

Mentor Senior Center

Hours

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

September-December 2022

keep until December



Jersey Beat Band



The Jersey Beat Band

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

Location: Senior Center Great Room

Resident/Non-Resident: \$15

Oct 26
Wednesday
7 – 9 p.m.



MENTOR SENIOR CENTER NEWSLETTER

8484 Munson Road, Mentor, OH 44060

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

www.mentorseniorcenter.com

Inside this issue

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

SENIOR OF THE YEAR: MEET JEFF CHERNY

Jeff Cherny has been selected as the Mentor Senior Center Volunteer of the year for 2022. He has been an avid volunteer for 5 years, since August, 2017

Chances are if you are a regular, you know Jeff as he is involved in a variety of activities. Perhaps you have seen him in the kitchen, or maybe he prepared your taxes as an AARP tax preparation volunteer.

Jeff typically helps 3 times per week in the kitchen, 4 hour shift each day. He readily tackles a variety of tasks. He helps prep lunch, serves as a runner, helps serve, helps make perogies and cabbage rolls. He is the grill master for our summer picnics. He handled curbside delivery during COVID with an ever-present smile, rain, sleet or snow. His engineering background has helped him become Mr Fix it, whether its tightening locks, repairing a coffee pot or replacing a cord.

Jeff was also instrumental in tax prep for our seniors. He studied hard to learn the material, and constantly went out of his way to get answers and squeeze someone in. He served with a smile and great attention to detail. Jeff clearly gets great joy from helping others. It is Jeff's ever present positive, can do attitude and kindness that make Jeff an amazing volunteer! Please congratulate Jeff on a job well done.



MSC Advisory Board Elections

Friday, October 27 11:00 a.m.

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

Board Officer Positions

The Nominating Committee is looking for candidates to run for the Executive Board positions (President, Vice President, Treasurer, Recording Secretary and Corresponding Secretary) of the Senior Center's Advisory Board as described in our last newsletter. If you are interested in being considered for one of these offices or want to nominate someone, please see the front desk staff.

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 4, 2022 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 SERVICES INFORMATION

Frequently used numbers:

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

LC Gen Health District
Painesville 440-350-2543

Laketran (Call before 3 pm) - 440-354-6100. One business day is required for reservations.

Free ride to the Lake County Senior Centers.

Medicare - 1-800-633-4227

Lake County Council On Aging

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

Veteran Services Commission of Lake County

Assistance is available to the men and women who have honorably served their country. Our Veteran members AND their eligible surviving spouses seeking guidance and assistance navigating health coverage, home care, transportation, and discounts available, call 440-350-2567.

For emergencies at home

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

"2-1-1 Call For Help Program"

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

Senior Services page on the Lake County Commissioners Website

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

Home Repair, Maintenance, and Modification

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

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

Adult Protective Services

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

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

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

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

SENIOR CENTER FACEBOOK

MSC Facebook Page

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



Like us on
Facebook

SENIOR CENTER WEBSITE

www.mentorseniorcenter.com

Our new website is up and running. It is easy to find and easy to navigate. The main page has quick links to the newsletter, lunch menu, COVID-19 updates and online registration. It has information about all of our programs and activities and facility information such as rentals and hours of operation. A news column has current articles pertaining to the Senior Center, City of Mentor, and other helpful information for Lake County seniors.

How Do I Download the Latest Newsletter:

Type in www.mentorseniorcenter.com. On the right, select Download Newsletter. The latest PDF version of the newsletter opens up.

OR

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Birthday to members born in September and October			1 12:30 Movie 12:30 Stamping Special: Sweet and Sour Meatballs over Steamed Rice	2 Special: Meat Lasagna
5 Senior Center Closed Labor Day	6 9:00 Laptop Help 9:30 Diabetes Class Special: Baked Ranch Chicken	7 Michigan Trip Sep 7 - 9 4:00 Parkinsons Support Special: Salisbury Steak with Mashed Potatoes	8 9:00 HEAP 12:30 Movie 1:00 Alzheimer's Support Special: Stuffed Pork Chop	9 Special: Chicken Caesar Salad
12 9:00 Veteran's Group 12:00 Int'l Culture Club Picnic 12:00 LCCOA 12:30 Board Meeting 5:00 Movie Special: Pasta with Meatball and Salad	13 9:00 Laptop Help 9:30 Diabetes Class 10:00 Tech Tuesday Special: Chicken Cordon Bleu	14 9:00 MHS Tech Help 1:00 Secret Pals at Fuji Buffet Special: Stuffed Green Pepper	15 8:15 Jaws with Paws Trip 8:30 Progressive Field Trip Special: Volunteer Lunch Chicken Marsala with Angel Hair Pasta, Salad, Chocolate Cake	16 10:00 Senior Nutrition 101 Special: Stuffed Shells and Salad
19 10:00 Senior Produce Market 5:00 Movie Special: Breaded Pork Chop	20 9:30 Diabetes Class Special: Chicken Parmesan and Spaghetti	21 1:00 Attorney 1:30 Book Club Special: Meatloaf and Mashed Potatoes	22 10:00 Estate Planning 12:30 Movie Special: Tuna Salad Platter	23 10:00 Senior Nutrition 101 11:15 OTL to Tinkers Creek Special: Pierogi with Sour Cream and Onions
26 3:00 Cooking Class 5:00 Movie Special: Chicken Paprikash over Egg Noodles	27 8:00 Mystery Trip 9:30 Diabetes Class Special: Spaghetti with Meat Sauce and Garlic Bread	28 10:30 Sec Pals Coffee Club 2:00 Visionaries 3:00 CPR Class Special: Cabbage and Noodles	29 11:30 Celebration Lunch Pork Loin, Roasted Potatoes, Butternut Squash and Cookie	30 10:00 Senior Nutrition 101 Special: Taco Salad Sat, Oct 1, 10a.m. Solar Bus Trip

