

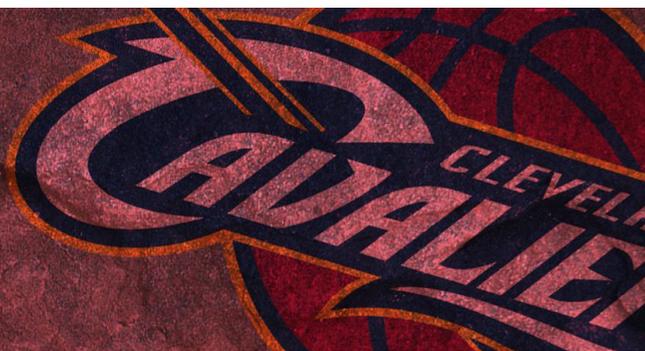
November December 2016



Inside this issue

Events, Programs	2-3
Groups & Services.....	4
Special Elders.....	4
Ongoing Programs.....	5
Cards and Games, Library	5
Movies.....	6
Calendars	6-7
Directors Corner, Directory.....	8
Out To Lunch Trips.....	8
Travel.....	9-12
Winter/Spring Signup Sheet.....	13-14
Winter/Spring Classes.....	15-19
Advertisements.....	20-21
Veterans Day Events.....	22

Mentor Senior Center Night at the Q



Tuesday, December 13th, 2016
Cleveland vs. Memphis Grizzlies
#46680

Cavs tip-off at **7:00 pm**

**Bus departs from
Senior Center at 5:15 pm**

Enjoy a Cavaliers Game against the Memphis Grizzlies with the Mentor Senior Center. The Fox Sports Fan Express Bus will provide transportation to and from Mentor Senior Center and Quicken Loans Arena!

**Lower level tickets - section 133, rows 28-30
\$75 per person includes admission and
transportation to and from the game.**

Space is limited, so register early.

Registration deadline: November 18, 2016

Register at Mentor Senior Center Front Desk
or call 440-974-5725

Video cameras are not allowed in Quicken Loans Arena.



MENTOR SENIOR CENTER

8484 MUNSON ROAD, MENTOR, OH 44060
PHONE: 440-974-5725 440-255-1100 FAX: 440-974-5716
www.cityofmentor.com

Special Luncheons, Fall Events

Monthly Celebrations

These monthly events are open to everyone. Please be aware that no other food will be served these days. Thank you to Brookdale Sr. Living for co-sponsoring these events. Make reservations in person at the desk or call in with your credit card information.



November Celebration Thanksgiving Holiday Celebration at LaMalfa

You're invited to enjoy this annual luncheon at LaMalfa. The delicious meal includes turkey breast with gravy, Italian salad, stuffing, mashed potatoes, vegetable, cranberry sauce, roll and butter, pumpkin pie, coffee and tea. Special entertainment by Eddie and the Edsels will fill our afternoon with fun, lively music. All reservations MUST be made by October 28. Reservations will not be available the day of the event. Please request Laketran if needed, when making your reservation. (The kitchen will be closed at the Mentor Senior Center on this day).
Location: LaMalfa Centre, 5783 Heisley Rd., Mentor
#45855 Nov 10 Thu
11:30 a.m. – 1:30 p.m.
Resident/Nonresident: \$15

December Celebration

Our special holiday meal will be roasted pork, mashed potatoes, green beans, roll and butter with a brownie supreme for dessert. Our own performing groups; Mentor Music Makers, Mentor Follies Dancers, and Act One will provide holiday entertainment. Cost is \$6. Call (440) 974-5725 with your credit card or visit the reception desk to make reservations by Dec 9.
Location: Great Room
#45091 Dec 16 Fri 11:30 a.m.
Resident/Nonresident: \$6



Be A Santa To A Senior

Help to spread some holiday cheer by selecting a gift tag from our Christmas tree from Nov 1 – Dec 8. Purchase the designated gift and return to the Senior Center unwrapped by Dec 8. The gifts will be wrapped and distributed to local seniors who are lonely or financially challenged. Thanks to Home Instead Senior care for providing this program and making the holiday season better for some of our own senior members.
Location: Lobby Nov 1 – Dec 8

Lake County Council on Aging

Join Christine Armour, Information and Assistance Specialist, to learn about the various services and programs available to Lake County residents. Offered first Wednesday of each month.
Location: Great Room
#47526 Nov 2 Wed 12:30 p.m.
#47527 Dec 7 Wed 12:30 p.m.
Resident/Nonresident: Free
The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, nutrition services, in-home safety, homemaking services, medicare help, information and referral, and much more. Please call (440) 205-8111 for more information or visit www.lccoa.org

Check out the Senior Services page on the Commissioners web site <http://www.lakecountyohio.gov/commissioners/SeniorServices.aspx>

Newcomers

New members who joined in the past 3 months can meet each other and receive a thorough orientation to the Mentor Senior Center with our Director, Renee Ochaya and Recreation Coordinator Dave Duricky. Call the front desk through October 31 if you plan to attend.
Location: Great Room
#47502 Nov 3 Thu 2 p.m.
#47503 Nov 3 Thu 6 p.m.
Resident/Nonresident: Free

Remembrance Hour

Join us as we gather to remember our members who have passed away in 2016. The nondenominational observance, will include a portion of the hour for you to briefly eulogize that special member (optional), a brief uplifting ritual, and then a garden planting (weather permitting).
Facilitator: Debbie Muzik
Location: Cardinal Room
#43862 Nov 4 Fri
11:30 a.m. – 12:30 p.m.
Resident /Nonresident: Free

Hands Only CPR

Did you ever wonder what you would be able to do in a medical emergency. Fireman Jerry Craddock teaches you the basics in saving a life.
Location: Great Room
#46012 Nov 8
Tue 12– 1 p.m.
Resident/Nonresident: Free

Music BINGO

MUSIC BINGO is a new take on an iconic game where numbers have been replaced by songs. Go on a trip down memory lane with the musical playlist of your lifetime! Add in a Name That Tune kind of twist, a bunch of PRIZES and you have a MUSIC BINGO Ohio party.
Location: Cardinal Room
#45876 Nov 16 Wed
9:45 a.m. – 10:45 a.m.
Resident/Nonresident: Free

Protecting Your Retirement Long Term Care Costs

Have you planned your vacation? Have you planned your next family get together? What's your plan for a lengthy illness or disability? Would you like to learn who may be available to help you plan, to help your family, to pay for your care? Learn who will not pay!
Location: Cardinal Room
#47528 Nov 16 Wed 11 a.m.
Resident/Nonresident: Free

Fall Events/Concerts

Gateway Health Series

Nov – Will It Last: Financial Planning
This monthly educational program features a different topic presented by an expert on the subject.
Location: Conference Room #45873 Nov 17 Thu 10:45 a.m.
Resident/Nonresident: Free

Arts And Crafts Sale

Homemade arts and crafts of all kinds will be available for sale at the annual Arts and Crafts Sale. Yummy baked goods will also be available for sale. If you would like to donate to the bake sale, please let us know when you register for your table space. For vendors interested in purchasing a space, cost is \$25 for a 6-ft table and \$20 for a 5-ft table.

Nov 19 Sat 9 a.m. - 3 p.m.

Edward Jones Presentation

Financial Independence
A rules of the road presentation that includes the most common investing mistakes and how to avoid them, investing strategies to help reach your long-term goals, and what you can do now to prepare.
Location: Cardinal Room #47597 Nov 21 Mon 10 a.m.
Resident/Nonresident: Free

AARP Driving Safe Program

Licensed drivers 50 or older can take this class designed to refine existing skills as well as develop new, safe, defensive driving techniques. You will 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 class. Bring a sandwich or snack, or buy lunch here prior to class.
Cost: \$15 for AARP members, \$20 for non-AARP members, check or money orders MUST be made payable to AARP.
Location: Stage #47508 Nov 29 Tue 1 - 5 p.m.

Mentor High School Top 25

Cleveland Rocks meets the holidays. The Top 25 Show Choir performs their Kicking off the Holidays show. The free performance includes a bake sale and light refreshments. Top 25 is excited to be back and share the music, memories and magic with the Mentor community.
Location: Great Room #47529 Dec 1 Thu 7-8 p.m.
Resident/Nonresident: Free



Hillcrest Band Christmas Concert

Celebrate the holiday season with the Hillcrest Concert Band. Come enjoy all your favorite holiday classics. Light refreshments will follow. Please register by Dec 2. If space is available, limited registration will be available at the door.
Location: Great Room #47506 Dec 6 Tue 7:30 - 9 p.m.
Resident/Nonresident: \$4

Line Dance Party

Our instructors lead Line dances in a party atmosphere. Punch and snacks are provided.
Location: Great Room #47525 Dec 12 Mon 6:30-9 p.m.
Resident/Nonresident \$5 until Dec 8, \$7 after Dec 8

Heisley Water Exercise Holiday Party

Calling all Heisley Water Exercise class participants. Join us for some holiday cheer at our luncheon at the Mentor Senior Center. The menu features chicken parmesan, pasta, salad, and coffee.
Register and pay by Dec 9.
Location: Cardinal Room #46020 Dec 15 Thu 12-1:30 p.m.
Resident/Nonresident: \$6

Garage Sale

Join us for this HUGE annual garage sale where you may find some wonderful treasures. The cost is \$25 for a 6 foot table or \$20 for a 5 foot table or a round table. Table space is available to seniors beginning Dec 5 for residents and Dec 6 for nonresidents. After Mar 1, table space will be available to anyone wishing to participate. Donations for the bake sale would be appreciated. If you would like to donate to the bake sale, please let us know when you register for your table space. Please register for a table by calling 440-974-5725.
Apr 29 Sat 9 a.m. - 3 p.m.

Wildwood Events

Wildwood Events

Wildwood Cultural Center 36th Holiday Display and Craft Show

Many wonderful holiday items for sale from over 25 vendors including wreaths and swags, gingerbreads, live greenery, baked goods, ornaments, stockings and more. Enjoy holiday music with the Wildwood Singers. For more information, contact Wildwood at (440) 974-5735.
Donation \$1 ; Children Free
Location: Wildwood Cultural Center Dec 4 Sun 10 a.m. - 4 p.m.
Resident/Nonresident: Free

Wildwood Singers FREE Annual Holiday Concert at Mentor Senior Center

Get into the holiday spirit as the Wildwood Singers present a collection of traditional and contemporary holiday songs at this free concert. For more information, please call Wildwood at (440) 974-5735. No tickets required!
Location: MSC Great Room Dec 9 Fri 7:30 p.m.
Resident/Nonresident: Free

Special Elders, Groups, Services

Special Elders

Any member that has a need for special assistance is eligible for the Special Elders Program. We have three staff members dedicated to working with the Special Elders population from 10:30 - 2:00, Monday - Friday. The Special Elders Staff gives seniors the support and assistance they need to more fully participate in Senior Center recreational activities. See Dianne, Maggie or Deb for more information.

Activities

Tuesdays at 12:30 p.m.

Nov 1 - Adult Coloring Therapy

Nov 8 - All about me...Bring Pictures and stories to share

Nov 15 - Mop Hockey

Nov 22 - Happy Thanksgiving - Let's Turkey Bowl

Nov 29 - Movie

Dec 6 - Adult Coloring Therapy

Dec 13 - White Elephant Christmas Party - Bring a wrapped white elephant gift

Dec 20 - Pokemo

Dec 27 - Happy New Years Eve!!

Shopping Trips

Thursdays at 11:15 a.m.

Nov 3 - Target

Nov 10 - Fridays

Nov 17 - TJ Maxx/Dollar Tree

Dec 1 - WalMart

Dec 8 - Lakeshore Eatery

Dec 29 - Target

Culture Groups

German Culture Group

Location: Cardinal Room

Nov 7 Mon 10 a.m.

Dec 12 Party Mon 1:30 p.m.

Contact Mike Bauer at 352-6495 or Heidi 205-0363 for information.

Italian Culture Group

Contact Dave Duricky for information.

Location: Cultural Arts Room

Nov 1 Tue 11:45 a.m.

Dec 6 Party Tue 11:45 a.m.

Hungarian Cultural Group

Contact Elaine Spondike for information at 440-354-2423.

Location: Conference Room

Nov 10 Thu 10:30 a.m.

Dec 8 Party Thu Location TBA

Health and Advisory Services

Reiki

Reiki is a non-intrusive technique for stress reduction and relaxation that promotes holistic healing of body, mind and spirit. 20-minute treatment.

Instructor: Marla Katz RN, BSN

Location: Conference Room 2

Nov 22 Tue 11 a.m. - 1 p.m.

