



# MENTOR SENIOR CENTER

January - April 2024

Don't miss out! Sign up early for your favorite classes!



**Registration for ALL of our January-April classes, programs, events, and trip promo meeting will begin on December 4 for Mentor Residents and December 5 for Non-Residents**

*Registration for our 22 passenger bus trips starts on Dec 4/5, along with two early charter bus trips that are scheduled for 2024. Sign up for all other 2024 trips begins on January 18 at the Trip Promotion Meeting.*



**Mega Michigan Trip**

**MENTOR SENIOR CENTER NEWSLETTER Jan-Apr**

8484 Munson Road, Mentor, OH 44060 Phone: 440-974-5725 440-255-1100

Hours: Mon and Wed 8-8, Tue, Thu, Fri 8-5

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

**keep until April**



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

### The MSC Advisory Board Scholarship Program Financial Assistance

The Mentor Senior Center Board graciously offers financial assistance for those with a demonstrated financial need. Financial Assistance is available for classes, special events, and monthly celebration lunches.

To apply, just complete an application from the desk by the next deadline of Mar 1, for May - Aug programs.

### Advisory Board Meeting

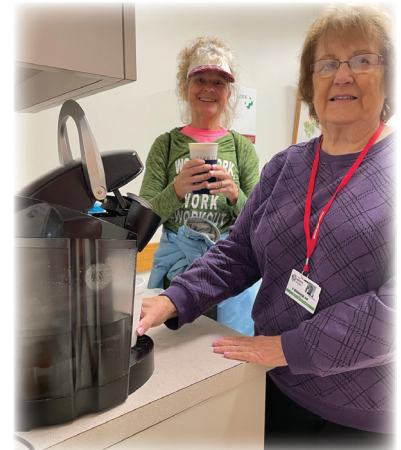
The Advisory Board meets the 2nd Monday of every month at 12:30p.m. Any and all members are welcome to attend.

Did you know we have a corresponding secretary on the board who sends cards to our members? If you know of a member who could use some cheer since they are under the weather, please add their name to the greeting card request book at the desk.

Are you interested in serving on the board? Do you enjoy being creative and love photos? We are looking for a historian to help put together a photo album recording all the great activities we offer at the senior center each year. Please talk to board President, John Mazor or call Director Renee Ochaya at 974-5725 to express interest or get more details.

### Kuerig and Coffee Pods

The Senior Center Advisory Board graciously offers free coffee to members. Coffee pods are available at the front desk; cups, condiments, and a Keurig machine are available in the Computer Room. A huge "Thank You" to our board for this nice, new member benefit!



### SENIOR CENTER WEBSITE

#### www.mentorseniorcenter.com

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

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

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

OR

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

**Frequently used numbers:**

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

**LC Gen Health District**  
Painesville 440-350-2543

**Laketrans Dial-a-Ride Service**

Dial-a-Ride is a door-to-door, assisted transportation shared-ride service. The Lake County Senior Services levy provides the funding for transportation to and from the Mentor Senior Center for seniors 60+ living in Lake County. The Dial-a-Ride trips are scheduled 1- 2 business days in advance of your trip. Trips are booked on a first-come first-served basis. Reservations are made on-line with Request-a-Ride or by calling Laketrans Customer Service Center at 440-354-6100 or toll-free 1-888-525-3872. Have the complete address of your destinations when calling to schedule your rides.

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

**Lake County Council On Aging**

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

**Veteran Services Commission of Lake County**

Assistance is available to the men and women who have honorably served their country. Our Veteran members AND

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

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

**“2-1-1 Call For Help Program”**

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

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

**Website** [www.lakecountyohio.gov/commissioners-Office/senior-services/](http://www.lakecountyohio.gov/commissioners-Office/senior-services/)

**Home Repair, Maintenance, and Modification**

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

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

**Winter Snow Plowers**

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

**Western Reserve Grief Services**

Hospice of the Western Reserve provides bereavement and support services throughout Northern Ohio to anyone who has had a loved one die. To receive a copy of the grief services call 800-707-8922 or go online to [www.hospicewr.org](http://www.hospicewr.org)

**Adult Protective Services**

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

Elder abuse is a crime. If you see something, say something. This is a good reminder to check in with your older neighbors, family members, and friends to see how they are doing and if there is anything they need. For more information, or to report a situation call 440-350-4000.

