



# City of MENTOR

fall 2023

keep until December

## Fall Program Guide



registration begins **AUGUST 7** for residents & **AUGUST 8** for non-residents



MCRC NOW OPEN!

### Mentor Parks and Recreation

[cityofmentor.com/parks-recreation](http://cityofmentor.com/parks-recreation) | 440.974.5720





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## SPECIAL EVENTS

There are many opportunities to become involved in the events produced by Mentor Parks & Recreation through sponsorship and advertising. Call Ante Logarusic at (440) 974-5794 or logarusic@cityofmentor.com.



## CITYFEST

Get ready for our biggest event of the summer! Lots of great entertainment and good food! **Join us Friday August 18th from 5:00p -11:00p and Saturday August 19 from Noon - 11:00p.** For more information go to [www.cityofmentor.com](http://www.cityofmentor.com) Want to showcase your business at CityFest? Be a vendor in our Main Street Tent. Contact Maggie Kuyasa at [kuyasa@cityofmentor.com](mailto:kuyasa@cityofmentor.com) for more information. CityFest wouldn't be without our volunteers. If you would like to join us, contact Colleen Thomas at [thomas@cityofmentor.com](mailto:thomas@cityofmentor.com)

## Kalahari Getaway

**Tuesday, November 21 & Wednesday, November 22**

Join the City of Mentor Recreation Department for a quick family getaway where you can have a blast at America's largest indoor waterpark and save money too! **Take advantage of special group rates for Mentor families and friends. For only \$149 (a \$229 value) - you'll get standard room overnight accommodations, and 4 admission passes to the waterpark. Up to 2 additional guests may be added to your room for \$20 per person, which also includes waterpark fees.** To book your getaway, call Kalahari Resorts directly at (877) 525-2427. You must ask for the City of Mentor Group Rate to get the discounted price. Want to stay two nights and make it a weekend? Ask the reservationist for the special.



## Howl-O-Ween Party for Dogs

**Friday, October 13, 5:30 - 6:30 p.m.**  
Mentor Dog Park, 6645 Hopkins Rd.

FREE! Bring your dog and join us for a Halloween party just for dogs at the Mentor Dog Park. We'll have some contests, prizes and doggone good fun. Dogs must have up-to-date vaccinations, be licensed, and not be in heat, to visit the dog park. Children must be accompanied by an adult. Call us at (440) 974-5720 for more information.



## Community Tree Lighting Ceremony

**Tuesday, December 5, 6:00 - 7:30 p.m.**  
Mentor Municipal Center

The City of Mentor invites you and your family to join us for a commemorative tree lighting as we light our stunning 27-foot Norwegian spruce and City Hall campus. Santa will arrive in his horse drawn carriage and will be available for photos while choirs from Mentor School's sing. Refreshments will be served. Look for more information in the Winter/Spring Parks & Recreation Guide.





## TURKEY ROLL ON ICE

Adults 21+

Friday, November 18, 7 p.m., Mentor Ice Arena  
Fee: \$120 per team of 4

What do you get when you put turkeys, cranberries, an ice rink and a team of four friends all together? Why the Turkey Roll on Ice of course! Get your friends together, come up with a team name, a team uniform (silly or serious, your choice) and test your bowling skills while using a frozen turkey as your ball! We will keep score and the winning team will get a great prize. We'll also have prizes for best team name and best team uniform, so get creative and have fun. Snacks and wash will be provided, and you are welcome to bring your own beverage of choice. This event will fill up quickly so don't get shut out. Team members must wear rubber soled shoes. Each team must have one Mentor Resident on it and only the team captain needs to register.



## Just Kids Stuff Garage Sale

Saturday, September 9, 9 a.m. - 12 p.m.  
Garfield Park Pavilion

Clean out the toy boxes, closets, and attics, and get ready for the Just Kids' Stuff Garage Sale. This is the biggest sale of children's items around, often featuring more than 70 vendors and more than 1,000 buyers. Reserve a city-owned table beginning August 8 for residents and August 9 for non-residents or plan to set up your own table on a 10' x 10' space for the same fee, collected the morning of the sale.

Please keep the following rules in mind when planning your sale: You may not sell out of your car, or hang items on clotheslines from the trees or pavilion. An adult must be present at each table. Residents should be prepared to show a current utility bill and driver's license to receive the resident rate. Set up for the event begins at 7 a.m., no earlier.

Residents: \$25 | Non-Residents: \$30

**First time online registering with us?**  
**Call one of our facilities so we can set up a new account for you.**

## 2023 [unveiled] Photography Contest

September 8th - October 31st

Artwork Drop off: September 6th, Noon - 6 p.m.

Open Reception: Friday September 15th, 7:00 - 8:30 p.m.  
Mentor Municipal Center, 8500 Civic Center Blvd.

Wildwood Cultural Center and the City of Mentor Community Arts Commission are calling on ALL photographers (novice or experienced) to participate in our annual [unveiled] Photography Contest. Two categories are available: **Open Category:** Non-themed subject matter. Black and white and color entries will be judged separately. **Themed Category:** Photographer to creatively illustrate a statement on the theme of "Architecture". Black and white and color entries will be judged separately. Over \$1,000 in prizes will be award including \$250 for "Best of Show". For additional information, please contact the Wildwood Cultural Center at (440) 974-5735 or wildwood@cityofmentor.com.

ENTRY FEE: \$20 (can submit up to 2 pieces of artwork)

## FALL FOR CLASSICS

Adults 21+

Enjoy the ambience of the Wildwood Manor House while listening to the stylistic sounds of both contemporary and classical music. The evening begins with a lovely wine and appetizer pairing featuring a special selection of local wines! Limited seating is available for this unique evening. unique evening.

Location: Wildwood Cultural Center  
Residents: \$22 | Non-Residents: \$26

### Michael Eric Schirch

Michael Eric Schirch is a chart-topping contemporary jazz pianist, producer, and songwriter hailing from Cleveland, OH. Schirch hit the Cleveland music scene in 2012 with his trio Blu Monsoon, and with well over 100 public performances per year, it's almost impossible to ignore his spicy piano-lead melody lines.

date	day	time
September 13	Wednesday	7:00 - 9:00 p.m.

### Lake Effect Jazz Quartet

The Lake Effect Jazz Quartet represents a group of established Cleveland musicians whose common thread has been their appreciation of great jazz and the desire to share their music with audiences around Northeast Ohio.

date	day	time
September 20	Wednesday	7:00 - 9:00 p.m.

## Wildwood MONSTER BASH!

Adults 21+

Celebrate with us at this interactive THEATRICAL FRIGHT NIGHT as we celebrate the marriage and unity of the children of Frankenstein and Dracula. Enjoy dressing up as your favorite Halloween character- in this interactive mystery all guests will be indulging light appetizers, drinks, dancing and so much more! Costume contest for the best dressed individual, couple, and group will be awarded. We hope you have a SPOOK-tacular time!

Location: Wildwood Cultural Center  
October 21, Saturday 7:00 - 9:00 p.m.  
Residents: \$25 | Non-Residents: \$30





## Family Scarecrow Contest All Ages

**Kit pick up: September 25**  
**Drop off: October 2 (only)**  
**On display in Wildwood Park: October 6 - 31**  
**Scarecrow pick up: November 1**  
**Location: Wildwood Cultural Center Park**  
**Resident: \$20 | Non-Resident: \$24**

Gather the family for this fun and exciting family scarecrow contest. Pick up your kit beginning on September 25th containing wood, nails, straw, and take your supplies home to let your creativity run wild! Scarecrows will be displayed at Wildwood for everyone to see. 1st, 2nd and 3rd place prizes will be awarded. All scarecrows will be grouped together in one category. Completed scarecrows are to be returned to the Wildwood Cultural Center no later than October 3 for display and judging. Scarecrows need to be clearly marked with name and phone number on back.

## Santa's Wild Workshop in the Woods Ages 2 - 12, + One Adult

**Location: Wildwood Cultural Center**  
**Resident: \$18 | Non-Resident: \$21**

Santa's Magical Workshop is at Wildwood! He's here - the man in the red suit - Santa himself will read "The Night Before Christmas" after which your little one will be able to have one on one time with Him! The delicious scent of freshly baked cookies in the air means Mrs. Clause is here too! She will give tips on cookie decorating and what make a Christmas cookie special. Also, Santa brought his team of Elves to help you and your little one build a magical wooden toy and become **OFFICIAL TOY MAKERS!** View the Wildwood O-Gage train layout and the miniature Santa's Workshop, write a letter to Santa, and more! Bring your cameras to capture that magical moment. **One adult per child please.**

dates	day	time
December 8	Friday	6:00 - 8:00 p.m.
December 9	Saturday	9:00 a.m. - 11:00 a.m.
December 9	Saturday	12:00 - 2:00 p.m.
December 9	Saturday	3:00 - 5:00 p.m.
December 9	Saturday	6:00 - 8:00 p.m.
December 10	Sunday	12:00 - 2:00 p.m.
December 10	Sunday	3:00 - 5:00 p.m.

## Wildwood Christmas Open House All Ages

**Location: Wildwood Cultural Center**  
**Fee: Free admission must register**

Start your holiday celebration at the beautifully decorated Wildwood Cultural Center this holiday season! You are invited to enjoy a guided historic tour of the Manor House, sip hot chocolate, nibble on freshly baked cookies while enjoying Christmas music, write a letter for Santa and more! Be sure to check out Miniature Santa's Workshop in the Oliver Wing and the O-gage train display in the lower level Craft Room. To register please call the Wildwood Cultural Center at 440-974-5735.

date	day	time
December 11	Monday	6:00 - 8:00 p.m.
December 20	Wednesday	6:00 - 8:00 p.m.



## Mysteries of the Manor Trail Golf Cart Hayride! All Ages

**Location: Wildwood Park**  
**Resident: \$15 | Non-Resident: \$18**

Celebrate fall at Wildwood's one-of-a-kind GOLF CART HAYRIDE! Cozy up with your family in a golf cart as you view the sights and sounds of the Mysteries of the Manor Trail! This festive evening also includes; games, rotten Easter egg hunt, hay pyramid, dancing, glowsticks, a visit to the indoor Wildwood 'O' gage train display in the Craft Room, food for purchase and more! Family friendly time are 2 to 6 p. m.! Children 1 and under free.

dates	day	time
October 27	Friday (Fright Night)	7:00 - 10:00 p.m.
October 28	Saturday	2:00 - 4:00 p.m.
October 28	Saturday	4:00 - 6:00 p.m.
October 28	Saturday	6:00 - 8:00 p.m.
October 28	Saturday	8:00 - 10:00 p.m.
October 29	Sunday	2:00 - 4:00 p.m.
October 29	Sunday	4:00 - 6:00 p.m.





## Snowflake's Magical Adventure

Location: Wildwood Cultural Center  
Resident: \$10 | Non-Resident: \$12

All Ages

Join the Wildwood Theatrical Department as they host a **HEART-WARMING** play highlighting holiday cheer and magic. This family friendly performance will get everyone into the spirit of Christmas with a little help from magical friends, Snowflake\* and Mr. Frost. The afternoon will include a theatrical performance, hot coco, and ornament decorating, a little magic and a great time to take holiday portraits in the Wildwood Cultural Center Estate. Family Portraits available for purchase. Price is based on per person. Children 2 and under are free!

<i>date</i>	<i>day</i>	<i>time</i>
November 25	Saturday	5:00 - 7:00 p.m.



## Mentor Community Recreation Center MCRC

The Mentor Community Recreation Center opened its doors on Saturday July 1st. The response from the community has been amazing. We are happy to be able to offer the community a wide variety of classes for both children and adults. You can view our class schedules as they become available by scanning the code below.

### HOURS OF OPERATION:

Monday - Friday	5:30 a.m. - 10:00 p.m.
Saturday	7:00 a.m. - 9:00 p.m.
Sunday	8:00 a.m. - 6:00 p.m.

### 2023 MEMBERSHIP RATES

	Residents	Non-residents
Youth (Under18)	\$250	\$315
Senior (60+)	\$250	\$315
Adult	\$350	\$440
2-Person	\$450	\$565
Family of 4	\$550	\$690
Extra Family Member	\$50	\$50

### AMENITIES

- Indoor Soccer Field (1)
- Pickleball Courts (4)
- Tennis Courts (4)
- Racquetball Courts (4)
- Basketball Courts (2)
- Golf Simulators (2)
- Fitness Room
- Cycle Room
- Yoga Studio
- Circuit Training Room
- Free Weights
- Aerobics Rooms (2)
- TRX Room
- Indoor Track
- Indoor Swimming Pool
- Outdoor Swimming Pool
- Whirlpool
- Women's Sauna
- Men's Sauna
- Steam Room
- Women's & Men's Locker Rooms
- Family Changing Room
- Community Room
- Kids Corner



## Holiday Boutique at Wildwood

Location: Wildwood Cultural Center  
Admission: \$2 per person

All Ages

Complete your holiday shopping here! Many wonderful holiday items for sale from 40+ vendors including greenery, teas, stained glass, jewelry, holiday figurines, wood and metal items, ornaments, stockings, gnomes, specialty baked goods and sweets, live and faux greens from the Wildwood Garden Club and much, much more! **NEW TO THIS YEAR-** Enjoy multiple personalized decorated trees on over 4 floors, featuring creativity from, individuals, business, and other local organizations. **Children 8 and under are free!**

<i>date</i>	<i>day</i>	<i>time</i>
December 3	Sunday	10:00 a.m. - 4:00 p.m.

## Holidays with Mrs. Claus

Ages 2 - 6, + One Adult

Location: Wildwood Cultural Center  
Resident: \$12 | Non-Resident: \$16

Mrs. Claus is looking for GOOD little boys and girls to come help her get ready for the Christmas season! Decorate the tree, ring jingle bells, play reindeer games, sing, nibble on a cookie and make a holiday craft ALL with Mrs. Claus by your side! **Price includes one child and one adult.**

<i>dates</i>	<i>day</i>	<i>time</i>
December 5	Tuesday	10:00 - 11:30 a.m.
December 5	Tuesday	12:30 - 2:00 p.m.





## FALL CLASSES

### Hummingbird Soccer

Ages 3 - 6

Children ages 3 - 6 will have fun and learn the basics of passing, trapping, dribbling, spacing, shooting and defending in the sport of soccer. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach skills, and low-key, non-competitive simulated games, where kids are separated by age and skill level. Coaches from Jump Start run the program, but parents are encouraged to participate in coaching. Each child will receive a team shirt, trophy and water bottle. Please select the age level appropriate for your child.

**Instructor: Jump Start Sports**  
**Location: Wildwood Cultural Center**  
**Resident: \$105 | Non-Resident: \$120**

3 - 4 year olds		
dates	day	time
Sept 6 - Oct 11	Wednesday	5:30 - 6:25 p.m.

5 - 6 year olds		
dates	day	time
Sept 6 - Oct 11	Wednesday	6:30 - 7:25 p.m.

*First time online registering with us?*

*Call one of our facilities so we can set up a new account for you.*



### Cheer/Hip Hop

Ages 5 - 8

Would you like to learn some cool cheers and moves? Come join in the fun of this cheerleading class as we do cheers, arm motions, dance, jumps, conditioning moves and tumbling skills - beginner thru intermediate. This type of class is beneficial because the skills worked on assist the development of coordination, strength, flexibility, balance and spatial awareness. Each session will end with a performance for family and friends.

**Instructor: Communities in Motion**  
**Location: Mentor Recreation Center**  
**Resident: \$59 | Non-Resident: \$74**

dates	day	time
Sept 11 - Oct 2	Monday	6:30 - 7:00 p.m.
Oct 16 - Nov 6	Monday	6:30 - 7:00 p.m.
Nov 20 - Dec 11	Monday	6:30 - 7:00 p.m.