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 12:00 LCCOA 5:00 Movie Special: Sweet and Sour Pork over Steamed Rice	4 8:30 Lunch with a President 9:00 Laptop Help 9:30 Diabetes Class Special: Baked Ranch Chicken	5 10:00 Hearing Screening 10:00 MHS Tech Help 4:00 Parkinsons Support Special: Stuffed Green Pepper with Mashed Potatoes	6 8:30 Elder Law 12:30 Movie 12:30 Stamping Special: Fettuccine Alfredo with Chicken	7 10:00 Senior Nutrition 101 11:15 Das Schnitzel Trip Special: Chef Salad
10 9:00 Veteran's Group 12:30 Board Meeting 5:00 Movie Special: Pasta with Meatballs	11 9:30 Diabetes Class 10:00 Tech Tuesday Special: Chicken Cordon Bleu	12 10:00 Brain Boot Camp 1:00 Secret Pals at Concord Family Restaurant Special: Salisbury Steak and Mashed Potatoes	13 8:00 Chocolate and Wine 1:00 Alzheimer's Support MSC Kitchen Closed 11:30 Chilli Cook Off	14 8:00 Chocolate and Wine 10:00 Senior Nutrition 101 11:15 Das Schnitzel Trip Special: Pierogi with Sour Cream and Onions
17 10:00 Senior Produce Market 5:00 Movie Special: Breaded Pork Chop	18 9:00 Laptop 9:30 Diabetes Class Special: Chicken Parmesan and Spaghetti	19 10:00 Medicare Talk 1:00 Attorney 1:30 Book Club Special: Meatloaf and Mashed Potatoes	20 12:30 Movie Special: Chicken Marsala and Rice Pilaf	21 10:00 Senior Nutrition 101 11:15 OTL Oak Barrel Special: Stuffed Shells and Salad
24 10:30 AARP Driving 3:00 Newcomers 5:00 Movie Special: Chicken Paprikash over Egg Noodles	25 New York City Trip Oct 25-28 Special: Roasted Pork Loin	26 10:30 Sec Pals Coffee Club 2:00 Visionaries 7:00 Jersey Beat Band Special: Stuffed Cabbage	27 11:00 Advisory Board Election 11:30 Celebration Lunch: Chicken, Wild Rice, Brussel Sprouts and Apple Crisp	28 Special: Tuna Noodle Casserole
31 5:00 Movie Special: Grilled Cheese and Tomato Soup	Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m. Stop by for the best deal in town! The talented kitchen staff and volunteers prepare delicious, freshly made entrees, sandwiches, salads, soup, and desserts at reasonable prices. A daily special costs \$5. Daily homemade soup and sandwiches also available.			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Laptop Help Special: Salisbury Steak and Mashed Potatoes	2 4:00 Parkinsons Support Special: Stuffed Pork Chop	3 10:00 Health Care and Retirement 12:30 Movie 12:30 Stamping Special: Chicken Alfredo	4 Applications due for Financial Assistance 10:00 Senior Nutrition: Diabetes Special: Taco Salad
7 10:00 International Culture Club 12:00 LCCOA 3:00 Cooking Class 5:00 Movie Special: Breaded Pork Chop w/ Roasted Potatoes	8 9:00 Laptop Help Special: Teriyaki Chicken with Pineapple Salsa	9 9:00 MHS Tech Help 1:00 Secret Pals at Outback Steakhouse Special: Stuffed Green Peppers	10 11:30 Veterans Brunch 1:00 Alzheimer's Support Special: Veteran's Brunch: Pastries, Scrambled Eggs, Sausage and Pancakes	11 Senior Center Closed Veteran's Day
14 10:00 Seed Paper Making 12:30 Board Meeting 5:00 Movie Special: Chicken Marsala	15 10:00 Tech Tuesday Special: Cabbage and Noodles	16 1:00 Attorney 1:30 Book Club 2:00 Visionaries Special: Chicken Salad Wrap	17 12:30 Movie Special: Turkey, Potatoes, Stuffing, Green Beans and Pumpkin Cake	18 11:30 OTL Wild Mango Special: Tuna Salad Platter
21 10:00 Senior Produce Market 5:00 Movie Special: Sweet and Sour Pork over Steamed Rice	22 9:00 Steele Mansion Trip Special: Roasted Pork Loin with Potato Wedges	23 Special: Pierogi with Sour Cream and Onions	24 Senior Center Closed Thanksgiving Day	25 Senior Center Closed Thanksgiving Day After
28 5:00 Movie Special: Chicken Parmesan with Spaghetti	29 Special: Sweet and Sour Meatballs	30 10:30 Sec Pals Coffee Club Special: Chef Salad	Happy Birthday to members born in November and December	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m. Reservations are not required. Simply place your order and pay the cashier, pick up your meal at the kitchen window, and enjoy. To go orders are also available. Please bus your table when done eating.			1 12:30 Movie 12:30 Stamping Special: Chicken Piccata	2 Special: Tuna Noodle Casserole
5 12:00 LCCOA 1:00 International Club Party 5:00 Movie Special: Chicken Paprikash with Noodles	6 Special: Italian Sausage Potato Casserole	7 9:00 MHS Tech Help 10:00 Hearing Screening 7:00 MHS Top 25 Concert 4:00 Parkinson's Support Special: Stuffed Cabbage and Mashed Potatoes	8 12:30 Movie 1:00 Alzheimer's Support Special: Turkey, Mashed Potatoes and Stuffing	9 10:00 Historical Society Christmas Trip Special: Vegetable Lasagna with Salad
12 12:30 Board Meeting 5:00 Movie Special: Chicken Cordon Bleu	13 Special: Swedish Meatballs over Noodles	14 11:00 Dueling Pianos Trip 1:00 Secret Pals at Scrambler's 7:00 Hillcrest Concert Special: Taco Salad with Grilled Chicken	15 11:30 Celebration Lunch: Beef Burgundy with Noodles, Green Beans and Chocolate Mousse	16 11:30 OTL Abo's Grill Special: Pulled Pork with Mac and Cheese
19 10:00 Senior Produce Market 5:00 Movie Special: Salisbury Steak with Mashed Potatoes	20 Special: Chicken Alfredo	21 1:00 Attorney 1:30 Book Club 2:00 Visionaries Special: Meatloaf with Mashed Potatoes	22 12:30 Movie Special: Chicken Piccata	23 Special: Chef Salad
26 Senior Center Closed Christmas Holiday	27 Special: Breaded Pork Chop with Scalloped Potatoes	28 10:30 Sec Pals Coffee Club Special: Meat Lasagna with Salad	29 12:30 Movie Special: Chicken Marsala with Steamed Rice	30 Special: Shepherd's Pie

DIRECTOR'S CORNER

REMARKS FROM RENEE

Help us ensure that all who enter the facility are Senior Center members by scanning your membership badge each time you come to the center. As a courtesy, the desk staff can scan you in if you forget your badge one time. After three times of forgetting your badge you will need to purchase a replacement badge, which can be purchased for \$5. So look for those badges to avoid needing to pay for a replacement.