Dec 27 Tue 11 a.m. - 1 p.m.

Resident: \$25/Nonresident: \$31

Attorney - Gary Rosenthal

Location: Conference Room 2

Nov 16 Dec 14 Wed 1 - 2 p.m.

Resident/Nonresident: Free

Call for appointment.

Blood Pressure Screening

Sponsored by Hospice of the Western Reserve.

Location: Conference Room 2

Nov 7 Dec 5 Mon

11:30 a.m. - 12:30 p.m.

Resident/Nonresident: Free

Call for appointment.

Hearing Screening/Cleaning

Location: Conference Room 2

Nov 2 Wed 10:30 - 11:30 a.m.

Advanced Audiology - **Cleaning**

Dec 7 Wed 10 a.m. - 12 p.m.

Holly's Hearing - **Screening**

Resident/Nonresident: Free

Call for appointment.

Alzheimer's Association Caregiver Support Group

Discuss signs, symptoms, resources available, caregiving help and other topics for those touched by Alzheimer's and dementia. No registration.

Facilitator: Lynn Davis

Location: Stage

Nov 10, Dec 8, 29 Thu 1-2 p.m.

Resident/Nonresident: Free

Parkinson's Support Group

Patients, caregivers, family and friends - all are welcome! Come share and learn from each other. Find support and encouragement.

Leader: Phyllis Hinkel

Location: Cultural Arts Room

Nov 1 Dec 6 Tue 4:15 - 5:15 p.m.

Resident/Nonresident: Free

Podiatrist Wednesdays

Location: Health Service Room

Dr Spivack

Nov 2, 16, 30 and Dec 7, 21

Dr Coppers (Cash Only please)

Nov 9, 23, Dec 14, 28

Resident/Nonresident: \$20

paid directly to Doctor.

Call for appointment.

Visionaries Support Group

If you suffer from vision impairment, plan to attend these free meetings. Facilitator: Licensed Optician Debbie Kogler. No registration.

Location: Cultural Arts Room

Nov 16, Dec 14 Wed 2-4 p.m.

Resident/Nonresident: Free

Vitality Massage

20-minute treatment.

Location: Conference Room 2

Therapist: David Hansen

Nov 15 Dec 20

Tue 11 a.m. - 1 p.m.

Therapist: Annette Santoro

Nov 1 Dec 6

Tue 11 a.m. - 2 p.m.

Resident/Nonresident: \$12 Paid directly to therapist.

Call for appointment.

Performing Groups

Our performing groups are available for outside performances.

Mentor Follies Dancers

Join us for great exercise, dance and fun.

Director: Rena Ellwanger

Location: Stage

Wed 7 p.m.

Mentor Music Makers

Director: Marija Voljin

Location: Stage

Wed 10 a.m.

Theater Group

Mentor's Act One monthly meeting. Stop by to learn more.

Location: Stage

Nov 16 Dec 21 Wed 12:30 p.m.

In Memorium

Sympathy cards were mailed to the family of members: Rosemary McDonald, Wayne Beidle, Bob Hill and Irma Kelly.

Make your card requests in the blue book at the Front Desk for deceased or ill members.

Ongoing Programs, Library, Cards & Games

Ongoing Programs

Chair Volleyball

Chair volleyball allows those with physical limitations to participate in this fun game played weekly.

Leader: Carol Snively

Location: Studio

Mon 11:30 a.m. - 1:30 p.m.

Wed 12 - 2 p.m.

Fri 1 - 3 p.m.

Resident/Nonresident: Free

Cordial Connections

"Where single seniors meet and mingle". Get out and meet new friends and enjoy a variety of activities.

Find out what Cordial Connections is all about.

Leader: Gayle 440-953-4469

Fishing Club

Nov -15 Fishing on the breakwall in Eastlake

Tue 10 a.m.

#47599

Dec - No Meeting

Mentor Post Office

Purchase stamps and mail packages. Avoid long lines at the Post Office.

Location: Lobby

Nov 2, Dec 7 Wed 10:30 a.m.-12 p.m.

Needlecraft Program

Bring any crochet, knitting, cross-stitch, etc., to work on.

Location: Great Room

Mon 10:30 a.m. - 1:30 p.m.

Resident/Nonresident: Free

Punch Embroidery

Coordinator: Richard Victor

Location: Cultural Arts Room

Mon Nov 14, 28 1 p.m.

Mon Dec 12 Party 1 p.m.

Resident/Nonresident: Free

Secret Pals

We meet monthly at a great local restaurant, and each group member will send cards and small tokens throughout the year. At our December meeting we exchange gifts with our Secret Pal and discover who they are. Please register at the desk.

Location: Red Robin 36565 Euclid Ave., Willoughby

#45915 Nov 9 Wed 1 - 3 p.m.

Location: Riders Inn 792 Mentor Ave. Painesville

#45916 Dec 14 Wed 1 - 3 p.m.

Veterans Group

Leader: Dennis Brandt 257-6729

Location: Cardinal Room

Nov 7, Dec 5 Mon 9 a.m.

Woodcarving

Beginners 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 expense.

Instructor: Ken Kothera

Location: Cultural Arts Room

Nov, Dec Tue 2 p.m.

Resident/Nonresident: Free

Voice Your Views

Facilitated by Debbie Muzik.

Come listen, learn, and discuss a wide variety of topics. Visitors are always welcome.

Nov 4 - Open Forum/Selections

Nov 11 - Closed

Nov 18 - Laketrans Presentation

Nov 25 - Closed

Dec 2 - Open Forum/Selections

Dec 9 - Deb's "Twenty Questions"

Dec 16 - Outing

Dec 23 - Traditional Holiday Recipes, exchange and sample

Dec 30 - National Parks - Bring stories, pics, memories

Topics are subject to change

Location: Conference Room 1

Fri 1:00 - 2:30 p.m.

Resident/Nonresident: Free

Voice Your Views on Books, a once a month addition to the Voice Your Views Discussion group for Nov and Dec. We will discuss a book chosen by the group from 2:45 - 3:45 p.m. (immediately following regular Voice Your Views).

Nov 4 - The Boy In The Suitcase by Lene Kaaberol

Dec 2 - To Kill The Irishman by Rick Porrello

Cards and Games

Bingo

Location: Cardinal Room

Mon and Wed 1 - 2 p.m.

Evening Tournament Pinochle

All players must be experienced.

Location: Cardinal Room

Tue 6:30 - 9 p.m.

Duplicate Bridge

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

If you need assistance registering, contact Donna between 10 a.m. - 6 p.m.

Location: Cardinal Room

Fri 12:30 p.m.

Location: Cardinal Room

Tue 1:00 p.m.

Resident/Nonresident: \$1 at the door

Informal open play

3-Handed Pinochle

All players must be experienced.

Location: Stage

Fri 12:30 p.m.

Hand And Foot Card Games

Location: Great Room

Wed 10 a.m., 12:30 p.m.

Mah Jongg

Location: Lobby

Mon 12:30 p.m.

Ping Pong

Open play is available Mon - Fri.

Please call ahead for available times.

Rummikub (Looking for players)

Location: Great Room

Tue 1 p.m.

Corn Hole/Bocce See page 11.

Euchre

Location: Lobby

Tue 12:30 p.m.

Senior Bowling at Scores

Tue 12:30 p.m. Mixed League

Call Helen Hayes, 440-725-9585

Library News/Book Group

We are only accepting NEW and CURRENT magazines, NEW and CURRENT books.

Book Discussion Group

Sponsored by the Mentor Public Library at MSC.

Call 974-5725 to register.

For questions call: Cailey Williams 255-8811 X 204

Our Mother's War by Emily Yellin #45919 Nov 16 Wed 1:30 p.m.

I've Got You Under My Skin by Mary Higgins Clark

#45920 Dec 21 Wed 1:30 p.m. Location: Stage

Weekly Ongoing Programs in November and December

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Water Ex Heisley 9:00 Low Impact Aerobics 10:00 Sr.Shape Up Chairs 10:30 Needlecrafters 10:35 Low Impact Aerobics 11:30 Chair Volleyball 12:30 Mah Jongg 1:00 Bingo 2:00 Yoga 5, 6:30 & 7:30 Line Dance 6:00 Evening Hiking	9:00 Low Impact Aerobics 9:00 Tuesday Quilters 9:50 Weight Training 10:30 Water Exercise Heisley 10:40 Stretch & Balance 11 & 12 Amer. Sign Language 11:30 Arthritis Exercise 12:30 Special Elders 1:00 Duplicate Bridge 1:30 Ballroom Dance 2:00 Woodcarving 2:15 Water Exercise Heisley 3:00 Better Every Day 5:15 Zumba Gold 6:00 Tuesday Quilters 6:15 Low Impact Aerobics 6:30 Tournament Pinochle 7:05 Weight Training	8:00 Water Ex Heisley 8:30 Podiatrist 9:00 Zumba Gold 10:00 Cycling 10:00 Hand & Foot Cards 10:00 Mentor Music Makers 10:00 Creative Ceramics 10:00 Sr.Shape Up Chairs 12:00 Chair Volleyball 12:30 Wii Bowling 1:00 Bingo 2:00 Ballet for Balance 4:45 Chair Yoga 6:00 Line Dance 6:00 Creative Ceramics 6:30 Corn Hole/Bocce 7:00 Follies Dancers	9:00 Low Impact Aerobics 9:50 Weight Training 10:00 All Media Painting 10:00 Hiking - <i>No break week</i> 10:30 Water Exercise Heisley 10:40 Stretch & Balance 11:15 Special Elders Shopping 11:30 Arthritis Exercise 1:15 Water Ex - Strength Training at Heisley 2:00 Tai Chi 2:15 Water Exercise Heisley 3:30 Yoga 5:15 Zumba Gold 6:15 Low Impact Aerobics 7:05 Weight Training	9:00 Low Impact Aerobics 9, 10, 11 Piano 10:00 Sr.Shape Up Chairs 10:35 Low Impact Aerobics 11:45 Arthritis Exercise 12:15 Wii Bowling 12:30 Duplicate Bridge 12:30 3-Handed Pinochle 1:00 Voice Your Views 1:00 Chair Volleyball Saturday 9:00 Yoga 12:00 Water Exercise Heisley Sunday 1 - 4 Ballroom Dance

Water Exercise Classes at Heisley do not follow our Fitness break week schedule.

There is a class break February 22, 23, 24, 25, 26, 28 and April 24 - 30. There is no class January 1, 2, 16 or February 20.

Movies on the BIGSCREEN

Movies in November

Nov 7, 6:30 p.m.

A Hologram for the King

R Comedy/Drama

Nov 14, 6:30 p.m.

Mother's Day

Rated PG-13 Comedy/Drama

Nov 21, 6:30 p.m.

Criminal

Rated R Action/Crime/Drama

Nov 28, 6:30 p.m.

The Huntsman: Winters War

Rated PG-13 Action/Adventure/Drama

Movies in December

Dec 1, 12:30 p.m.

On Golden Pond

Rated PG Drama

Dec 8, 12:30 p.m.

The Meddler

Rated PG-13 Comedy/Drama

Dec 15, 12:30 p.m.

Dec 19, 6:30 p.m.

My Big Fat Greek Wedding 2

Rated PG-13 Comedy/Romance

Dec 22, 12:30 p.m.

Christmas Vacation

Rated PG-13 Comedy/Family

Dec 29, 12:30 p.m.

Florence Foster Jenkins

Rated PG-13 Comedy/Drama

MSC

Nov - Dec

Hiking Club A.M.

Hikes begin at 10 a.m. on Thursdays at designated locations.

Nov 3 Squires Castle - North Chagrin Reservation, Willoughby
Nov 10 Holden Arboretum, Sperry Rd., Chardon
Nov 17 Fairport Harbor, Lakefront Park

Nov 24 Civic Center Loop - Meet at Senior Center

Dec 1 Girdled Road Reservation, 12926 Radcliff Rd., Concord

Dec 8 Wildwood Park on Little Mountain Rd.

Dec 15 Mentor Lagoons, Harbor Dr. Mentor

Dec 22 Veteran's Park, Hopkins Rd., Mentor

Dec 29 Krueger Park on Chilli-cothe Rd., Mentor

If you have any questions, call Tom at 440-376-0294 or 255-5626.

WE ARE CLOSED

NOVEMBER 11, 24 & 25

AND DECEMBER 25, 26 AND JANUARY 1, 2



Membership Renewal for 2017

Membership renewal will begin November 1 and needs to be completed by December 31. Membership is still the best deal in town, \$7 for Mentor residents and \$10 for non-residents.

November Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	11:00 Vitality Massage 1 11:45 Italian Group 4:15 Parkinsons Support Be a Santa to a Senior Nov 1 - Dec 8 Special: Roasted Pork	10:00 Hearing Screening 2 10:30 Post Office 12:30 Lake County Council on Aging Talk Special: Fabulous 50's Double Decker Combo	12:30 Arts & Crafts 3 Stamping 2 & 6 Newcomers Meeting Special: Macaroni & Cheese	11:30 Remembrance Hour 4 2:45 Voice Your Views Book Review Special: Tilapia
10:00 German Group 7 11:30 Blood Pressure 2:30 Less Stress Holidays 6:30 Movie Special: Chicken Alfredo	12:00 Hands On Only CPR 8 Special: Turkey Club	10:30 iPad/iPhone Help 9 1:00 Secret Pals Special: Stuffed Green Peppers	10:30 Hungarian Group 10 12:30 Arts & Crafts 1:00 Alzheimers Support Kitchen Closed: 11:30 LaMalfa Thanksgiving Luncheon	Senior Center 11 Closed Veteran's Day 12:30 City of Mentor Veterans Day Observance
9:00 Veteran's Group 14 11:40 Sharing our Stories 1:00 Punch Embroidery 2:30 Less Stress Holidays 6:30 Movie Special: Spaghetti & Meatballs	10:00 Fishing at Eastlake Wall 15 11:15 OTL Crop Bistro Special: Grilled Ham & Cheese Melt	9:45 Music Bingo 16 10:30 iPad/iPhone Help 11:00 Protecting Retirement 12:30 Theater Group 1:00 Attorney 1:30 Book Discusion Special: Turkey Dinner	10:45 Gateway Health 17 12:30 Arts & Crafts 1:00 Trip Promo Mtg. Special: Open Faced Roasted Pork	10:00 Computer Class 18 Special: Salisbury Steak
10:00 Edward Jones Talk 21 11:40 Sharing our Stories 2:30 Weathering Blues 6:30 Movie Special: Breaded Pork Chops	11:00 Vitality Massage 22 Special: Chicken Ala King	10:30 iPad/iPhone Help 23 2:00 Visionaries Special: Shephards Pie	Senior Center 24 Closed Kitchen Closed: Thanksgiving Holiday	Senior Center 25 Closed Kitchen Closed: Thanksgiving Holiday
11:40 Sharing our Stories 28 1:00 Punch Embroidery 2:30 Weathering Blues 6:30 Movie Special: Battered Cod	1:00 AARP Safe Driving Course 29 1:30 Reiki Special: Stuffed Cab-bage Roll	30 Special: Roasted Pork	Weekend Events at MSC Wildwood Quilt Show Sun, Nov 6, 10 a.m. - 4 p.m. Veterans Breakfast Sat, Nov 12, 9:30 a.m. Arts & Crafts Sale Sat, Nov 19, 9 a.m. - 3 p.m.	

Lunch is served every day Monday - Friday 11:30 a.m. - 12:30 p.m. Lunch Specials are \$4

December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday to our members born in November & December! Members Birthdays will be posted on the Lobby Bulletin Board and are available for pick up at the front desk.			12:30 Arts & Crafts 1 Stamping 12:30 Movie 1:00 Magic of the Holidays 7:00 MHS Top 25 Concert Special: Lemon Chicken	2:45 Voice Your Views Book Review 2 Special: Stuffed Peppers
8:00 Resident Registration 5 9:00 Veteran's Group 11:30 Blood Pressure 11:40 Sharing our Stories Special: Fabulous 50's Double Decker Burger	8:00 Nonres Registration 6 11:00 Vitality Massage 11:45 Italian Group Holiday Pty 4:15 Parkinsons Support 7:30 Hillcrest Holiday Concert Special: Ham & Sweet Potato	10:00 Hearing Cleaning 7 10:30 Post Office 12:30 Lk County Council Talk Special: Chicken Parmesan	10:30 Hungarian Group 8 Holiday Party 12:30 Arts & Crafts 12:30 Movie 1:00 Alzheimers Support Special: Jumbo Chili Dog	7:30 Wildwood Singers Free 9 Holiday Concert Special: Sloppy Joe
11:40 Sharing our Stories 12 1:00 Punch Embroidery Holiday Party 1:30 German Group Holiday Party 6:30 Line Dance Party Special: Texas BLT	11:15 OTL to Cafe' 13 Toscano Special: Quarter Chicken Dinner	10:30 iPad/iPhone Help 14 12:30 Theater Group 1:00 Secret Pals 1:00 Attorney 1:30 Book Discussion Special: Meatloaf	11:45 & 6:30 Ex Equip 15 12:00 Water Ex Holiday Party 12:30 Movie Special: Chicken Parmesan	16 Celebration: Roasted Pork with Mashed Potatoes, Green Beans, Roll & Butter, Brownie Supreme
11:40 Sharing our Stories 19 6:30 Movie Special: Spaghetti with Italian Sausage	11:00 Vitality Massage 20 Special: Meatloaf	10:30 iPad/iPhone Help 21 Special: Chicken Pot Pie	12:30 Arts & Crafts 22 12:30 Movie Special: Italian Hoagie Sandwich	23 Special: Tilapia
Senior Center 26 Closed Kitchen Closed: Christmas Holiday	11:00 Reiki 27 Special: Beef Stew with Biscuit	2:00 Visionaries 28 Special: Kielbasa & Sauerkraut	12:30 Movie 29 1:00 Alzheimers Support Special: Hot Turkey Sandwich	30 Special: Patty Melt

Directors Corner, Directory, Volunteer Corner

Remarks from Renee

We are gearing up for our annual Trip Promotional Meeting on Thursday, November 17 where the Tour operators present all the great trips for 2017. Please register in advance to reserve your space and be assigned a number for registration. There are still a few spots left for the Cavs game on Dec 13th when the Cavs take on the Memphis Grizzlies. This promises to be a fun filled, lively evening as we cheer on our hometown Championship team. Last, don't forget to renew your membership. Renewal is available Nov 1 - Dec 31.



Dave Discusses

Most folks don't slow down during the holidays so the Senior Center has many programs and events for you to fully enjoy the holiday season. The events begin with our Thanksgiving lunch on November 10 at Lamalfa Party Center. Right after that is our Veteran's breakfast on November 12. We honor all our veterans with a delicious free breakfast. Our huge annual Arts and Crafts Sale is November 19. If you like holiday music, you won't want to miss Mentor High School's Top 25 perform on December 1, or an amazing show by the Hillcrest Concert Band on December 6. Our holiday festivities wrap up with our monthly celebration on Friday, December 16. I wish you and your family a blessed holiday season!

TRIP PROMO MEETING

It's time to learn about all our fun, adventurous destinations for 2017. The Tour Operators will be on hand to share the destinations, itineraries and details of all the trips for next year. Registration for all 2017 trips will be available at this time. Register in advance to reserve your space and be assigned a number for registration. Location: Great Room
#45926 Nov 17 Thu 1 - 3 p.m.

SENIOR CENTER INFORMATION

Administered by the
CITY OF MENTOR
Department of Parks,
Recreation, &
Public Facilities

Council President
Councilwoman at Large
Janet Dowling

Council Vice President
Councilman Ward 4
John Krueger

Council at Large
Ray Kirchner

Council at Large
Scott J. Marn

Sean Blake Ward 1
Matthew Donovan
Ward 2
Bruce Landeg Ward 3

City Manager
Ken Filipiak
Assistant City Manager
Tony Zampedro

Director of Parks,
Recreation, &
Public Facilities
Kenneth Kaminski

Superintendent of
Recreation
Jill Korsok

MSC STAFF
Recreation Manager
Renee Ochaya
Recreation Coordinator
Dave Duricky

Office Assistants
Sharon Benner, Sub.
Sue Kostrencic
Brenda Morris
Lisa Nichols
Kathleen Roberti
Kathy Schonauer

Maintenance
Tom Aquila
Austin Tobul
Art Cox
Jim Meadows
Dan Tomko

Kitchen
Greg Feathers
Frank Perinacci
Molly Sebring

Special Elders Staff
Dianne Maresco
Debbie Muzik
Maggie Runyon
Marita Burke, Sub

Travel Escorts
Rena Ellwanger
Joan Evans
Bill Komyati
Frank Krupa
Karen Mitchell

Mentor Follies Dancers
Director
Rena Ellwanger

Mentor Music
Makers Director
Maria Voljin

Workshop Staff
Members
Pages 12-16

Office Hours:
Mon - Thu 8 am-7:30 pm
Fri - 8 am-4:30 pm
Building Hours:



Mentor Senior Center opens at 8 a.m. Monday through Friday. (Fitness equipment is available at 7 a.m. with entry at the Main Entrance doors only). The building closes at 9:30 p.m. Monday through Thursday, and 5 p.m. on Friday.

Frequently used numbers:
Social Security 1-800-772-1213
LC Gen Health District 440-918-2500
LC Council On Aging 440-205-8111
website info www.lcco.org
Laketran (Call before 3 pm) 440-354-6100. Two business days required for reservations
Medicare 1-800-633-4227

Senior Center Website information can be found at www.cityofmentor.com

For emergencies at home, please dial 9-1-1. To report police matters, call the Mentor Police Department non-emergency number 255-1234. To report a power outage call the First Energy outage reporting line at 888-544-4877 or Customer Service 800-589-3101.

"2-1-1 First 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.

Lake County Comisioners website
<http://www.lakecountyohio.gov/commissioners/SeniorServices.aspx>

Out to Lunch Trips

Crop Bistro and Bar, Ohio City
Entrée choices include salmon BLT, sautéed seasonal vegetable and rice, Willie bird turkey sandwich, and cropicana bowl; for dessert you will have the choice of apple buckle or chocolate vanilla tarte. Meal includes coffee, tea, or soft drink and gratuity. Refund date Nov 10.
#45856 Nov 15 Tue 11:15-2:45
Resident/Nonresident: \$35

Café Toscano, Aurora
Entrée choices include; chicken parmesan, fettucine Alfredo, lasagna al forno and Cobb salad. Save room for tiramisu for dessert. Meal includes coffee, tea, or soft drink and gratuity. Registration date Oct 25, refund date Dec 8.
#46007 Dec 13 Tue 11:15-2:45
Resident/Nonresident: \$35

Trattoria, Little Italy
Meal includes fresh bread and butter, house salad, choice of entrée; salmon, eggplant parmesan, chicken picatta and penne with choice of sauce, and spumoni for dessert. Meal includes coffee, hot tea and meal gratuity. Registration date Nov 15, refund date Jan 26.
#47307 Tue Jan 31 11:15- 3:45
Resident/Nonresident: \$40

Corkscrew Saloon, Medina
Entrée choices include; whiskey beef medallion, macadamia nut crusted Mahi, pecan chicken salad, pork loin dijon crust with cranberry apple compote. Chefs choice for dessert, choice of coffee, or soda and meal gratuity. Registration date Dec 13, refund date Feb 23.
#47308 Tue, Feb 28 11- 3
Resident/Nonresident: \$40



Come Travel with Us!

www.mentorseniorcenter.com

Mentor Senior Center offers nearly 40 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

Please choose your trips carefully. Once you have registered for a trip there will be no full refunds unless the Senior Center cancels the trip. An administrative charge of \$10 will be assessed on cancellations. Trip refunds will be available until the date specified, minus the \$10 administrative fee. Prevent the \$10 administrative fee by transferring the full trip amount to another trip/class/program within the same season. Participants assume risk of change in personal circumstances or health. After the cutoff date, there are no refunds or transfers unless the reservation can be resold. Travel insurance is available and recommended for overnight trips.

Travel Insurance is available for ALL Trips. Get more details at the front desk.

ONE DAY TRIPS

“Wait Until Dark”

At the Hanna Theatre

Wed, Mar 01, 8:50 am - 3:30 pm

The plot of this show has many twists and turns. First performed on Broadway in 1966, this classic is being updated and brought to the intimate Hanna Theatre stage with imaginative staging and creative lighting. After the show, we'll enjoy a fabulous lunch at the new Hofbrauhaus, including entertainment by the one man oom-pah-pah band. Registration/refund deadline is February 1.

Activity Level: Moderate

Cost: \$79

#46467

Historic, Ethnic Cleveland Pt 2

Fri, Mar 24, 8:30 am - 5:30 pm

Visit Cleveland's very own inner-city vineyard - Chateau HOUGH... and right around the corner, the wonderfully restored League Park, original home of the Cleveland Spiders and where Babe Ruth hit his 500th home run. Experience Cleveland's answer to New York's Greenwich Village at Coventry-on-the-Heights and take in the specialties of a Kosher grocery store and bakery before enjoying lunch at an authentic Hungarian Restaurant. Explore Slavic Village and see the turnaround from decaying steel mill warehouses to vibrant retail at Steelyard Commons. Complete the day sightseeing trendy Tremont, one of Cleveland's very first neighborhoods.