**Waste Management Trash Walk Up Service**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Closed New Years Day</b>	<b>2</b> Membership Renewal Begins <b>Special: Salisbury Steak</b>	<b>3</b> 1:00 Bingo 4:00 Parkinsons Support <b>Special: Chicken Piccata</b>	<b>4</b> <b>Special: Meat Lasagna</b>	<b>5</b> 12:30 Movie <b>Special: Breaded Pork Chop</b>
9:00 Laptop Help 12:00 LCCOA 12:30 Board Meeting 3:30 Cooking Class 5:00 Movie <b>Special: Chicken Marsala</b>	<b>8</b> <b>Special: Pulled Pork Sandwich</b>	<b>9</b> <b>Special: Meatloaf and Mashed Potatoes</b>	<b>10</b> 1:00 Alzheimer's Support <b>Special: Chili Dog</b>	<b>11</b> 12:30 Movie <b>Special: Baked Chicken</b>
<b>15</b> <b>Closed Martin Luther King Day</b>	<b>16</b> <b>Special: Teriyaki Chicken</b>	<b>17</b> 9:00 Tech Help 1:00 Bingo 1:00 Attorney 1:30 Book Club <b>Special: Swedish Meatballs</b>	<b>18</b> 1:00 Trip Meeting and sign up for 2024 trips <b>Special: Sausage Hoagie with peppers and onions</b>	<b>19</b> 11:30 OTL Oak and Embers <b>Special: Stuffed Shells</b>
9:00 Laptop Help 10:00 Senior Produce Mkt 3:00 Cookbook Club 5:00 Movie <b>Special: Sweet and Sour Meatballs</b>	<b>22</b> <b>Special: Chicken Pot Pie</b>	<b>23</b> 2:00 Visionaries <b>Special: Grilled Cheese and Tomato Soup</b>	<b>24</b> <b>11:30 Celebration Lunch: Stuffed Pork Chop, Mashed Potatoes, Green Beans, Apple Cake</b>	<b>25</b> <b>Special: Cook's Choice</b>
<b>29</b> 3:00 Air Fryer Demo <b>Special: Spaghetti and Meatballs</b>	<b>30</b> <b>Special: Chicken Cordon Bleu</b>	<b>31</b> 10:30 Sec Pals Coffee Club <b>Special: Italian Sausage and Potato Casserole</b>	<b>Please bus your tables! Please pay in Cash! Members only!</b>	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Happy Birthday to members born in January, February, March and April</b>			<b>1</b> 3:00 Newcomers Meeting <b>Special: Honey Lime Chicken</b>	<b>2</b> 12:30 Movie <b>Special: Ravioli</b>
9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 3:00 Cooking Class 5:00 Movie <b>Special: Chicken Marsala</b>	<b>5</b> <b>Special: 2 Soft Tacos</b>	<b>6</b> 9:00 Tech Help 10:00 Hearing Screening 10:00 Prepare for Emergencies 1:00 Bingo 4:00 Parkinsons Support <b>Special: Breaded Pork Chop</b>	<b>7</b> 9:00 AARP Income Tax Help 1:00 Alzheimer's Support <b>Special: Sweet and Sour Chicken</b>	<b>8</b> 12:30 Movie <b>Special: Shepherds Pie</b>
9:00 Laptop Help 12:30 Board Meeting 5:00 Movie <b>Special: Chicken Salad Wrap</b>	<b>12</b> <b>Special: Taco Salad</b>	<b>13</b> <b>Special: Pierogi</b>	<b>14</b> 9:00 AARP Income Tax Help <b>Special: Meatloaf and Mashed Potatoes</b>	<b>15</b> 11:30 OTL Wild Burrito <b>Special: Tuna Noodle Casserole</b>
<b>19</b> <b>Closed President's Day</b>	<b>20</b> <b>Special: Pork Loin and Mashed Potato</b>	<b>21</b> 10:15 Murder on Orient Ex-Trip 1:30 Book Club 1:00 Bingo 1:00 Attorney <b>Special: Baked Breaded Chicken</b>	<b>22</b> 9:00 AARP Income Tax Help <b>Special: Cheeseburger</b>	<b>23</b> <b>Special: Stuffed Shells</b>
10:00 Senior Produce Market 3:00 Cookbook Club <b>Special: Chicken Piccata</b>	<b>26</b> <b>Special: Spaghetti and meat sauce</b>	<b>27</b> 2:00 Visionaries 10:30 Sec Pals Coffee Club <b>Special: Pulled Pork and Cheesy Potatoes</b>	<b>28</b> 9:00 AARP Income Tax Help <b>11:30 Celebration Lunch: Ham Steak, Scalloped Potatoes, California veg mix, Red Velvet Cupcake</b>	<b>29</b>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<b>Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m.</b> A featured daily Cook's Special is available at a cost of \$5.00. Daily homemade soup and sandwiches are also available. Homemade cookies finish off the meal. Drinks include coffee, tea, milk, lemonade, and soda. No reservation or pre-ordering. Simply place your order in person and pay the cashier, pick up your meal at the kitchen window and enjoy.				<b>1</b>			
9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 3:30 Cooking Class 5:00 Movie <b>Special: Chicken Paprikash</b>	<b>4</b>	9:00 Tech Help 1:00 Bingo 4:00 Parkinsons Support <b>Special: Sweet and Sour Pork</b>	<b>5</b>	9:00 AARP Income Tax Help <b>Special: Cheeseburger</b>	<b>6</b>	12:30 Movie <b>Special: Tuna Platter</b>	<b>7</b>
9:00 Laptop Help 12:30 Board Meeting 5:00 Movie <b>Special: Chicken Marsala</b>	<b>11</b>	10:00 Alzheimer's Association Talk <b>Special: Pork Chop and Scalloped Potatoes</b>	<b>12</b>	9:00 AARP Income Tax Help 1:00 Alzheimer's Support <b>Special: St. Paddy's Day Corned Beef and Cabbage</b>	<b>13</b>	11:30 OTL Taza -A Lebanese Grill <b>Special: Perogies</b>	<b>14</b>
10:00 Senior Produce Market 3:00 Cookbook Club <b>Special: Honey Lime Chicken</b>	<b>18</b>	Chocolate & Wine Trip 1:00 Attorney 1:30 Book Club <b>Special: Roast Pork Loin and MPG</b>	<b>19</b>	9:00 AARP Income Tax Help <b>Special: Pasta with Meat Sauce</b>	<b>20</b>	<b>Special: Grilled Cheese and Soup</b>	<b>21</b>
<b>Special: Chicken Piccata</b>	<b>25</b>	10:30 Sec Pals Coffee Club 2:00 Visionaries <b>Special: Pulled Pork Sandwich</b>	<b>26</b>	9:00 AARP Income Tax Help <b>11:30 Celebration Lunch: Stuffed Shells, Salad with Garlic Toast, Chocolate Chip Cheesecake Bar</b>	<b>27</b>	<b>Special: Cooks Choice</b>	<b>28</b>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 5:00 Movie <b>Sweet and Sour Chicken</b>	<b>1</b>	9:00 Tech Help 10:00 Hearing Screening 1:00 Bingo 4:00 Parkinsons Support <b>Special: Shepherds Pie</b>	<b>2</b>	9:00 AARP Income Tax Help <b>Special: Tuna Salad Platter</b>	<b>3</b>	12:30 Movie <b>Special: Lasagna</b>	<b>4</b>
Guardians Opening Day 9:00 Laptop Help 12:30 Board Meeting 3:30 Cooking Class <b>Special: Chicken Marsala</b>	<b>8</b>	10:00 Medicare Talk - Know Your Rights <b>Special: Baked Breaded Chicken</b>	<b>9</b>	9:00 AARP Income Tax Help 1:00 Alzheimer's Support <b>Special: Pasta and Meat sauce</b>	<b>10</b>	8:30 Grove City Outlets 12:30 Movie <b>Special: Salisbury Steak</b>	<b>11</b>
10:00 AARP Safe Driving 10:00 Sr Produce Market 3:00 Cookbook Club 5:00 Movie <b>Special: Chicken Caesar Wrap</b>	<b>15</b>	9:30 Mind Challenge Team Formation 1:00 Attorney 1:30 Book Club <b>Special: Stuffed Shells</b>	<b>16</b>	10:00 Lunch and Learn Tax Free Investing <b>Special: Swedish Meatballs</b>	<b>17</b>	11:15 OTL Slymans Tavern <b>Special: Sweet and Sour Pork</b>	<b>18</b>
3:30 Instant Pot Demo <b>Special: Chicken Teriyaki</b>	<b>22</b>	10:30 Sec Pals Coffee Club 2:00 Visionaries <b>Special: Meatloaf</b>	<b>23</b>	<b>11:30 Celebration Lunch: Turkey, Mashed Potatoes, Green Bean Casserole, Cranberry Fluff</b>	<b>24</b>	<b>Special: Cook's Choice</b>	<b>25</b>
<b>Special: Grilled Cheese and Soup</b>	<b>29</b>	Patsy Cline Trip <b>Special: Pulled Pork soft Taco</b>	<b>30</b>	<b>GARAGE SALE Saturday April 27 9a.m. - 3 p.m.</b>			