DAVE DISCUSSES

We have had a successful trip program so far in 2022. We plan to do more trips in 2023 and need your help in choosing destinations that best suit our members. Please join our travel committee by registering at the desk and attend our first trip planning meeting on Sept 12 at 10 a.m. The tour operators will be on hand to present trip ideas and the committee will vote on what trips they want to do. Starting in September, CVS Pharmacy will be sponsoring coffee for our members. Pods will be available at the front desk and the Keurig machine is now located in the Computer Room. The coffee pods will be available while supplies last. Cups and condiments are provided by our Advisory Board.



Sue Kostrencic

Sue has been assisting seniors with a smile at the front desk for the past 15 years. She was instrumental in revamping the travel program that so many of you have enjoyed. She bids us farewell and gets to spend more time with her grandson and take care of herself and her family. Please join us in wishing her well in retirement.



IN MEMORIAM

We extend our condolences to the families of our members that passed away. Our thoughts are with you during this difficult time.

With sadness we have recently lost the following members: Chuck Kotnik, Allen Rose, Carol Ford, Joe Kovach, Gloria Davis and Kris Ruhe (sister of Dave Duricky). **RIP**

Movies

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

Thu PG-13	Sept 1 Comedy/Drama/Music	CODA
Thu R	Sept 8 Action, Comedy, Crime	The Unbearable Weight of Massive Talent
Mon R	Sept 12 Drama	The Tender Bar
Mon/Thu R	Sept 19/22 Biography, Drama	Spencer
Mon R	Sept 26 Action, Comedy, Crime	The Unbearable Weight of Massive Talent
Mon/Thu PG-13	Oct 3/6 Action, Adventure	Uncharted
Mon PG-13	Oct 10 Comedy, Drama	DOG
Mon/Thu PG-13	Oct 17/20 Action, Thriller	Blacklight
Mon R	Oct 24 Biography, Drama	Father Stu
Mon PG-13	Oct 31 Action/Adventure	Fantastic Beasts: Secrets of Dumbledore
Thu PG-13	Nov 3 Action/Adventure	Fantastic Beasts: Secrets of Dumbledore
Mon R	Nov 7 Action, Thriller, War	Without Remorse
Mon/Thu PG	Nov 14/17 Drama	Downton Abbey: A New Era
Mon PG-13	Nov 21 Comedy, Romance, Action	The Lost City
Mon R	Nov 28 Action, Thriller	Memory
Thu R	Dec 1 Action, Thriller	Memory
Mon/Thu R	Dec 5/8 Drama, Thriller	The Forgiven
Mon R	Dec 12 Action, Adventure	Last Seen Alive
Mon/Thu PG	Dec 19/22 Adventure, Family, Holiday	The Nutcracker and the Four Realms
Thu R	Dec 29 Action, Adventure	Last Seen Alive

Resident/Nonresident: FREE

REGULAR SCHEDULED ACTIVITIES

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

REGISTRATION

Registration for our Fall programs began Aug 1. You can register online by creating an account (see directions below) or calling the center at 440-974-5725.

Senior Center membership is required to participate in all programs.

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

REFUND GUIDELINES

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

ONLINE REGISTRATION

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

CREATING AN ACCOUNT

Once you have an account set up, go to www.mentorseniorcenter.com. 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.

Last Minute Class Addition

Seed Paper Making

Spread the gift of native seeds with friends and family by making seed paper! This is a fun activity that recycles paper into customizable seed starters for any garden type.

Instructor: Nora Gallagher, Natural Resource Specialist

Location: Senior Center Cardinal Room

Nov 14 Monday 10:00 - 11:30 a.m. \$5 resident / \$7 non-resident

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
Sept 1 – Oct 20	Thursday	10 a.m. – 12 p.m.
Nov 3 – Dec 22	Thursday	10 a.m. – 12 p.m.

Arts & Crafts – Stamping

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

Instructor: Ann Fairchild

Location: Senior Center Cultural Arts Room

Resident/Non-Resident: \$7 per class

dates	day	time
Sept 1	Thursday	12:30 – 2:30 p.m.
Oct 6	Thursday	12:30 – 2:30 p.m.
Nov 3	Thursday	12:30 – 2:30 p.m.
Dec 1	Thursday	12:30 – 2:30 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
Sept 7 – Oct 19	Wednesday	10 a.m. – 12 p.m.
Sept 7 – Oct 19	Wednesday	5 – 7 p.m.
Nov 2 – Dec 21	Wednesday	10 a.m. – 12 p.m.
Nov 2 – Dec 21	Wednesday	5 – 7 p.m.

Quilting

Explore new projects using modern time-saving methods in a friendly, self-paced atmosphere. Focus will be on learning color, value, and construction techniques to advance your quilting knowledge. Students should bring material and misc supplies (based upon provided project supply list), sewing machine in good condition.



Senior Adults

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
Sept 12 – Oct 24	Monday	5:30 – 7:30 p.m.
Sept 6 – Oct 18	Tuesday	9 – 11 a.m.
Nov 7 – Dec 19	Monday	5:30 – 7:30 p.m.
Nov 1 – Dec 20	Tuesday	9 – 11 a.m.

Woodcarving

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

Volunteer Instructor: Ken Kothera

Location: Senior Center Cultural Arts Room

Resident/Non-Resident: Free

dates	day	time
Sept 6 – Dec 27	Tuesday	2 – 4 p.m.

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
Sept 13 – Dec 20	Tuesday	12–1 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.williams@mentorpl.org. To register, call the Senior Center at 974-5725 or visit www.mentorseniorcenter.com

Location: Senior Center Cultural Arts Room

Resident/Non-Resident: Free

dates	day	time
Sept 21	Wednesday	1:30 – 3 p.m.
<i>Three Ordinary Girls</i> by Tim Brady		
Oct 19	Wednesday	1:30 – 3 p.m.
<i>The Paris Library</i> by Janet Skeslien Charles		
Nov 16	Wednesday	1:30 – 3 p.m.
<i>The Henna Artist</i> by Alka Joshi		
Dec 21	Wednesday	1:30 – 3 p.m.
<i>Sense and Sensibility</i> by Jane Austen		

AARP Driver Safety Course

Licensed drivers 50 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 possibly qualify for a lower auto insurance rate (check with your agent). Bring your driver's license and AARP card to the class. A check or money order made payable to AARP prior to start date required. Bring a lunch or purchase lunch at the center.