### Move and Groove with Me

Ages 2 - 4

Our soundtrack of fun songs will delight your preschoolers. This pre-dance and tumble program promotes coordination, strength, flexibility and spatial awareness. Instructor will work individually with students at each class.

**Instructor: Communities in Motion**  
**Location: Mentor Community Recreation Center**  
**Resident: \$59 | Non-Resident: \$74**

dates	day	time
Sept 11 - Oct 2	Monday	5:30 - 6:00 p.m.
Oct 16 - Nov 6	Monday	5:30 - 6:00 p.m.
Nov 20 - Dec 11	Monday	5:30 - 6:00 p.m.

### Preschool Ballet

Ages 3 - 5

Children will have fun with ballet moves and their favorite Princess songs. Here you will learn basic ballet terminology, positions, stretching, balance and coordination exercises. Ballet or princess Attire if desired.

**Instructor: Communities in Motion**  
**Location: Mentor Recreation Center**  
**Resident: \$59 | Non-Resident: \$74**

dates	day	time
Sept 11 - Oct 2	Monday	6:00 - 6:30 p.m.
Oct 16 - Nov 6	Monday	6:00 - 6:30 p.m.
Nov 20 - Dec 11	Monday	6:00 - 6:30 p.m.

### Little Hip Hop and Tumble

Ages 4 - 6

Children will perform hip hop moves to upbeat "kid-friendly" music and enjoy games and activities while learning beginner through intermediate level tumbling skills. This class promotes the development of coordination, strength, flexibility, balance and spatial awareness. Each session will end with a performance for family and friends.

**Instructor: Communities in Motion**  
**Location: Mentor Recreation Center**  
**Resident: \$59 | Non-Resident: \$74**

dates	day	time
Sept 11 - Oct 2	Monday	5:00 - 5:30 p.m.
Oct 16 - Nov 6	Monday	5:00 - 5:30 p.m.
Nov 20 - Dec 11	Monday	5:00 - 5:30 p.m.





## Body Sculpting™

Ages 14+

Awaken your entire body with this one-hour results-oriented Body Sculpting workout designed to make you lean and defined. Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using just one set of 3-5 lb. dumbbells. You will gain strength, balance, flexibility and endurance while focusing on total body health. This class will fire up your metabolism helping you to lose weight and inches, while also improving bone strength and density. Bring a set of 3-5-pound dumbbells, exercise mat, water bottle, and stretch band to class. Accommodates all fitness levels. Work out at your own pace. All classes are taught by Certified Body Sculpting Fitness Trainers. Join anytime! Class size is limited and advance registration is required! **Register online at [www.flexcity.com](http://www.flexcity.com) or email [bodysculpting@flexcity.com](mailto:bodysculpting@flexcity.com) for assistance.**

**Instructor: Body Sculpting Certified Trainer**  
**\$55 for each 8-class term.**

*Classes are held:*

### Old Council Hall

**Monday & Wednesday - 6:00 - 7:00 PM**

Aug 28 - Sept 25 (**NO CLASS September 4, 27**)

Oct 2 - Oct 25

Oct 30 - Nov 27 (**NO CLASS November 22**)

Nov 29 - Jan 3 (**NO CLASS December 25, 27 & Jan 1**)

### Old Council Hall

**Tuesday & Thursday - 9:30-10:30 AM**

Aug 24 - Sept 19

Sept 21 - Oct 17

Oct 19 - Nov 14

Nov 16 - Dec 14 (**NO CLASS November 23**)

Dec 19 - Jan 23 (**NO CLASS December 26, 28 & Jan 2**)

### Community Center

**Tuesday & Thursday - 7:00-8:00 PM**

Aug 24 - Sept 19

Sept 21 - Oct 17

Oct 19 - Nov 14

Nov 16 - Dec 14 (**NO CLASS November 23**)

Dec 19 - Jan 23 (**NO CLASS December 26, 28 & Jan 2**)

### Old Council Hall

**Saturday - 9:30-10:30 AM**

Sept 23 - Nov 11

Nov 18 - Jan 20

## Tai Chi for Health

Adults 16+

Tai Chi has been described as moving meditation. This gentle, continuously moving exercise and mind-body practice is based upon ancient Chinese martial arts. More recently it was adapted for improvements in health such as balance, flexibility and pain and stress reduction. Martial artist Denise Molesch will guide you through warm ups, Qi Gong and practice in the Sun style forms and exercises for adults of all ages and capabilities. Please wear loose, comfortable clothing and tennis shoes.

**Instructor: Denise Molesch**

**Location: Mentor Community Recreation Center**

**Resident: \$64 | Non-Resident: \$77**

dates	day	time
Sept 7 - Nov 2	Thursday	6:30 - 7:30 p.m.

**(NO CLASS September 21)**

## Tai Chi for Arthritis

Adults 16+

Arthritis foundation classes were developed by Tai Chi master and physician Dr. Paul Lam to engage participants of all abilities, activity levels and ages in this mindful, continuously moving, deeply relaxing and low impact exercise. Your instructor is certified in Tai Chi for Arthritis and will guide you through the strengthening and therapeutic aspects for increased personal wellness. Please wear loose comfortable clothing and tennis shoes.

**Instructor: Denise Molesch**

**Location: Mentor Community Recreation Center**

**Resident: \$64 | Non-Resident: \$77**

dates	day	time
Sept 6 - Nov 1	Wednesday	11:00 a.m. - 12:00 p.m.

## Cardio-Kickboxing

Adults 16+

This class is designed to increase your stamina and flexibility, tone your muscles, lose weight, and strengthen your core. It's done utilizing martial arts techniques and a variety of other exercises. It's all done to music and non-intimidating. The goals are real but not without having fun achieving them. You will be amazed with what you are capable of! Come any Monday or Wednesday before signing up and try it out. See whether it's for you! Bring a water bottle and exercise matt to all classes and 3-5 pound weights on Wednesdays.

**Instructor: Gary Remner (4th degree Black Belt Tai Kwon Do)**

**Location: Mentor Community Recreation Center**

**Resident: \$64 | Non-Resident: \$77**

dates	day	time
Aug 30 - Sept 27	Mon & Wed	7:15 - 8:15 p.m.
<b>(NO CLASS September 4)</b>		
Oct 2 - 30	Mon & Wed	7:15 - 8:15 p.m.
<b>(NO CLASS October 9)</b>		
Nov 1 - 27	Mon & Wed	7:15 - 8:15 p.m.
Nov 29 - Dec 27	Mon & Wed	7:15 - 8:15 p.m.

**(NO CLASS December 25)**





## Online Courses with Ed2Go

Ed2Go is Mentor Recreation's Online Learning Center. You'll find over 300 courses - on everything from Business, Teaching and Nursing, to Digital Photography, Spanish and Creating Web Pages. Our instructor facilitated online courses are informative, fun, convenient and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office, any time of the day or night. Courses require internet access, email, Netscape Navigator or Microsoft Internet Explorer web browser. Some courses may have additional requirements. Please visit the online instruction center at [www.ed2go.com/mentor](http://www.ed2go.com/mentor) for details.

Visit our Online Instruction Center [www.ed2go.com/mentor](http://www.ed2go.com/mentor) to get more information on these top courses and more!  
**ENROLL NOW**

- Accounting Fundamentals
- Introduction to Microsoft Excel
- Medical Terminology: A Word Association Approach
- A to Z Grant Writing
- Speed Spanish
- Grammar Refresher
- Project Management Fundamentals
- Explore a Career in Medical Coding
- Creating Web Pages
- Introduction to QuickBooks
- Computer Skills for the Workplace
- Fundamentals of Supervision and Management
- Creating WordPress Websites
- Secrets of Better Photography
- Mastering Your Digital SLR Camera
- Using Social Media in Business
- Real Estate Investing
- SAT/ACT Preparation - Part 1
- Writing Effective Grant Proposals
- Creating Mobile Apps with HTML5
- Teaching Students With ADHD
- Where Does All My Money Go?
- Achieving Success with Difficult People
- Discover Digital Photography
- Resume Writing Workshop
- Creating a Successful Business Plan



8900 Lake Shore Boulevard, Mentor, Ohio 44060  
440.951.0010 - [www.blackbrookgolfcourse.com](http://www.blackbrookgolfcourse.com)



## Rates

April 15 - September 30

<b>Monday - Friday</b>	Rates
9 holes	\$14.00
9 holes Sr./Jr.	\$12.00
18 holes	\$24.00
18 holes Sr./Jr.	\$20.00

<b>Saturday &amp; Sunday</b>	Rates
9 holes	\$16.00
18 holes	\$28.00

<b>Golf Cart Fees</b>	Rates
9 holes	\$8.00
18 holes	\$16.00

*\*Add on fee of \$5 for 9 holes and \$8 for 18 holes for personal cart usage.*

<b>Practice Center</b>	<b>Discount Card</b>	<b>Save</b>
Small Bag (40 Balls) \$6.00	Six Small Bags \$30.00	\$6.00
Medium Bag (55 Balls) \$8.00	Six Medium Bags \$40.00	\$8.00
Large Bag (90 Balls) \$10.00	Six Large Bags \$50.00	\$10.00





### Family Friendly Course

Black Brook Golf Course and Practice Center is designated as a Family Friendly Golf Course by the P.G.A. of America. Along with our regular tees we also have tees to make the course shorter in length providing a beginner friendly short course for beginners and juniors. Black Brook received a "Sticks for Kids Grant" that provided 10 sets of junior clubs which will be used for golf schools, camps, Jr. League, and general play on the course. Black Brook is trying to make golf more affordable for families by offering free golf to a junior when accompanied by a paying adult on Monday's, Tuesday's, Thursday's, anytime and weekends and Holiday's after 3:00 p.m. Limited to one junior per paying adult.

### Tee Times

Scheduled tee times can be booked one week in advance. Permanent weekend times can be booked upon request and are subject to availability. Groups of 20 or more may reserve times well in advance of intended play date and are encouraged to book as early as possible.

*Juniors age 17 and under play free when accompanied by a paying adult anytime on Monday, Tuesday, Thursday, and weekends after 3 p.m. Limited to one Junior per paying adult.*

### Black Brook Golf Academy Instruction Staff

Tim Ausperk, P.G.A. Head Golf Professional and Manager  
Jay Schiffbauer, Head of Teaching and Assistant Manager  
Aly Ales, Assistant Golf Professional and Assistant Manager  
Olivia Zampetro, Associate Golf Professional

## GOLF SCHOOLS

### Black Brook Golf Academy Professional Golf Staff

Now is the time to get golf ready with the Black Brook Golf Course instruction staff. Instruction includes fundamentals of golf including grip, stance, full swing, short game, putting, and etiquette. There is a maximum of 6 students per class for juniors and 8 students per class for adults. Balls and clubs are included in the price of the class, although students are encouraged to bring their own clubs. Proper golf attire is expected. Classes will fill quickly.

### Junior Golf School

Coed Ages 8 - 14

This class builds on the fundamentals but adds new and more advanced swing thoughts along with individual problem solving. Five 60-minute classes, with a maximum of six students per class. Parents and guardians are welcome to bottomless coffee or water in the clubhouse during class.

**Location: Black Brook Golf Course**

**Instructor: Professional Golf Staff**

**Sessions: 5**

**Resident: \$74 | Non-Resident: \$87**

dates	day	time
Aug 26 - Sept 23	Saturday	9:00 - 10:00 a.m.
Aug 26 - Sept 23	Saturday	10:30 - 11:30 a.m.



### Adult Golf School

Coed Ages 15+

Introduction to the fundamentals; grip, stance, posture, full swing, chipping, putting, plus rules and etiquette with individual problem solving. Five 60-minute classes, with a maximum of 8 students per class.

**Location: Black Brook Golf Course**

**Instructor: Professional Golf Staff**

**Sessions: 5**

**Resident: \$74 | Non-Resident: \$87**

dates	day	time
Aug 22 - Sept 19	Tuesday	5:00 - 6:00 p.m.
Aug 24 - Sept 21	Thursday	5:00 - 6:00 p.m.

### Level One Golf

Ages 5 - 7

A great way to introduce golf to kids ages 5-7. An introduction to the fundamentals with an emphasis on hand-eye coordination and having fun! Four 45-minute classes, with a maximum of five students per class. Parents and guardians are welcome to bottomless coffee or water in the clubhouse during class.

**Location: Black Brook Golf Course**

**Instructor: Professional Golf Staff**

**Sessions: 4**

**Resident: \$42 | Non-Resident: \$50**

dates	day	time
Aug 26 - Sept 16	Saturday	12:00 - 12:45 p.m.

### Adult Glow Miniature Golf Championship and Pin Shot Challenge

Ages 21+

Register your foursome for a fun night of miniature golf on our practice green. The 5 winning teams will be qualifying for the pin shot challenge. Prizes will be awarded to the low teams and the 5 individuals that are closest to the pin. You will be given your tee time at registration. Event includes light hors d'oeuvres, entertainment, glow ball, prizes for the winners and cash bar. More details to follow closer to event.

**Registration deadline is Monday, September 18th.**

**Location: Black Brook Golf Course**

**\$80 per team**

Saturday, September 23rd	6:30 - 11:00 p.m.
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## Join us for the biggest golf event this winter!

**Lake County Chili Open**  
 Saturday, January 27th  
 Black Brook Golf Course  
 Tee times begin at 9 a.m.

Golfers – mark your calendars! Here’s your chance to play in the biggest golf event this winter. Every golfer has played in a summer tournament, but how many have played in January? You’ll play nine snowy, fun holes of golf followed by a warm bowl of chili, hot dogs, and hot chocolate. Golfers will be challenged to drive shots across frozen tundra and putt balls laden with ice. You’ll hit orange golf balls to snow-covered greens on the 9 hole course of 65 – 100 yard holes. Last year more than 175 golfers participated in this event, so you’ll want to register early! Gift certificates for 18 holes will be awarded to the three winning teams. The cost to enter the Chili Open is \$20 which includes golf fees, food, and hot chocolate. The Chili Open is sponsored by the City of Mentor with proceeds benefiting the United Way of Lake County. For more information on this event or to register, call the Mentor Recreation Department at (440) 974-5720. Sponsorship opportunities are available by calling United Way of Lake County at (440) 352-3166. If the course is not covered with snow we will play the normal yardage so bring your whole set of clubs. **Must register to play by January 22, 2023.**



# MENTOR ICE ARENA

8600 Munson Road, Mentor, Ohio 44060  
 440.974.5730 - [www.mentoricearena.com](http://www.mentoricearena.com)

## SKATE ON IN Public Open Ice-Skating Schedule

**WEEKEND OPEN SKATES BEGIN**  
 October 7- December 23, 2023

Saturday 1:30 - 3:30 p.m.  
**No 1:30 - 3:00 skates from December 26 - January 5**  
*Holiday Schedule (see below)*  
 Sunday 1:30 - 3:30 p.m.  
**No 1:30 - 3:00 skates from December 26 - January 6**  
*Holiday Schedule (see below)*  
 Friday 12:15 - 1:45 p.m. Luncheon Skate  
**No luncheon skate December 29 or January 5**  
 Friday 10:30 - 12:00 p.m. Home School  
**No home school December 29 or January 5**

**\*November 4, 2023 No Open Skate**  
*(Synchronized Skating event)*

### Public Skate Admission Rates

Adults	\$9
Youth (age 17 & under)	\$7
Seniors (age 60 & over)	\$7
Luncheon Skates	\$7
Skate Rental	\$4

### \*NEW FRIDAY NIGHT FAMILY THEME NIGHT 8:30-10:00 p.m.

October 20	Halloween Skate <i>(Costume contest by age groups)</i>
November 17	Pin the Tail On The Turkey
January 19	Princess, Super- Hero, Disco
February 23	Music of the 80's & 90's
March 15	Beach Party on Ice

### Regular Open Skate Prices







## Turkey Roll on Ice

Ages 21+

What do you get when you put turkeys on an ice rink and a team of four friends? Well the turkey roll on ice of course. Get your friends together, teams of four players and come up with a team name to give at the time registering. Team costumes (silly or serious your choice) Test your bowling skills while using a frozen turkey as your ball. We will keep score and the winning team will get a prize. We will also have prizes for the best team name and best team costume, so get creative and have fun. Snacks and wash will be provided, and you are welcome to bring your own beverage of choice.