## DIRECTOR'S CORNER



### REMARKS FROM RENEE

Membership renewals for 2024 will begin on Tuesday, January 2. Rates will be \$10 for a Mentor resident and \$15 for a non-resident. We ask that you renew the first time you are in the building in 2024. Please note the scanning station will beep to indicate your membership needs to be renewed and you will see red on the screen indicating your membership is expired. Simply go to the desk to renew for the year. All memberships expire December 31, 2024.



### DAVE DISCUSSES

I am excited about the great trip destinations for 2024. You can see the full list of trips in the newsletter. Complete descriptions with costs and dates will be available at the travel meeting on January 18 and thereafter. If you are interested in joining us for charter bus trips in 2024, it would be a good idea to register for the trip meeting on January 18. Registration starts Dec 4/5. **Registration for our 22 passenger trips starts on Dec 4/5, along with a two big bus trips scheduled for 2024.**

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

Karen Hinton has recently joined our front desk staff with many years of Office Administration experience. Her out of office interests are reading, hiking the local parks, traveling and spending time with her 5 children and 7 grandchildren at their campsite on weekends. Karen says cooking is not among her many talents, she leaves that to her husband Sam, who just happens to be our morning custodian.



Ginny Mancini has been a student of art here at Mentor Senior Center for over 25 years and has just transitioned into the role of instructor of All Media Painting. Art is a big part of Ginny's pastime. She paints on location at Marblehead every week, displays her work in shows, competitions and festivals. Visits to Florida and living on the lake in Willoughby provide her inspiration as well.