Instructor: AARP Instructor

Location: Senior Center Cultural Arts Room

AARP Members \$20/Non-AARP Members: \$25

<i>date</i>	<i>day</i>	<i>time</i>
Oct 24	Monday	10:30 a.m. – 3 p.m.

Brain Boot Camp

Looking for ways to improve memory, thinking and cognition? Worried about Alzheimer's disease? Train your mind and body with Brain Boot Camp – a revolutionary, research-based fitness program to exercise the brain by combining mental and physical training in a fun, 45-minute class. Different exercises enhance brain function, structure and cognition. Program provided by Kemper Cognitive Wellness.

Location: Senior Center Cardinal Room

Resident/Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Oct 12	Wednesday	10 – 11 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!

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 about this ratatouille is that it can be served hot or cold and your leftovers can be frozen for later.

Location: Senior Center Cardinal Room

Resident/Non-Resident: \$25

<i>date</i>	<i>day</i>	<i>time</i>
Sept 26	Monday	3:00 – 4:30 p.m.

Thanksgiving Wild Rice Pilaf

Looking for a new side dish to bring to Thanksgiving dinner? This simple Thanksgiving rice pilaf recipe made with nutty wild rice, sweet and tangy cranberries, leeks and fresh herbs might be just what you're looking for. A lovely festive side dish worthy of the holiday dinner but easy enough for any day of the week. Each participant will make this beautiful yet delicious dish.

Location: Senior Center Cardinal Room

Resident/Non-Resident: \$25

<i>date</i>	<i>day</i>	<i>time</i>
Nov 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

Registration deadline is Sept. 1. Space is limited!

<i>date</i>	<i>day</i>	<i>time</i>
Sept 13 – Oct 18	Tuesday	9:30 – 11:30 a.m.

Getting Started With Medicare

If you are approaching age 65, or going on Medicare for the first time, this is your opportunity to gain a basic understanding of how Medicare works and how it affects you. You will learn what Parts A, B, C & D cover and what is not covered. You will learn the difference between a Medicare Supplement and a Medicare Advantage Plan. This class is designed to answer all your questions before you need to register for Medicare.

Location: Senior Center Cardinal Room

Resident/Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Oct 19	Wednesday	10 – 11 a.m.

Hands Only CPR and Heimlich Training

Join us for this hands-only CPR and Heimlich Maneuver class to learn or refresh your skills and abilities to help in the event of an emergency situation. Learn from instructors that are certified by the American Heart Association from Mentor Fire Station 5, help save a life.

Location: Cardinal Room

Resident/Nonresident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 28	Wednesday	3 – 4 p.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 p.m.

Resident/Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>topic</i>
Sept 12	Monday	Council on Aging Resources
Oct 3	Monday	Long Term Care Counseling
Nov 7	Monday	Medicaid Benefits
Dec 5	Monday	Vial of Life (New & Updated)

Lunch and Learn

Elder Law and Real Estate Planning Seminar

"Don't stress! We will review key points to help you plan and prepare for downsizing, moving or relocating". Back by popular demand with up-to-date information. Join us for a delicious free breakfast. Please call 974-5725 or visit the reception desk to make reservations by Sept 26. Presenters: Debbie Ribinskas, Real Estate Agent, Keller Williams; Hilary King, CEO, Creative Moves, LLC; Karen Brehm, Regional Account Manager, Northstar Title LLC; Susan Priest Richlak, Esq. Law offices of Susan Priest Richlak

Location: Senior Center Cardinal Room

Resident/Non-Resident: FREE

<i>date</i>	<i>day</i>	<i>time</i>
Oct 6	Thursday	8:30 – 10:30 a.m.

Script Your Family's Future: Why You Need an Estate Plan

Presentation is designed to help you understand the important role a well-executed estate plan can play in ensuring your strategy remains aligned with your goals. Presentation provided by Edward Jones.

Location: Senior Center Cardinal Room

Resident/Non-Resident: FREE

<i>date</i>	<i>day</i>	<i>time</i>
Sept 22	Thursday	10 a.m.

Health Care and Your Retirement

Information on the potential impact of rising health care costs on retirement savings. Includes an introduction of Medicare coverage and costs, long-term care costs, available options for supplemental health care and long-term care insurance.

Presentation provided by Edward Jones.

Location: Senior Center Cardinal Room

Resident/Non-Resident: FREE

<i>date</i>	<i>day</i>	<i>time</i>
Nov 3	Thursday	10 a.m.

Solar Tour... Energy Independence!

The Mentor bus will take you to several renewable energy sites in the Mentor area as part of the American Solar Energy Society's National Solar Tour!! You will be surprised how many homes and businesses around you are harvesting the sun for free, clean electricity. You'll get the chance to view and discuss home solar applications, battery-backup systems, electric cars and all kinds of energy efficiency examples. Find out how neighbors (including many seniors) and businesses near you have taken advantage of federal tax credits and surprisingly low solar panel prices to achieve energy independence.

Resident/Non-Resident: \$4

<i>date</i>	<i>day</i>	<i>time</i>
Oct 1	Saturday	9 a.m. – 1 p.m.

Senior Nutrition with the Cleveland Foodbank: 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. Learn tips to improve your health through nutrition, and what to communicate with your medical professionals.

Location: Cardinal Room

Resident/Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Nov 4	Friday	10 – 11 a.m.

Senior Nutrition with the Cleveland Foodbank: Senior Nutrition 101

This workshop promotes healthy eating, along with cooking demonstrations, recipe sharing, and incentives to help older adults make healthier choices. The curriculum focuses on healthy eating on a budget, cooking basics, incorporating produce and seasonal items, and how to eat well to help combat certain diseases that are impacted by food choices.

Location: Cardinal Room

Resident/Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 16 – Oct 21	Friday	10 – 11 a.m.

FITNESS/WELLNESS OUTDOORS

Cycling Club

All rides are weather permitting and ride cancelations and any changes will be done via email. There will be a ride make-up on Friday of the same week if Wednesday's ride is canceled. All rides start at 10 a.m. unless designated otherwise. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. 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. in Sept, and at 5 p.m. in Oct due to darkness.