Registration/Refund deadline: Feb 24.

Activity Level: Moderate

Cost: \$73

#46468

Cleveland Monsters

Sun, Mar 26, 1:30 - 6:30 pm.

Join us to cheer on the Championship Cleveland Monsters as they face the Iowa Wild at 3pm for an exciting game of hockey. Bus departs the Senior Center at 1:30pm. Activity Level: Moderate. Registration/Refund Deadline: February 23.

Cost: \$73

#47613

Cleveland, Where It's Happening!

Featuring the Silver Grille Restaurant at the Ritz

Thu, Apr 20, 8 am - 6 pm

We begin our journey to Lakeview Cemetery, where we will visit the Garfield Memorial Monument and the Wade Chapel. We will travel to the Higbee Building for a delicious 'Edible Memories: The Silver Grille Revisited' lunch at the

historically restored Silver Grille, where there will be musical entertainment just for our group. After lunch we will explore several new and old highlights of Cleveland: the newly designed Public Square, Heinen's in the restored Cleveland Trust Building and the Cultural Gardens, as well as the Rockefeller Greenhouse. Registration/Refund Date: March 20.

Activity Level: Mild

Cost: \$95

#47178

Forever Plaid

At the Hanna Theatre

Tue, May 16, 10 am - 4 pm

Come take a ride down Memory Lane as we enjoy the clean-cut genre of this fun, musical comedy revue with the Plaids returning from the afterlife for one final chance at musical glory. Prior to the show, we'll enjoy a great lunch at Windows on the River! Registration/Refund Deadline: April 16.

Activity Level: Moderate

Cost: \$83

#46469

Sights Unseen in Cleveland

Mon, May 22, 8:45 am - 5:30 pm

Our local guide will take us through the stately Soldiers and Sailors Monument that commemorates the American Civil War. Tour the Cleveland Police Museum in the Justice Center. Lunch is included in Cleveland's Historic Little Italy Neighborhood at Cleveland's oldest restaurant. After lunch, a docent from Lakeview Cemetery boards our bus for a tour. Hear the stories of people buried in the cemetery including President James A. Garfield, Jeptha Wade and John D. Rockefeller. Registration/Refund Deadline: April 22.

Activity Level: Moderate

Cost: \$76

#46456

Hard Rock Rocksino

Northfield Park

Mon, Jun 5, 9:15 am - 3:45 pm

Located in Northfield, Ohio, the Hard Rock Rocksino features over

2200 slot games all on one floor of gaming. Be sure to take notice of the rock & roll memorabilia throughout the entire property. Currently, the bonus is \$20 slot per person, but is subject to change. Registration/Refund Deadline: May 5.

Activity Level: Mild

Cost: \$29

#46478

I Love Lucy

Wed, Jun 14, 7:15 am - 7 pm

Visit Jamestown, NY, the hometown of one of America's most loved actresses, Lucille Ball. A re-creation of the Ricky Ricardo Manhattan Tropicana Club will serve as our lunch destination. Stroll down memory lane at the Lucy Desi museum and check out memorabilia, costumes, gowns, props, and more. Inside Desilu Studios, you'll find a complete re-creation of Lucy and Ricky Ricardo's New York City apartment. You'll have time in the expanded gift shop before we take the "Lucy Town Tour," as we travel around Jamestown for our guide to show us the house where Lucy was born and many areas of significance in her life. A guided tour of the nearby Chautauqua Institute and time to shop at Bestor Plaza rounds out this jam-packed trip. Cancellation/refund deadline is May 14

Activity Level: Moderate

Cost: \$94

#47574

Guys and Dolls

at the Rabbit Run Theatre

Thu, Jun 15, 4:30 pm - 10:45 pm

Enjoy a special night of superb summer stock theatre at the Rabbit Run Barn Theatre, one of the few remaining barn theatres in the country. Rabbit Run is well known in theatre circles for its marvelous summer stage productions. Our night will start with a very special pre-show dinner at the historic Steele Mansion. Registration/Refund Deadline: May 15.

Activity Level: Moderate

Cost: \$83

#46470

Chautauqua Wine Trail

Thu, Jun 22, 7:30 am - 7:30 pm

Travel to Chautauqua County where a local guide will board the bus to take you through New York State's grape-growing region. Besides learning about the history of grape-growing in this region, we will be seeing the vineyards, visiting the tank rooms, visiting a high-tech bottling line and learning the proper way to hold our glass for tasting as we check for color, clarity and 'legs'. We'll visit Vetter Vineyards Winery, Woodbury Vineyards and Merritt Estate Winery and have lunch at the Historic White Inn. Registration/Refund Deadline:

May 22, 2017.

Activity Level: Moderate

Cost: \$81

#46471

Mystery Trip #1

Fri, Jul 14, 8 am - 6:30 pm

Here is a trip that is a Mystery - part scenic, part sightseeing and part history. Lunch is included but you can bring a snack. Travel light and you'll travel farther, so watch what you pack. Don't bring your bathing suit, but you still might get wet, and we guarantee you won't be boarding a jet. Make your plans to join us, and be sure to save the date. Space is limited to one bus, so don't call too late. Registration/Refund Date: June 14, 2017.

Activity Level: Moderate

Cost: \$83

#47179

Put-In-Bay aboard the

Jet Express

Wed, Jul 26, 7:45 am - 8 pm

The Jet Express is a comfortable vessel that takes us from Port Clinton to Put-in-Bay (about a 25 minute ride). We'll arrive in downtown Put-in-Bay. Once you are on the island, you are on your own to enjoy and explore. Registration/Refund Deadline: June 26.

Activity Level: Moderate

Cost: \$68

#46472

**Seneca Allegany Casino
Salamanca, New York**

Mon, Aug 7, 7:30 am - 7 pm

Located in Salamanca, New York, Seneca Allegany Casino has a grand casino floor with more than 2200 real-spinning and video slot machines and 40 of your favorite table games. Currently, the bonus is \$20 slot plus \$5 food per person, but is subject to change. Registration/Refund Deadline: July 7. Activity Level: Mild

Cost: \$39 #46477

Mystery Trip #9

Fri, Aug 11, 8 am - 6 pm

Fri, Aug 18, 8 am - 6 pm

Based on the tremendous success of our mystery trips, we have another day full of surprises that combine unique areas, sites and attractions. This brand new mystery trip is steeped in Ohio History! You will need a sense of adventure, a good sense of humor and comfortable walking shoes. Lunch is included. Registration/Refund Date: July 11 Bus 1/July 18 Bus 2.

Activity Level: Moderate

Bus 1 #47592

Bus 2 #47575

Cost: \$83

Lunch with a President Tour

Mon, Aug 21, 8 am - 5:30 pm

Enjoy lunch with President and Mrs. Lincoln. These living historians are more than impersonators or re-enactors, they are serious portrayals of U.S. Presidents and First Ladies. Mr. and Mrs. Lincoln will go table to table as you enjoy your luncheon and answer your questions. The package also includes the National First Ladies Library & Museum and the McKinley Presidential Library & Museum, plus a stop for frozen custard. Registration/Refund Deadline: July 21.

Activity Level: Moderate

Cost: \$83 #46474

**Amish Country Theatre
Matinee Show**

Fri, Sep 8, 7:30 am - 7 pm

Located in Walnut Creek, the Amish Country Theater's production is a rib-ticklin', knee-slappin', side-splittin' comedy adventure. The show features live bluegrass music, hilarious actors, Amish characters plus Ken Groves, a nationally-recognized ventriloquist who has performed for packed audiences from Las Vegas to Japan and everywhere in between. The package also includes stops at Shearer's Potato Chip Outlet, Breitenback Winery and Guggesberg Cheese. Registration/Refund Deadline: August 8.

Activity Level: Moderate

Cost: \$82 #46476

**Bridges and Wineries of
Ashtabula County**

Fri, Sep 29, 8:15 am - 6:15 pm

Experience the charm and history of Ashtabula County and their Covered Bridges. Along with many historical and interesting bridges of note, we will also see the newest and longest in the US! Our local guide will take us to bridges where we'll depart the bus and walk the bridge site to learn the history, significance, and secrets they hold. After our Ohio history lesson, we'll have lunch and enjoy tasting the wines of Ohio. After lunch, we'll visit Hundley Family Vineyards and South River Church Vineyards to sample some of their amazing wines. We'll complete the day by visiting Patterson's Apple Farm. Registration/Refund Deadline: August 29.

Activity Level: Moderate

Cost: \$79 #47180

**Oil Creek and Titusville
Railroad Tour**

Thu, Oct 12, 7:30 am - 7:30 pm

Ride the Oil Creek and Titusville Railroad Train through the 'valley that changed the world'. The main station depot is an 1892-vintage freight station. The three-hour

round trip ride will take you to where oil history began. You'll learn about the people and places that made up Pennsylvania Oil Country. A luncheon is included as well as a stop at the Drake Well Museum with exhibits, operating oil field machinery and historic buildings honoring the beginning of the modern oil industry. Registration/Refund Deadline: September 12.

Activity Level: Moderate

Cost: \$93 #46473

**"A Christmas Story"
comes to life!**

Fri, Nov 17, 9 am - 6 pm

We'll relive Ralphie's story with a tour of the Christmas Story House, then cross the street to view the museum, with many actual artifacts from the movie. We'll have time to shop in the expanded gift shop. Next, we'll travel to Medina for lunch at the Corkscrew Tavern, followed by a stop at the Al Root Candle Company, and complete our day with a visit to Castle Noel. Registration/Refund Deadline: October 16.

Activity Level: Moderate

Cost: \$79 #47197

A Very, Merry POPS!

**Thu, Nov 26, 12:45 - 7:30 pm
(show is at 2 pm)**

Enjoy a wonderful afternoon of classic Christmas music with the Cleveland POPS Orchestra. Before the annual show, we'll have time to enjoy the elegant and opulent lobby of the Palace. There will be a rousing version of audience participation, so come prepared to sing along. We have reserved main floor seats, and after the show, we will enjoy a plated-dinner at Windows on the River. Registration/Refund Deadline: October 26.

Activity Level: Mild

Cost: \$85 #47252

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

Smoky Mountains Tennessee Sun - Wed, May 7 - 10

The Smoky Mountains are spectacular, especially in the spring when they are 'coming to life'. This package includes four shows: Hatfield and McCoy Dinner Show, Smoky Mountain Opry, The Smith Morning Variety Show, and America's Hit Parade Dinner Show. Other highlights include admission to Dollywood, a guided tour of the Great Smoky Mountains National Park, Christ in the Smokies Museum and Gardens, the Incredible Christmas Place, Bell Tower Square, as well as time on your own. Eight meals are included; 2 dinner shows, 3 breakfasts, 1 lunch and a meal enroute. Travel insurance is available and recommended. \$150 deposit due by Feb 7. Refund Deadline: Feb 7. Activity Level: Mild

Cost: \$150 Deposit

\$787 per person single
\$619 per person double
\$577 per person triple
\$556 per person quad
#45853

Maine

Sun - Sat, June 2 - July 1

Enjoy a guided tour of Portland, Maine's largest city-by-the-sea, including the historic waterfront, Longfellow's boyhood home and Victoria Mansion. Enjoy a guided tour of picturesque Pineland Farms including the Holstein Dairy Barn, and the equestrian center. Check out coastal Maine in quaint Kennebunk and Kennebunkport. Visit Boothbay Railway Village and Seashore Trolley Museum and have a countryside trolley ride. Trip includes 6 nights lodging and 10 meals. \$150 deposit due by Mar 18. Registration

deadline: Apr 18. Refund Deadline: Mar 18.

Activity Level: Moderate

Cost: \$985 per person single
\$665 per person double
\$645 per person triple
#46024

Soaring Eagle, Mount Pleasant, Michigan

Wed - Fri, June 7 - 9

You will have plenty of time to gamble as well as time to enjoy this luxurious resort. An optional visit to Bay City is offered. We will stop at Frankenmuth on the way home. Bonus includes \$60 in premium play and \$40 in dining gift card. Travel Insurance is available and recommended. \$150 deposit due by Mar 7. Registration/Final payment/Refund deadline is Apr 7. Activity Level: Moderate

Cost: \$377 per person single
\$259 per person double
\$236 per person triple
#46701

Savannah/Charleston

Sun - Sat, Sep 10 - 16

Enjoy a guided tour of historic Savannah, 'the Belle of Georgia', visit history rich Jekyll's Island and a guided tour of both St. Simon's Island and the magnificent Beaufort, South Carolina. Includes 6 nights lodging and 10 meals. \$150 deposit due by Jun 2. Refund deadline: Jun 2.