**Location: Mentor Ice Arena**

**\$120 per team**

date	day	time
November 18	Saturday	(doors open) 6:30 p.m. (bowling) 7:00 - 10:00 p.m.

## Ice Arena Closed December 24, 25

## Holiday Public Skating Schedule from December 26 - January 5 (Regular Rates Apply)

- 12:00 - 1:30 p.m.
- 2:30 - 4:00 p.m.
- 5:00 - 6:30 p.m.

## Special Note on Studio Rink

During the holiday season, the Studio Rink will have Open Skates during all three sessions. We request that the Studio Rink be used for skaters under 8 years old and their parents.

## Holiday Family Skate/ Christmas Party on Ice with DJ Stray

Join us for a special skating event for the entire family! Santa may make an appearance! The Studio Rink will be open for skaters under age 8.

**• Ugly Christmas Sweater CONTEST: Ages 3 - Adult (Age groups will be formed)**

**Location: Mentor Ice Arena**

**Admission: Regular Rates**

date	day	time
December 16	Saturday	1:30 - 3:30 p.m.

## Holiday Figure Skating Performance

Enjoy a free holiday gift from the Mentor Figure Skating Club and the City of Mentor. Watch figure skating at its finest as the Mentor Figure Skating Club; Intensity Synchronized Teams and Learn-to-Skate students perform a special holiday show at the Mentor Civic Arena.

**Resident | Non-Resident: Free**

date	day	time
December 16	Saturday	3:45 - 5:45 p.m.

## \*FREE MENTOR SKATE DAY

**January 6 1:00-4:00 p.m.**

**Free open skate/free skate rental**

## Our regular season schedule resumes

**Sunday, January 7**

## Home School Skate

Ages 4 - 7

Mentor Ice Arena provides ice time for this exciting and beneficial form of recreation for home school children. Parents are not required to skate with children. Skates are included in program fee. **This year a lesson is available for an additional \$6 fee.** Call by Thursday the day before to be put on interested list, you can pay the day of Home School. (5 participants are needed for the lesson)

**Location: Ice Arena**

**Resident | Non-Resident: \$6/person \$4 Skate Rental**

dates	day	time
Oct 6 - Dec 22	Friday	10:30 a.m. - 12:00 p.m.

**(NO Home School December 29 & January 5)**



## Mentor Ice Arena Party Options

### Studio Rink Parties

Want a more private party? Rent the Studio Rink and avoid the crowds. The Studio Rink and lounge is great for youth birthday parties. The Studio Rink is smaller than our main rinks and is best suited for children under age 10. Price includes Studio Rink and party area. Skate rental is \$2 per skater paid the day of the party. Appointments needed to book a party. M-F between 8:30-4:30 p.m.

**Resident: \$160 | Non-Resident: \$190 for a 2hr party**

**Saturday: 4:00 - 6:00 p.m. / 6:30 - 8:30 p.m.**

**Sunday: 4:00 - 6:00 p.m.**

### Large Rink Parties

Try something new to entertain your friends or group. Rent one of our large rinks for your school, class, church, scout groups, etc. Skate rental is \$2 paid the day of your party. **Resident: \$225/hr | Non-Resident: \$275/hr**

### Public Skate Birthday Party

Host your next birthday party at the Mentor Ice Arena. Book the party room during one of our weekend Public Skates. Lot's of fun! Available Saturday, Sunday 1:15 - 3:15 p.m. Admission: \$7 Skate Rental: \$4 paid the day of the party October 7 through April 23. **No parties during the Christmas Holiday.** Party Room is booked on a first come first serve basis. An appointment at the arena is needed to book a party.

**Resident: \$50 | Non-Resident: \$65**





## LEARN TO SKATE

Ice skating is not only one of America's best winter sports; it's also one of the most accessible thanks to the Mentor Ice Arena! Ice skating helps build muscle, is low-impact and easy on joints, and can boost balance, flexibility, quickness and agility. All of these benefits are perfect for young children building small and large motor skills and even better for adults interested in burning calories and staying fit.

At Mentor Ice Arena, ice skating lessons are progressive in nature, meaning you start with the basics and build on fundamental skills. For those interested in playing hockey or learning to figure skate, **LEARN TO SKATE** is where to start.

### WHERE TO BEGIN: Learn to Skate USA for new and continuing skaters

**Attention: please do this before registering for class or your registration will not be completed.** Before you can register for classes you will need to obtain a Learn to Skate USA member number for us to register you for a Learn to Skate Class. You only need to do this once a year. Please go to [www.learntoskateusa.com](http://www.learntoskateusa.com) click on **Sign Up Complete registration**, then please provide the number when you're registering online, in person, or over the phone! Learn so Skate USA has designed programs that are right for all ages and all interests. Children age 3 - 5 start with the Tot 1 program. Children 6 and up start with the Basic 1 program and adults and teens ages 12 & up start with the Teen/ Adult Basic program.

### WHAT DO I WEAR TO CLASS?

All participants in our Learn-to-Skate program should wear loose, comfortable clothing including a jacket or heavy sweatshirt, jeans, snow pants or layered athletic pants, and high socks.(No ankle socks) Those under age of 11 must wear a helmet, and gloves. The average temperature in the ice rink is 55 degrees.

Because we want you to practice what you're learning, each skater registered in the Learn-to-Skate program will receive a punch card for one free open skate session of your choice during the 7 week session (skate rental will be \$4) If you practice at the rink once a week, your skills will improve much faster.



## FALL 1 & FALL 2

7 week series

### Tot Learn to Skate

Ages 3-5

Location: Mentor Ice Arena - Studio Rink

Resident: \$70 | Non-Resident: \$85

#### Tot 1: Beginner Tot has never skated before

dates	day	time
Sept 11 - Oct 23	Monday	5:00 - 5:30 p.m.
Nov 6 - Dec 18	Monday	5:00 - 6:30 p.m.
Sept 12 - Oct 24	Tuesday	9:30 - 10:00 a.m.
Nov 7 - Dec 19	Tuesday	9:30 - 10:00 a.m.
Sept 12 - Oct 24	Tuesday	5:30 - 6:00 p.m.
Nov 7 - Dec 19	Tuesday	5:30 - 6:00 p.m.
Sept 14 - Oct 26	Thursday	6:00 - 6:30 p.m.
Nov 9 - Dec 21	Thursday	6:00 - 6:30 p.m.
Sept 16 - Oct 28	Saturday	9:50 - 10:20 a.m.
Nov 11 - Dec 23	Saturday	9:50 - 10:20 a.m.

#### Tot 2: Must have passed Tot 1

dates	day	time
Sept 11 - Oct 23	Monday	5:30 - 6:00 p.m.
Nov 6 - Dec 18	Monday	5:30 - 6:00 p.m.
Sept 12 - Oct 24	Tuesday	10:00 - 10:30 a.m.
Nov 7 - Dec 19	Tuesday	10:00 - 10:30 a.m.
Sept 12 - Oct 24	Tuesday	5:30 - 6:00 p.m.
Nov 7 - Dec 19	Tuesday	5:30 - 6:00 p.m.
Sept 14 - Oct 26	Thursday	6:00 - 6:30 p.m.
Nov 9 - Dec 21	Thursday	6:00 - 6:30 p.m.
Sept 16 - Oct 28	Saturday	9:50 - 10:20 a.m.
Nov 11 - Dec 23	Saturday	9:50 - 10:20 a.m.

#### Tot 3: Must have passed Tot 2

dates	day	time
Sept 11 - Oct 23	Monday	5:30 - 6:00 p.m.
Nov 6 - Dec 18	Monday	5:30 - 6:00 p.m.
Sept 12 - Oct 24	Tuesday	10:00 - 10:30 a.m.
Nov 7 - Dec 19	Tuesday	10:00 - 10:30 a.m.
Sept 12 - Oct 24	Tuesday	5:30 - 6:00 p.m.
Nov 7 - Dec 19	Tuesday	5:30 - 6:00 p.m.
Sept 14 - Oct 26	Thursday	6:00 - 6:30 p.m.
Nov 9 - Dec 21	Thursday	6:00 - 6:30 p.m.
Sept 16 - Oct 28	Saturday	9:50 - 10:20 a.m.
Nov 11 - Dec 23	Saturday	9:50 - 10:20 a.m.

### Parent/Child Class

Ages 3-5 with Parent

Parent must have some skating experience

Location: Mentor Ice Arena - Studio Rink

Resident: \$70 | Non-Resident: \$85

dates	day	time
Sept 16 - Oct 28	Saturday	9:15 - 9:45 a.m.
Nov 11 - Dec 23	Saturday	9:15 - 9:45 a.m.

### Ice Explorers

Ages 2-3

This class is for the young toddler who just wants to get on the ice before they are 3 years old

Location: Mentor Ice Arena - Studio Rink

Resident: \$70 | Non-Resident: \$85

dates	day	time
Sept 16 - Oct 28	Saturday	12:05 - 12:35 p.m.
Nov 11 - Dec 23	Saturday	12:05 - 12:35 p.m.





## Basic Learn to Skate

Ages 6 & Up

Location: Mentor Ice Arena -Studio Rink  
Resident: \$80 | Non-Resident: \$95

### Basic 1: Brand new to lessons

dates	day	time
Sept 12 - Oct 24	Tuesday	6:05 - 6:50 p.m.
Nov 7 - Dec 19	Tuesday	6:05 - 6:50 p.m.
Sept 14 - Oct 26	Thursday	6:35 - 7:20 p.m.
Nov 9 - Dec 21	Thursday	6:35 - 7:20 p.m.
Sept 16 - Oct 28	Saturday	10:30 - 11:15 a.m.
Nov 11 - Dec 23	Saturday	10:30 - 11:15 a.m.

### Basic 2: Must have passed Basic 1

dates	day	time
Sept 12 - Oct 24	Tuesday	6:05 - 6:50 p.m.
Nov 7 - Dec 19	Tuesday	6:05 - 6:50 p.m.
Sept 14 - Oct 26	Thursday	6:35 - 7:20 p.m.
Nov 9 - Dec 21	Thursday	6:35 - 7:20 p.m.
Sept 16 - Oct 28	Saturday	10:30 - 11:15 a.m.
Nov 11 - Dec 23	Saturday	10:30 - 11:15 a.m.

### Basic 3: Must have passed Basic 2

dates	day	time
(East Rink) Sept 14 - Oct 26	Thursday	6:35 - 7:20 p.m.
(East Rink) Nov 9 - Dec 21	Thursday	6:35 - 7:20 p.m.
Sept 16 - Oct 28	Saturday	11:15 a.m. - 12:00 p.m.
Nov 11 - Dec 23	Saturday	11:15 a.m. - 12:00 p.m.

### Basic 4: Must have passed Basic 3

dates	day	time
(East Rink) Sept 14 - Oct 26	Thursday	6:35 - 7:20 p.m.
(East Rink) Nov 9 - Dec 21	Thursday	6:35 - 7:20 p.m.
Sept 16 - Oct 28	Saturday	11:15 a.m. - 12:00 p.m.
Nov 11 - Dec 23	Saturday	11:15 a.m. - 12:00 p.m.

### Basic 5: Must have passed Basic 4 - East Rink

dates	day	time
Sept 14 - Oct 26	Thursday	6:35 - 7:20 p.m.
Nov 9 - Dec 21	Thursday	6:35 - 7:20 p.m.

### Basic 6: Must have passed Basic 5 - East Rink

dates	day	time
Sept 14 - Oct 26	Thursday	6:35 - 7:20 p.m.
Nov 9 - Dec 21	Thursday	6:35 - 7:20 p.m.

### Aspire 1: Must have passed Basic 6 - East Rink

dates	day	time
Sept 14 - Oct 26	Thursday	6:35 - 7:20 p.m.
Nov 9 - Dec 21	Thursday	6:35 - 7:20 p.m.

### Aspire 2: Must have passed Aspire 1 - East Rink

*(This class has an off-ice and on-ice session)*

dates	day	time
Sept 13 - Oct 25	Wed	(off-ice) 5:30 - 5:45 p.m. (on-ice) 5:45 - 6:30 p.m.
Nov 8 - Dec 20	Wed	(off-ice) 5:30 - 5:45 p.m. (on-ice) 5:45 - 6:30 p.m.

## Aspire Synchronized Skating Class

Ages 5 - 12

### Must have passed Tot 2/ Basic 2

This class will introduce team skating. Skaters will learn to use the skills they have learned to skate with music on a skating team.

Location: Mentor Ice Arena - Studio Rink  
Resident: \$80 | Non-Resident: \$95

dates	day	time
Sept 30 - Dec 16	Saturday	8:15 - 9:00 a.m.

## Adult/Teen Learn-to-Skate

Ages 12+

This introduction to skating for adults and teens covers all the basics outlined in our basic skating program but tailored to the abilities of older students. If you'd like to learn the fundamentals, or maybe you just want to be able to keep up with your kids on the ice, this is the course for you!

Location: Mentor Ice Arena - Studio Rink  
Resident: \$80 | Non-Resident: \$95

dates	day	time
Sept 13 - Oct 25	Wednesday	6:50 - 7:35 p.m.
Nov 8 - Dec 20	Wednesday	6:50 - 7:35 p.m.

## Competition Class

Ages 4 & Up

Students will have a group lesson learning moves and establishing a one-minute program to perform at competitions. Also, parent educational session on how to prepare for a competition. Includes program music.

Prerequisite: Passed Tot 1 or Basic 1

Location: Mentor Ice Arena - East Rink  
Resident | Non-Resident: Class Fee \$80

dates	day	time
Sept 29 - Nov 10	Friday	5:30 - 6:15 p.m.
Nov 17 - Jan 19	Friday	5:30 - 6:15 p.m.

*(No classes Nov 24, Dec 29 & Jan 5)*

## Special Sport

All Ages

This program provides an exciting and beneficial form of recreation for persons with disabilities. The program is available to youth and adults and instruction is included. Volunteers are on the ice to provide additional assistance. Classes are 45 minutes each week.

Location: Mentor Ice Arena - West Rink

Resident | Non-Resident: \$70

dates	day	time
Sept 12 - Oct 24	Tuesday	5:30 - 6:15 p.m.
Nov 7 - Dec 19	Tuesday	5:30 - 6:15 p.m.

**First time online registering with us?**

**Call one of our facilities so we can set up a new account for you.**





## Tot Hockey

Ages 3 - 5

**Pre-requisite: Must have passed Tot 1 in the LTS Program**  
Boys and girls learn skating skills such as balance, forward and backward skating, stopping and turning while using a hockey stick. Equipment required: Approved ice hockey helmet with full face shield, hockey gloves, hockey skates and hockey stick (straight blade).

**Location: Studio Rink**

**Resident: \$70 | Non-Resident: \$85**

### Tot Hockey 1,2

dates	day	time
Sept 13 - Oct 25	Wednesday	5:30 - 6:00 p.m.
Nov 8 - Dec 20	Wednesday	5:30 - 6:00 p.m.

### Tot Hockey 3,4

dates	day	time
Sept 13 - Oct 25	Wednesday	5:00 - 5:30 p.m.
Nov 8 - Dec 20	Wednesday	5:00 - 6:30 p.m.