## 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 a.m.- 8 p.m. and on Tuesday, Thursday, and Friday from 8 a.m. until 5 p.m.

Membership is available to anyone 55 years old or older. Membership is required to participate in Senior Center activities. Registration for 2024 membership begins January 2. 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 winter/spring classes on the next several pages. Registration for all winter/spring classes (Jan-Apr) for Mentor residents begins at 8 a.m. on Monday, Dec 4. Nonresident registration begins on Tuesday, Dec 5 at 8 a.m.

### Movies

Movies are at 12:30 p.m. on Fridays and 5 p.m. on Mondays in the Great Room. Movie dates are listed below. No snacks provided, please feel free to bring your own.

day	dates	movie
Fri	Jan 5	The Last Laugh TV-MA Drama/Comedy
Mon/Fri	Jan 8/Jan 12	Fair Play R Drama/Thriller
Mon	Jan 22	The Last Laugh TV-MA Drama/Comedy
Fri	Feb 2	Uncharted PG-13 Action/Adventure
Mon/Fri	Feb 5/9	The Outlaws R Romance/Action/Comedy
Mon	Feb 12	Uncharted PG-13 Action/Adventure
Fri	Mar 1	Reptile R Drama/Thriller
Mon/Fri	Mar 4/8	Man from Toronto PG-13 Comedy/Action/Adventure
Mon	Mar 11	Reptile R Drama/Thriller
Mon/Fri	Apr 1/5	Maestro R Drama/Biography
Fri/Mon	Apr 12/15	Rescued by Ruby TV-G Family/Drama
<b>Resident   Non-Resident: Free</b>		

## REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Low Impact Aerobics	8:10 SilverSneakers Classic	9:00 Silver SneakersYoga	8:10 SilverSneakers Classic	9:00 Low Impact Aerobics
10:00 Shallow/Deep Water Class at MCRC	9:00 Low Impact Aerobics	10:00 Shallow/Deep Water Class at MCRC	9:00 Low Impact Aerobics	10:00 SilverSneakers Classic
10:00 SilverSneakers Classic	9:00 Piano begins Mar 5	10:00 SilverSneakers Classic	10:00 Weight Training	10:00 Somba
10:30 Needlecrafters	10:00 Weight Training	10:00 Hand, Knee & Foot	10:00 All Media Painting	11:00 SilverSneakers Yoga
11:00 SilverSneakers Stability	11:00 Stretch & Balance Virtual/InPerson	10:00 Cycling begins Apr 3	11:00 Stretch & Balance Virtual/In Person	12:00 SilverSneakers Stability
12:00 SilverSneakers Yoga	12:00 American Sign Language	10:00 Creative Ceramics	12:00 SilverSneakers Stability	12:30 Wii Bowling
12:30 Mahjong	12:00 Pinochle	10:00 Music Makers begins Mar 6	12:30 Wii Bowling	12:30 Duplicate Bridge
1:00 Chair Volleyball	12:00 SilverSneakers Stability	11:00 SilverSneakers Circuit	1:00 SilverSneakers Classic	1:00 Chair Volleyball
1:00 Bingo	1:00 SilverSneakers Classic	12:00 Special Elders SilverSneakers Classic	2:00 SilverSneakers Circuit	2:45 Ping Pong
6:00 Hiking begins Apr 1	2:00 SilverSneakers Circuit	1:00 Chair Volleyball	2:00 Sr. Water Ex at MCRC	
6:00 SilverSneakers Circuit	12:30 Duplicate Bridge	5:00 Parkinson's Exercise	3:00 SilverSneakers Yoga	
	1:00 Chess	5:00 Creative Ceramics	4:00 SilverSneakers EnerChi	
	2:00 Woodcarving	5:45, 6:45 Line Dance		
	2:00 Sr. Water Ex at MCRC	6:00 Cornhole		
		6:45 Follies Dancers begins Feb 7		

### REGISTRATION

Registration for Winter/Spring programs begins Dec 4 for Mentor residents and Dec 5 for Non-residents. Skip the long lines and register online by creating an account (see directions) or call the center at 440-974-5725.

**Senior Center membership is required to participate in all programs.**

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

### CITY OF MENTOR REFUND GUIDELINES

**Please choose your classes carefully. Full refunds will only be granted if a class is cancelled by the City of Mentor or the participant has a medical reason and is able to provide a doctor's note.**

**An administrative fee of \$10 per class (\$25 per camp or bus trip) will be assessed for any cancellation or change made by the customer. No refunds will be granted less than 1 week prior to the start of the program or advertised deadline.**

### IN MEMORIAM

We extend our condolences to the families of our members that passed away recently. Joyce Laubach, Jim Mandelik, Evelyn Moore, Robert Beech, Mary Ann Siegel and Margo Seifried. **RIP**

### CREATE AN ACCOUNT AND REGISTER ONLINE

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

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

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

### SENIOR CENTER FACEBOOK

#### MSC Facebook Page

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



## 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
Jan 4 – Feb 22	Thursday	10 a.m.–12 p.m.
Mar 7 – Apr 18	Thursday	10 a.m.–12 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
Jan 3 – Feb 21	Wednesday	10 a.m. – 12 p.m.
Jan 3 – Feb 21	Wednesday	5 - 7 p.m.
Mar 6 – Apr 17	Wednesday	10 a.m. – 12 p.m.
Mar 6 – Apr 17	Wednesday	5 - 7 p.m.