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

<i>dates</i>	<i>day</i>	<i>location</i>
Sept 5	Monday	No hike due to holiday
Sept 12	Monday	Chapin Forest/ Chillicothe Rd. entrance
Sept 19	Monday	Girdled Rd Reservation/ Girdled Rd entrance
Sept 26	Monday	Orchard Hills
Oct 3	Monday	Penitentiary Glen
Oct 10	Monday	Veteran's Park
Oct 17	Monday	Lake Erie Bluffs
Oct 24	Monday	Chagrin River Park/ Reeves Rd entrance
Oct 31	Monday	No hike due to holiday

FITNESS/WELLNESS INDOORS

Line Dancing Basic Beginner

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

Instructor: Tina Foster

Location: Senior Center Fitness Studio

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 7 – Oct 19	Wednesday	5:45 – 6:45 p.m.
Nov 2 – Dec 21	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>
Sept 7 – Oct 19	Wednesday	6:45 – 7:45 p.m.
Nov 2 – Dec 21	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>
Sept 12-Oct 24	Monday	9–9:45a.m.
(No class Sep 5)		
Sept 6-Oct 18	Tuesday	9–9:45a.m.
Sept 1-Oct 20	Thursday	9–9:45a.m.
Sept 2-Oct 21	Friday	9–9:45a.m.
Nov 7-Dec 19	Monday	9–9:45a.m.
Nov 1-Dec 20	Tuesday	9–9:45a.m.
Nov 3-Dec 22	Thursday	9–9:45a.m.
(No class Nov 24)		
Nov 4-Dec 30	Friday	9–9:45a.m.
(No class Nov 11, 25)		

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. The classes focus on 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>
Sept 7 – Oct 19	Wednesday	3 – 3:45 p.m.
Nov 2 – Dec 21	Wednesday	3 – 3:45 p.m.

SilverSneakers® Boom Mind

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

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>
Sept 1 – Oct 20	Thursday	3 – 3:45 p.m.
Nov 3 – Dec 22	Thursday	3 – 3:45 p.m.
(no class Nov 24)		

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>
Sept 12 – Oct 24	Monday	6 – 6:45 p.m.
Sept 7 – Oct 19	Wednesday	11 – 11:45 a.m.
Nov 7 – Dec 19	Monday	6 – 6:45 p.m.
Nov 2 – Dec 21	Wednesday	11 – 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>
Sept 12 – Oct 24	Monday	10 – 10:45 a.m.
(no class Sept 5)		
Sept 7 – Oct 19	Wednesday	10 – 10:45 a.m.
Sept 2 – Oct 21	Friday	10 – 10:45 a.m.
Nov 7 – Dec 19	Monday	10 – 10:45 a.m.
Nov 2 – Dec 21	Wednesday	10 – 10:45 a.m.
Nov 4 – Dec 30	Friday	10 – 10:45 a.m.
(no class Nov 11 & 25)		



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>
Sept 1 – Oct 20	Thursday	4 - 4:45 p.m.
Nov 3 – Dec 22	Thursday	4 - 4:45 p.m.
(no class Nov 24)		

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>
Sept 12 – Oct 24	Monday	11 - 11:45 a.m.
(no class Sept 5)		
Sept 2 – Oct 21	Friday	12 - 12:45 p.m.
Nov 7 – Dec 19	Monday	11 - 11:45 a.m.
Nov 4 – Dec 30	Friday	12 - 12:45 p.m.
(no class Nov 11 & 25)		

SilverSneakers® YOGA

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

Instructor: Monday/Friday – Denise Molesch,

Wednesday - Pat Talladino

Location: Senior Center Fitness Studio

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

Silver Sneakers Members: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 12 – Oct 24	Monday	12 - 12:45 p.m.
(no class Sept 5)		
Sept 7 – Oct 19	Wednesday	9 – 9:45 a.m.
Sept 2 – Oct 21	Friday	11 – 11:45 a.m.
Nov 7 – Dec 19	Monday	12 - 12:45 p.m.
Nov 2 – Dec 21	Wednesday	9 – 9:45 a.m.
Nov 4 – Dec 30	Friday	11 – 11:45 a.m.
(no class Nov 11 & 25)		



Stretch and Balance

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

Instructor: Sharon Benner

Location: Senior Center Fitness Studio

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 6 – Oct 18	Tuesday	11 – 11:45 a.m.
Sept 1 – Oct 20	Thursday	11 – 11:45 a.m.
Nov 1 – Dec 20	Tuesday	11 – 11:45 a.m.
Nov 3 – Dec 22	Thursday	11 – 11:45 a.m.
(no class Nov 24)		

Weight Training

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

Instructor: Sharon Benner

Location: Senior Center Fitness Studio

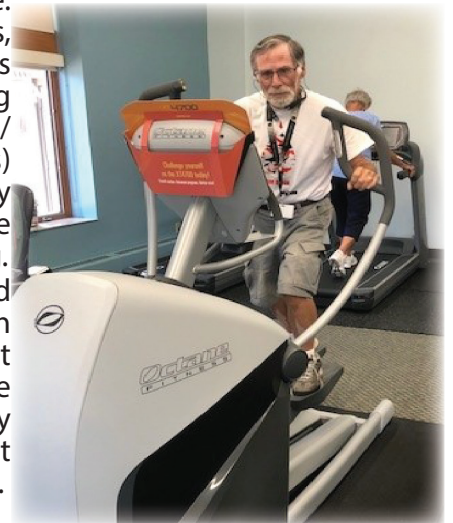
Resident: \$19/Non-Resident: \$24

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 6 – Oct 18	Tuesday	10 – 10:45 a.m.
Sept 1 – Oct 20	Thursday	10 – 10:45 a.m.
Nov 1 – Dec 20	Tuesday	10 – 10:45 a.m.
Nov 3 – Dec 22	Thursday	10 – 10:45 a.m.
(no class Nov 24)		

Fitness Center

A variety of cardio equipment is available including treadmills, seated ellipticals, standing ellipticals, NuStep and a bike.

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



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

Fitness Orientation – Cardio Training

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

Location: Senior Center Fitness Center

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

Call to schedule appointment.

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

Fitness Orientation – Strength Training

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

Location: Senior Center Fitness Center

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

Call to schedule appointment.