## Instructional Hockey (IH) Ages 6 and Up

**Required equipment:** Approved ice hockey helmet with full face shield, hockey gloves, hockey skates and a junior hockey stick (straight blade).

**Location: Studio Rink**

**Resident: \$80 | Non-Resident: \$95**

### IH 1,2

dates	day	time
Sept 13 - Oct 25	Wednesday	6:00 - 6:45 p.m.
Nov 8 - Dec 20	Wednesday	6:00 - 6:45 p.m.

### IH 3,4

dates	day	time
Sept 13 - Oct 25	Wednesday	6:00 - 6:45 p.m.
Nov 8 - Dec 20	Wednesday	6:00 - 6:45 p.m.

## ADM Mite Blue Program

Ages 5-8

**Pre-Requisite: Must have completed Tot Hockey 1**

The season will be divided into two sessions instead of one long season. This program is a house recreational program with skills development in the 1st month, 2nd month will begin formation of teams with practices, and the 3rd month will consist of games on both days. Program is cross ice for the entire season. Full equipment required. Contact: Mack@cityofmentor.com

**Location: West Rink**

**Resident: \$80 | Non-Resident: \$95**

dates	day	time
Oct 5 - Dec 21	Thursday	5:45 - 6:45 p.m.
Oct 5 - Dec 21	Saturday	9:30 - 10:30 a.m.

## Mighty Mites Program

Ages 3-5

**Pre-Requisite: Must have completed Tot Hockey 1**

The season will be divided into two sessions instead of one long season. This program is a house recreational program with skills development in the 1st month, 2nd month will begin formation of teams with practices, and the 3rd month will consist of games on both days. Program is cross ice for the entire season. Full equipment required. Contact: Mack@cityofmentor.com

**Location: West Rink**

**Resident: \$80 | Non-Resident: \$95**

dates	day	time
Oct 5 - Dec 21	Saturday	8:15 - 9:15 a.m.
Jan 5 - March 17	Look for information in the Winter Guide	

## Adult Hockey League

Ages 35 and Up

Sunday night adult league is a non-checking program is for fun or looking for casual exercise. Player register individually and a draft will determine team placement. Full equipment is required including helmets with a half shield or full-face cage helmet (recommended). Jerseys are provided. Call the arena 440-974-5730 for information.

Contact: Mack@cityofmentor.com

dates	day	time
Oct - March	Sunday	5:30 p.m. time slots

## After School Bus Program

Grades K - 5

**Registration for this program begins in person or on-line September 12th - September 24th.**

Our After-School ice skating program is one of our most popular skating programs. Children take a City of Mentor bus from their school at dismissal time and are transported to the Mentor Ice Arena for a recreational group lesson followed by free skate time. Parents pick up their children inside the Arena after signing out. Each school attends on a specific day and end times vary according to the day of the week. Registration will end one week before the program starts. **There will be no bus program when school is closed.**

**Registration is at the ARENA/ not the school**

**Fee: Monday, 9 weeks \$117**

**Tuesday, Wednesday, Thursday, 10 weeks \$130**

dates	day	location
Oct 2 - Dec 11 <b>(NO class Nov 20, 27)</b>	Monday	Bellflower
Oct 2 - Dec 11 <b>(NO class Nov 20, 27)</b>	Monday	Fairfax
Oct 3 - Dec 12 <b>(NO class Nov 21)</b>	Tuesday	Sterling Morton
Oct 3 - Dec 12 <b>(NO class Nov 21)</b>	Tuesday	Orchard Hollow
Oct 4 - Dec 13 <b>(NO class Nov 22)</b>	Wednesday	Ridge
Oct 5 - Dec 14 <b>(NO class Nov 23)</b>	Thursday	Lake
Oct 5 - Dec 14 <b>(NO class Nov 23)</b>	Thursday	Hopkins





## Holiday Figure Skating Performance

Enjoy a free holiday gift from the Mentor Figure Skating Club and the City of Mentor. Watch figure skating at its finest as the Mentor Figure Skating Club; Intensity Synchronized Teams and Learn-to-Skate students perform a special holiday show at the Mentor Civic Arena.

**Resident | Non-Resident: Free**

Saturday, December 16th

3:45 - 5:45 p.m.

## Mentor Youth Hockey (CSHL)

**Ages 8 - 14 (as of 12/31/23)**

This travel hockey team play in the Cleveland Suburban Hockey League (CSHL) which includes 24 cities, with most in the Cleveland area. To try out, players must have completed for at least one year in ADM Mite program. Depending on the level of play and age division, teams will participate in 2 - 5 tournaments. **Tryouts are in MARCH** with practices and games beginning in September. Teams are on the ice 3-4 times weekly at Mentor and away games are also scheduled. Approximate season fee depending on the level of team, anywhere from \$850 - \$1050. Tournament fees are extra. For information E-mail: [Hockeydirector@cityofmentor.com](mailto:Hockeydirector@cityofmentor.com)

**Location: Mentor Ice Arena - West Rink**

*First time online registering with us?*

*Call one of our facilities so we can set up a new account for you.*

## ICE ARENA GROUPS

### Mentor Figure Skating Club

Any skater who has passed Basic 6 is eligible to skate with the Mentor Figure Skating Club. If you are interested in taking your skating ability to the next level in private lessons or competition, visit <http://www.mentorfs.com/> for more information.

### Intensity Synchronized Skating Teams

If you are interested in a fun, exciting team sport and love ice skating - come see what synchronized skating is all about. Synchronized skating is one of the fastest growing disciplines in figure skating today and we have teams for all ages. Contact Sue Clemente at (216) 978-5072 or visit <http://www.mentorfs.com/synchro.html> for more information.

### Mentor Youth Hockey Booster Club

This organization is for families with children participating in the Youth Hockey program. For details, visit [www.mentoryouthhockey.com](http://www.mentoryouthhockey.com)

*Follow Facebook to check any changes in the schedule or added events that might be added!*

## Explore Our Parks

The City of Mentor offers many opportunities to discover the natural beauty and delicate ecosystems of our area with more than 1,200 acres of park land. Explore the walking trail at Walsh Park and Civic Center Park, take in the beauty and secluded setting of Wildwood Park or discover the unique features of the Mentor Marsh at Mentor Lagoons Nature Preserve & Marina or Morton Community Park.

Our smaller parks such as President's Park, Krueger Park, Mentor Dog Park and Bellflower and Civic Center Skate-parks offer unique features for family fun. You can't beat the view of sunset over Lake Erie while sitting on a park bench at Mentor Beach Park or the laughter of children playing on the all-inclusive playground at Eleanor B. Garfield Park.



### Bike

Mentor's extensive bikeway system includes bike paths, bike lanes, interconnecting sidewalks and trails through our parks. More than 9 miles of bike-able areas exist. Visit [www.cityofmentor.com](http://www.cityofmentor.com) for more details.

### Hike

Hiking trails are available at Walsh Park, Wildwood Park, Morton Community Park, Civic Center Park and Mentor Lagoons Nature Preserve. Trail maps for each park can be found at [www.cityofmentor.com](http://www.cityofmentor.com) under the park of your choice.

### Paddle

Come experience the Mentor Lagoons by paddle. The City of Mentor has established a water trail through the Lagoons waterways, including a brief exploration of Marsh Creek and access to shoreline paddling on Lake Erie. The trail launches adjacent to the parking lot and flows for approximately 3 miles of protected flat-water paddling. Access to Lake Erie provides unlimited shoreline paddling and the opportunity to connect with Headlands Beach State Park and Fairport Harbor Beach.





# CITY OF MENTOR NATURAL RESOURCES

## Mentor Lagoons Nature Preserve & Marina

8365 Harbor Drive, Mentor, Ohio (440) 205-DOCK  
Hours: Monday - Friday, 8 a.m. - 4:30 p.m.  
[www.cityofmentor.com](http://www.cityofmentor.com)

The Mentor Lagoons Marina features a safe harbor with quick, direct access to Lake Erie. The tranquil waters of the lagoons provide protected dockage for your boat. Each dock has its own green space for picnicking and relaxation. The Marina offers discounted rates for dockage to Mentor residents. Call the Marina for details.

### 2023 Dockage Rates

#### Winter Storage

November 1 - April 30

*Inside Boat on Trailer*

Resident \$4.00/sq-ft | Non-Resident \$4.50/sq-ft

*Inside Boat on Rack per linear foot*

Resident \$12.00/ft | Non-Resident \$15.00/ft

*Inside Jet Ski/Golf Cart Storage*

Resident \$170.00 | Non-Resident \$200.00

*Outside Boat Storage*

Resident \$15.00/ft | Non-Resident \$19.00/ft

*Outside Trailer Storage*

Resident \$110.00 | Non-Resident \$125.00

## Natural Resource Under 10 with Parent/10+ Workshop: Worm Bin Composter

Vermicomposting can be an intimidating word but fear not! Vermicomposting is the technical term for worm composting and anyone can do it. The process converts common food waste into excellent fertilizer thanks to the amazing work of worms! Join a naturalist to learn the common challenges and solutions of worm composting. We will be constructing worm bins using three 5-gallon buckets for participants to take home.

**Instructor: Jamie Jubeck, Natural Resource Specialist**

**Location: Mentor Lagoons Nature Preserve**

**Fee: \$15/Pre-Registration is required**

date	day	time
Sept 16	Saturday	10:00 - 11:30 a.m.



## Fall Paddle

**Ages 10+**

Fall isn't just about pumpkin spice and flannels. Wildlife is busy preparing for the challenges of winter. Birds like warblers are making long journeys south, beavers are hard at work creating their food caches, and predators like coyotes and foxes are hunting to build up fat to help them through the coming frigid winter. Join a naturalist while paddling through the preserve to discover what all the commotion is about. Trips are 1-2 hours depending on the weather. Bring your own kayak/paddleboard or rent from the marina.

**Instructor: Jamie Jubeck, Natural Resource Specialist**

**Location: Lagoons Nature Preserve & Marina**

**\$5 own kayak/\$15 to rent kayak/pre-registration required**

dates	day	time
Sept 6	Wednesday	4:30 - 6:30 p.m.
Sept 13	Wednesday	4:30 - 6:30 p.m.



## Departure of the Birds

**Ages 7+**

Fall migration can be rather long for birds, fortunately for us we get to enjoy the southbound birds for more time. Join the Natural Resource Division on two hikes through Mentor Lagoons Nature Preserve and Springbrook Gardens to see all the birds heading for warmer weather. All experiences are welcomed, and binoculars are highly recommended to better observe our feathered friends!

**Instructor: Joel Throckmorton, Natural Resource Specialist**

**Location: Springbrook Gardens & Mentor Lagoons Nature Preserve**

**Fee: Free - Pre-Registration is required**

dates	day	time
Sept 20 (Springbrook Gardens)	Wednesday	8:00 - 10:00 a.m.
Oct 11 (Mentor Lagoons)	Wednesday	4:00 - 6:00 p.m.





## Migratory Bird Banding

All Ages

This hands-on, program will allow you to see migratory Fall birds such as warblers, chickadees, and woodpeckers up close. Come learn from trained ornithologists on how we capture birds, band them, and safely send them on their way. You'll also learn the reasons why scientists tag migratory birds and what it tells us about bird populations.

**Instructor:** Joel Throckmorton, Natural Resource Specialist

**Location:** Mentor Lagoons Nature Preserve

**Fee:** Free - Pre-Registration is required

date	day	time
Sept 30	Saturday	8:00 - 11:00 a.m.



## Full Moon Walks

Ages 7+ with Adult

It's not every day you get to explore the parks at night! Join a naturalist and explore all the nocturnal happenings under the full moon light of this years Harvest and Hunter moon. Learn the history of these important lunar dates that originated in Native American culture. Its spooky season and nobody does it better than the creatures of the night at the Mentor Lagoons. Join us for a hike with the potential to observe owls, bats, skunks, moths and more!

**Instructor:** Jamie Jubeck, Natural Resource Specialist

**Location:** Mentor Lagoons Nature Preserve & Springbrook Gardens

**Fee:** Free - Pre-Registration is required

dates	day	time
Sept 29 (Springbrook Gardens)	Friday	9:00 - 10:00 p.m.
Oct 28 (Lagoons)	Saturday	9:00 - 10:00 p.m.

## Discovery Hike Series

All Ages

Are you looking for some new local trails? Or maybe a fresh perspective on trails you already know and love. Join the Natural Resources team in the new monthly hiking series! The first week of every month we will be hiking some of the lesser-known trails throughout Mentor. This is your chance to pick the brain of a naturalist with any burning questions you have about, well anything!

**Instructor:** Jamie Jubeck, Natural Resource Specialist

**Location:** Lagoons Nature Preserve & Morton Park

**Fee:** Free - Pre-Registration is required

dates	day	time
Nov 3 (Lagoons)	Friday	10:00 - 11:30 a.m.
Dec 1 (Morton)	Friday	10:00 - 11:30 a.m.

## Seasons of the Marsh

All Ages

Attend all four sessions at the marsh to observe how the habitat changes over time. The year starts cold but soon spring begins to appear through wildflowers and the return of many bird species. Then summer emerges, birds are breeding and caring for their young, and the trees create full canopies, changing the forest floor. The air begins to cool, leaves start to change, and many animals are preparing for winter. Once the cold sets in, winter has arrived, and wildlife is still moving around. Join us to see what all the seasons have to offer!

**Instructor:** Rebecca Cantrell, Natural Resource Specialist

**Location:** Mentor Lagoons Nature Preserve

**Fee:** Free - Pre-Registration is required

dates	day	time
October 4	Wednesday	5:00 - 6:30 p.m.
December 6	Wednesday	3:30 - 5:00 p.m.

## Creepy Critters

Ages 7+

Have you ever been scared by a critter at night? Halloween is associated with many spooky creatures like bats, spiders and insects. Maybe they aren't as scary as they appear, and can actually be pretty cute! Join a naturalist at Wildwood Cultural Center for a Halloween night hike to learn more about these amazing organisms. Learn about the origins of vampires and other urban legends while hiking along a moonlit trail. If you aren't too scared by the end of the hike, we will go over bat box best practices and each group will receive a bat box kit to take home!

**Instructor:** Jamie Jubeck, Natural Resource Specialist

**Location:** Wildwood Cultural Center

**Fee:** \$20/Pre-Registration is required

date	day	time
Oct 7	Saturday	6:00 - 8:00 p.m.

## Environmental Sciences: Homeschooling Series

Ages 9-14

Studying environmental sciences can be hard without being outside. Take advantage of this opportunity to help your homeschoolers bring the classroom outside with a biologist in the natural areas. We will be meeting every other week on Friday afternoons to study varying ecosystems within Mentor.

**Instructor:** Jamie Jubeck, Natural Resource Specialist

**Location:** TBD

**Resident:** | **Non-Resident:** \$50 for the series

dates	day	time
Aug 25	Friday	1:00 - 3:00 p.m.
Sept 8	Friday	1:00 - 3:00 p.m.
Sept 22	Friday	1:00 - 3:00 p.m.
Oct 6	Friday	1:00 - 3:00 p.m.
Oct 20	Friday	1:00 - 3:00 p.m.





8484 Munson Road, Mentor, Ohio 44060  
440.974.5725 - www.mentorseniorcenter.com

## ARTS AND CRAFTS

### All Media Painting

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

**Instructor: Ginny Mancini**

**Location: Senior Center Cultural Arts Room**

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

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

(NO class Nov 23)

### **NEW!** Craft Class - No Sew Quilted Ornament Class

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

**Instructor: Tina Foster**

**Location: Senior Center Cardinal Room**

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

date	day	time
November 29	Wednesday	3:00 - 5:00 p.m.