### Quilting

Explore new projects using modern time-saving methods in a friendly, self-paced atmosphere. Focus will be on learning color, value, and construction techniques to advance your quilting knowledge. Students should bring material (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**

*Classes will resume in June*

### 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
Jan 2 – Apr 30	Tuesday	2 – 4 p.m.

# Senior Adults

## CONTINUING EDUCATION

### AARP Driver Safety Course

Licensed drivers 55 or older can take this class designed to refine existing skills as well as develop new, safe defensive driving techniques. You may earn a certificate and possibly qualify for a lower auto insurance rate (check with your agent). Bring your driver's license and AARP card to the class. Cost: \$20 for AARP members, \$25 for non-AARP members, check or money orders only made payable to AARP. Lunch is not included, please bring a bag lunch or money to purchase lunch at the center.

**Instructor: AARP Instructor**

**Location: Senior Center Cultural Arts Room**

**AARP Member \$20 | Non AARP Member: \$25**

date	day	time
Apr 15	Monday	10 a.m. – 2:30 p.m.

### Alzheimer's Association – Understanding Alzheimer's Disease

This program is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real life issues.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Mar 13	Wednesday	10 – 11 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
Jan 2 – Apr 30	Tuesday	12 – 1 p.m.

### Book Club

Mentor librarian Cailey Hutchins discusses 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.hutchins@mentorpl.org](mailto:cailey.hutchins@mentorpl.org)

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Jan 17	Wednesday	1:30 - 3 p.m.
<i>The One Hundred Years of Lenni and Margot</i> by Marianne Cronin		
Feb 21	Wednesday	1:30 – 3 p.m.
<i>The Women They Could Not Silence</i> by Kate Moore		
Mar 20	Wednesday	1:30 – 3 p.m.
<i>The Good Sister</i> by Sally Hepworth		
Apr 17	Wednesday	1:30 – 3 p.m.
<i>Four Winds</i> by Kristin Hannah		





## Cooking Classes

Are you looking for some new dishes to add to your dinner line up? Maybe you want to step outside your comfort zone and learn how to cook with some new spices or 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**

### Creamy Vegan Tortilla Soup

This creamy, flavor filled lentil soup is the perfect quick and easy dinner. It's healthy and easy to pull together with a handful of pantry staples.

<i>date</i>	<i>day</i>	<i>time</i>
Jan 8	Monday	3:30 - 5 p.m.

### Vegan Etouffee

Let's celebrate Mardi Gras while we learn how to make this delicious veggie-packed vegan version of a Louisiana favorite. We will be using bits of golden, chewy tofu spiced with cajun seasoning to get as close as we can to authentic.

<i>date</i>	<i>day</i>	<i>time</i>
Feb 5	Monday	3:30 - 5 p.m.

### Sweet & Sour Cauliflower

This Sweet and Sour Cauliflower is easy to prepare and uses simple ingredients to create a budget friendly meal with BIG flavor. We will create our own sweet and sour sauce from scratch to coat the cauliflower and serve over rice.

<i>date</i>	<i>day</i>	<i>time</i>
Mar 4	Monday	3:30 - 5 p.m.

### Spiced Samosa Patties

This simple appetizer recipe is a delicious twist on a traditional Indian favorite. These are crispy little patties that are easy to put together using just a few ingredients and their flavor will bring pizzaz to the party.

<i>date</i>	<i>day</i>	<i>time</i>
Apr 8	Monday	3:30 - 5 p.m.

### Cooking Appliance Demonstrations

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

**Location: Senior Center Cardinal Room**  
**Resident \$5 | Non-Resident: \$6.25**

### Air Fryer Demonstration

Do you own an air fryer but aren't sure how to use it? Do you want to buy one and aren't really sure if it is something you would use? LaDonna brings in her air fryers and teaches us the versatility and ease of using this countertop gadget.

During this demonstration attendees will learn the basic function and uses as LaDonna shows us how to prepare appetizers, dinner, sides and desserts. All attendees will have the availability to taste all the dishes prepared.

<i>date</i>	<i>day</i>	<i>time</i>
Mar 11	Monday	3:30 - 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. LaDonna from Let's Cook will take away some of that uneasiness 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.

<i>date</i>	<i>day</i>	<i>time</i>
Apr 22	Monday	3:30 - 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 (fourth Monday in January and February due to the holiday).

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 22 Feb 26 Mar 18 Apr 15	Monday	3:30-5 p.m.