Activity Level: Moderate

Cost: \$825 per person single
\$615 per person double
\$572 per person triple
#45857

Washington DC, Gettysburg and Baltimore

Tues - Fri, Oct 03 - 06, 2017

We will visit historic Gettysburg and have a guided tour of the highlights of Washington DC including the Changing of the Guard ceremony at Arlington National Cemetery. We will also visit Baltimore's Fort McHenry and have free time to enjoy Baltimore's Inner Harbor. Travel Insurance is available and recommended.

Deposit of \$150 is due by Jul 6. Registration/Final Payment/Refund deadline is Aug 6.

Activity Level: Moderate

Cost: \$150 Deposit due July 6
\$755 per person single
\$579 per person double
\$539 per person triple
#46687

Colonial Williamsburg

Thu - Sun, Oct 19 - 22

Step back in time to historic Williamsburg, Virginia where history comes alive. Tour features: 3 nights lodging at the Woodlands of Williamsburg, 6 meals (3 Continental breakfasts, 1 lunch, 2 tavern dinners), Deluxe Freedom Pass admission into Colonial Williamsburg, Jamestown Island and Mount Vernon. Activity Level: Active
Deposit Due: Jun 15
Registration/Refund Deadline: Aug 15.

Cost: \$776 per person single
\$1129 per person double
\$695 per person triple
#46025

TWO MORE OVER NIGHT TRIPS - still working out the details...

Stay tuned

Canada - Shaw Festival

Wed - Fri, Sep 06 - 08

Join us for the theatre jewels of Ontario, the Shaw Festival and the Stratford Festival. Valid Passport/Passcard is required! Activity Level: Moderate.

Cost: \$519 per person double

Ireland

11 days/10 nights/19 meals

Tour highlights include: Special Dinner/shows in Edinburgh and Belfast; Knappogue Castle Medieval Banquet; Royal Yacht Britannia; Isle of Skye; Cliffs of Moher; 2 night stay in Kilronan Castle.

Prices and dates TBD.

Remaining Fall Classes Offered *Sign Up NOW!*

Arthritis Foundation Exercise Location: Studio
 43751 Nov 1-Dec 20 Tue 11:30 a.m.-12:15 p.m.
 43753 Nov 3-Dec 22 Thu 11:30 a.m.-12:15 p.m.
 43755 Nov 4-Dec 23 Fri 11:45 a.m.-12:30 p.m.
 Resident: \$17/Nonresident: \$21

Chair Yoga Location: Studio
 #43802 Nov 2 - Dec 21 Wed 5:15 - 6 p.m.
 Resident: \$34/Nonresident: \$43

Better Everyday Location: Studio
 43800 Nov 1 - Dec 20 Tue 3-4 p.m.
 Resident: \$32/Nonresident: \$40

Low Impact Aerobics Location: Studio
 43807 Nov 7-Dec 19 Mon 9-9:45 a.m.
 43808 Nov 7-Dec 19 Mon 10:35-11:20 a.m.
 43810 Nov 1-Dec 20 Tue 9-9:45 a.m.
 43812 Nov 1-Dec 20 Tue 6:15-7 p.m.
 43814 Nov 3-Dec 22 Thu 9-9:45 a.m.
 43816 Nov 3-Dec 22 Thu 6:15-7 p.m.
 43818 Nov 4-Dec 23 Fri 9-9:45 a.m.
 43820 Nov 4-Dec 23 Fri 10:35-11:20 a.m.
 Resident: \$17/Nonresident: \$21

Senior Shape-Up in Chairs Location: Studio
 43840 Nov 7-Dec 19 Mon 10-10:30 a.m.
 43842 Nov 2-Dec 21 Wed 10-10:30 a.m.
 43844 Nov 4-Dec 23 Fri 10-10:30 a.m.
 Resident: \$12/Nonresident: \$15

Stretch and Balance Location: Studio
 43846 Nov 1-Dec 20 Tue 10:40-11:25 a.m.
 43848 Nov 3-Dec 22 Thu 10:40-11:25 a.m.
 Resident: \$17 /Nonresident: \$21

Tai Chi Location: Studio
 43757 Nov 3-Dec 22 Thu 2-3 p.m.
 Resident: \$40 /Nonresident: \$50

Water Exercise at Heisley
 43759 Nov 7-Dec 26 Mon 8-8:45 a.m.
 43761 Nov 1-Dec 27 Tue 10:30-11:15 a.m.
 43763 Nov 1-Dec 27 Tue 2:15-3 p.m.
 43765 Nov 2-Dec 28 Wed 8-8:45 a.m.
 43767 Nov 3-Dec 29 Thu 10:30-11:15 a.m.
 43771 Nov 3-Dec 29 Thu 2:15-3 p.m.
 43773 Nov 5-Dec 31 Sat 12-12:45 p.m.
 Resident: \$34 /Nonresident: \$43

Water Exercise at Heisley - Strength Training
 43769 Nov 3-Dec 29 Thu 1:15-2 p.m.
 Resident: \$34/Nonresident: \$43

Weight Training Location: Studio
 43777 Nov 1-Dec 20 Tue 9:50-10:35 a.m.
 43779 Nov 3-Dec 22 Thu 9:50-10:35 a.m.
 43781 Nov 1-Dec 20 Tue 7:05-7:50 p.m.
 43783 Nov 3-Dec 22 Thu 7:05-7:50 p.m.
 Resident: \$17 /Nonresident: \$21

Wii Bowling Location: Cultural Arts Room
 45074 Aug 31-Nov 9 Wed 12:30 p.m.
 45071 Sep 15-Dec 1 Thu 12:15 p.m.
 45072 Sep 30-Dec 16 Fri 12:15 p.m.

Yoga Location: Studio
 43785 Nov 7-Dec 19 Mon 2-3:15 p.m.
 43787 Nov 3-Dec 22 Thu 3:30-4:45 p.m.
 43789 Nov 5-Dec 17 Sat 9-10:15 a.m.
 Resident: \$40/Nonresident: \$50

Zumba Gold Location: Studio
 43792 Nov 1-Dec 20 Tue 5:15-6 p.m.
 43794 Nov 2-Dec 21 Wed 9-9:45 a.m.
 43796 Nov 3-Dec 22 Thu 5:15-6 p.m.
 Resident: \$34/Nonresident: \$43

Ballet for Balance Location: Studio
 43798 Nov 2 - Dec 21 Wed 2-2:45 p.m.
 Resident: \$34/Nonresident: \$43

Ballroom Dancing Location: Studio
 44069 Nov 1 - Dec 20 Tue 1:30 - 2:30 p.m.
 Resident: \$40/Nonresident: \$50

Line Dancing Location: Studio
 44037 Nov 7 - Dec 19 Mon 5 p.m.-Inter
 44038 Nov 7 - Dec 19 Mon 7:30 p.m.-Inter
 44040 Nov 2 - Dec 21 Wed 6 p.m.-Inter
 Resident: \$18/Nonresident: \$23

Line Dancing for Beginners Location: Studio
 44043 Nov 7 - Dec 19 Mon 6:30 p.m.
 Resident: \$18/Nonresident: \$23

Gotta Dance, Ballroom Dance Location: Studio
 45114 Nov 6 - Dec 18 Sun 1-2 p.m. Foxtrot
 45115 Nov 6 - Dec 18 Sun 2-3 p.m. Cha Cha/Rumba
 45116 Nov 6 - Dec 18 Sun 3-4 p.m. East Coast Swing
 Resident: \$65 /Nonresident: \$81

Other Fall Classes

All Media Painting Location: Cultural Arts Room
 44045 Nov 3-Dec 22 Thu 10 a.m.-12 p.m.
 Resident: \$39/Nonresident: \$49

Arts & Crafts Stamping Location: Cultural Arts Room
 44616 Nov 3 and Dec 1 Thu 12:30 p.m.
 Resident/Nonresident: \$4

Arts & Crafts Seasonal Craft Location: Cultural Arts Room
 44615 Nov 10, 17 Dec 8, 22 Thu 12:30 p.m.
 Resident/Nonresident: \$8

American Sign Language Beginner
 44071 Nov 1-Dec 20 Tue 11 a.m.-12 p.m.
 Resident:\$35/Nonresident: \$44

American Sign Language - 2
 44073 Nov 1-Dec 20 Tue 12-1 p.m.
 Resident: \$35/Nonresident: \$44

Creative Ceramics Location: Cultural Arts Room
 44047 Nov 2-Dec 21 Wed 10 a.m.-12 p.m.
 44049 Nov 2-Dec 21 Wed 6-8 p.m.
 Resident: \$39/Nonresident: \$49

IPad/iPhone Help Location: Studio
 Nov 9, 16, 23, Dec 14, 21 Wed 10 a.m. - 12 p.m.

Tuesday Quilters A.M. Location: Cultural Arts Room
 44051 Nov 1-Dec 20 Tue 9-11 a.m.
 Resident: \$39/Nonresident: \$49

Tuesday Quilters P.M. Beginner Class
 44053 Nov 1-Dec 20 Tue 6-8 p.m.
 Resident: \$39/Nonresident: \$49

Remembrance Hour
 43862 Nov 4 Fri 11:30 - 12:30
 Resident/Nonresident: Free

Sharing Our Stories
 43863 Nov 14-Dec 19 Mon 11:40-12:40
 Resident/Nonresident: Free

Less-Stress Holidays
 43865 Nov 7-14 Mon 2:30-4:30
 Resident \$5/Nonresident \$6.25

Weathering the Winter Blues
 43864 Nov 21, 28 Mon 2:30-4:30
 Resident \$5/Nonresident \$6.25

MENTOR SENIOR CENTER ANNUAL MEMBERSHIP FORM

Welcome to Mentor Senior Center! We look forward to your participation. Please complete the information below. This information is needed for your safety and for funding purposes.

- The cost of membership is **\$7.00** a calendar year per person for Mentor, Kirtland Hills residents and **\$10.00** a calendar year per person for nonresidents.
- The cost for a Non-Senior Resident Participant is **\$10.00**, Non-Senior Nonresident **\$13.00**.

TODAY'S DATE _____

CHECK ONE

SENIOR (55 and Older)

NON-SENIOR (55 and Under)

APPLICANT 1 _____ /_____/_____
(First) (Last) D.O.B

Address _____
(Street) (City) (State) (Zip)

Home Phone (_____) _____ Cell Phone (_____) _____

Email Address _____ Work Phone (_____) _____

APPLICANT 2 _____ /_____/_____
(First) (Last) D.O.B

Email Address _____ Work Phone (_____) _____

Cell Phone (_____) _____

Persons to contact in case of an emergency:

1. _____ Home Phone (_____) _____
(Name) (Relationship)

Work Phone (_____) _____ Cell Phone (_____) _____

2. _____ Home Phone (_____) _____
(Name) (Relationship)

Work Phone (_____) _____ Cell Phone (_____) _____

➤ **Would you like to volunteer?** Yes No

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

Class Sign-up Form - Winter/Spring 2017 Registration

Mentor Senior Center 440-974-5725

Registration for WINTER/SPRING classes for **Mentor residents begins at 8:00 a.m. on Monday, December 5 for all classes. Nonresident registration begins for all classes on Tuesday, December 6 at 9:00 a.m.** You may register for one other person only. Call if you have questions about completing the form. If you don't come to in-person registration, please register at least one week before the beginning date of each class. The city of Mentor accepts cash, check or Visa and MasterCard. When registering online, Discover and American Express may also be used. Current membership is required to participate in Senior Center activities including classes. **REGISTRATION IS AVAILABLE ONLINE AT www.cityofmentor.com/play/seniors**

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____ DOB: _____

E-mail: _____

Credit Card #: _____

Mastercard / Visa Exp Date: _____

Totals for classes	Number of Classes	Total Resident Fee Due	Total Non Resident Fee Due

Signup NOW for 2017 membership.
 Current membership is required to participate in Senior Center activities including classes.

Mark Choice	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	Mentor Senior Center Membership	1/1/17	12/31/17	7.00	10.00

Please let us know if any of your information has changed.

THERE IS STILL ROOM IN THE REMAINING FALL CLASSES OFFERED IN NOV-DEC. SIGN UP NOW!