### Quilting

Explore new projects using modern time-saving methods in a friendly, self-paced atmosphere. Focus will be on learning color, value, and construction techniques to advance your quilting knowledge. Students should bring material (based upon provided project supply list), sewing machine in good condition, sewing notions, and miscellaneous supplies (rulers, rotary cutters, scissors). An iron and ironing board is provided for your convenience. Both classes accept beginners and students up to an intermediate/advanced skill level.

**Instructor: Teri Bittner**

**Location: Senior Center Cultural Arts Room**

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

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

### Woodcarving

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

**Volunteer Instructor: Ken Kothera**

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Sept 5 - Dec 26	Tuesday	2:00 - 4:00 p.m.



### Creative Ceramics

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

**Instructor: Sharon Williams**

**Location: Senior Center Cultural Arts Room**

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

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

**First time online registering with us?**

**Call one of our facilities so we can set up a new account for you.**

## CONTINUING EDUCATION

### Aging in Place: Home Safety and Modifications

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Oct 11	Wednesday	10:00 - 11:00 a.m.





## American Sign Language Club

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

**Volunteer Instructor: Sharon House**

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

dates	day	time
Sept 5 - Dec 26	Tuesday	12:00 - 1:00 p.m.

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

**Location: Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Sept 5 - Nov 9	Tues & Thurs	10:30 - 11:30 a.m.

## Book Club

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

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Aug 16	Wednesday	1:30 - 3:00 p.m.
book title: <i>The Maid</i> by Nita Prose		

Sept 20	Wednesday	1:30 - 3:00 p.m.
book title: <i>The Lost Roses</i> by Martha Hall Kelly		

Oct 18	Wednesday	1:30 - 3:00 p.m.
book title: <i>Apples Never Fall</i> by Liane Moriarty		

Nov 15	Wednesday	1:30 - 3:00 p.m.
book title: <i>The Age of Innocence</i> by Edith Wharton		

Dec 20	Wednesday	1:30 - 3:00 p.m.
book title: <i>The Woman in the Library</i> by Sulari Gentill		

## Chronic Disease Self-Management (CDSM) Workshop

Take charge of your long-lasting health concerns - and your life. You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health. **Registration deadline is Sept. 1. Space is limited!**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Sept 8 - Oct 13	Friday	9:00 - 11:30 a.m.

## Cooking Classes

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

**Location: Senior Center Cardinal Room**

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

### Ratatouille

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

date	day	time
Sept 11	Monday	3:00 - 4:30 p.m.

### Cuban Picadillo

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

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

### White Bean Peanut Stew (Domoda)

For this class we are going to take our taste buds on a little trip to Gambia as chef's learn to prepare this traditional Gambian comfort dish. Packed with hearty ingredients like white beans, sweet potato and kale, this dish could easily become one of your new favorites.

**\*Allergen warning: this class does contain peanuts.**

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

### Mushroom Bourguignon

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

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





## Cooking Appliance Demonstrations

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

**Location: Senior Center Cardinal Room**

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

### Air Fryer Demonstration

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

date	day	time
Sept 25	Monday	3:00 - 4:30 p.m.

### Instant Pot/ Pressure Cooker Demonstration

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

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

## Cook Book Club

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

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

## Did You Review Your Medicare Plan?

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Sept 6	Wednesday	10:00 - 11:00 a.m.

## Elder Law and Real Estate Planning Seminar

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

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

## Fall Risk Screening

Balance and posture are important indicators of health and well-being. OsteoStrong Willoughby would like to offer you a free Fall Risk Assessment. Briefly stand on our B-Trax platform and we will determine your center of pressure and postural sway, a known risk factor for falls in older adults. An OsteoStrong coach will then explain your results and discuss ways to prevent falls and become more independent. **Please register for a time slot in advance.**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

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

## Identity Theft

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

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





## Keys To Maintaining a Great Body and Brain

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

**Location: Senior Center Cardinal Room**  
**Resident | Non-Resident: Free**

date	day	time
Sept 25	Monday	10:00 - 11:00 a.m.

## Lake County Council on Aging

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

**Location: Senior Center Cardinal Room 12:00 - 12:30 p.m.**  
**Great Room 12:30 - 1:00 p.m.**

**Resident | Non-Resident: Free**

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

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

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

**Location: Senior Center Cardinal Room**  
**Resident | Non-Resident: Free**

date	day	time
Nov 1	Wednesday	10:00 - 11:00 a.m.

## Veteran's Benefits

Attention all Veterans! Do you know the BENEFITS you are entitled? What service options are available? Come join us for an information-filled presentation on Military Veterans benefits and how to prepare for time of death services. Veterans are strongly encouraged to bring their spouse and any family member who might be involved in handling their affairs. Your FAMILY will learn what they need to do upon the Veteran's passing. Presented by Chuck Suhar & Nancy Brunner Sanden, Brunner Sanden Deitrick Funeral Home & Cremation Center. The best consumer is an educated consumer, even in funeral service. You won't want to miss this information-filled FREE presentation.

**Location: Senior Center Cultural Arts Center**  
**Resident | Non-Resident: Free**

date	day	time
Oct 16	Monday	3:00 - 4:00 p.m.

## LUNCH AND LEARNS

### Medicare Health Plans

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

**Location: Senior Center Cardinal Room**  
**Resident | Non-Resident: Free**

date	day	time
Oct 18	Wednesday	10:00 - 11:00 a.m.

### Creating Your Estate Plan

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

**Location: Senior Center Cardinal Room**  
**Resident | Non-Resident: Free**

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

## FITNESS/WELLNESS

### Cycling Club

The cycling club continues to offer great rides in their 11th season. 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. Rides start in April and continue through October. Contact Arnie Zvejnieks at 440-525-0293, for information or to be added to the mailing list.

### 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 classes focus on Parkinson's specific exercises that help fight the symptoms of the disease. No equipment or expertise is necessary; just participate at your own level of ability.

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

**Location: Senior Center Fitness Studio**

**Resident: | Non-Resident: FREE**

dates	day	time
Sept 6 - Oct 18	Wednesday	3:00 - 3:45 p.m.
Nov 1 - Dec 20	Wednesday	3:00 - 3:45 p.m.





## Monday Hiking Club

Monday evening hikes usually begin at 6 p.m. and are scheduled from April through October. October hikes start at 5 p.m. Hikes are at the various parks in Lake County. You can join the club and hike at any time. If you have any questions, call the Senior Center at 440-974-5725 for complete details including the hiking locations.

## 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. All you need is a comfy pair of shoes that have a slick bottom and cannot be kicked off while dancing. Please "no slip-on sandals/flip flops" or "high heels" for your safety.

**No class Oct 4, it will be made up on Oct 25.**

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

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

dates	day	time
Sept 6 - Oct 25	Wednesday	5:45 - 6:45 p.m.
Nov 1 - Dec 20	Wednesday	5:45 - 6:45 p.m.

### 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.

**No class Oct 4, it will be made up on Oct 25.**

**Instructor: Tina Foster**

**Location: Senior Center Studio**

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

dates	day	time
Sept 6 - Oct 25	Wednesday	6:45 - 7:45 p.m.
Nov 1 - Dec 20	Wednesday	6:45 - 7:45 p.m.

## Low Impact Aerobics

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

**Instructor: Sharon Benner**

**Location: Senior Center Studio**

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

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

# SilverSneakers®

## SilverSneakers® BOOM™ MUSCLE

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

**Instructor: Sue Dempsey**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

dates	day	time
Sept 5 - Oct 24	Tuesday	2:00 - 2:45 p.m.
<b>(NEW CLASS)</b>		
Sept 7 - Oct 19	Thursday	2:00 - 2:45 p.m.
<b>(NEW TIME)</b>		
Nov 7 - Dec 19	Tuesday	2:00 - 2:45 p.m.
Nov 2 - Dec 21	Thursday	2:00 - 2:45 p.m.
<b>(NO class Nov 23)</b>		

## 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**

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

## SilverSneakers® EnerChi

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

**Instructor: Denise Molesch**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: FREE**

dates	day	time
Sept 7 - Oct 26	Thursday	4:00 - 4:45 p.m.
<b>(NO class Sept 21)</b>		
Nov 2 - Dec 21	Thursday	4:00 - 4:45 p.m.
<b>(NO class Nov 23)</b>		

**First time online registering with us?**

**Call one of our facilities so we can set up a new account for you.**





## SilverSneakers® Classic

**NEW CLASS OFFERED TUESDAY AT 8:10 A.M.!!**

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

**Instructor: Sharon Benner (Mon & Fri), Joy Cimino (Tues am), Sue Dempsey (Tues pm), Pat Talladino (Wed)**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24 | SS Members: FREE**

**\*\*\*NEW CLASS = NC**

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

**(NO class Nov 10, 24)**

## SilverSneakers® Stability

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

**Instructor: Sharon Benner (Mon), Pam Benko (Tues)**

**Denise Molesch (Fri)**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24 | SS Members: FREE**

**\*\*\*NEW CLASS = NC**

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

**(NO class Nov 10, 24)**

## SilverSneakers® YOGA

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

**Instructor: Denise Molesch (Mon, Thurs & Fri), Pat Talladino (Wed)**

**Location: Senior Center Fitness Studio**

**Resident: \$19 | Non-Resident: \$24 | SS Members: FREE**

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

**(NO class Nov 10, 24)**

## Stretch and Balance

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

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

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

dates	day	time
Sept 5 - Oct 24	Tuesday	11:00 - 11:45 a.m.
Sept 7 - Oct 19	Thursday	11:00 - 11:45 a.m.
Nov 7 - Dec 19	Tuesday	11:00 - 11:45 a.m.
Nov 2 - Dec 21	Thursday	11:00 - 11:45 a.m.

**(NO class Nov 23)**

## Water Exercise Class at Mentor Community Recreation Center

A variety of water fitness classes will be offered at the Mentor Community Recreation Center Pool located at 6000 Heisley Rd., Mentor. Classes will be offered in one month sessions, and Senior Center members will have special access and pricing for designated classes. Check out available water classes at <https://cityofmentor.com/departments/parks-recreation/registration/>. Register online or through the Mentor Senior Center by phone (440)974.5725

## Weight Training

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

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

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

dates	day	time
Sept 5 - Oct 24	Tuesday	10:00 - 10:45 a.m.
Sept 7 - Oct 19	Thursday	10:00 - 10:45 a.m.
Nov 7 - Dec 19	Tuesday	10:00 - 10:45 a.m.
Nov 2 - Dec 21	Thursday	10:00 - 10:45 a.m.

**(NO class Nov 23)**

## Fitness Center

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

## Fitness Orientation-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**

**Silver Sneakers Members: Free**

**Call to schedule appointment.**

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	12:00 - 12:50 p.m.





## Fitness Orientation - Strength Training

Learn how to operate fundamental strength training machines focused on large muscle groups (such as chest, upper back, and hamstrings/quadriceps leg muscles) while using correct form and proper breathing techniques. Participants will receive assistance in determining their specific equipment adjustments and weight settings, and learn how to modify strength training exercises based on individual needs. Maximum of 4 people per class.

**Location: Senior Center Fitness Center**

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

**Call to schedule appointment.**

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	12:00 - 12:50 p.m.
Thursday	1:00 - 1:50 p.m.

## Personal Training

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

**Tuesday, Thursday and Friday afternoons**

**Location: Senior Center Fitness Center**

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

**\$20 for 30 minute session**

**Pick up a flier at the Senior Center for scheduling info**

## HEALTH SERVICES

### Alzheimer's Association Caregiver Support Group

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

**Location: Senior Center Cultural Arts Room**

**Resident: | Non-Resident: FREE**

dates	day	time
Sept 14	Thursday	1:00 - 2:30 p.m.
Oct 12	Thursday	1:00 - 2:30 p.m.
Nov 9	Thursday	1:00 - 2:30 p.m.
Dec 14	Thursday	1:00 - 2:30 p.m.

### Attorney

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

**Location: Senior Center Conference Room #2**

**Resident: | Non-Resident: FREE**

dates	day	time
Sept 20	Wednesday	1:00 - 2:00 p.m.
Oct 18	Wednesday	1:00 - 2:00 p.m.
Nov 15	Wednesday	1:00 - 2:00 p.m.
Dec 20	Wednesday	1:00 - 2:00 p.m.

## Hearing Screenings

Hearing screenings include an earwax check in both ears, a 10-15 minute baseline hearing test, and recommendations for future hearing healthcare based upon your results. Please call for an appointment.

**Location: Senior Center Conference Room #2**

**Resident: | Non-Resident: FREE**

dates	day	time
Oct 4	Wednesday	10:00 a.m. - 12:00 p.m.
<i>(My Hearing Center)</i>		
Dec 6	Wednesday	10:00 a.m. - 12:00 p.m.
<i>(Amanda's Family Hearing)</i>		

## Parkinson's Support Group

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

**Volunteer Leader: Phyllis Hinkel**

**Location: Senior Center Cardinal Room**

**Resident: | Non-Resident: FREE**

dates	day	time
Sept 6	Wednesday	4:00 - 5:30 p.m.
Oct 4	Wednesday	4:00 - 5:30 p.m.
Nov 1	Wednesday	4:00 - 5:30 p.m.
Dec 6	Wednesday	4:00 - 5:30 p.m.

## Visionaries Support Group

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

**Facilitator: Licensed Optician Debbie Kogler**

**Location: Senior Center Cultural Arts Room**

**Resident: | Non-Resident: FREE**

dates	day	time
Sept 27	Wednesday	2:00 - 4:00 p.m.
Oct 25	Wednesday	2:00 - 4:00 p.m.
Nov 15	Wednesday	2:00 - 4:00 p.m.
Dec 20	Wednesday	2:00 - 4:00 p.m.

## Produce Distribution

In conjunction with the Cleveland Food Bank we offer produce distribution for limited income seniors the third Monday of the month from 10 - 11 am. All participants will be registered on site. Participants must certify annual gross household income is at or below \$27,180 for a household of 1 and \$36,620 for a household of 2. Income is self-declared; verification is not required. First come, first served. Please bring a heavy-duty bag or two for produce.

**No advance registration;**

**bring photo ID for onsite registration.**

**Location: Senior Center Great Room**

dates	day	time
Sept 18	Monday	10:00 - 11:00 a.m.
Oct 16	Monday	10:00 - 11:00 a.m.
Nov 20	Monday	10:00 - 11:00 a.m.
Dec 18	Monday	10:00 - 11:00 a.m.





## Special Elders

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

The Special Elders eat lunch together at 11:00. (Bring money for lunch.) We play Bingo on Monday and have craft activities or games on Wednesday afternoons. We offer a specially designed chair exercise program for seniors with some physical challenges on Wednesdays. Laketrans is available to bring senior citizens to and from Mentor Senior Center activities.

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

Location: Senior Center

Resident | Non-Resident: \$20 annual fee

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

### Schedule of Activities

Monday	
10:30 - 10:50 a.m.	Submit lunch orders
11:00 - 11:45 a.m.	Lunch/Socialization
12:00 - 12:45 p.m.	Billiards
1:00 - 2:00 p.m.	BINGO
Wednesday	
10:30 - 10:50 a.m.	Submit lunch orders
11:00 - 11:45 a.m.	Lunch/Socialization
12:00 - 12:45 p.m.	Special Elders Silver Sneakers Classic
1:00 - 2:00 p.m.	Craft, discussion, games, cards

**First time online registering with us?**

**Call one of our facilities so we can set up a new account for you.**

## Special Elders SilverSneakers® Classic

Seated and standing exercises to increase muscular strength, range of motion and activities of daily living. This is designed for Special Elders participants and select individuals who may benefit. Wheelchairs welcomed.