### Lake County Council on Aging

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

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

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>topic</i>
Jan 8:	Monday	Homemaker program
Feb 5:	Monday	Non-Medical In-Home Care
Mar 4:	Monday	Volunteer Opportunities
Apr 1:	Monday	Aging/Disability Resource Center

## CONTINUING EDUCATION, con't

### Preparing for Emergencies

Do you know what you need to do to be prepared in the event of an emergency? EMA Director Joe Busher and Deputy Director Joseph Hum will discuss the plans and ways of notification that Lake County has in place. This open forum discussion will also cover how you can prepare should an emergency happen that affects you. After the discussion, EMA staff will be on hand to assist residents with signing up for WENS (Wireless Emergency Notification System).

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 7	Wednesday	10 – 11 a.m.

### Lunch and Learn

#### Tax-free Investing: It's Not What You Make, It's What You Keep

This educational program is designed to inform individuals about the benefits and considerations of choosing investments that offer tax advantages. A light lunch will be served.

Presented by Steve Mrozek, Financial Advisor.  
Edward Jones, Member SIPC

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
April 18	Thursday	10 – 11:30 a.m.

### Medicare 101

Know Your Rights - Filing Appeals and Grievances. Let's talk about knowing your rights when it comes to filing claims and grievances, and how to do it! Presentation provided by Lauren Fenton of Fenton Financial.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

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

## FITNESS/WELLNESS OUTDOORS

### Cycling Club

The Cycling Club begins its 12th season on April 3. All rides are weather permitting and ride cancellations and any changes will be done via email. All rides start at 10 a.m. except for the summer months of June – August, those rides start at 9 a.m. 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.

### Hiking Club

Monday evening hikes begin at 6 p.m. and are scheduled from April through October. Hikes are at the various parks in Lake County. You can join the club and hike at any time. Please call the Senior Center at 440-974-5725 to register, schedules will be emailed out on a monthly basis to anyone who has registered.

## FITNESS/WELLNESS INDOORS

**FITNESS/WELLNESS Note several price and instructor changes**

### Line Dancing Basic Beginner

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

No class Feb 7.

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 3 – Feb 21	Wednesday	5:45 – 6:45 p.m.
Mar 6 – Apr 17	Wednesday	5:45 – 6:45 p.m.

### Line Dancing Advanced Beginner

This is for those ready to take line dancing to the next level. You should have completed at least 6 months of a Basic Beginner class, be an experienced dancer that wants to have a refresher course or just like to keep it nice and easy. This class will move along a little faster, as most steps were learned in the Basic Beginner class. No class Feb 7.

**Instructor: Tina Foster**

**Location: Senior Center Fitness Studio**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 3 – Feb 21	Wednesday	6:45 – 7:45 p.m.
Mar 6 – Apr 17	Wednesday	6:45 – 7:45 p.m.

### Low Impact Aerobics

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

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 – Feb 26	Monday	9 – 9:45 a.m.
<i>(No class Mon, Jan 1st, Jan 15th, Feb 19th)</i>		
Jan 2 – Feb 20	Tuesday	9 – 9:45 a.m.
Jan 4 – Feb 22	Thursday	9 – 9:45 a.m.
Jan 5 – Feb 16	Friday	9 – 9:45 a.m.
Mar 4 – Apr 22	Monday	9 – 9:45 a.m.
Mar 5 – Apr 23	Tuesday	9 – 9:45 a.m.
Mar 7 – Apr 18	Thursday	9 – 9:45 a.m.
Mar 1 – Apr 19	Friday	9 – 9:45 a.m.

### Parkinson's Exercise

This fitness program is designed to empower people with Parkinson's disease by optimizing their physical function and helping delay the progression of symptoms. These classes focus on Parkinson's specific exercises that help fight the symptoms of the disease.

No equipment or expertise is necessary; just participate at your own level of ability.

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

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 3 – Feb 21	Wednesday	3 – 3:45 p.m.
Mar 6 – Apr 17	Wednesday	3 – 3:45 p.m.



### Congratulations Dana Rini

Parkinson's Instructor Dana Rini qualified and competed in the Women's Ironman World Championship Finals competition in Hawaii!!!

### SilverSneakers® Circuit

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

**Instructor: Pat Talladino Wednesday**

**Sue Dempsey Monday/Tuesday/Thursday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 – Feb 26	Monday	6 – 6:45 p.m.
<i>(No class Mon, Jan 1st, Jan 15th, Feb 19th)</i>		
Jan 2 – Feb 20	Tuesday	2 – 2:45 p.m.
Jan 3 – Feb 21	Wednesday	11 – 11:45 a.m.
Jan 4 – Feb 22	Thursday	2 – 2:45 p.m.
Mar 4 – Apr 22	Monday	6 – 6:45 p.m.
Mar 5 – Apr 23	Tuesday	2 – 2:45 p.m.
Mar 6 – Apr 17	Wednesday	11 – 11:45 a.m.
Mar 7 – Apr 18	Thursday	2 – 2:45 p.m.