A Story From A Picture at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	11:40	47038	DAY	1/9/17	2/27/17	No	Fee

All Media Painting at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	TH	10:00	47028	DAY	1/5/17	2/16/17	39.00	49.00
	TH	10:00	47029	DAY	3/2/17	4/20/17	39.00	49.00

American Sign Language at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	T	11:00	47039	Beginners	1/3/17	2/21/17	35.00	44.00
	T	11:00	47040	Beginners	3/7/17	4/18/17	35.00	44.00
	T	12:00	47041	ASL 2	1/3/17	2/21/17	35.00	44.00
	T	12:00	47042	ASL 2	3/7/17	4/18/17	35.00	44.00

Arthritis Foundation Exercise Program at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	T	11:30	46681	DAY	1/3/17	2/21/17	17.00	21.00
	T	11:30	46682	DAY	3/7/17	4/18/17	17.00	21.00
	TH	11:30	46683	DAY	1/5/17	2/16/17	17.00	21.00
	TH	11:30	46684	DAY	3/2/17	4/20/17	17.00	21.00
	F	11:45	46685	DAY	1/6/17	2/17/17	17.00	21.00
	F	11:45	46686	DAY	3/3/17	4/21/17	17.00	21.00

Ballet for Balance at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	W	2:00	46843	DAY	1/4/17	2/15/17	34.00	43.00
	W	2:00	46844	DAY	3/1/17	4/19/17	34.00	43.00

Ballroom Dancing at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	T	1:30	46968	DAY	1/3/17	2/21/17	40.00	50.00
	T	1:30	46969	DAY	3/7/17	4/18/17	40.00	50.00

Chair Yoga at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	W	4:45	46847	NIGHT	1/4/17	2/15/17	34.00	43.00
	W	4:45	46848	NIGHT	3/1/17	4/19/17	34.00	43.00

New Class!!! Gotta Dance at MSC on SUNDAY

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	SU	1:00	47022	Foxtrot	1/8/17	02/26/17	65.00	81.00
	SU	2:00	47023	CharRumba	1/8/17	10/30/16	65.00	81.00
	SU	3:30	47024	Swing	1/8/17	10/30/16	65.00	81.00
	SU	1:30	47025	Foxtrot	3/5/17	4/30/17	65.00	81.00
	SU	2:00	47026	CharRumba	3/5/17	4/30/17	65.00	81.00
	SU	3:00	47027	Swing	3/5/17	4/30/17	65.00	81.00

Creative Ceramics at MSC

\$8 supply fee is due at time of registration.

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	W	10:00	47030	DAY	1/4/17	2/15/17	39.00	49.00
	W	10:00	47032	DAY	3/1/17	4/17/16	39.00	49.00
	TH	6:00	47031	NIGHT	1/4/17	2/15/17	39.00	49.00
	TH	6:00	47033	NIGHT	3/1/17	4/19/17	39.00	49.00

Better Everyday at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	T	3:00	46845	DAY	1/3/17	2/21/17	34.00	43.00
	T	3:00	46846	DAY	3/7/17	4/18/17	34.00	43.00

Line Dance at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	5:00	47396	Intermediate	1/9/17	2/27/17	18.00	23.00
	M	5:00	47397	Intermediate	3/6/17	4/17/17	18.00	23.00
	M	6:30	47402	Beginners	1/9/17	2/27/17	18.00	23.00
	M	7:30	47398	Intermediate	1/9/17	2/27/17	18.00	23.00
	M	6:30	47399	Intermediate	3/6/17	4/17/17	18.00	23.00
	W	6:00	47400	Intermediate	1/4/17	2/18/17	18.00	23.00
	W	6:00	47401	Intermediate	3/1/17	4/19/17	18.00	23.00

Living With Loss at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	11:40	47063	DAY	4/3/17	4/24/17	20.00	25.00

Please see newsletter for refund policy

Low Impact Aerobics at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	9:00	46863	DAY	1/9/17	2/27/17	17.00	21.00
	M	9:00	46849	DAY	3/6/17	4/17/17	17.00	21.00
	M	10:35	46864	DAY	1/9/17	2/27/17	17.00	21.00
	M	10:35	46850	DAY	3/6/17	4/17/17	17.00	21.00
	T	9:00	46851	DAY	1/3/17	2/21/17	17.00	21.00
	T	9:00	46852	DAY	3/7/17	4/18/17	17.00	21.00
	T	6:15	46853	NIGHT	1/3/17	2/21/17	17.00	21.00
	T	6:15	46854	NIGHT	3/7/17	4/18/17	17.00	21.00
	TH	9:00	46855	DAY	1/5/17	2/16/17	17.00	21.00
	TH	9:00	46856	DAY	3/2/17	4/20/17	17.00	21.00
	TH	6:15	46857	NIGHT	1/5/17	2/16/17	17.00	21.00
	TH	6:15	46858	NIGHT	3/2/17	4/20/17	17.00	21.00
	F	9:00	46859	DAY	1/6/17	2/17/17	17.00	21.00
	F	9:00	46860	DAY	3/3/17	4/21/17	17.00	21.00
	F	10:35	46861	DAY	1/6/17	2/17/17	17.00	21.00
	F	10:35	46862	DAY	3/3/17	4/21/17	17.00	21.00

Piano at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	F	10:00	47601	Beginner	1/6/17	2/17/17	36.00	42.00
	F	10:00	47603	Beginner	3/3/17	4/21/17	36.00	42.00
	F	11:00	47602	Continuing	1/6/17	2/17/17	36.00	42.00
	F	11:00	47604	Continuing	3/3/17	4/21/17	36.00	42.00

Senior Shape-Up in Chairs at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	10:00	46865	DAY	1/9/17	2/27/17	12.00	15.00
	M	10:00	46866	DAY	3/6/17	4/17/17	12.00	15.00
	W	10:00	46867	DAY	1/4/17	2/15/17	12.00	15.00
	W	10:00	46868	DAY	3/1/17	4/19/17	12.00	15.00
	F	10:00	46869	DAY	1/6/17	2/17/17	12.00	15.00
	F	10:00	46870	DAY	3/3/17	4/21/17	12.00	15.00

Stretch and Balance at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	T	10:40	46944	DAY	1/3/17	2/21/17	17.00	21.00
	T	10:40	46945	DAY	3/7/17	4/18/17	17.00	21.00
	TH	10:40	46946	DAY	1/5/17	2/16/17	17.00	21.00
	TH	10:40	46947	DAY	3/2/17	4/20/17	17.00	21.00

Tai Chi at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	TH	2:00	46950	DAY	1/5/17	2/16/17	40.00	50.00
	TH	2:00	46951	DAY	3/2/17	4/20/17	40.00	50.00

Tuesday Quilters at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	T	9:00	47034	DAY	1/3/17	2/21/17	39.00	49.00
	T	9:00	47036	DAY	1/3/17	2/21/17	39.00	49.00
	T	6:00	47035	DAY	3/7/17	4/18/17	39.00	49.00
	T	6:00	47037	DAY	3/7/17	4/18/17	39.00	49.00

Water Exercise - Strength Training at HRC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	TH	1:15	46962	DAY	1/5/17	2/23/17	34.00	43.00
	TH	1:15	46963	DAY	3/2/17	4/27/17	34.00	43.00

Water Exercise at HRC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	8:00	46952	DAY	1/9/17	2/27/17	34.00	43.00
	M	8:00	46953	DAY	3/6/17	4/24/17	34.00	43.00
	T	10:30	46954	DAY	1/3/17	2/28/17	34.00	43.00
	T	10:30	46955	DAY	3/7/17	4/25/17	34.00	43.00
	T	2:15	46956	DAY	1/3/17	2/28/17	34.00	43.00
	T	2:15	46957	DAY	3/7/17	4/25/17	34.00	43.00
	W	8:00	46958	DAY	1/4/17	2/22/17	34.00	43.00
	W	8:00	46959	DAY	3/1/17	4/26/17	34.00	43.00
	TH	10:30	46960	DAY	1/5/17	2/23/17	34.00	43.00
	TH	10:30	46961	DAY	3/2/17	4/27/17	34.00	43.00
	TH	2:15	46964	DAY	1/5/17	2/23/17	34.00	43.00
	TH	2:15	46965	DAY	3/2/17	4/27/17	34.00	43.00
	S	12:00	46966	DAY	1/7/17	2/25/17	34.00	43.00
	S	12:00	46967	DAY	3/4/17	4/29/17	34.00	43.00

Weight Training at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	T	9:50	47014	DAY	1/3/17	2/21/17	17.00	21.00
	T	9:50	47015	DAY	3/7/17	4/18/17	17.00	21.00
	T	7:05	47016	NIGHT	1/5/17	2/16/17	17.00	21.00
	T	7:05	47017	NIGHT	3/2/17	4/20/17	17.00	21.00
	TH	9:50	47018	DAY	1/3/17	2/21/17	17.00	21.00
	TH	9:50	47019	DAY	3/7/17	4/18/17	17.00	21.00
	TH	7:05	47020	NIGHT	1/5/17	2/16/17	17.00	21.00
	TH	7:05	47021	NIGHT	3/2/17	4/20/17	17.00	21.00

Wii Bowling at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	W	12:30	47596	DAY	2/1/17	4/12/17	6.00	6.00
	TH	12:15	47593	DAY	1/19/17	3/23/17	6.00	6.00
	F	12:15	47594	DAY	1/13/17	3/17/17	6.00	6.00

What's in the Cards at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	11:40	47050	DAY	3/6/17	4/24/17	20.00	25.00

Memory Fitness at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	11:40	47051	DAY	3/6/17	3/27/17	10.00	12.50

Yoga at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	M	2:00	46970	Multilevel	1/9/17	2/27/17	40.00	50.00
	M	2:00	46971	Multilevel	3/6/17	4/17/17	40.00	50.00
	TH	3:30	46972	Intermediate	1/5/17	2/16/17	40.00	50.00
	TH	3:30	46973	Intermediate	3/2/17	4/20/17	40.00	50.00
	S	9:00	46974	Multilevel	1/7/17	2/17/17	40.00	50.00
	S	9:00	46975	Multilevel	3/4/17	4/22/17	40.00	50.00

Zumba Gold at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	T	5:15	46977	NIGHT	1/3/17	2/21/17	34.00	43.00
	T	5:15	46978	NIGHT	3/7/17	4/18/17	34.00	43.00
	W	9:00	46979	DAY	1/4/17	2/15/17	34.00	43.00
	W	9:00	46980	DAY	3/1/17	4/19/17	34.00	43.00
	TH	5:15	46981	NIGHT	1/5/17	2/16/17	34.00	43.00
	TH	5:15	46982	NIGHT	3/2/17	4/20/17	34.00	43.00

Arts & Crafts Stamping at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	TH	12:30	47498	DAY	1/5/17	2/21/17	4.00	4.00
	TH	12:30	47499	DAY	3/2/17	4/16/17	4.00	4.00

Arts & Crafts Seasonal Craft at MSC

Mark Choice	Day	Time	Barcode	Program	Start Date	End Date	Resident Fee	Non Resident Fee
	TH	12:30	47501	DAY	1/12/17	2/23/17	8.00	8.00
	TH	12:30	47488	DAY	3/9/17	4/27/17	8.00	8.00

Garage Sale at MSC

Mark Choice	Program	Start Date	End Date	Main Hall Lobby Activity Rm 2	Stage Hallway Activity Rm 4
	Garage Sale - TABLE	4/29/17	4/29/17	25.00	20.00

Winter/Spring Classes - Fitness and Movement Classes

Sign Up Now For Winter/Spring Classes Resident Registration Dec 5, Nonresident Dec 6
Senior Center membership is required to participate in activities including classes, trips and programs.

Please register and pay at least one week before the beginning date of each class. The City of Mentor accepts Cash, Check, Visa and Mastercard. When registering online, Discover and American Express may also be used.

PROGRAM/ACTIVITY REFUND GUIDELINES

1. A full refund or transfer is available if Mentor Senior Center cancels the program/activity.
2. Transfers can be made with full credit, up to the first day of the program. Transfers must be within the same season and year of programs and into a program that has available space.
3. An administrative charge of \$10 will be assessed if the participant cancels out of the program/activity. Prevent the \$10 fee by transferring the full amount to another program/activity within the same season. Students assume risk of change in personal affairs and health.

There is a class break February 22, 23, 24, 25, 26, 28 and April 24 - 30. There is no class January 1, 2, 16 or February 20.

FITNESS PROGRAM

Take Advantage!! Participants in the classes below are welcome to attend ANY Video Fitness Class.