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

Personal Training

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

Tuesday, Thursday and Friday afternoons

Location: Senior Center Fitness Center

Resident/Non-Resident: \$40 for 60 minute session

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



GAMES/CLUBS

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

Bingo

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

Location: Senior Center Cardinal Room

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

Chair Volleyball

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

Leader: Carol Snively

Location: Senior Center Fitness Studio

Resident/Non-Resident: \$10/year

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

Chess Club

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

Location: Senior Center Great Room

Resident/Non-Resident: Free

Cornhole

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

Location: Senior Center Cardinal Room

Resident/Non-Resident: Free

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

Duplicate Bridge

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

Location: Senior Center Cardinal Room

Resident/Non-Resident: \$1 at the door

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

Footloose OWLS (Older Wiser Livelier Seniors)

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

Hand Knee and Foot

New players are welcome, no experience needed.

Location: Senior Center Great Room

Resident/Non-Resident: Free

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

International Culture Club

Formerly the German Club, we are expanding our borders and inviting all internationalities 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>
Sept 12	Monday	12 p.m. – Potluck Picnic at Veteran's Park (bring dish to share)
Oct 14	Trip to Das Schnitzel Haus – No regular meeting in Oct	
Nov 7	Monday	10 – 11:30 a.m. – Regular meeting
Dec 5	Monday	1 p.m. – Holiday Party

Mahjong

A popular Asian game played with sets of tiles.

Location: Senior Center Lobby

Resident/Non-Resident: Free

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

Needlecrafters

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

Location: Senior Center Cultural Arts Room

Resident/Non-Resident: Free

<i>day</i>	<i>time</i>
Monday	10:30 a.m. – 12:00 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 – 3:15 p.m.

Puzzle Table

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

Secret Pals Registration is full for 2022

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

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

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

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

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

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

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 a.m. – 12:00 p.m.

Veteran's Group

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

Volunteer Leader: Dennis Brandt

Location: Senior Center Cardinal Room

Resident/Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 12	Monday	9 - 10:30 a.m.
Oct 10	Monday	9 – 10:30 a.m.
Nov 10	Thursday	11:30 a.m.
	Veteran's Breakfast	
Dec	No meeting	

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>
Sept 8, Oct 13, Nov 10, Dec 8	Thursday	1 – 2:30 p.m.

Attorney Gary Rosenthal

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

Location: Conference Room 2

Resident/Nonresident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 21, Oct 19, Nov 16, Dec 21	Wednesday	1-2p.m.

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.

<i>date</i>	<i>day</i>	<i>time</i>
Oct 5	Wednesday	10 a.m. – 12 p.m.
Dec 7	Wednesday	10 a.m. – 12 p.m.

<i>date</i>	<i>day</i>	<i>time</i>
Sept 7	Wednesday	4 – 5:30 p.m.
Oct 5	Wednesday	4 – 5:30 p.m.
Nov 2	Wednesday	4 – 5:30 p.m.
Dec 7	Wednesday	4 – 5:30 p.m.

Walking is a good exercise choice and dramatically improves circulation and digestion. Our feet are designed to move. Did you know that you have 26 bones and 33 joints in each foot! Not to mention, feet in motion are far less prone to becoming stiff and painful. Proper treatment of toenails and calluses help make walking enjoyable. Long toenails can hit the inside of the shoe and cause ingrown toenails or other forms of toe pain. Calluses are thick areas of skin, caused by pressure, and can cause joint pain when standing and/or walking. Foot care services are available on Wed at Mentor Senior Center. Call the podiatrist to make an appointment. Fee of \$25 is paid directly to Dr. Spivack (440-487-3947) or Dr. Del Prince (440-228-0778).

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 19, Oct 17, Nov 21, Dec 19	Monday	10 – 11 a.m.

<i>date</i>	<i>day</i>	<i>time</i>
Sep 7-Oct 19	Wednesday	12-12:45p.m.
Nov 2-Dec 21	Wednesday	12-12:45p.m.

CELEBRATION LUNCHES

Please call 974-5725 with your credit card or visit the reception desk to make reservations for all of the monthly celebrations and special lunches.

September Celebration

Roasted pork loin with roasted red skin potatoes, butternut squash. Save room for a scrumptious homemade oatmeal raisin cookie. It's Now or Never so don't get All Shook Up, Elvis is back in the building!

Reservation deadline is Sept 20.

Location: Senior Center Great Room

Resident/Non-Resident: \$9

<i>date</i>	<i>day</i>	<i>time</i>
Sept 29	Thursday	11:30 a.m.

October Celebration

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

Reservation deadline is Oct 18.

Location: Senior Center Great Room

Resident/Non-Resident: \$9

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

November Celebration

Turkey dinner with all the fixings includes turkey, mashed potatoes, stuffing, green beans and pumpkin cake for dessert. The Frank and Dean and then some show will provide wonderful entertainment after lunch. **Reservation deadline is Nov 8.**

Location: Senior Center Great Room

Resident/Non-Resident: \$9

<i>date</i>	<i>day</i>	<i>time</i>
Nov 17	Thursday	11:30 a.m.

December Celebration

Beef Burgundy over noodles with green beans and chocolate mousse for dessert. The Mentor Follies Dancers will provide some nice holiday dances then we'll finish the afternoon with some trivia fun.

Reservation deadline is Dec 6.

Location: Senior Center Great Room

Resident/Non-Resident: \$9

<i>date</i>	<i>day</i>	<i>time</i>
Dec 15	Thursday	11:30 a.m.

SPECIAL LUNCHES

Chili Cookoff

One of our most popular interactive events is back. The annual Chili Cook-off is sponsored by the Mentor Senior Center and ASA (The Association of Specialists for Aging Adults). Join us as local senior services organizations square off in a chili cook-off!

Lunch includes salad, chili, and dessert. Purchase tickets for \$5 in advance or at the door. Regular lunch will not be available from our kitchen.

Location: Senior Center Great Room

Resident/Non-Resident: \$5

<i>date</i>	<i>day</i>	<i>time</i>
Oct 13	Thursday	11:30 a.m. – 12:45 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. Scrambled eggs, sausage and delicious pancakes, pastries and coffee will be served. Veterans and guests register by Nov 1, all other members register in person or by calling 440-974-5725 if space permits. Co-Sponsored by Perkins Pancake House.

Location: Senior Center Great Room

Veteran's: Free

Resident/Non-Resident: \$9

<i>date</i>	<i>day</i>	<i>time</i>
Nov 10	Thursday	11:30 a.m.

