b>POMS</b> PG-13 Comedy, Drama, Sport
<b>Mon/Fri</b>	<b>Dec 11/15</b>	<b>Last Christmas</b> PG-13 Comedy, Drama, Fantasy
<b>Mon/Fri</b>	<b>Dec 18/22</b>	<b>Die Hard</b> R Action, Thriller

**Resident | Non-Resident: Free**

## IN MEMORIUM

We extend our condolences to the families of our members that passed away recently. Jean Finzel, Shirley Overturf, Les Landis, William Nicastro, Don and Jean Kalman, Steven Haic, Ann Shetler, Pauline Posatiere, and Helen Cahill. **RIP**

## REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Low Impact Aerobics	8:10 SilverSneakers Classic	9:00 Silver SneakersYoga	8:10 SilverSneakers Classic	9:00 Low Impact Aerobics
10:00 SilverSneakers Classic	9:00 Low Impact Aerobics	10:00 SilverSneakers Classic	9:00 Low Impact Aerobics	10:00 SilverSneakers Classic
10:30 Needlecrafters	9:00 Piano	10:00 Hand, Knee & Foot	10:00 Weight Training	10:00 Somba
11:00 SilverSneakers Stability	9:00 Quilting	10:00 Cycling	10:00 All Media Painting	11:00 SilverSneakers Yoga
12:00 SilverSneakers Yoga	10:00 Weight Training	10:00 Creative Ceramics	10:30 Bingocize ends Nov 9	12:00 SilverSneakers Stability
12:30 Mahjong	10:30 Bingocize starts Sep 5	10:00 Music Makers	11:00 Stretch & Balance Virtual/In Person	12:30 Wii Bowling
12:30-4 p.m. Mahjong class 9/11 to 10/2	11:00 Stretch & Balance Virtual/InPerson	11:00 SilverSneakers Circuit	12:00 Country Heat	12:30 Duplicate Bridge
1:00 Chair Volleyball	12:00 American Sign Language	12:00 Special Elders SilverSneakers Classic	12:30 Wii Bowling	1:00 Chair Volleyball
1:00 Bingo	12:00 Pinochle	1:00 Chair Volleyball	1:00 SilverSneakers Circuit	2:45 Ping Pong
5:30 Quilting	12:00 SilverSneakers Stability	3:00 Parkinson's Exercise	2:00 SilverSneakers Boom Muscle	
6:00 Hiking	1:00 SilverSneakers Classic	5:00 Creative Ceramics	3:00 SilverSneakers Yoga	
6:00 SilverSneakers Circuit	2:00 SilverSneakers Boom Muscle	5:45, 6:45 Line Dance	4:00 SilverSneakers EnerChi	
	12:30 Duplicate Bridge	6:00 Cornhole		
	1:00 Chess	6:45 Follies Dancers		
	2:00 Woodcarving			

### REGISTRATION

Registration for our Fall programs begin Aug 7 for Mentor residents and Aug 8 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](http://www.mentorseniorcenter.com). Select "Get in on the Fun", then Select "Register Now". Once you see the catalog, log into your account before selecting any programs. Once you are done selecting your programs, finish and enter payment. If you need help registering online, please give us a call, or see directions located on the senior center website.

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

### 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: Ginny Mancini**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
Sep 7 – Oct 19	Thursday	10:00 a.m.–12:00 p.m.
Nov 2 – Dec 21	Thursday	10:00 a.m.–12:00 p.m.

(No class Nov 23)

### NEW! Craft Class–No Sew Quilted Ornament Class

You will learn to fold and pin cut fabric pieces on to a foam shape and create “Rudy” the reindeer to proudly display on your tree or gift it to a special friend. No experience needed. All needed materials will be supplied by the instructor. Each kit will include the cut fabric, foam shape, pins and any necessary embellishments to make the ornament your own creation. \$15 supply fee paid directly to the instructor at the beginning of class.

**Instructor: Tina Foster**

**Location: Senior Center Cardinal Room**

**Resident: \$4 | Non-Resident: \$5**

dates	day	time
Nov 29	Wednesday	3:00 p.m. – 5:00 p.m.

### Creative Ceramics

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

**Instructor: Sharon Williams**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
Sep 6 – Oct 18	Wednesday	10:00 a.m.–12:00 p.m.
Sep 6 – Oct 18	Wednesday	5:00-7:00 p.m.
Nov 1 - Dec 20	Wednesday	10:00 a.m.–12:00 p.m.
Nov 1 - Dec 20	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 (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.