Arthritis Foundation Exercise Program

Gain mobility, strength, and endurance as you do gentle exercises. This recreational exercise program was developed specifically for people with arthritis.
 Instructor: Annette Santoro Fri, Dedee Wilbraham T&Th
 Location: Studio

Activity#	Date	Day	Time
46681	Jan 3 - Feb 21	Tue	11:30 a.m.-12:15 p.m.
46682	Mar 7 - Apr 18	Tue	11:30 a.m.-12:15 p.m.
46683	Jan 5 - Feb 16	Thu	11:30 a.m.-12:15 p.m.
46684	Mar 2 - Apr 20	Thu	11:30 a.m.-12:15 p.m.
46685	Jan 6 - Feb 17	Fri	11:45 a.m.-12:30 p.m.
46686	Mar 3 - Apr 21	Fri	11:45 a.m.-12:30 p.m.

Resident: \$17/Nonresident: \$21

Ballet for Balance

Learn the art and language of ballet to find balance and increase flexibility. No previous experience required. Please wear comfortable socks or ballet slippers. This class will incorporate stretching to increase mobility in muscles and joints. Balance exercises will increase awareness of proper body alignment during movement. Instructor: Maggie Runyon
 Location: Studio

Activity#	Date	Day	Time
46843	Jan 4 - Feb 15	Wed	2-2:45 p.m.
46844	Mar 1 - Apr 19	Wed	2-2:45 p.m.

Resident: \$34/Nonresident: \$43

Ballroom Dancing

This class is for a person or couple with two left feet or for people who already know how to cut a rug but want to freshen up. Come learn the basic ballroom dance styles of foxtrot, east coast swing, waltz, and many more.

Come dance and move around the floor gracefully.
 Instructor: Maggie Runyon
 Location: Studio

Activity#	Date	Day	Time
46968	Jan 3 - Feb 21	Tue	1:30 - 2:30 p.m.
46969	Mar 7 - Apr 18	Tue	1:30 - 2:30 p.m.

Resident: \$40/Nonresident: \$50

Better Every Day

Exercise to fight Parkinson's. This fitness program is designed to empower people with Parkinson's disease (PD), by optimizing their physical function and helping delay the progression.
 Instructor: Ben Rossi
 Location: Studio

Activity#	Date	Day	Time
46845	Jan 3 - Feb 21	Tue	3-4 p.m.
46846	Mar 7 - Apr 18	Tue	3-4 p.m.

Resident: \$34/Nonresident: \$43

Chair Yoga

This gentle form of yoga works the joints and muscles to increase flexibility, strength, balance and circulation and also encourages quiet reflection, relaxation and proper breathing plus better posture.
 Instructor: Annette Santoro
 Location: Studio

Activity#	Date	Day	Time
46847	Jan 4 - Feb 15	Wed	4:45-5:30 p.m.
46848	Mar 1 - Apr 19	Wed	4:45-5:30 p.m.

Resident: \$34/Nonresident: \$43

Line Dancing

Learn a variety of music and dances, including popular wedding dances. These classes are a great way to have fun with others, stay physically fit and mentally alert.

Instructors: Barb Shoda - Mon; Polly Dubeansky - Mon; Sharen McDivitt - Wed
 Location: Studio

Activity#	Date	Day	Time
47396	Jan 9 - Feb 27	Mon	5 p.m.-Inter
47397	Mar 6 - Apr 17	Mon	5 p.m.-Inter
47402	Jan 9 - Feb 27	Mon	6:30 p.m.-Beg.
47398	Jan 9 - Feb 27	Mon	7:30 p.m.-Inter
47399	Mar 6 - Apr 17	Mon	6:30 p.m.-Inter
47400	Jan 4 - Feb 18	Wed	6 p.m.-Inter
47401	Mar 1 - Apr 19	Wed	6 p.m.-Inter

Resident: \$18/Nonresident: \$23

The 6:30 p.m. Very Beginner Line Dance class will be taught in Jan-Feb and off in Mar-Apr.

The 7:30 Intermediate class will move to the 6:30 time slot in Mar-Apr.

Winter/Spring Classes - Fitness and Movement Classes

There is a class break February 22, 23, 24, 25, 26, 28 and April 24 - 30. There is no class January 1, 2, 16 or February 20.

Low Impact Aerobics

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

Instructors: TBD - Mon & Fri 10:35 a.m.

Sharon Benner - Mon, Tue, Thu, Fri; 9 a.m.

Barb Bensi - Tue & Thu; 6:15 p.m.

Location: Studio

Activity#	Date	Day	Time
46863	Jan 9 - Feb 27	Mon	9-9:45 a.m.
46849	Mar 6 - Apr 17	Mon	9-9:45 a.m.
46864	Jan 9 - Feb 27	Mon	10:35-11:20 a.m.
46850	Mar 6 - Apr 17	Mon	10:35-11:20 a.m.
46851	Jan 3 - Feb 21	Tue	9-9:45 a.m.
46852	Mar 7 - Apr 18	Tue	9-9:45 a.m.
46853	Jan 3 - Feb 21	Tue	6:15-7 p.m.
46854	Mar 7 - Apr 18	Tue	6:15-7 p.m.
46855	Jan 5 - Feb 16	Thu	9-9:45 a.m.
46856	Mar 2 - Apr 20	Thu	9-9:45 a.m.
46857	Jan 5 - Feb 16	Thu	6:15-7 p.m.
46858	Mar 2 - Apr 20	Thu	6:15-7 p.m.
46859	Jan 6 - Feb 17	Fri	9-9:45 a.m.
46860	Mar 3 - Apr 21	Fri	9-9:45 a.m.
46861	Jan 6 - Feb 17	Fri	10:35-11:20 a.m.
46862	Mar 3 - Apr 21	Fri	10:35-11:20 a.m.

Resident: \$17/Nonresident: \$21

Senior Shape-Up in Chairs

This class includes seated and standing exercises for increased flexibility, strength and mobility.

Resistance bands, weights, balls and plates are all used in class.

Instructors:

Sharon Benner - Mon & Fri; Annette Santoro - Wed

Location: Studio

Activity#	Date	Day	Time
46865	Jan 9 - Feb 27	Mon	10-10:30 a.m.
46866	Mar 6 - Apr 17	Mon	10-10:30 a.m.
46867	Jan 4 - Feb 15	Wed	10-10:30 a.m.
46868	Mar 1 - Apr 19	Wed	10-10:30 a.m.
46869	Jan 6 - Feb 17	Fri	10-10:30 a.m.
46870	Mar 3 - Apr 21	Fri	10-10:30 a.m.

Resident: \$12/Nonresident: \$15

Stretch and Balance

Seated and standing exercises will focus on isolating muscles to improve balance, flexibility, and to increase mobility.

Instructor: Sharon Benner

Location: Studio

Activity#	Date	Day	Time
46944	Jan 3 - Feb 21	Tue	10:40-11:25 a.m.
46945	Mar 7 - Apr 18	Tue	10:40-11:25 a.m.
46946	Jan 5 - Feb 16	Thu	10:40-11:25 a.m.
46947	Mar 2 - Apr 20	Thu	10:40-11:25 a.m.

Resident: \$17/Nonresident: \$21

Tai Chi

Tai Chi is an especially effective exercise modality for older adults. The Wu style is a meditative and energetic form, one of the national treasures of China.

Instructor: Paul Wallace

Location: Studio

Activity#	Date	Day	Time
46950	Jan 5 - Feb 16	Thu	2-3 p.m.
46951	Mar 2 - Apr 20	Thu	2-3 p.m.

Resident: \$40/Nonresident: \$50

Water Exercise classes do not follow our fitness break schedule.

Water Exercise at Heisley

Class is designed especially for those 55 and older.

This class includes a warm up and shallow water exercises, including cardio, toning and strength.

Location: Heisley Racquet and Fitness Club Pool

Activity#	Date	Day	Time
46952	Jan 9 - Feb 27	Mon	8-8:45 a.m.
46953	Mar 6 - Apr 24	Mon	8-8:45 a.m.
46954	Jan 3 - Feb 28	Tue	10:30-11:15 a.m.
46955	Mar 7 - Apr 25	Tue	10:30-11:15 a.m.
46956	Jan 3 - Feb 28	Tue	2:15-3 p.m.
46957	Mar 7 - Apr 25	Tue	2:15-3 p.m.
46958	Jan 4 - Feb 22	Wed	8-8:45 a.m.
46959	Mar 1 - Apr 26	Wed	8-8:45 a.m.
46960	Jan 5 - Feb 23	Thu	10:30-11:15 a.m.
46961	Mar 2 - Apr 27	Thu	10:30-11:15 a.m.
46964	Jan 5 - Feb 23	Thu	2:15-3 p.m.
46965	Mar 2 - Apr 27	Thu	2:15-3 p.m.
46966	Jan 7 - Feb 25	Sat	12-12:45 p.m.
46967	Mar 4 - Apr 29	Sat	12-12:45 p.m.

Resident: \$34/Nonresident: \$43

Do Not arrive more than 20 minutes before class begins

Water Exercise at Heisley - Strength Training

This fun water work-out creates less impact on the joints and bones. Included in the class will be the use of noodles, light water weights, resistance boards and paddles. You do not have to know how to swim.

Location: Heisley Racquet and Fitness Club Pool

Activity#	Date	Day	Time
46962	Jan 5 - Feb 23	Thu	1:15-2 p.m.
46963	Mar 2 - Apr 27	Thu	1:15-2 p.m.

Resident: \$34/Nonresident: \$43

Do Not arrive more than 20 minutes before class begins.

Winter/Spring Classes (See Registration and Refund Guidelines on Page 15)

There is a class break February 22, 23, 24, 25, 26, 28 and April 24 - 30. There is no class January 1, 2, 16 or February 20.

Weight Training

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

Instructor: Sharon Benner – morning,
Barb Bensi – evening

Location: Studio

Activity#	Date	Day	Time
47014	Jan 3 - Feb 21	Tue	9:50–10:35 a.m.
47015	Mar 7 - Apr 18	Tue	9:50–10:35 a.m.
47016	Jan 5 - Feb 16	Thu	9:50–10:35 a.m.
47017	Mar 2 - Apr 20	Thu	9:50–10:35 a.m.
47018	Jan 3 - Feb 21	Tue	7:05–7:50 p.m.
47019	Mar 7 - Apr 18	Tue	7:05–7:50 p.m.
47020	Jan 5 - Feb 16	Thu	7:05–7:50 p.m.
47021	Mar 2 - Apr 20	Thu	7:05–7:50 p.m.

Resident: \$17/Nonresident: \$21

Wii Bowling

Location: Cultural Arts Room

Activity#	Date	Day	Time
47596	Feb 1–Apr 12	Wed	12:30 p.m.

Resident/Nonresident: \$6 (Off Feb 22 and Mar 22)

Location: Cardinal Room

Activity#	Date	Day	Time
47593	Jan 19–Mar 23	Thu	12:15 p.m.

Resident/Nonresident: \$6

Location: Cultural Arts Room

Activity#	Date	Day	Time
47594	Jan 13–Mar 17	Fri	12:15 p.m.

Resident/Nonresident: \$6

Yoga

Enhance your well being by easing muscle and mental tension, and increasing your strength and balance. Bring a yoga mat and a firm cushion or blanket and wear loose comfortable clothes.

Instructor: Judy Churchill - Mon, Thu
Denise Brown – Sat

Location: Studio/Stage

Multilevel Yoga - beginner and continuing students



Activity#	Date	Day	Time
46970	Jan 9 - Feb 27	Mon	2–3:15 p.m.
46971	Mar 6 - Apr 17	Mon	2–3:15 p.m.

Intermediate Yoga for more advanced students; prerequisite Multilevel Yoga or previous yoga experience

Activity#	Date	Day	Time
46972	Jan 5 - Feb 16	Thu	3:30–4:45 p.m.
46973	Mar 2 - Apr 20	Thu	3:30–4:45 p.m.

Multilevel Yoga for beginners and continuing students

Activity#	Date	Day	Time
46974	Jan 7 - Feb 17	Sat	9–10:15 a.m.
46975	Mar 4 - Apr 22	Sat	9–10:15 a.m.

Resident: \$40/Nonresident: \$50

Zumba Gold

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves tailored to the older adult. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body and burn fat.

Instructor: Annette Santoro

Location: Studio

Activity#	Date	Day	Time
46977	Jan 3 - Feb 21	Tue	5:15–6 p.m.
46978	Mar 7 - Apr 18	Tue	5:15–6 p.m.
46979	Jan 4 - Feb 15	Wed	9–9:45 a.m.
46980	Mar 1 - Apr 19	Wed	9–9:45 a.m.
46981	Jan 5 - Feb 16	Thu	5:15–6 p.m.
46982	Mar 2 - Apr 20	Thu	5:15–6 p.m.