### SilverSneakers® Classic

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

**Instructor: Sharon Benner Monday/Friday**

**Joy Cimino Tuesday/Thursday am**

**Sue Dempsey Tuesday/Thursday pm**

**Pat Talladino Wednesday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 – Feb 26	Monday	10 – 10:45 a.m.
<i>(No class Mon, Jan 1st, Jan 15th, Feb 19th)</i>		
Jan 2 – Feb 20	Tuesday	8:10 – 8:50 a.m.
Jan 2 – Feb 20	Tuesday	1 – 1:45 p.m.
Jan 3 – Feb 21	Wednesday	10 – 10:45 a.m.
Jan 4 – Feb 22	Thursday	8:10 – 8:50 a.m.
Jan 4 – Feb 22	Thursday	1 – 1:45 p.m.
Jan 5 – Feb 16	Friday	10 – 10:45 a.m.

Mar 4 – Apr 22	Monday	10 – 10:45 a.m.
Mar 5 – Apr 23	Tuesday	8:10 – 8:50 a.m.
Mar 5 – Apr 23	Tuesday	1 – 1:45 p.m.
Mar 6 – Apr 17	Wednesday	10 – 10:45 a.m.
Mar 7 – Apr 18	Thursday	8:10 – 8:50 a.m.
Mar 7 – Apr 18	Thursday	1 – 1:45 p.m.
Mar 1 – Apr 19	Friday	10 – 10:45 a.m.

### SilverSneakers® EnerChi

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

**Instructor: Denise Molesch**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 4 – Feb 22	Thursday	4 – 4:45 p.m.
Mar 7 – Apr 18	Thursday	4 – 4:45 p.m.

### SilverSneakers® Stability

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

**Instructor: - Sharon Benner Monday and Friday,**

**Pam Benko/Joy Cimino Tuesday and Thursday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 – Feb 26	Monday	11 – 11:45 a.m.
<i>(No class Mon, Jan 1st, Jan 15th, Feb 19th)</i>		
Jan 2 – Feb 20	Tuesday	12 – 12:45 p.m.
Jan 4 – Feb 22	Thursday	12 – 12:45 p.m.
Jan 5 – Feb 16	Friday	12 – 12:45 p.m.
Mar 4 – Apr 22	Monday	11 – 11:45 a.m.
Mar 5 – Apr 23	Tuesday	12 – 12:45 p.m.
Mar 7 – Apr 18	Thursday	12 – 12:45 p.m.
Mar 1 – Apr 19	Friday	12 – 12:45 p.m.

### SilverSneakers® YOGA

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

**Instructor: Denise Molesch Monday/Thursday**

**Pat Talladino Wednesday**

**Sharon Benner Friday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 – Feb 26	Monday	12 – 12:45 p.m.
<i>(No class Mon, Jan 1st, Jan 15th, Feb 19th)</i>		
Jan 3 – Feb 21	Wednesday	9 – 9:45 a.m.
Jan 4 – Feb 22	Thursday	3 – 3:45 p.m.
Jan 5 – Feb 16	Friday	11 – 11:45 a.m.
Mar 4 – Apr 22	Monday	12 – 12:45 p.m.
Mar 6 – Apr 17	Wednesday	9 – 9:45 a.m.
Mar 7 – Apr 18	Thursday	3 – 3:45 p.m.
Mar 1 – Apr 19	Friday	11 – 11:45 a.m.

**First time registering with us? Call us to set up an online account and do it yourself!**

(Not valid for non-residents signing up for SilverSneakers classes)



### 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
Jan 2 – Feb 20	Tuesday	11 – 11:45 a.m.
Jan 4 – Feb 22	Thursday	11 – 11:45 a.m.
Mar 5 – Apr 23	Tuesday	11 – 11:45 a.m.
Mar 7 – Apr 18	Thursday	11 – 11:45 a.m.

### Water Exercise Classes at Mentor Community Recreation Center

A variety of water fitness classes are offered at MCRC 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/>

#### Senior Water Exercise at MCRC

A combination of toning, stretching and light cardio geared towards seniors. Senior Center members have special access and pricing for designated classes. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.

**Instructor: Annabella**

**Location: Mentor Community Recreation Center 6000 Heisley Rd., Mentor.**

Senior Center Member rates listed below.

dates	day	time	rate
Jan 2 – 30	Tuesday	2 – 2:50 p.m.	\$25
Jan 4 – 25	Thursday	2 – 2:50 p.m.	\$20
Feb 6 – 27	Tuesday	2 – 2:50 p.m.	\$20
Feb 1 – 29	Thursday	2 – 2:50 p.m.	\$25
Mar 5 - 26	Tuesday	2 – 2:50 p.m.	\$20
Mar 7 – 28	Thursday	2 – 2:50 p.m.	\$20
Apr 2 – 30	Tuesday	2 – 2:50 p.m.	\$25
Apr 4 – 25	Thursday	2 – 2:50 p.m.	\$20

#### Shallow/Deep Water Class at MCRC

A combination of shallow and deep water exercises to tone your body while getting your heart pumping. Senior Center members have special access and pricing for designated classes. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.