Instructor: Pat Talladino

Location: Senior Center Fitness Studio

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

Silver Sneaker Members: FREE

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 6 - Oct 18	Wednesday	12:00 - 12:45 p.m.
Nov 1 - Dec 20	Wednesday	12:00 - 12:45 p.m.

## MEALS

### Daily Made From Scratch Lunch

Monday - Friday, 11:30 a.m. - 12:15 p.m.

Stop by for the best deal in town! Mentor Senior Center's talented kitchen staff and volunteers prepare delicious, freshly made entrees, sandwiches, salads, soup, and desserts at reasonable prices.

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

No reservation or pre-ordering. Simply place your order in person and pay the cashier, pick up your meal at the kitchen window and enjoy. Please bus your table when finished eating.



## MEMBERSHIP AND HOURS

Mentor Senior Center is a thriving meeting place for Senior Citizens with over 4000 members. Mentor Senior Center, administered by the City of Mentor, is open Monday and Wednesday from 8:00 a.m.- 8:00 p.m. and on Tuesday, Thursday, and Friday from 8:00 a.m. until 5:00 p.m. Membership is available to anyone 55 years old or older. Membership is required to participate in Senior Center activities. Membership fees are \$10 for Mentor residents and \$15 for nonresidents. Silver Sneaker memberships are also available for those who are eligible.

### Registration Process

Senior Center membership is required to participate in Senior Center activities including classes, activities and programs. This registration process refers to fall classes described on this page and the next several pages. Registration for fall classes for Mentor residents begins at 8:00 a.m. on **Monday, August 7**. Nonresident registration begins on **Tuesday, August 8** at 8:00 a.m.





## MUSIC AND THEATER

### The Jersey Beat Band

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

**Location: Senior Center Great Room**

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

date	day	time
Oct 4	Wednesday	7:00 - 9:00 p.m.

### Hillcrest Concert Band Holiday Concert

The Hillcrest Concert Band is recognized as one of the finest adult community bands in the area. Enjoy an evening of great music performed by this 60 piece band on our stage. The December show features wonderful holiday music.

**Location: Senior Center Great Room**

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

date	day	time
Dec 6	Wednesday	7:00 - 8:00 p.m.

### Mentor Follies Dancers

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

**Director: Rena Ellwanger**

**Location: Senior Center Stage**

**Resident: | Non-Resident: FREE**

dates	day	time
Sept 6 - Dec 20	Wednesday	6:45 - 7:45 p.m.

### Mentor Music Makers

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

**Instructor: Maria Voljin**

**Location: Senior Center Stage**

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

dates	day	time
Sept 6 - Oct 18	Wednesday	10:00 - 11:30 a.m.
Nov 1 - Dec 20	Wednesday	10:00 - 11:30 a.m.

### Piano Lessons

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

**Instructor: Marge Syrone**

**Location: Senior Center Stage**

**Resident: \$70 | Non-Resident: \$87**

dates	day	time
Sept 5 - Oct 24	Tuesday	9:00 a.m. - 12:00 p.m.
Nov 7 - Dec 19	Tuesday	9:00 a.m. - 12:00 p.m.

## SPECIAL EVENTS

### Arts and Crafts Sale

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

**Location: Senior Center**

date	day	time
Nov 18	Saturday	9:00 a.m. - 3:00 p.m.

## TECHNOLOGY

### Laptop Help

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

dates	day	time
Sept 11 and 18	Monday	9:00 - 11:00 a.m.
Oct 2 and 9	Monday	9:00 - 11:00 a.m.
Nov 6 and 13	Monday	9:00 - 11:00 a.m.

### Tech Help

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

**Please register in advance.**

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

dates	day	time
Sept 13	Wednesday	9:00 - 10:00 a.m.
Oct 4	Wednesday	9:00 - 10:00 a.m.
Nov 8	Wednesday	9:00 - 10:00 a.m.
Dec 6	Wednesday	9:00 - 10:00 a.m.

### Tech Tuesdays with Mentor Public Library

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: FREE**

dates	day	time
Sept 12	Tuesday	10:00 - 11:00 a.m.
<i>Streaming Movies with Your Library Card</i>		
Oct 10	Tuesday	10:00 - 11:00 a.m.
<i>No More Cable - How to Stream Movies and TV</i>		
Nov 14	Tuesday	10:00 - 11:00 a.m.
<i>Internet/Safety Scams</i>		





7645 Little Mountain Road, Mentor, Ohio 44060  
440.974.5735 - [www.cityofmentor.com](http://www.cityofmentor.com)

## Become A Friend Of Wildwood

We encourage you to show your support in the cultural arts and become a "Friend of Wildwood." Your generous gift of \$15 a year, demonstrates your appreciation for the cultural arts and recognizes the positive impact it has on our lives and communities. Wildwood and the Arts Commission will be able to showcase and enhance new and existing classes, programs and events with your support. Your friendship will also support the Friends of Wildwood Scholarship. High school seniors who reside in the City of Mentor and plan on furthering their education in the cultural arts are eligible to apply. **We look forward to your friendship here at Wildwood!**  
**Friendship to Wildwood: \$15**

## Mentor Community Arts Commission

The Mentor Community Arts Commission is an advisory committee through the City of Mentor serving the community since 1981. Their mission is to assist the Wildwood Cultural Center and other public venues, to bring cultural enrichment to City of Mentor residents by designing and providing programs, events, and experiences from time to time, to help make living in Mentor a source of pleasure and inspiration for residents of all ages. **Mentor Community Arts Commission meets the first Thursday of every month at 4:30 p.m. at the Wildwood Cultural Center all meetings are open to the public.**

## PRIVATE MUSIC LESSONS

### Private Violin/Piano Lessons with Sara Beam

Ages 8+

Interested in learning how to play the violin or piano! All learning levels welcome as Sara Beam will teach students the working knowledge of rhythm, musical concepts, reading music, and become affluent at the player. Students can also expect to gain performance experience through recitals. 30-minute private lessons, Thursdays between 1 - 7 p.m. *All private instrumental lesson is based on a 6-week program series and must be paid in full as the stated six-week session.* Call Wildwood Cultural Center for availability (440) 974-5735.

**Instructor: Sara Beam**  
**Location: Collacott Room**  
**Residents: \$168 | Non-Residents: \$192**



### Private Guitar Lessons

Ages 8+

Learning the guitar can be a great lifelong pastime! Pick up your guitar and come to learn the basics of this popular instrument. Learn how to play uncomplicated chords, melodies, and strumming techniques faster than you thought possible! Bring your acoustic or electric guitar to this lesson. 45 minute private lessons: Wednesdays 11 - 8 pm, 45-minute sessions. All private instrumental lesson is based on a *6-week program series and must be paid in full as the stated six-week session.* Call Wildwood Cultural Center for availability (440) 974-5735.

**Instructor: Bob Pattison, Guitar Instructor for 30 years**  
**Location: Wildwood Collacott Room**  
**Resident: \$126 | Non-Resident: \$150**

### Private Flute/Recorder Lessons

Ages 8+

Have you always been interested in the flute? Enjoy private lessons by Gayle Getts, at Wildwood Cultural Center. New students will learn the basic techniques of breath, sound, structure of the flute and reading music. Experienced students will enhance their posture, breath, sound and interpretation of reading music and the notes played on the flute. Instructor also teaches all same skills for the Recorder. 30 minute private lessons: Wednesdays between 5 - 9 p.m. *All private instrumental lesson is based on a 6-week program series and must be paid in full as the stated six-week session.* Call Wildwood Cultural Center for availability (440) 974-5735.

**Lessons are for both new and experiences students.**  
**Lessons are a 6 week-half hour program on Wednesdays.**  
**Instructor: Gayle Getts**  
**Location: Wildwood Collacott Room**  
**Residents: \$168 | Non-Residents: \$192**





## Vocal Lessons with Heidi Skoks

Ages 8+

Learn your voice and its capabilities in this positive, highly engaging six-week group course with instructor Heidi Skok, a 12-year Metropolitan Opera veteran and owner of Skok-studio Vocal Instruction in Mentor. In this six-week group lesson, you will use your voice through Heidi's own REST™ vocal technique, using vocal exercises, breathwork, and other vocal techniques. You will gain the ability to sing two songs during this session and a deeper understanding of your voice. Lessons are for both new and experienced students. Lessons are as a multi participant group setting on Tuesday evenings. 1.5 hour private group lessons, Tuesday from 6pm to 7:30 p.m. *All private instrumental lesson is based on a 4-week program series and must be paid in full as the stated four-week session.* Call Wildwood Cultural Center for availability (440) 974-5735.

**Instructor: Heidi Skoks**

**Location: Wildwood Collacott Room**

**Residents: \$168 | Non-Residents: \$192**

## ADULT

### ART



## The Miniature World of Fairy Gardens

Ages 16+

Come to create a seasonal miniature, magical world! Let your creativity flow while building a fairy garden of your very own! Class fee includes - 12 inch lantern, fairy lights, moss, pebbles, live and faux fairy plants, small garden accessories, leaves, ribbons, fall and Halloween accessories and more! Instructor Audrey Lariccia will lead you on basic fairy design.

**A supply fee of \$25 is due to the instructor the night of class.**

**Instructor: Audrey Lariccia, This and That Treasures**

**Location: Wildwood South Wing**

**Resident: \$20 | Non-Resident: \$24**

date	day	time
Oct 18	Wednesday	7:00 - 9:00 p.m.

## Hypertufa at Wildwood

Ages 16+

Hypertufa is a technique from yesteryear, it's a mixture of cement, peat moss and perlite that is used to create fabulous lightweight planters. We'll use simple containers and molds for this process. It's fun, but messy, sign up with a friend or two! **A supply fee of \$10 is due to instructor the night of the program.**

**Instructor: Cyndi Konopka**

**Location: Wildwood Cultural Center**

**Resident: \$30 | Non-Resident: \$36**

date	day	time
Sept 12	Tuesday	6:00 - 8:00 p.m.

## Stained Glass

Ages 16+

This is an artistic and creative stain glass program where no experience or supplies are needed. Instructor will provide all tools and safety equipment for you to use in class. Be sure to dress comfortably, no sandals or open toed shoes. Not recommended for pregnant women due to the chemicals used.

**Instructor: Vicki Vesel**

**Location: Wildwood Cultural Center**

### 3-D Glass Christmas Tree

Construct a tabletop sized lighted 3-dimensional stained-glass Christmas Tree. Learn how to cut, shape and solder-stained glass. You can also embellish your tree with several different decorations **\$25 cash material fee due to instructor on the first night of class.**

**Resident: \$55 | Non-Resident: \$65**

dates	day	time
Oct 25 - Nov 22	Wednesday	2:30 - 5:00 p.m.

### Glass Pickle

Does your family participate in the Christmas Pickle tradition? This year add a new twist and make a family heirloom to pass down, your own stained-glass pickle. You will learn how to cut glass however this project involves minimal cutting and grinding which are the most time-consuming parts of the process. **\$15 material fee due to the instructor the first night of the class.**

**Resident: \$30 | Non-Resident: \$36**

dates	day	time
Dec 6 - Dec 13	Wednesday	2:30 - 5:00 p.m.

## PHOTOGRAPHY

### Introduction to Photography with Johnny Joo

Ages 14+

This beginner's class will cover the basics of photography using a DSLR or mirrorless camera under the instruction of internationally accredited artist, Johnny Joo. Students will learn the basic settings, and how to use them in varying situations. In this two-week class, students will also learn about composition, equipment and gear, various techniques, basic editing workflow, and will be heading outside to photograph on Wildwood's many trails and will include some hands-on help for everyone when needed. Students must provide their own camera and are encouraged to dress for the weather.

**Instructor: Johnny Joo**

**Location: Wildwood**

**Resident: \$65 | Non-Resident: \$78**

dates	day	time
Oct 9 - Oct 16	Monday	6:30 - 8:30 p.m.

440.974.5720





## WOMEN OF WILDWOOD CLUB

### Women of Wildwood Series

Ages 21+

Enjoy this interactive Women of Wildwood Series that will leave you feeling creative, full of useless silly jokes and happy you took time for yourself and had a night out. In this series you can enjoy the instruction from the Women of Wildwood as you learn to, dance, create, laugh, and have fun.

#### Self-Care: Stretch Mediation

Enjoy this relaxing experience as our instructor walks you through a three-week course on-how meditation and stretching work together to make your body feel, inspired, transformed, and connected. This beginner's program is set up for to learn the dynamics of stretching and meditation to center oneself and create positivity. (Patrons need to supply yoga mat)

**Instructor:** Maggie Runyon

**Location:** Wildwood Cultural Center

**Resident: \$30 | Non-Resident: \$36**

dates	day	time
Sept 19 - Oct 3	Tuesday	7:15 - 8:15 p.m.

#### Pinecone Succulent Picture Frame

Create this beautiful, and aspiring, succulent picture frame wall hanging. Create this unique succulent looking picture frame with moss, paint and you guessed it PINECONES! Become one with nature in this class creating a unique masterpiece to brag to all your friends about! ALSO... don't forget all the useless trivia and facts you will learn by the end of the class.

**Instructor:** Linda Wintersteller & Heather Zimmerman

**Location:** Wildwood Cultural Center

**Resident: \$25 | Non-Resident: \$30**

date	day	time
Sept 25	Monday	7:00 - 9:00 p.m.

#### I'm ALL-IN Card Night!

Join the Women of Wildwood on how to learn to play Texas Holdem Poker in this nonjudgement environment. A professional card expert will gently walk you through the rules, guidelines, and methods of winning a hand. This class will be having you know the ropes of Texas Holdem the proper procedures and the be able to play confidently. \*\*\* During this program no actual monetary betting will take place. This program is based on card playing education\*\*\*

**Instructor:** April Smith

**Location:** Wildwood Cultural Center

**Resident: \$18 | Non-Resident: \$21**

date	day	time
Nov 15	Wednesday	7:15 - 8:15 p.m.

## HEALTHY LIFESTYLE



### Make and Take by Chronically Clean!

Ages 16+

Know what is in your products - healthy lifestyle is made easy at this class!! You will create your bath and body products with instruction from by Joanna Orgovan of Chronically Clean Bath and body! Body!

**Instructor:** Joanna Orgovan,  
Chronically Clean Bath and Body

**Location:** Wildwood Kitchen

**Resident: \$30 | Non-Resident: \$35**



#### Personalized Perfume

Create your sent! Choose from a variety of essential oils and natural fragrance oils to create your custom sent. Finish with perfumer's alcohol to create a long-lasting, high-end perfume. Color free. **There is a \$10 supply fee payable to the instructor the night of class.**

date	day	time
Sept 6	Wednesday	6:00 - 8:00 p.m.

#### Scented Nail Polish

Treat yourself and your best friend a to a fun and unique nail polish crafting experience! Join us for an evening of combining colors and scents, where you and your bestie will create two unique scented nail polishes. Together, you'll paint and decorate your fingers, pick your perfect color and fragrance, then use simple stirring techniques to craft alluring polishes. Each person makes their own two intricate nail polishes.

date	day	time
Sept 21	Thursday	6:00 - 8:00 p.m.





### Fall Body Butter

You will melt base butter and learn how to make luxurious body butter that will leave your skin soft and supple all winter long. Learn simple whipping and cooling techniques to make body butter soft and light. Base ingredients are chemical and detergent free. Choose fragrances from natural essential oils or phthalate / paraben free fragrance oils. **There is a \$10 supply fee payable to the instructor the night of class.**

date	day	time
Nov 15	Wednesday	6:00 - 8:00 p.m.

### Ayurveda: Mind, Body & Wellness

Ages 16+

Educate yourself on this cultural and ancient nature-based system dating back over 5,000 years. Learn the basics of this ancient practice and the wellbeing it can have on your body. In this program you will learn the ailments that affect your everyday light and how Ayurveda and a slow flow of Vinyasa yoga practice can centralize yourself within the mind and body.