Volunteer Recognition Luncheon

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

Location: Senior Center Great Room

Non-Volunteers: \$9

<i>date</i>	<i>day</i>	<i>time</i>
Sept 15	Thursday	11:30 a.m.

MUSIC AND THEATER

Harmonica

Instructor: Harold Lavellee

Resident/Nonresident: \$6/month

<i>dates</i>	<i>day</i>	<i>time</i>
Sep 6-27	Tue Oct 4-25	Tue 10a.m.
Nov 1-22	Tue Dec 6-27	Tue 10a.m.

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. 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 14	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>day</i>	<i>time</i>
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Wednesday	6:45 – 7:45 p.m.
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Mentor Music Makers

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

Instructor: Maria Voljin

Location: Senior Center Stage

Resident \$30/Non-Resident \$38

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 7 – Oct 19	Wednesday	10 – 11:30 a.m.
Nov 2 – Dec 21	Wednesday	10 – 11:30 a.m.

Mentor High School Top 25

Top 25 is excited to be back and share the music, memories, and magic with the Mentor community.

Location: Senior Center Great Room

Resident/Non-Resident: Free

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

Piano Lessons

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

Instructor: Marge Syrone

Location: Senior Center Stage

Resident \$70/Non-Resident: \$87

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 6 - Oct 18	Tuesday	9 - 11 a.m.
Nov 1 – Dec 20	Tuesday	9 - 11 a.m.

SPECIAL EVENTS

[unveiled] Art of the Mentor Senior Center!

November 3, Thursday, 7–8:30 p.m., Opening Reception
Art on Display: October 25 – November 23, M-F 8 a.m. to 5 p.m. at Mentor City Hall 8500 Civic Center Blvd. Mentor

[unveiled] This art exhibit features local Northeast Ohio artists (including several MSC artists) to display their talents for all to enjoy. A small reception, including a meet and greet by the artists, kicks off the show. The exhibit is free and open to the public M-F 8-5 p.m. For more information or to exhibit, please call the Wildwood Cultural Center at (440) 974-5735. [unveiled] is supported by the Mentor Community Arts Commission.

Arts and Crafts Sale

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

Location: Senior Center

<i>date</i>	<i>day</i>	<i>time</i>
Nov 19	Saturday	9 – 3 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>
Oct 24	Monday	3 - 4 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'll get valuable help.

Location: Great Room

Resident/Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 6, 13, Oct 4, 18, Nov 1, 8	Tuesday	9–11a.m.

Tech Tuesday's with the Mentor Public Library

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

Location: Cardinal Room

Resident/Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 13	Tuesday	10-11 a.m.
Home Technology: Alexa, Ring, and More!		
Oct 11	Tuesday	10-11 a.m.
Podcasts: What are they and how to find them?		
Nov 15	Tuesday	10-11 a.m.
Safe Shopping Online		

Tech Help

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

Location: Senior Center Great Room

Resident/Nonresident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 14	Wednesday	9-10 a.m.
Oct 5	Wednesday	9-10 a.m.
Nov 9	Wednesday	9-10 a.m.
Dec 7	Wednesday	9-10 a.m.



Come Travel with Us!

MENTOR SENIOR CENTER TRAVEL QUEST

2022

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

ACTIVITY LEVELS

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

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

Strenuous May require extended periods of walking and standing. There may be numerous steps or uneven terrain.

TRIP REFUND POLICY

Travel Insurance is available for ALL Trips.

Get more details at the front desk.

- Please choose your trips carefully.
- Full refunds will only be granted if a trip is cancelled by the 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.

Trip Planning Committee

Do you love to travel and have ideas for great travel destinations? Please join our travel planning committee as we plan trips for 2023.

Step 1 Call and register and provide your trip suggestions when you sign up.

Step 2 Attend the meeting where destination ideas and getting your input will be shared.

Step 3 Presentations by the tour operators and voting on preferences for trips for 2023.

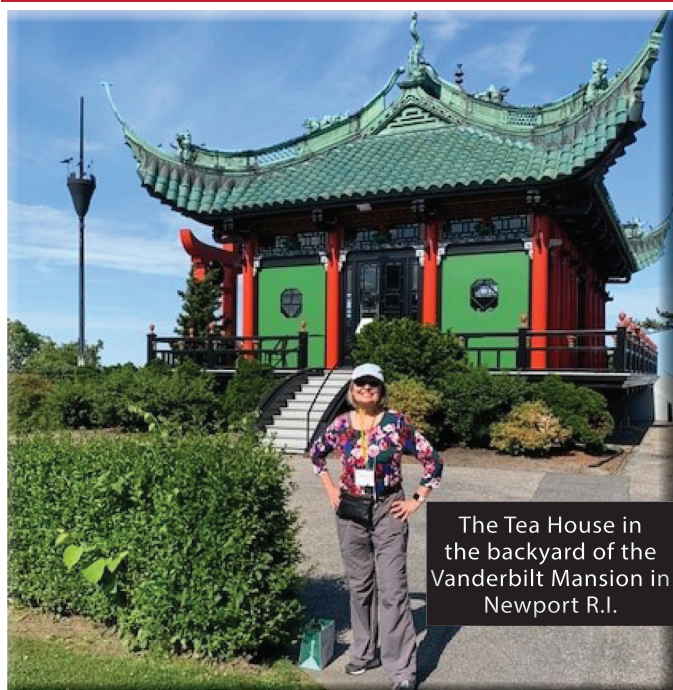
This is your opportunity to have your suggestions be considered!

Location Senior Center Cardinal Room

Monday, September 12

10:00 a.m.– 12:00 p.m.

Resident /Nonresident Free



The Tea House in the backyard of the Vanderbilt Mansion in Newport R.I.

2022 One Day Trips

Jaws with Paws, Vineyards and Horsin' Around

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

Registration/refund/transfer deadline is August 15.

Activity Level: Mild

Resident/Non-Resident: \$89

date	day	time
Sept 15	Thursday	8:15 a.m. – 6:15 p.m.

Mystery Trip#12

Registration/refund/transfer deadline is August 27.

Activity Level: Mild

Resident/Non-Resident: \$99

Sold Out - Call to be put on a wait list
date day time
Sep 27 Tuesday 8 a.m.-6:30 p.m.