# Senior Adults

**Instructor: Teri Bittner**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
Sep 11 – Oct 23 (No Sep 4)	Monday	5:30-7:30 p.m.
Sep 5 – Oct 24	Tuesday	9:00–11:00 a.m.
Nov 6 – Dec 18	Monday	5:30-7:30 p.m.
Nov 7 – Dec 19	Tuesday	9:00–11:00 a.m.

### Woodcarving

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

**Volunteer Instructor: Ken Kothera**

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Sep 5 – Dec 26	Tuesday	2:00 – 4:00 p.m.

## CONTINUING EDUCATION

### Aging in Place: Home Safety and Modifications

There are so many options these days to allow people to stay home instead of moving to assisted living or skilled nursing facilities. Home is where the heart is, and you deserve to stay there as you enter your golden years. This talk will review fall risk reduction, adaptive equipment and low-cost ideas to adapt your home to YOU!

**Presentation provided by Chardon Healthcare.**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Oct 11	Wednesday	10:00 – 11:00 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
Sep 5 – Dec 26	Tuesday	12:00 – 1:00 p.m.

**BINGOCIZE®** is a 10-week health promotion program that combines the game of bingo with fall prevention exercise and content on falls prevention. Play bingo, exercise and meet new people while learning at this 20 Session in-person Workshop!

**Location: Senior Center Cardinal Room**

**Resident | Nonresident: Free**

dates	day	time
Sep 5 - Nov 9	Tuesday and Thursday	10:30-11:30 a.m.





### Book Club

Join Mentor librarian Cailey Williams to discuss popular reads each month. Call (440) 255-8811, ext. 247 to arrange pick up at the drive thru. Personal copies may also be used. For more information, email cailey.hutchens@mentorpl.org

#### Location: Senior Center Cultural Arts Room

#### Resident | Non-Resident: Free

date	day	time
Aug 16	Wednesday	1:30 - 3:00 p.m.
The Maid by <i>Nita Prose</i>		
Sep 20	Wednesday	1:30-3:00 p.m.
The Lost Roses by <i>Martha Hall Kelly</i>		
Oct 18	Wednesday	1:30 - 3:00 p.m.
Apples Never Fall by <i>Liane Moriarty</i>		
Nov 15	Wednesday	1:30- 3:00 p.m.
The Age of Innocence by <i>Edith Wharton</i>		
Dec 20	Wednesday	1:30-3:00 p.m.
The Woman in the Library by <i>Sulari Gentill</i>		

### Chronic Disease Self-Management 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. Registration deadline is Sept. 1. Space is limited!

#### Location: Senior Center Cardinal Room

#### Resident/Nonresident: Free

dates	day	time
Sep 8 – Oct 13	Friday	9:00 – 11:30 am

### Cooking Classes

Are you looking for some new dishes to add to your dinner line up? Maybe you want to step outside your comfort zone and learn how to cook with some new spices or find some healthier meal options for yourself. Join us as LaDonna from Let's Cook brings in her mobile kitchens and turns you into the chef. Each participant will make their own dish from scratch. Please be sure to bring your own container to take leftovers home in! Registration deadline is one week prior to class date, to allow for food purchasing.

#### Location: Senior Center Cardinal Room

#### Resident \$25 | Non-Resident: \$31.25

### Ratatouille

Fall is on the horizon and gardens are brimming with vegetables. Sometimes we have so many people giving us vegetables we aren't sure what to do with them. Well, in this hands-on class we will be using eggplant, zucchini, tomato, onions and peppers to create the classic low carb, low calorie, French vegetable dish Ratatouille. The best part is that it can be served hot or cold and your leftovers can be frozen for later.

date	day	time
Sep 11	Monday	3:00 – 4:30 p.m

### Cuban Picadillo

Picadillo is a dish that offers an explosion of flavor and textures that can be found in many Latin American countries. In this class, as the chef you will prepare a plant based version of this classic Cuban comfort food that will include lentils, tomatoes, potatoes and olives just to name a few ingredients.

date	day	time
Oct 9	Monday	3:00 – 4:30 p.m.

### White Bean Peanut Stew (Domoda)

Take your taste buds on a little trip to Gambia as chefs learn to prepare this traditional Gambian comfort dish. Packed with hearty ingredients like white beans, sweet potato and kale, this dish could easily become one of your new favorites.

\*Allergen warning: this class does contain peanuts.

date	day	time
Nov 6	Monday	3:00 – 4:30 p.m.

### Mushroom Bourguignon

Looking for a new holiday staple to add to your dining table? This flavorful, rich dish is just what you are looking for. In class chefs will learn to prepare this dish using mushrooms, vegetables, red wine and aromatics to create a mouthwatering dinner or side dish.

date	day	time
Dec 4	Monday	3:00 – 4:30 p.m.