**Instructors:** Lauren Shiniadeh

**Location:** Wildwood Living Room

**Resident: \$28 | Non-Resident: \$32**

date	day	time
Oct 16	Monday	6:30 - 8:00 p.m.

### Ballroom Dancing

Ages 18+

Whether you dance with slow and elegant movements or one that's upbeat and high-energy, you're sure to find something you love at this 6-week course! This class is great for anyone who wants to learn how to ballroom dance! We will learn the steps for dances such as Rumba, foxtrot, waltz, east coast swing, and much more. Come prepared to have fun and make new friends! Not just for couples, singles welcome! **\*No class on March 14 and April 11.**

**Instructor:** Maggie Runyon

**Location:** Wildwood South Wing

**Resident: \$60 | Non-Resident: \$72**

dates	day	time
Sept 19 - Oct 24	Tuesday	6:00 - 7:00 p.m.

### Ballet for Balance

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

**Instructor:** Maggie Runyon

**Location:** Wildwood South Wing

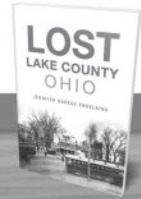
**Resident: \$30 | Non-Resident: \$36**

dates	day	time
Oct 17 - Oct 24	Tuesday	7:15 - 8:00 p.m.

## LITERATURE

FROM AUTHOR JENNIFER BORESZ ENGELKING  
LOST LAKE COUNTY, OHIO

NOW AVAILABLE



### Meet the Author

Ages 14+

**"Lost Lake Erie," Jennifer Borsz Engelking**

Join us at Wildwood as we showcase author Jennifer Borsz Engelking. Jennifer is a local author of "Hidden History of Lake County", "Ohio, Lost Lake County" and has a new book out this coming October "Lost Lake Erie." Enjoy an evening meeting this accredited author and co-producer as she highlights her books, ambitions, and life. The evening will include light refreshments and book signing!

**Location:** Wildwood Cultural Center

**Resident: \$10 | Non-Resident: \$12**

date	day	time
Nov 6	Monday	7:15 - 8:00 p.m.

## PARANORMAL INVESTIGATION

### Paranormal Investigation at Mentor's Cemetery

Ages 16+

You may hear "paranormal investigator" and think we just sit in dark rooms and have conversations with ourselves...it is truly so much more than that. We are storytellers, sharing stories to educate people of what once was. We do this because history needs a voice so that we can help to preserve these magnificent properties. The walls of these historical dwellings certainly can talk, and we always hope to be recording when they do. Paranormal Investigators of Ohio, PRO II, will be introducing a 'hands on' experience to paranormal investigating. For this paranormal investigation individuals will explore the historical section of the Mentor Cemetery, which is said to date back to the Civil War. Individuals will meet at main building on Cemetery Grounds. Dress for the weather.

**RAIN DATE IS SEPTEMBER 30TH.**

**Instructor:** Paranormal Investigators of Ohio, PRO II

**Location:** City of Mentor Cemetery

**Resident: \$22 | Non-Resident: \$26**

date	day	time
Sept 23	Saturday	7:15 - 9:30 p.m.

440.974.5720





# FOOD

## In the Kitchen with Judi Strauss

Adults 16+

Judi Strauss has all new cooking demonstration classes for you to enjoy! Judi's classes are a great way to learn new cooking techniques, taste new recipes and experience cooking in a fun environment. In each class, there will plenty to taste and recipes for home. Come 'cook up' some new recipes with Judi! **Each class has a food fee (see class description) payable in cash to instructor the night of class. Make sure to bring containers to take food home!**

**Instructor: Judi Strauss**

**Location: Wildwood Kitchen**

**Resident: \$18 | Non-Resident: \$21 per class**

### Skillet Dinners

Simple and fast is a good way to describe skillet dinners. In class you'll get plenty of recipes and tasty samples of meals made on top of the stove. Many are made in 30 minutes or less, perfect for weekday dinners or any time you want a home-cooked meal in less time. Some take more time but are well worth the wait. **Food fee \$9.00.**

date	day	time
Sept 12	Tuesday	7:00 - 9:00 p.m

### Cupcakes

Get in on the hottest trend in baking. Cupcakes are loved by young and old and can be the right dessert for casual and formal events alike. In class you will get recipes for a variety of cupcakes and frostings including chocolate mint, very vanilla, lemon, strawberry, pumpkin and many more. **Food fee \$8.00.**

date	day	time
Sept 19	Tuesday	7:00 - 9:00 p.m.

### Eating Better for Less

In today's economic environment every penny counts. Food prices are making it harder to feed your family on a budget. This class will focus on strategies for eating good food and saving money, too. Seasonal shopping, food storage, preservation and where to shop are among the topics. **Food fee \$8.00.**

date	day	time
Sept 26	Tuesday	7:00 - 9:00 p.m.

### Pierogi

If you want to learn to make your own pierogi- this is the class!! They take a little time, but aren't hard to make at all. Pierogi, filled dumplings, are a traditional Polish dish. They are often filled with potatoes, but they can be filled with any number of ingredients. **Food fee \$10.00.**

date	day	time
Oct 3	Tuesday	7:00 - 9:00 p.m.

### Pies and Tarts

Learn how to make a perfect pie, quiche and tart every time. You will get recipes for several types of crusts including sweet, savory, low fat, no-bake and even a yeast raised crust. Learn how to pair up the right crusts with fillings. **Food fee \$9.00.**

date	day	time
Oct 10	Tuesday	7:00 - 9:00 p.m.

### Dumplings

The word dumpling means different things to different people. Dumplings can be noodle like spaetzle, soft bready biscuits sitting on top of stew or Asian dough filled with any number of ingredients. **Food fee \$10.00.**

date	day	time
Oct 17	Tuesday	7:00 - 9:00 p.m.

### Awash in Squash

Did you know that in August there are more zucchini than there are people in this country? Whether you grow your own or just know someone who does you know how prolific summer squash can be. This class will help take back your life and kitchen counters by giving you tons and tons of way to use both summer and winter squash. **Food fee \$8.00.**

date	day	time
Oct 24	Tuesday	7:00 - 9:00 p.m.

### Fabulous Phyllo

This paper-thin dough is the base for so many wonderful dishes. Phyllo is for more than Baklava. You can make any number of sweet and savory dishes including baklava, cookies, cheesy appetizers, nutty rolls and more. **Food fee \$10.00.**

date	day	time
Nov 7	Tuesday	7:00 - 9:00 p.m.

### Party Starters

This class with show you how to get the party started. There will be recipes for appetizers and first courses. From finger foods to salads, these small bites are sure to make your evening special. **Food fee \$10.00.**

date	day	time
Nov 14	Tuesday	7:00 - 9:00 p.m.

### Cookies Cookies Cookies

What could be friendlier than a plate of fresh baked cookies? In class you'll get hands-on experience making both traditional and innovative cookies including Holiday Fans, Ginger Cookies, Snow People and many more. Bring an apron and baking sheet and be prepared to have a sweet time. **Food fee \$9.00.**

date	day	time
Nov 28	Tuesday	7:00 - 9:00 p.m.

### Gifts From the Kitchen

Homemade gifts are always appreciated. They are also more personal than store bought gifts. In class you'll get lots and lots of ideas on easy homemade gifts from food. You will also work on a hands-on project and will have samples to taste in class. **Food fee \$9.00.**

date	day	time
Dec 5	Tuesday	7:00 - 9:00 p.m.

### Holiday Baking

Create that home for the holiday feeling by learning how to bake some traditional favorites. You'll also learn how to bake some less-traditional foods, too. There will be several treats to sample in class including tree-shaped sweet rolls and cheese puffs. **Food fee \$9.00.**

date	day	time
Dec 12	Tuesday	7:00 - 9:00 p.m.





## Cookie Art: Buttercream Party

Ages 16+

Join *Buttercream Party* for a fun time of learning some tips and tricks to decorating sugar cookies. You will learn icing consistency matters, flooding, how to decorate with multiple textures, writing, and more! Each person will receive 12 baked, blank cookies, royal icing in bags in multiple colors, photos for ideas, recipe sheet and tips and tricks sheets to take home! **There is a \$10 food fee to be paid to instructor the night of class.**

**Instructor:** Erin Urusko

**Location:** Wildwood South Wing

**Resident:** \$25 | **Non-Resident:** \$30

### Fall Colors

Do you love the colors of fall? The oranges, reds, yellows, greens and browns. Why not create something sweet enough to eat with the Fall Colors.

date	day	time
Sept 28	Thursday	7:00 - 9:00 p.m.

### Thankful Treats

Be thankful for these fun festive cookies: gnomes, turkeys, pumpkins, leaves, and more!

date	day	time
Nov 13	Monday	7:00 - 9:00 p.m.



### Holly Jolly Cookies!

Welcome your family and friends with a beautiful and delicious array of Christmas cookies! Decorate cookies to share (and yourself) this holiday season in a variety for seasonal shapes: stockings, Christmas tree, snowflakes, snowmen and more!

date	day	time
Dec 16	Saturday	3:30 - 5:30 p.m.

**First time online registering with us?**

**Call one of our facilities so we can set up a new account for you.**

## LET'S COOK! Plant Based Cooking

Ages 16+

Are you looking for some new dishes to add to your dinner line up? Maybe you want to step outside your comfort zone and learn how to cook with some new spices. Maybe you want to find some healthier meal options for yourself. Well then, these classes are just what you are looking for. Join us as LaDonna from Let's Cook, brings in her mobile kitchens and turns you into the chef. In these hands-on classes all participants will prepare their own meal from start to finish to enjoy in class as well as having leftovers for home. Be sure to bring a large container for your leftovers.

**Instructor:** LaDonna Oltmanns

**Location:** Wildwood South Wing

**Resident:** \$30 | **Non-Resident:** \$36

### 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.

date	day	time
Sept 14	Thursday	6:30 - 9:30 p.m.

### Cuban Picadillo

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

date	day	time
Oct 12	Thursday	6:30 - 9:30 p.m.

### White Bean Peanut Stew (Domoda)

For this class we are going to take our taste buds on a little trip to Gambia as chefs learn to prepare this traditional Gambian comfort dish. Packed with hearty ingredients like white beans, sweet potato and kale, this dish could easily become one of your new favorites. **\*Allergen warning: this class does contain peanuts.**

date	day	time
Nov 9	Thursday	6:30 - 9:30 p.m.

### Mushroom Bourguignon

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

date	day	time
Nov 30	Thursday	6:30 - 9:30 p.m.

440.974.5720





## NEO INVESTIGATION SERIES



### History of Crime Scenes Ages 16+

Join Wildwood as they take you back in time with a local law enforcement detective from Cleveland and the City of Mentor. These detective will give you an exclusive in sites and walk you through crime scenes, investigations, and evidence while on the force. Light Refreshments included!

**Location: Wildwood Living Room**  
**Resident: \$15 | Non-Resident: \$18**

date	day	time
Sept 18	Monday	6:30 - 8:30 p.m.



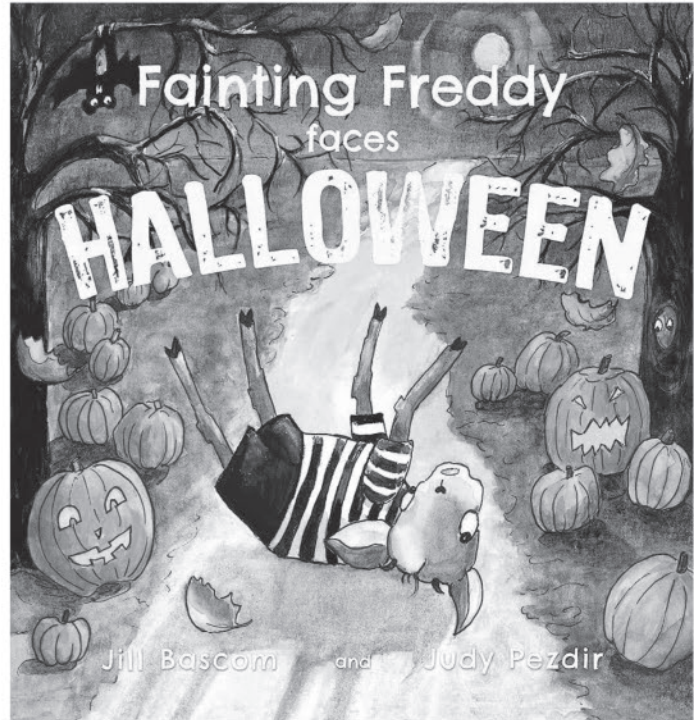
### Streets of Cleveland from Mobs to Murders in the 1900's Ages 16+

Join representative of the Cleveland Police Historical Museum as they talk about the infamous Eliot Ness and his time with the Cleveland Police Department. Representative will also touch base on the historical Kingsbury Run and the impact it had on the force and the Cleveland community in the 1930's. Light Refreshments included!

**Location: Wildwood Living Room**  
**Resident: \$15 | Non-Resident: \$18**

date	day	time
Sept 25	Monday	6:30 - 8:30 p.m.

## YOUTH AND FAMILY



### Story Trail at Wildwood - Fainting Freddie Faces Halloween All Ages

Enjoy this interactive and creative book describing the wonderful and cute Halloween themed book, "Fainting Freddie faces Halloween," by Jill Bascom and Judy Pezdiz. Partake with this active book as you walk the beautiful trails that encase the beautiful Wildwood Cultural Center. This is free and open to the public dawn to dusk daily.

**Location: Wildwood Cultural Center Park Main Trail**  
**Resident | Non-Resident: Free**

**dates**  
September 1 - October 11

## ART

### Fairies at Wildwood Ages 5 - 10

The Wildwood Fairies are busily getting ready for fall! Come help them with gathering supplies and much more! Will we see one? This program includes a hike, story and terrific fairy craft.

**Instructor: Linda Wintersteller**  
**Location: Wildwood Garden Room**  
**Resident: \$10 | Non-Resident: \$12**

date	day	time
Oct 2	Monday	4:00 - 5:30 p.m.





## Adult/Child: The Miniature World of Fairy Gardens Ages 5 - 10, + 1 Adult

A Christmas fairy garden unlocks the magic of the holidays and makes a fabulously festive decoration for any home-stead! A fairy garden is also one of the best holiday crafts for you and your kids, friends, or family to enjoy while getting into the holiday mood, and coming up with great ideas is part of the fun! We want to share the holiday joy with you! **A supply fee of \$25 is due to the instructor the night of class.**

**Instructor: Linda Wintersteller**

**Location: Wildwood South Wing**

**Resident: \$20 | Non-Resident: \$24**

date	day	time
Dec 13	Wednesday	6:00 - 8:00 p.m.



## Little's Art Club - You and Me Ages 3 - 5 + Adult

Are you little one budding artist?! Why not enjoy a creative workshop with them and let their creativity flow. Enjoy a wonderful workshop were you and your little will create cute and personalized crafts and artwork to take home and cherish. Each workshop class will include craft instruction, games and dancing! (First Tuesday of every month). Registration is for one child and one adult.

**Instructor: Heather Zimmerman**

**Location: Wildwood South Wing | Craft Room**

**Resident: \$10 | Non-Resident: \$12**

dates	day	time
<i>Spring, Summer, Winter, Fall- Where do all the Fairies Go?</i>		
Sept 11	Monday	1:00 - 2:00 p.m.
<i>Thankful Giving Tree</i>		
Nov 7	Tuesday	1:00 - 2:00 p.m.
<i>Mistle Toes- Canvas Painting</i>		
Dec 14	Tuesday	1:00 - 2:00 p.m.