Lunch with a President Tour

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

Registration/refund/transfer deadline is September 4.

Activity Level: Mild

Resident/Non-Resident: \$95

date day time
Oct 4 Tuesday 8:30 a.m. – 5:45 p.m.

Chocolate and Wine – An Autumn Adventure

Registration/refund/transfer deadline is Sep 6.

Activity Level: Moderate

Resident/Non-Resident: \$99

Sold Out - Call to be put on a wait list
dates day time
Oct 13 Thursday 8 a.m.-6 p.m.
Oct 14 Friday 8 a.m.-6 p.m.

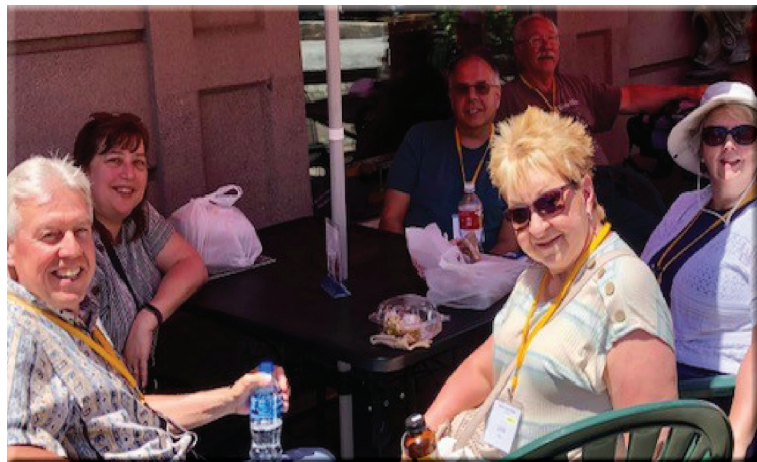
Canton Christmas Celebration at Canton's Palace Theater

Registration/refund/transfer deadline is October 12.

Activity Level: Mild

Resident/Non-Resident: \$110

Sold Out - Call to be put on a wait list
date day time
Nov 12 Saturday 8:30 a.m. – 6:00 p.m.



Dueling Piano Christmas Party

Registration/refund/transfer deadline is November 14.

Activity Level: Moderate

Resident/Non-Resident: \$93

Sold Out - Call to be put on a wait list
date day time
Dec 14 Wednesday 11:00 a.m. – 4:00 p.m.

Very Merry Pops

Registration/refund/transfer deadline is October 27.

Activity Level: Moderate

Resident/Non-Resident: \$104

Sold Out - Call to be put on a wait list
date day time
Nov 27 Sunday 12 – 7:15 p.m.

2022 Overnight Trips

Magnificent Michigan

Registration/refund/transfer deadline is July 27.

Activity Level: Moderate

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

Sold Out - Call to be put on a wait list
dates days
Sep 7 – 9 Wednesday – Friday

Hudson Valley Tour CANCELED!!!

Activity Level: Moderate

date day
Sep 19 - 23 Monday – Friday

New York City Autumn Adventure

Registration/refund/transfer deadline is August 25.

Activity Level: Moderate

Resident/Non-Resident: \$939 per person double, \$115 per person single, \$889 per person triple/quad

Sold Out - Call to be put on a wait list
date day
Oct 25-28 Tuesday – Friday

MSC Small Bus Trips

Progressive Field and League Park

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

Activity level: Moderate

Refund deadline: Sep 1

Cost: \$38

date	day	time
Sep 15	Thursday	8:30a.m.-3:30p.m.

Das Schnitzel Haus and Rudy's Bakery

Das Schnitzel Haus is a family run restaurant with a culinary background. Rudy's Bakery is a destination place for paczki, pierogi, and kielbasa!

Activity level: Mild

Refund deadline: Sep 23

Cost \$8

dates	day	time
Oct 7	Friday	11:15a.m.-3:45p.m.
Oct 14	Friday	11:15a.m.-3:45p.m.

Steele Mansion

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

Activity Level: Mild

Refund deadline: Nov 10

Cost \$43

date	day	time
Nov 22	Tuesday	9a.m.-1:15p.m.

Historical Society Christmas

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

Activity Level: Mild

Refund deadline: Dec 1

Cost \$24

dates	day	time
Dec 9	Friday	10a.m.-2:30p.m.

Out to Lunch Bunch Trips

Tinker's Creek Tavern

This unique, gorgeous location was fully restored in 2007. The Tinker's Creek Tavern was built in 1902 and used out as a home in Walton Hills.

Activity level: Mild

Refund deadline: Sep 15

Cost \$35

date	day	time
Sep 23	Friday	11:15a.m.-2:45p.m.

The Oak Barrel

The Oak Barrel is a local restaurant labeled by some a "Gastronomic View".

Activity level: Mild

Refund deadline: Oct 13

Cost \$35

date	day	time
Oct 21	Friday	11:15a.m.-2:45p.m.

Wild Mango

Wild Mango at the village is a chef driven, multi cultural restaurant, an Asian fusion restaurant with many popular dishes.

Activity level: Mild

Refund deadline: Nov 10

Cost \$35

date	day	time
Nov 18	Friday	11:30a.m.-2:30p.m.

Abo's Grill

Treat your palate to the taste of Donna's Southern Italian family dining.

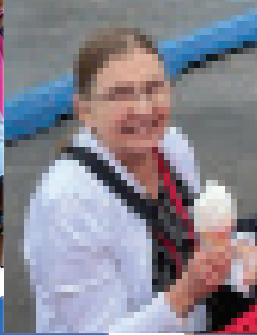
Activity level: Mild

Refund deadline: Dec 8

Cost \$35

date	day	time
Dec 16	Friday	11:30a.m.-2:30p.m.





DATED MATERIAL



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

PRESORTED
STANDARD
U.S. Postage
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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

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

The Senior Center will be closed the following:
September 5 Labor Day
November 11 Veteran's Day
November 24 and 25 Thanksgiving Holiday
December 26 Christmas Holiday

MEMBERSHIP 2022

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

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

Daily scans ensure that all who enter are current members.

As a courtesy, the desk staff can scan you in if you forget your badge. However, after three times of forgetting your badge you will need to purchase a replacement badge, which can be purchased for \$5.

Membership Renewal for 2023 begins January 2, 2023.

President..... Hap Berichon
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
Volunteer Chair ...Debbie Higginbotham

MENTOR SENIOR CENTER