### Cooking Appliance Demonstrations

Join us as LaDonna from Let's Cook shows us how to use small appliances.

#### Location: Senior Center Cardinal Room

#### Resident \$5 | Non-Resident: \$6.25

### Air Fryer Demonstration

Do you own an air fryer but aren't sure how to use it? Do you want to buy one and aren't really sure if it is something you would use? LaDonna brings in her air fryers and teaches us the versatility and ease of using this countertop gadget. During this demonstration attendees will learn the basic function and uses as LaDonna shows us how to prepare appetizers, dinner, sides and desserts and taste all the dishes prepared.

date	day	time
Sep 25	Monday	3:00 – 4:30 p.m.

### Instant Pot/ Pressure Cooker Demonstration

I have one sitting on the counter, I'm afraid to get burned, I don't know what the buttons mean. These are all things that one might say about that shiny metal cooking gadget some of us have. Join us for a demonstration with LaDonna as she takes some of that uneasiness away while she shows us how to use those Instant Pots. Attendees will learn the basics in how to use their Instant Pot as a pressure cooker in a safe way to make versatile meals that everyone can enjoy. Make sure you come hungry and ready to sample.

date	day	time
Oct 23	Monday	3:00 – 4:30 p.m.

**Cook Book Club**

Do you love cooking and sharing with friends? Do you like to challenge yourself to try new things with your cooking? Then maybe the cookbook club is for you. Join this monthly meeting where members will borrow the same cookbook to try for a month. At the next meeting, members will return their cookbook and bring a dish from the book to share in a potluck dinner. During the meal, members will chat about what we liked or didn't like about the book as well as any other recipes they may have tried during the month. At the end of the meeting we will receive the book for the next month. We meet the third Monday of each month. Kick off meeting will be in September.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Sep 18 Oct 16 Nov 20 Dec 18	Monday	3:00–4:30 p.m.

**Did You Review Your Medicare Plan?**

Understand the importance of reviewing your Medicare plan(s) each year during annual open enrollment to ensure that you have the best Medicare plan for your particular needs. Even if you are satisfied with your plan, there still could be a different plan that is lower in annual costs or better suits your healthcare needs. Presentation provided by Lauren Fenton of Fenton Financial.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Sep 6	Wednesday	10:00 – 11:00 a.m.

**Elder Law and Real Estate Planning Seminar**

“Don't stress! We will review key points to help you plan and prepare your basic estate documents and be ready for downsizing, moving or relocating”. Back by popular demand with up-to-date information. Join us for a delicious free breakfast. Presenters: Debbie Ribinskas, Licensed Real Estate Agent, Keller Williams Greater Metropolitan; Hilary King, CEO, Creative Moves, LLC; Karen Brehm, North Star, A Division of Stewart Title; Susan Priest Richlak, Esq. Law offices of Susan Priest Richlak. Please call (440)974-5725 or visit the reception desk to make reservations by Sept 25.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Oct 5	Thursday	8:30 – 10:30 a.m.

**Fall Risk Screening**

Balance and posture are important indicators of health and well-being. OsteoStrong Willoughby would like to offer you a free Fall Risk Assessment. Briefly stand on our B-Trax platform and we will determine your center of pressure and postural sway, a known risk factor for falls in older adults. An OsteoStrong coach will then

explain your results and discuss ways to prevent falls and become more independent. Please register for a time slot in advance.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Oct 4	Wednesday	10:00 a.m. – 12:00 p.m.

**Identity Theft**

Learn about the many different kinds of identity theft, signs of your identity being stolen, and how it is being used for credit, medical, tax, banking and other forms of fraud. This course will cover how to protect yourself, your legal rights and what to do if your identity is compromised. Michael Zuren, Lake County Treasurer will present on identity theft and Lake County Recorder, Becky Lynch will present on property fraud.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Dec 5	Tuesday	10:00 – 11:00 a.m.

**Keys To Maintaining a Great Body and Brain**

*Move That Mountain* functional health and life coach Natalie Jo Flynn is a triple certified nurse practitioner who engages in educating the community and clients on how to take charge of their own health and create better outcomes for a longer and healthier life.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Sep 25	Monday	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 12:00 - 12:30 p.m./Great Room 12:30 – 1:00 p.m.**

**Resident | Non-Resident: Free**

dates	day	topic
Sep 11	Monday	Options Counseling
Oct 2	Monday	Medicare 101
Nov 6	Monday	Vial of Life
Dec 4	Monday	Meals on Wheels

**Lunch and Learn - Creating Your Estate Plan**

We'll help familiarize you with the basic steps of planning for your estate. An estate-planning attorney will be present. Presentation and lunch provided by Steve Mrozek, Financial Advisor and Amy Papesch, Estate Attorney Edward Jones, Member SIPC.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Nov 14	Tuesday	10:00 – 11:30 a.m.