Resident: \$34/Nonresident: \$43

Fitness Center/Exercise Equipment Training

We have cardiovascular equipment including 5 treadmills, 3 bikes, 2 seated ellipticals, and 3 standing ellipticals. The Tuff Stuff strength station offers a wide variety of exercises and the Precor stretch trainer offers great stretching options. You must be 55 years or older, a member of the senior center and must take the Exercise Equipment Training Class to participate.

Learn to use our equipment safely with proper form, seat and weight settings and how to use a workout card to track your progress from a certified instructor. Classes are limited to four participants.

The two hours of instruction is available in 2 formats: The one hour, 2 session class is recommended for most seniors and those new to exercise. The two hour, 1 session class is recommended only for those experienced exercisers already familiar with the equipment.

Due to small class size, it is not possible to do a make up if you miss one of your appointed classes.

Call for dates and availability

Resident: \$20/Nonresident: \$25

Personal Fitness Training

A certified personal trainer will work with you to develop personalized training targeted toward specific fitness goals.

You can choose from private, one on one instruction, or schedule with a friend for semi-private instruction.

Mon, 10:30 a.m. – 1:00 p.m.	Sharon Benner
Tue, 11:45 a.m. – 3:45 p.m.	Sharon Benner
Thu, 11:45 a.m. – 3:45 p.m.	Sharon Benner
Tue and Thu, 7:50 - 9:20 p.m.	Barb Bensi
Mon, 9:00 - 11:15 a.m.	Annette Santoro
Mon, 4:45 - 6:45 p.m.	Annette Santoro
Fri, 9:00 - 11:00 a.m.	Annette Santoro

Winter/Spring Classes *(See Registration and Refund Guidelines on Page 15)*

There is a class break February 22, 23, 24, 25, 26, 28 and April 24 - 30. There is no class January 1, 2, 16 or February 20.

NEW CLASS!!!

Gotta Dance, Ballroom Dance Classes

Pete Santorelli is a second-generation ballroom teacher with one philosophy – dancing should be fun, easy to learn and taught in a way that everybody can do it. You'll learn how to move around the floor without drawing blood and have everyone watching you like you were a pro.

Foxtrot/Waltz – learn to move gracefully down the floor, poise, balance and partnership.

Cha Cha/Rumba – the Latin dances are the best if you want to put a little salt in your shaker. Hip movement, foot placement and how to lead.

East Coast Swing – the triple step swing is like the old jitterbug, fast and fun with lots of cool moves. Definitely a plus if you want to go out dancing or impress your guests at a wedding.

Activity#	Date	Day	Time	Style
47022	Jan 8 - Feb 26	Sun	1-2 p.m.	Foxtrot
47023	Jan 8 - Feb 26	Sun	2-3 p.m.	ChaCha/Rumba
47024	Jan 8 - Feb 26	Sun	3-4 p.m.	E. Coast Swing
47025	Mar 5 - Apr 30	Sun	1-2 p.m.	Foxtrot
47026	Mar 5 - Apr 30	Sun	2-3 p.m.	Cha Cha/Rumba
47027	Mar 5 - Apr 30	Sun	3-4 p.m.	E. Coast Swing

Resident: \$65/Nonresident: \$81

All Media Painting

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

Instructor: Jennifer Theil

Location: Cultural Arts Room

Activity#	Date	Day	Time
47028	Jan 5 - Feb 16	Thu	10 a.m.-12 p.m.
47029	Mar 2 - Apr 20	Thu	10 a.m.-12 p.m.

Resident: \$39/Nonresident: \$49

Arts & Crafts Stamping

Instructor: Ann Fairchild Preregistration is required

Location: Cultural Arts Room

Activity#	Date	Day(s)	Time
47498	Jan 5, Feb 2	Thu	12:30 p.m.
47499	Mar 2, Apr 6	Thu	12:30 p.m.

Resident/Nonresident: \$4

Arts & Crafts Seasonal Craft

Instructor: Cathy May Krebs Preregistration is required

Location: Cultural Arts Room

Activity#	Date	Day (s)	Time
47501	Jan 12, 26 Feb 9, 23	Thu	12:30 p.m.
47488	Mar 9, 23 Apr 13, 27	Thu	12:30 p.m.

Resident/Nonresident: \$8

American Sign Language Beginner

Learn the history and basic signs of American Sign Language. Students will learn the alphabet, basic non verbal communication skills, finger spelling, and basic vocabulary. By the end of class, learn the basics of a new language and be able to communicate.

Instructor: Maggie Runyon

Location: Conf Room 2

Activity#	Date	Day	Time
47039	Jan 3 - Feb 21	Tue	11 a.m.-12 p.m.
47040	Mar 7 - Apr 18	Tue	11 a.m.-12 p.m.

Resident:\$35/Nonresident: \$44

American Sign Language - 2

Beginner American Sign Language is a prerequisite unless approved by instructor. Expand on what you have already learned in Beginner Sign Language. Learn sentence structure and more about deaf culture. Challenge yourself and continue learning!

Instructor: Maggie Runyon

Location: Conf Room 2

Activity#	Date	Day	Time
47041	Jan 3 - Feb 21	Tue	12-1 p.m.
47042	Mar 7 - Apr 18	Tue	12-1 p.m.

Resident: \$35/Nonresident: \$44

Computers - January

Photos: How to take them on your device, whether it's a phone or tablet. Where pictures are stored, and how to access them, store them and print.

Instructor: Scott Howarth

Location: Cultural Arts Room

#47624	Jan 13 and 20	Fri	10-11 a.m.
--------	---------------	-----	------------

Resident/Nonresident: \$7

February

Email: This is a pass/fail class. If you can email the instructor during the last class you PASS. The instructor will prepare you for the big test!

Instructor: Scott Howarth

Location: Cultural Arts Room

#47625	Feb 10 and 17	Fri	10-11 a.m.
--------	---------------	-----	------------

Resident/Nonresident: \$7

March

Facebook: Why is Facebook so popular? It's a great way to stay in touch with family and friends through chatting, instant messages, pictures and videos. Video chat with the instructor on the last day.

Instructor: Scott Howarth

Location: Cultural Arts Room

#47626	Mar 10 and 17	Fri	10-11 a.m.
--------	---------------	-----	------------

Resident/Nonresident: \$7

April

Pinterest: A social networking website with visual content. Create a profile, set-up boards, and learn how to pin.

Instructor: Scott Howarth

Location: Cultural Arts Room

#47627	Apr 14 and 21	Fri	10-11 a.m.
--------	---------------	-----	------------

Resident/Nonresident: \$7

Winter/Spring and Facilitated Groups *(See Registration and Refund Guidelines on Pg 15)*

Creative Ceramics

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

Instructor: Sharon Williams
Location: Cultural Arts Room

Activity#	Date	Day	Time
47030	Jan 4 - Feb 15	Wed	10 a.m.-12 p.m.
47032	Jan 4 - Feb 15	Wed	6-8 p.m.
47031	Mar 1 - Apr 19	Wed	10 a.m.-12 p.m.
47033	Mar 1 - Apr 19	Wed	6-8 p.m.

Resident: \$39/Nonresident: \$49

IPAD Help

Volunteer available in the Great Room to assist you with your questions. Schedule your free 30 minute session today. You must have an Apple Device.

Jan 11, 18 and 26, Feb 8, 15 and 22

Mar 8, 15 and 22, Apr 12, 19 and 26

Wed 10 a.m. - 12 p.m. Instructor: Carol Ameen

Location: Great Room

Resident/Nonresident: Free

Piano Lessons

We offer basic and continuing piano lessons. The lesson plans include a balance of theory, sight reading and repertoire appropriate to the student's ability.

Instructor: Marge Syrone

Location: Stage

Activity#	Date	Day	Time
47601	Jan 6 - Feb 17	Fri	10-10:45 a.m. - Beg
47602	Mar 3 - Apr 21	Fri	11-11:45 a.m. - Cont
47603	Jan 6 - Feb 17	Fri	10-10:45 a.m. - Beg
47604	Mar 3 - Apr 21	Fri	11-11:45 a.m. - Cont

Resident: \$36/Nonresident: \$42

Tuesday Quilters A.M.

The focus of this class will be on learning color, value, and construction techniques to advance your quilting knowledge. Students should bring material (based on project supply list), sewing machine in good condition, sewing notions, and miscellaneous supplies (rulers, rotary cutters, scissors).

Instructor: Teri Bittner

Location: Cultural Arts Room

Activity#	Date	Day	Time
47034	Jan 3 - Feb 21	Tue	9-11 a.m.
47035	Mar 7 - Apr 18	Tue	9-11 a.m.

Resident: \$39/Nonresident: \$49

Tuesday Quilters P.M. Beginner Class

Learn fast efficient ways to make basic block shapes - half square triangles, quarter square triangles, corner square triangles, hour glass, and flying geese, then combine these shapes to make stunning sampler blocks. Over both sessions, we create up to 16 different blocks to make a simple sampler quilt. See supply list for details (front desk).

Activity#	Date	Day	Time
47036	Jan 3 - Feb 21	Tue	6-8 p.m.
47037	Mar 7 - Apr 18	Tue	6-8 p.m.

Resident: \$39/Nonresident: \$49

A Story From a Picture and Story Cubes

The group 'warms up' using STORY CUBES to spark their creativity. Then they create a story from a picture provided by Debbie Muzik. It's a fun way to be creative, use your imagination, recall and share pleasant memories, and keep sharp your communication skills - both talking and listening. The created picture stories have been saved in a notebook since the class began in 2012. No class Jan 2, 16 or Feb 20.

Facilitator: Debbie Muzik

Location: Cultural Arts Room

Activity#	Date	Day	Time
47038	Jan 9 - Feb 27	Mon	11:40 a.m.-12:40 p.m.

Resident/Nonresident: Free

What's In The Cards?

Learn about the symbolism in the popular card decks being used for 'readings' and then apply your knowledge to give yourself a personalized reading. We will explore decks related to angels, Native Americans, Eastern philosophies, the animal kingdom, the plant kingdom, crystals and gems, and more. We will not include the Tarot.

Facilitator: Debbie Muzik

Location: Cultural Arts Room

Activity#	Date	Day	Time
47050	Mar 6 - Apr 24	Mon	11:40 a.m.-12:40 p.m.

Resident \$20/Nonresident: \$25

Memory Fitness

Give your memory a boost with exercises designed to stimulate the brain, and strategies you can use to support your memory. The latest in current brain and memory research is included. Useful handouts to take with you are also provided.

Facilitator: Debbie Muzik

Location: Cardinal Room

Activity#	Date	Day	Time
47051	Mar 6 - 27	Mon	2:30 - 3:30 p.m.

Resident \$10/Nonresident: \$12.50

Living with Loss

An upbeat and uplifting education and encouragement group for those experiencing the loss of a loved one. These sessions will help you learn about the grief process, acquire coping skills, and share your experiences with others who are also grieving. Participants in previous groups found it easier to be in a group with others experiencing similar challenges, and to have useful hand-outs to take with them for future reference. The group is open to adults of all ages.

Facilitator: Debbie Muzik

Location: Cardinal Room

Activity#	Date	Day	Time
47063	Apr 3 - 24	Mon	2:30 - 4:30 p.m.

Resident \$20/Nonresident: \$25



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

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

To the current resident or:

We are closed
Nov 11, 24 & 25,
Dec 25, 26, and Jan 1, 2.

Veteran's Day Events at MSC

Veterans Breakfast

Calling all soldiers to the mess hall for the 7th annual Veterans Appreciation Breakfast. A delicious breakfast of pancakes, eggs and sausage will be served. Color Guard, musical entertainment, guest speakers, Free to Veterans and \$4 for guests. Please register by Nov 2 in person or by calling 440-974-5725. Co-Sponsored with Perkins Pancake House in Painesville. Location: Great Room #45878 Nov 12 Sat. 9:30 a.m.

City of Mentor Veterans Day Observance

Anyone wishing to honor those who served in the Armed Services is encouraged to attend.

If your group would like to be a part of the official program, contact the Mentor Recreation Department at 974-5720.

Location: Veterans Memorial at Mentor Senior Center
Fri, Nov 11, 12:30 p.m.



Mentor Senior Center

A Division of Mentor Parks & Recreation Department

Mentor Seniors LLC, Board of Trustees

President Ken Kothera
Vice President Carol Snively
Treasurer..... Donna Waggle
Recording Sect'y.....Debbie Higginbotham
Corresponding SecretaryPaulette Mack

Decorations Chair ..Connie Karchefsky
Historian Carol Kothera
Hospitality ChairPaul & Anna Zorko
Library Chair..... Helen Lair

Past President.....Dean Trombley
Volunteer ChairSandy Drenser