## Cookies and Canvas Ages 5+ and Adult

Get creative! Create a lasting memory by you and your little one painting a themed masterpiece together! You will enjoy specialty designed cookies unique for each class! Games and fun activities are also included to round out this bonding experience! Registration is for one child and one adult, please register under the child's name.

**Instructor: Heather Zimmerman**

**Location: Wildwood South Wing**

**Resident: \$18 | Non-Resident: \$22**

## 3D Paper Bats

Create this unique Halloween and spook-tacular hallo-eve's night canvas painting. You will create a scary canvas painting with a 3d bats and witch's broom.

date	day	time
Oct 11	Wednesday	6:00 - 7:15 p.m.

## Snowman Love

The holidays bring together loved ones during this special time of year. Create this festive and creative unique snowman and Christmas light painting. You will be able to create a masterpiece and name your snowman.

date	day	time
Dec 29	Wednesday	6:00 - 7:15 p.m.

## HEALTHY LIFESTYLE

### Child and Adult Chronically Clean: Make & Take! Ages 5+ and Adult

Have fun while keeping clean with these make and take, healthy lifestyle classes!! Create your own, all natural, bath and body products with instruction by Joanna Orgovan of Chronically Clean Bath and Body! When making soaps you will learn simple melt and pour glycerin soap techniques that are fun for the whole family. Soap base is chemical and detergent free. Micas are dye free. Choose fragrances from natural essential oils or phthalate/paraben free fragrance oils. Class does require for you to pick up your creation after it has fully hardened.

**Instructor: Joanna Orgovan, Chronically Clean Bath and Body**

**Location: Wildwood**

**Resident: \$30 | Non-Resident: \$36**





### Halloween Duckies!

Have a spooky time keeping clean with these Halloween themed duckies! You will make 3 seasonal duck soaps!

date	day	time
Oct 4	Wednesday	6:00 - 8:00 p.m.

### Halloween Soaps!

You will make fun Halloween soaps! You choose the fragrances, colors and shapes! Choose from: witch's hats, Frankenstein, pumpkins, jack o' lanterns, spiders and more Halloween themed silicone molds.

date	day	time
Oct 18	Wednesday	6:00 - 8:00 p.m.

### Festive Fall Soaps!

Celebrate fall with a fun variety of fall themed soaps! You choose the fragrances, colors and shapes! Choose from: leaves, pumpkins, acorns, squirrels, footballs, and more Halloween themed silicone molds.

date	day	time
Nov 1	Wednesday	6:00 - 8:00 p.m.

### Christmas Duckies!

Get ready for Christmas while keeping germs away with these fun duckie soaps you create! Choose 3 festive duckies, your colors and fragrances and make these personalized soaps!

date	day	time
Dec 6	Wednesday	6:00 - 8:00 p.m.

### Christmas Soaps for You or to Give as Gifts!

Christmas a terrific time to create and give all-natural soaps! You chose from several silicone Christmas and winter molds such as: snowflakes, Christmas trees, snowmen, and more!

date	day	time
Dec 21	Thursday	6:00 - 8:00 p.m.

## FOOD

### Creative Kids in the Kitchen

Ages 8 - 15

Join us as LaDonna from Let's Cook, brings her mobile kitchens in for a fun afternoon of hands-on, plant-based cooking. In each class, children will put on an apron, roll up those sleeves and get behind the stove to make their own meal to enjoy together at the end of class. All participants should wear close toed shoes and have any long hair pulled back. **Chefs should also bring a container to take leftovers home in.**

**Instructor:** LaDonna Oltmanns  
**Location:** Wildwood South Wing  
**Resident:** \$25 | **Non-Resident:** \$30

### Cinnamon Roll French Toast

Chef's will learn how to make a simple and yummy breakfast that they will be able to knock out any weekend morning for the family. We will create a yummy cinnamon roll filling that we will roll up into bread and fry. This is sure to be a new family hit!

date	day	time
Sept 18	Monday	6:00 - 8:00 p.m.

### Vegetable Egg Rolls

Chef's will prepare a delicious vegetable filling that they will use as they learn to fill, wrap and cook their own egg rolls.

date	day	time
Oct 23	Monday	6:00 - 8:00 p.m.

### Vegetable Pot Pie Soup

A warm delicious soup with carrots and potato that can easily be transitioned into a pot pie filling.

date	day	time
Nov 20	Monday	6:00 - 8:00 p.m.

### Korma

This is a flavorful creamy, flavor packed vegetable dish that contains potato, peppers, onions, peas, curry and cream that is enjoyed over rice.

date	day	time
Dec 18	Monday	6:00 - 8:00 p.m.

### Cookie and Adult Buttercream Party Cookie Art

Ages 5+ and Adult

Join *Buttercream Party* for a fun time of learning some tips and tricks to decorating sugar cookies. You will learn icing consistency matters, flooding, how to decorate with multiple textures, writing, and more! You will receive 12 baked, blank cookies, royal icing in bags in multiple colors, photos for ideas, recipe sheet and tips and tricks sheets to take home! Enjoy decorating (and eating) these stylish cookies! **There is a \$10 food fee to be paid to instructor the night of class.**

**Instructor:** Erin Urusko  
**Location:** Wildwood South Wing  
**Resident:** \$20 | **Non-Resident:** \$25

### Spook-Tacular Treats

Ghosts, skeletons, spiders, jack-o-lanterns and more will be delicious not 'scary' when you decorate these delicious treats!

date	day	time
Oct 19	Thursday	6:00 - 8:00 p.m.

### Thankful Turkey Treats

Be thankful for these fun festive cookies: gnomes, turkeys, pumpkins, leaves, and more!

date	day	time
Nov 22	Wednesday	6:00 - 8:00 p.m.

### Santa's Sweet Treats

Decorate cookies for Santa (and yourself) in a variety of seasonal shapes: stockings, Christmas tree, bell, reindeer and more!

date	day	time
Dec 16	Saturday	12:00 - 2:00 p.m.





# Host Your Next Event in Mentor

Weddings • Reunions • Retreats • Business • Meetings • Seminars • Parties • Showers

rental facilities

## Wildwood Cultural Center

7645 Little Mountain Road  
(440) 974-5735

Originally built as a private home in 1908, this elegant 25 room English Tudor Manor House is listed on the National Register of Historic Places. It is situated on 34 scenic acres surrounded by stately trees, a garden patio and gazebo. The spacious Manor House includes a warming kitchen. Charming features include elegant carved wood and leaded glass windows. Perfect for weddings, parties, off-site business meetings or seminars. Maximum capacity is 150. The building is partially barrier-free.



## Mentor Senior Center

8484 Munson Road  
(440) 974-5725

This beautiful and spacious facility features hardwood floors, a large raised stage in the Main Hall and a warming kitchen. The lobby features a see-through fireplace and two cozy seating areas. Accommodates private functions such as luncheons and weddings. The senior center has two different rooms that can be rented ranging in size from 64 to 162 people. This beautiful building with kitchen facilities and catering options make this a very versatile space. This building is completely barrier-free.



## Community Center

Civic Center Park • 8600 Munson Road  
(440) 974-5730

Situated above the Civic Ice Arena, this barrier-free facility has seven rooms of varying sizes. All are air-conditioned. The Community Room overlooks the West Ice Rink and has banquet seating for 100, a wet bar, and an overlook of the East Ice Rink. Smaller meeting rooms are also available.



**First time online registering with us?**

**Call one of our facilities so we can set up a new account for you.**





## Old Council Hall

7250 Jackson Street  
(440) 974-5720

Built originally as a church in 1856, its most notable parishioner was President James A. Garfield. Perfect for smaller gatherings, this historic building has been restored and features an air-conditioned open hall and warming kitchen. Accommodates up to 100.



rental facilities



## Black Brook Golf Course

8900 Lake Shore Boulevard  
(440) 951-0010

Schedule your next outing at Black Brook and choose breakfast, lunch or dinner served in the pavilion overlooking our famous 18th Hole. Call for an Outing Menu.

## Garfield Community Center

Eleanor B. Garfield Park • 7967 Mentor Ave.  
(440) 974-5720

Located in a beautiful 80-acre park setting, this Community Center features a cozy, first floor lounge that is barrier free. The lounge seats 50.



## Pavilion Rental

Bellflower • Garfield • Morton  
(440) 974-5720

Planning a family reunion or picnic this summer? Reserve a Picnic Pavilion for a half-day or full day at Walsh Park (formerly Bellflower) (capacity 90), Eleanor B. Garfield Park (capacity 96), or Morton Community Park (capacity 36). Call for rates and availability.







## Mentor City Council

President of Council, Ward 2	Matthew E. Donovan
Vice-President Council, Councilperson-at-Large	Scott J. Marn
Councilperson, Ward 1	Sean P. Blake
Councilperson, Ward 3	Mark T. Freeman
Councilperson, Ward 4	John A. Krueger
Councilperson-at-Large	Janet A. Dowling
Councilperson-at-Large	Ray Kirchner

## City Of Mentor Staff

Kenneth J. Filipiak	City Manager
Kenn Kaminski	Parks, Recreation & Public Facilities Director
Nita Justice	Recreation Superintendent
Tim Ausperk	Black Brook Golf Course Golf Professional & Manager
Bill Furman	Arena Manager
Renee Ochaya	Senior Center Manager
Nick Standerling	Mentor Community Recreation Center Manager
Linda Wintersteller	Wildwood Cultural Center Manager

**Mentor Parks & Recreation Guide** is produced to inform the residents of Mentor. It is published by the: Recreation Department, 6000 Heisley Rd., Mentor OH 44060. The full guide is always available online at [www.cityofmentor.com/play](http://www.cityofmentor.com/play). The Summer Parks & Recreation Guide will be mailed to all homes in the 44060 zip code the last week in July. Fall registration begins August 7 for residents and August 8 for nonresidents.

EMAIL US AT [parks@cityofmentor.com](mailto:parks@cityofmentor.com)

**First time online registering with us?**  
**Call one of our facilities so we can set up a new account for you.**

## Program Locations

Edward R. Walsh Park	7221 Bellflower Rd.
Black Brook Golf Course	8900 Lakeshore Blvd.
Civic Center Park	8600 Munson Rd.
Civic Center Waterpark	8600 Munson Rd.
Civic Center Amphitheatre	8550 Munson Rd.
Community Center	8600 Munson Rd.
Eleanor B. Garfield Park	7967 Mentor Ave.
Krueger Park	7556 Chillicothe Rd.
Mentor Beach Park	7779 Lakeshore Blvd.
Mentor Civic Arena	8600 Munson Rd.
Mentor Community Recreation Center	6000 Heisley Rd.
Mentor Dog Park	6647 Hopkins Rd.
Mentor High School Stadium	6477 Center St.
Mentor Lagoons Nature Preserve & Marina	8365 Harbor Dr.
Mentor Municipal Center	8500 Civic Center Blvd.
Mentor Senior Center	8484 Munson Rd.
Morton Pool & Park	9325 Rosemary Ln.
Old Council Hall	7250 Jackson St.
Springbrook	6752 Heisley Rd.
Wildwood Cultural Center	7645 Little Mountain Rd.

## Connect | Share | Get Involved

Check out all the exciting ways to stay connected with the City of Mentor & Parks & Recreation. Whether you're at home or on the go, you can keep up with the city's latest news, events and information.

Like us on Facebook	Mentor Parks & Recreation
Follow us on Twitter	@MentorRec
City News e-newsletter signup	cityofmentor.com
Connect 2 MentorRec e-news	cityofmentor.com/play
All the latest city news	Mentor Channel 12

## Registration 4 easy ways to register

### Online

Mentor Parks & Recreation is excited to provide you with a new, easy to use Customer Portal which will allow for fast, safe and secure online registration and a view of your registration history. Be sure to call our office at 440-974-5720, the Ice Arena at 440-974-5730, Wildwood Cultural Center at 440-974-5735 or The Senior Center at 440-974-5725 to set up your new account.

### Phone-In /Drop-Off

Cash, Check, Visa/Mastercard, Discover accepted

Recreation Office:	M - F	8:00a - 5:00p	440.974.5720
Senior Center:	M - F	8:00a - 5:00p	440.974.5725
Ice Arena:	M - F	10:00a - 7:00p	440.974.5730
Wildwood:	M - F	9:00a - 5:00p	440.974.5735

### Mail-In

Mentor Recreation Department, 8500 Civic Center Blvd., Mentor, Ohio 44060. Mail-in registration form is available online at [www.cityofmentor.com](http://www.cityofmentor.com). Don't forget to include check or charge information.





## Policies/Procedures

### Confirmations and Cancellations

A receipt and/or course confirmation will be emailed to you following registration. If a course is canceled by the City of Mentor, you will be notified by phone or email. If the City cancels a course, we welcome you to transfer to another class within the same season, or receive a full refund. It takes two to three weeks to process a refund check. Credit card payees will receive credit on their account within a few days.

### Course Refunds

Please choose your classes carefully. Once you have registered for a course, there will be no full refunds unless the City of Mentor cancels a class. ***There is a \$10 administrative fee for classes canceled by the customer up to one week before the class begins.*** Participants may transfer the full course amount to another trip/class/program within the same season to avoid the administrative fee. Students assume risk of change in personal affairs or health.

### Camp Refunds

Please choose your camps carefully. Full refunds will only be granted if a camp is cancelled by the City of Mentor. ***An administrative fee of \$25 will be assessed per person per camp for any changes made to camp registrations.*** Changes will include participant cancellations, refund requests and/or transfers. Changes must be made one month prior to the start of camp. Camp changes and partial cancellations cannot be applied to the Full 9 Week Camp option.

### Senior Center Registration

Senior Center membership is required to participate in Senior Center activities including classes, activities and programs. Non-senior adults may register for programs at the Mentor Senior Center. Please contact the center for details.

### Senior Center - Overnight Trip Refunds

Please choose your classes carefully. Full refunds will only be granted if a class is cancelled by the City of Mentor. ***An administrative fee of \$25 will be assessed per person for any changes made to trip registrations.*** Changes will include participant cancellations, refund requests, transfers and/or room changes. No changes will be made/granted after the advertised Deadline. Participants assume risk of change in personal affairs or health. For overnight trips, travel insurance is available and recommended.

### People with Disabilities

We encourage persons with disabilities to participate in all programs offered by the Parks & Recreation Department. Please notify us in advance if special arrangements should be arranged in order to make participation possible. TDD available.

### Wildwood Members

Current Wildwood Members may take a 10% discount off the regularly charged fee (resident or non-resident) on all programs offered at Wildwood Cultural Center.

### Mentor Residency

Mentor Residents live within the corporate limits of the City of Mentor. Proof of residency is a current utility bill with both name and address on it along with photo identification. Not all 44060 zip codes are Mentor resident addresses. Mentor School District and the City of Mentor corporate limits are not the same. Mentor residents receive priority in registration and discounted fees.

### Inclement Weather Cancellations

We make every attempt to hold classes when scheduled. Contact the Recreation Department at (440) 974-5720 before 5 p.m. to inquire concerning inclement weather. Email blasts and twitter posts are also used to inform the public of changes in course schedules. Classes taught in any of the Mentor Schools' buildings are canceled whenever the Mentor Schools are closed. In case of "Act of God" cancellations, the Recreation Dept. reserves the right to terminate any class/activity that results in less than the scheduled number of sessions, without issuing a refund.

### Photo Policy

We often take photos of our programs, special events, camps and general activities. These photos are used exclusively by the City of Mentor and may appear in any of our publications, both electronic and print, and our website. If you wish not to be photographed, please tell the photographer.

This brochure is printed on paper that consists of 10% or more post consumer waste and using soy-based ink.



**City of Mentor**  
**Department of Parks,**  
**Recreation & Public Facilities**

8500 Civic Center Boulevard  
Mentor, Ohio 44060

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