## Lunch and Learn - Medicare Health Plans

KAZ Company is here to educate our clients on their options when they are turning 65, going on Medicare and/or retiring. Presentation and lunch provided by Edward Jones.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Oct 18	Wednesday	10:00 – 11:30 a.m.

## Medicare Check-up Presentations: Understanding Your Medicare Options

Medicare Open Enrollment is October 15th – December 7th. This is your opportunity to review your Medicare coverage. Lake County Council on Aging provides an overview of Medicare and the importance of Open Enrollment. Follow-up appointments can also be scheduled that day with a representative from the Council on Aging.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Nov 1	Wednesday	10:00 – 11:00 a.m.

## Veteran's Benefits

Attention all Veterans! Do you know the BENEFITS you are entitled to? What service options are available? Come join us for an information-filled presentation on Military Veterans benefits and how to prepare for time of death services.

Veterans are strongly encouraged to bring their spouse and family members involved in handling their affairs to learn what they need to do upon the Veteran's passing. Presented by Chuck Suhar and Nancy Brunner Sanden, Brunner Sanden Deitrick Funeral Home & Cremation Center. The best consumer is an educated consumer, even in funeral service.

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Oct 16	Monday	3:00 – 4:00 p.m.

## FITNESS/WELLNESS OUTDOORS

### Cycling Club

The cycling club rides are weather permitting and ride cancellations and any changes will be done via email with a 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. The rides 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 then at 5 p.m. in 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

### Line Dancing Basic Beginner

This class is to teach you the basics of line dancing. Learn the steps and terminology, along with different dance rhythms using different genres of music. 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 Oct 4, it will be made up on Oct 25.

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 6 – Oct 25	Wednesday	5:45–6:45 p.m.
Nov 1 – Dec 20	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. No class Oct 4, it will be made up on Oct 25.

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 6 – Oct 25	Wednesday	6:45–7:45 p.m.
Nov 1 – Dec 20	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 | Non-Resident: \$24**

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 11 – Oct 23 (No class Sept 4)	Monday	9:00–9:45 a.m.
Sep 5 – Oct 24	Tuesday	9:00–9:45 a.m.
Sep 7 – Oct 19	Thursday	9:00–9:45 a.m.
Sep 1 – Oct 20	Friday	9:00–9:45 a.m.
Nov 6 – Dec 18	Monday	9:00–9:45 a.m.
Nov 7 – Dec 19	Tuesday	9:00–9:45 a.m.
Nov 2 – Dec 21 (No class Nov 23)	Thursday	9:00–9:45 a.m.
Nov 3 – Dec 29 (No class Nov 10, 24)	Friday	9:00–9:45 a.m.

### Country Heat

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**

Sep 7 – Oct 19	Thursday	12:00–12:45 p.m.
Nov 2 – Dec 21	Thursday	12:00–12:45 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
Sep 6 – Oct 18	Wednesday	3:00–3:45 p.m.
Nov 1 - Dec 20	Wednesday	3:00–3:45 p.m.

### 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: Sue Dempsey**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

dates	day	time
Sep 5 – Oct 24 <b>NEW</b>	Tuesday	2:00 – 2:45 p.m.
Sep 7 – Oct 19	Thursday	2:00 – 2:45 p.m.
Nov 7 – Dec 19 <b>NEW</b>	Tuesday	2:00 – 2:45 p.m.
Nov 2 – Dec 21	Thursday	2:00 – 2:45 p.m.

(No class Nov 23)

### SilverSneakers® Circuit

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

**Instructor: Sue Dempsey Monday/Thursday, Pat Talladino Wednesday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

dates	day	time
Sep 11 – Oct 23 (No class Sep 4)	Monday	6:00 – 6:45 p.m.
Sep 6 - Oct 18	Wednesday	11:00 – 11:45 a.m.
Sep 7 – Oct 19 <b>NEW</b>	Thursday	1:00 – 1:45 p.m.
Nov 6 – Dec 18	Monday	6:00 – 6:45 p.m.
Nov 1 - Dec 20	Wednesday	11:00 – 11:45 a.m.
Nov 2 – Dec 21 <b>NEW</b>	Thursday	1:00 – 1:45 p.m.

(No class Nov 23)

### SilverSneakers® Classic **NEW CLASS OFFERED TUESDAY and THURSDAY AT 8:10 A.M.!!**

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 and Thursday am, Sue Dempsey Tuesday pm, Pat Talladino Wednesday**

**Location: Senior Center Fitness Studio**

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

### Silver Sneakers Members: Free

dates	day	time
Sep 11 – Oct 23 (No class Sep 4)	Monday	10:00–10:45 a.m.
Sep 5 – Oct 24 <b>NEW</b>	Tuesday	8:10– 8:50 a.m.
Sep 5 – Oct 24 <b>NEW</b>	Tuesday	1:00–1:45 p.m.
Sep 6 – Oct 18	Wednesday	10:00–10:45 a.m.
Sep 7 – Oct 19 <b>NEW</b>	Thursday	8:10–8:50 a.m.
Sep 1 – Oct 20	Friday	10:00–10:45 a.m.
Nov 6 – Dec 18	Monday	10:00–10:45 a.m.
Nov 7 – Dec 19 <b>NEW</b>	Tuesday	8:10–8:50 a.m.
Nov 7 – Dec 19 <b>NEW</b>	Tuesday	1:00–1:45 p.m.
Nov 1 - Dec 20	Wednesday	10:00–10:45 a.m.
Nov 2 – Dec 21 <b>NEW</b>	Thursday	8:10–8:50 a.m.
(No class Nov 23)		
Nov 3 – Dec 29	Friday	10:00–10:45 a.m.
(No class Nov 10, Nov 24)		



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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
Sep 7 – Oct 26	Thursday	4:00 - 4:45 p.m.
Nov 2 – Dec 21	Thursday	4:00 - 4:45 p.m.

(No class Sept 21 and No class Nov 23)

### SilverSneakers® Stability

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

**Instructor: - Sharon Benner Monday, Pam Benko Tuesday, Denise Molesch Friday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

dates	day	time
Sep 11 – Oct 23 (No class Sept 4)	Monday	11:00-11:45 a.m.
Sep 5 – Oct 24 <b>NEW</b>	Tuesday	12:00-12:45 p.m.
Sep 1 – Oct 20	Friday	12:00-12 :45 p.m.
Nov 6 – Dec 18	Monday	11:00-11:45 a.m.
Nov 3 – Dec 29	Friday	12:00-12:45 p.m.
Nov 7 – Dec 19 <b>NEW</b>	Tuesday	12:00-12:45 p.m.

(No class Nov 10, Nov 24)

### SilverSneakers® YOGA

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

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

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 11 – Oct 30 (No class Sept 4 or Sept 18)	Monday	12:00-12:45 p.m.
Sep 6 – Oct 18	Wednesday	9:00–9:45 a.m.
Sep 7 – Oct 26 (No class Sept 21)	Thursday	3:00–3:45 p.m.
Sep 1 – Oct 20	Friday	11:00–11:45 a.m.
Nov 6 – Dec 18	Monday	12:00-12:45 p.m.
Nov 1 - Dec 20	Wednesday	9:00–9:45 a.m.
Nov 2 – Dec 21 (No class Nov 23)	Thursday	3:00–3:45 p.m.
Nov 3 – Dec 29 (No class Nov 10, Nov 24)	Friday	11:00–11:45 a.m.

### 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**

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 5 – Oct 24	Tuesday	11:00–11:45 a.m.
Sep 7 – Oct 19	Thursday	11:00–11:45 a.m.
Nov 7 – Dec 19	Tuesday	11:00–11:45 a.m.
Nov 2 – Dec 21 (No class Nov 23)	Thursday	11:00–11:45 a.m.

### Water Exercise Class at the new 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. 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/> Register online or through the Mentor Senior Center by phone (440)974.5725.

### Weight Training

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

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 5 – Oct 24	Tuesday	10:00–10:45 a.m.
Sep 7 – Oct 19	Thursday	10:00–10:45 a.m.
Nov 7 – Dec 19	Tuesday	10:00–10:45 a.m.
Nov 2 – Dec 21 (No class Nov 23)	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 is needed prior to using fitness center.

### 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. Maximum of 4 people per class.

**Location: Senior Center Fitness Center**

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

Call to schedule appointment.

<i>day</i>	<i>time</i>
Monday	6:30–7:20 p.m.
Tuesday	12:00–12:50 p.m.
Thursday	1:00-1:50 p.m.

### 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.
Thursday	1:00 -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 is required 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.

**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**

day	time
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**

day	time
Monday/Wednesday/Friday	1:00 - 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**

day	time
Tuesday	1:00 – 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**

day	time
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**

day	time
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**

day	time
Wednesday	10:00 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**

date	day	time
Sep 11	Monday	10:00 – 11:30 a.m. – Regular Meeting
Oct 2	Monday	10:00 – 11:30 a.m. – Regular meeting
Nov 6	Monday	10:00 – 11:30 a.m. – Regular meeting
Dec 4	Monday	10:00 – 11:30 a.m. – Regular Meeting

### Mahjong

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

**Learn How to Play - An instructional class for new players will be held Mondays, Sept 11 – Oct 2 from 12:30-4.**

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

day	time
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**

day	time
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.

**Congrats  
Al Koryta  
Pinochle high  
score 821!!!**

### 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**

**Resident | Non-Resident: Free**

### 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: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 14, Oct 12, Nov 9, Dec 14	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. 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>
Sep 20, Oct 18, Nov 15, Dec 20	Wednesday	1:00-2:00p.m.

### HEAP Summer Crisis Program

This program is a special component of the Home Energy Assistance Program and provides cooling assistance for seniors and those with qualifying medical conditions with limited income. Register for a 30-minute appointment time.

**Location: Senior Center Conference Room 2**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Aug 22	Tuesday	9:00 a.m. – 12:30 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>
Oct 4	Wednesday	10:00 a.m.–12:00 p.m.
(My Hearing Center)		
Dec 6	Wednesday	10:00a.m.–12:00p.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: Phyllis Hinkel**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 6, Oct 4, Nov 1, Dec 6	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. All participants will be registered on site. Participants must certify annual gross household income is at or below \$27,180 for a household of 1 and \$36,620 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.

No advance registration; bring photo ID for onsite registration. **Resident | Non-Resident: Free**

**Location: Senior Center Great Room**

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 18, Oct 16, Nov 20, Dec 18	Monday	10:00 –11:00a.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**

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 27, Oct 25, Nov 15, Dec 20	Wednesday	2:00–4:00p.m.

## MEALS - CELEBRATION LUNCHEES

### 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, directing to activities for those with memory issues. (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 for seniors with some physical challenges is available for a fee on Wednesdays.

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

**Contact the front desk to schedule an enrollment appointment 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 (optional)
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 (optional, fee)
1:00 – 2:00 p.m.	Craft, discussion, games, cards

### 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>
Sep 6 – Oct 18	Wednesday	12:00 - 12:45 p.m.
Nov 1 – Dec 20	Wednesday	12:00 - 12:45 p.m.



### 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. Daily 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.

**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**

**CELEBRATION LUNCHEONS** – 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.–1:00 p.m.**

### September 28 Celebration

Pork roast, garlic smashed potatoes, mixed vegetable and a scrumptious snickerdoodle cupcake to satisfy your sweet tooth! Dennis Sutcliffe will be presenting a Lost Cleveland program. The topic is Truth, Justice and the American Way – the early work of Jerry Siegel and Joe Schuster, the 2 local kids who created Superman.

**Reservation deadline is September 18.**

### October 26 Celebration

Teriyaki chicken with rice, an egg roll and a fortune cookie for dessert. A fan favorite, Elvis, will be back in the building to put on another fantastic show.

**Reservation deadline is October 16.**

### November 16 Celebration

Turkey dinner with all the fixings includes turkey and gravy, mashed potatoes, stuffing, and decadent pumpkin bars for dessert. Talented violinist Mary Beth Ions from the Cleveland Pops Orchestra is back to play for us and she surely has some more stories to share.

**Reservation deadline is November 6.**



## December 14 Celebration

Meat lasagna, green salad, and garlic toast. Finish off your delicious meal with chocolate mousse. Our very own performing groups will provide the entertainment. The Mentor Follies dancers and the Mentor Music Makers choir will deliver holiday inspired performances for all to enjoy.

**Reservation deadline is December 4.**

## MEALS - SPECIAL LUNCHES

### Chili Cookoff and Health Fair

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$5**

<i>date</i>	<i>day</i>	<i>time</i>
Nov 2	Thursday	11:30 a.m. – 12:45 p.m.

### Ninety Plus Celebration

Calling all those 90 and older. Please make a reservation to join us for this special day as we honor all our seniors reaching this milestone. Event features lunch, music and recognition program. The homemade meal includes a veggie cup starter, open faced roast beef sandwich, mashed potatoes, and a scrumptious chocolate chip cookie to satisfy your sweet tooth! Light background music will be provided by our very own piano instructor, Marge Syrone.

**Reservation deadline for 90+ year olds is Sep 12.**

**Reservation deadline for guests is Oct 2.**

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$9 for those under 90, free to those 90 and older compliments of the board**

<i>date</i>	<i>day</i>	<i>time</i>
Oct 12	Thursday	11:30 a.m. – 1:00 p.m.

### Noon Year's Eve Party

Call now to reserve your spot for our Noon Years Eve celebration. We have delicious small plate appetizers, a sparkling cider toast to the new year, ball drop and DJ with dancing. Event fee is \$15, the board will pay \$6.

**Registration deadline is Dec 18.**

**Location: Senior Center Great Room**

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

<i>date</i>	<i>day</i>	<i>time</i>
Dec 29	Friday	11:30 a.m. – 2:00 p.m.

### Veteran's Breakfast

Calling all service men and women to the mess hall at the Mentor Senior Center for a Veterans Appreciation event. The meal will include pancakes, scrambled eggs, sausage, danish and coffee. Color guard, guest speaker, door prizes. Co-sponsored by Perkins Pancake House.

Free to Veterans and \$9 for their guest(s).

**Registration deadline is November 3.**

**Location: Senior Center Great Room**

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

<i>date</i>	<i>day</i>	<i>time</i>
Nov 9	Thursday	11:30 a.m.

### Volunteer Recognition Luncheon

Join us as we honor our wonderful volunteers. The meal will be chicken alfredo with fettucine, garden salad and garlic bread. Save room for banana pudding for dessert. If you are a member and have recorded at least 12 volunteer hours from Jul 1, 2022 - Jun 30, 2023 your registration will be paid for by funds allocated through Mentor Senior Center LLC Board and the City of Mentor. Dave Schwensen provides an interactive program that entertains and tickles the funny bone by encouraging audience volunteers to take a memorable turn in the stand-up comedy spotlight. Sharing tips, techniques, and top-secret information from his comedy workshops for The Improv Comedy Clubs, you will have the opportunity to become the "star" of this fast paced and energetic showcase of laughter.

**Reservation deadline September 4.**

**Location: Senior Center Great Room**

**Non volunteers: \$9**

<i>date</i>	<i>day</i>	<i>time</i>
Sep 14	Thursday	11:30 a.m. – 1:00 p.m.

## MUSIC AND THEATER

### The Jersey Beat Band

A magical tribute to Frankie Valli and the Four Seasons. The 7-piece band will play greatest hits from the 1960s and 1970s and mix in some light humor to provide an evening of great entertainment.

**This concert is always a sell out.**

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$16**

<i>date</i>	<i>day</i>	<i>time</i>
Oct 4	Wednesday	7:00 – 9:00 p.m.

### Hillcrest Concert Band Holiday Concert

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. The December show features wonderful holiday music.

**Location: Senior Center Great Room**

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

<i>date</i>	<i>day</i>	<i>time</i>
Dec 6	Wednesday	7:00 – 8:00 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>
Sep 6 – Dec 20	Wednesday	6:45 – 7:45 p.m.

## MUSIC AND THEATER, cont'd.

### 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 camaraderie that comes with being part of a performing group.

**Instructor: Maria Voljin**

**Location: Senior Center Stage**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 6 – Oct 18	Wednesday	10:00 – 11:30 a.m.
Nov 1 – Dec 20	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>
Sep 5 – Oct 24	Tuesday	9:00a.m.–12:00p.m.
Nov 7 – Dec 19	Tuesday	9:00a.m.–12:00p.m.

## SPECIAL EVENTS

### Arts and Crafts Sale

Homemade arts and crafts of all kinds will be available for sale at the annual Arts and Crafts Sale. For vendors interested in purchasing a space, cost is \$25 for a 6-ft table and \$20 for a 5-ft table. Vendor registration begins August 7 for resident seniors and August 8 for nonresident seniors. If space permits, non-senior vendors may register beginning October 1.

**Location: Senior Center**

<i>date</i>	<i>day</i>	<i>time</i>
Nov 18	Saturday	9:00 a.m. – 3:00 p.m.

### Community Health Fair (and Chili Cookoff)

Join the Mentor Senior Center and ASA (Association of Specialists in Aging) for this free Community Health Fair. Stop by for free information, resources and senior health screenings from ASA vendors to keep your mind and body healthy. Our Annual Chili Cook-off follows the health fair. For more information on purchasing a table, please call (440) 974-5725.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Nov 2	Thursday	9:30 – 11:30 a.m.

### Newcomers

Meet other new members and learn about all the awesome programs the 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>
Sep 14	Thursday	3:00 – 4:00 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>
Sep 11 and 18	Monday	9:00 – 11:00 a.m.
Oct 2 and 9	Monday	9:00 – 11:00 a.m.
Nov 6 and 13	Monday	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>dates</i>	<i>day</i>	<i>time</i>
Sep 13, Oct 4, Nov 8, Dec 6	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>
Sep 12	Tuesday	10:00 - 11:00 a.m.
Streaming Movies with Your Library Card		
Oct 10	Tuesday	10:00 - 11:00 a.m.
No More Cable - How to Stream Movies and TV		
Nov 14	Tuesday	10:00 - 11:00 a.m.
Internet/Safety Scams		

**The Senior Center is a membership based facility, all who enter must 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!



# 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.

### 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.**

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

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

## 2023 One Day Trips

### 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.

**Activity Level: Moderate**

<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**

## 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.

### 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.

**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 Sept 1.

**Activity Level: Moderate**

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



## MSC Small Bus Trips

**Registration starts August 7 for Mentor residents and August 8 for Non-Residents for new small bus trips.**

### 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.

### Cleveland Botanical Gardens at Christmas

Glow, the Botanical Garden's winter spectacular and one of Cleveland's most celebrated holiday traditions, will transport you to a world full of seasonal cheer. Seating and food will be available in the Café (on your own). Registration/refund deadline is November 14.

**Activity Level: Mild**

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

<i>date</i>	<i>day</i>	<i>time</i>
Nov 28	Tuesday	3:30 – 7:30 p.m.

### A Christmas Carol

Our trip takes us to the Allen Theater to see beautifully decorated Christmas trees and enjoy a traditional Christmas Tale, A Christmas Carol. This evening is planned to get us into the holiday spirit!

Registration/refund deadline is November 10

**Activity Level: Mild**

**Resident | Non-Resident: \$43**

<i>date</i>	<i>day</i>	<i>time</i>
Dec 14	Thursday	6:00 – 10:30 p.m.

## Out to Lunch Bunch Trips

### Alfredo's at the Inn Italian Restaurant **SOLD OUT**

Alfredo's encompasses decades of made-from-scratch family recipes.

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 **SOLD OUT**

Quintealia's specializes in teas, savories and sweets. There is a gift shop housed in the Tea Parlor and Burton maple syrup is sold nearby if you 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.

### M Italian

Serving traditional dishes infused with a modern flare, M Italian brings together a passion for Italian cuisine with the love of family. Lunch begins with a house salad. Meal choices are: Half Chicken Sandwich; Half Margherita Pizza; or Half Meatball Sandwich. Your choice of coffee, tea or soda.

Registration/Refund deadline is Nov 9

**Activity level: Mild**

**Cost: \$35**

<i>date</i>	<i>day</i>	<i>time</i>
Nov 17	Friday	11:15 a.m. - 2:45 p.m.

### The Cabin Restaurant in Aurora

Our lunch takes place in an 1850 log cabin. The relaxed, comfortable dining ambiance and the beautiful holiday decorations complete the perfect setting. Lunch begins with bread service. Lunch selections are: Shrimp Scampi Spaghettini, sauteed shrimp, spinach, tomatoes, white wine-garlic sauce; Chilean Salmon, lemon beurre blanc served with tomato basil risotto and chef's veg; BLT with american Cheese, served on texas toast with steak fries; or Breaded Chicken Sandwich with cheddar cheese, lettuce, tomato, frizzled onions and pickles, served with steak fries.

Registration/Refund deadline is Dec 7

**Activity level: Mild**

**Cost: \$35**

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

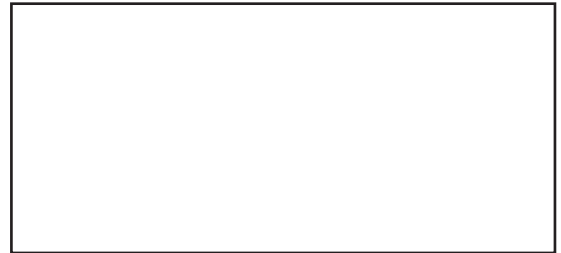
**DATED MATERIAL**



**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:



**The Senior Center will be closed the following:**  
**Monday, Sep 4 Labor Day**  
**Friday, Nov 10 Veteran's Day**  
**Thursday and Friday, Nov 23, 24 Thanksgiving**  
**Monday, Dec 25 Christmas**

**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



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 .....Mary Padula	
Recording Sect'y.....Dee Groynom		
Corresponding Secretary ...Nancy Schott		

**MENTOR SENIOR CENTER**