**Instructor: Vicki**

**Location: Mentor Community Recreation Center 6000 Heisley Rd., Mentor.**

**Senior Center Member:**

dates	day	time	rate
Jan 8 – 29	Monday	10 – 10:50 a.m.	\$20
Jan 3 – 31	Wednesday	10 – 10:50 a.m.	\$25
Feb 5 – 26	Monday	10 – 10:50 a.m.	\$20
Feb 7 – 28	Wednesday	10 – 10:50 a.m.	\$20

Mar 4 - 25	Monday	10 – 10:50 a.m.	\$20
Mar 6 – 27	Wednesday	10 – 10:50 a.m.	\$20
Apr 1 – 29	Monday	10 – 10:50 a.m.	\$25
Apr 3 – 24	Wednesday	10 – 10:50 a.m.	\$20

### Weight Training

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

**Instructor: Sharon Benner**

**Location: Senior Center Fitness Studio**

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

dates	day	time
Jan 2 – Feb 20	Tuesday	10 – 10:45 a.m.
Jan 4 – Feb 22	Thursday	10 – 10:45 a.m.
Mar 5 – Apr 23	Tuesday	10 – 10:45 a.m.
Mar 7 – Apr 18	Thursday	10 – 10:45 a.m.

### Fitness Center

A variety of cardio equipment is available including treadmills, seated ellipticals, standing ellipticals, NuStep and a bike. Light free weights, 4 stationary stations (abdominal, leg press, leg extension/curl, chest press) and a cable pulley station are 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, adjust settings, using heart rate functions and proper form. Maximum of 4 people per class. Call to schedule appointment.

**Location: Senior Center Fitness Center**

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

**Silver Sneakers Members: Free**

day	time
Monday	6:30 – 7:20 p.m.
Tuesday	12 – 12:50 p.m.
Thursday	9 – 9:50 a.m.
Thursday	2 – 2:50 p.m.

#### Fitness Orientation – Strength Training

Learn how to operate fundamental strength training machines focused on large muscle groups while using correct form and proper breathing techniques. Participants will receive assistance in determining their specific equipment adjustments and weight settings, and learn how to modify strength training exercises. Maximum of 4 people per class. Call to schedule appointment.

**Location: Senior Center Fitness Center**

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

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

## Personal Training

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

**Location: Senior Center Fitness Center**

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

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

## GAMES/CLUBS

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

### Billiards

Drop-in play is available on our three tournament quality tables. Whether it's 8 ball, 9 ball or straight pool, there is a game for everyone. Sticks are provided if needed.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

Play is available during normal business hours.

### Bingo

Join us for a lively game of BINGO, complete with friends, guest callers, a variety of games and prizes. Maximum of four cards per person.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: \$.25 a card**

<i>day</i>	<i>date</i>	<i>time</i>
Monday	Jan 8 – Apr 29	1 – 2 p.m.
Wednesday	Jan 17, Feb 21 due to holiday	1 – 2 p.m.
Wednesday	Jan 3, Feb 7, Mar 6, Apr 3	1 – 2 p.m.

### Chair Volleyball

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

**Leader: Carol Snively**

**Location: Senior Center Fitness Studio**

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

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

### Chess Club

Chess players of all skill levels are invited to join for informal play.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

### Cornhole

Drop in on Wednesdays and join in a fun game of cornhole.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

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

### Cribbage

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

### Duplicate Bridge

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: \$1 at the door**

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

### Footloose OWLS (Older Wiser Livelier Seniors)

Looking for new friends and activities? We are "single seniors" that want to enjoy life and continue to be socially active. A monthly newsletter is provided with all the planned events. It is NOT a dating club. Please contact Alice at 440-255-7965 for more information.

### Hand Knee and Foot

New players are welcome, no experience needed.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

### International Culture Club

We are expanding our borders and inviting all nationalities to join our informal social club. Talk about different cultures and current events and don't worry, everything is in English! We have a picnic in September, plan a trip annually, and have a splendid holiday party in December. New members are always welcome and we always serve coffee and desserts. For more details contact Lee at 440-463-9013 or Fran at 440-382-2981. Meets on the 1st Monday of each month unless noted below.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan - Off		
Feb 5	Monday	10 – 11:30 a.m. – Regular meeting
Mar 4	Monday	10 – 11:30 a.m. – Regular meeting
Apr 1	Monday	10 – 11:30 a.m. – Regular meeting

## GAMES/CLUBS

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

### Mahjong

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

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

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

### Needlecrafters

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

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

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

### Ping Pong

Open play is available.

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: Free**

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

### Pinochle

All players must be experienced.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

### Puzzle Table

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

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

### Scrabble

Interested in playing Scrabble? Please register at the front desk to join the Scrabble Club. Days and times were not available by print time from the organizational meeting.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

### Somba Card Game

New players are welcome, no experience needed.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

### Senior Mixed League Bowling at Roll House Mentor

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

## HEALTH SERVICES

### Alzheimer's Association Caregiver Support Group

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

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 11, Feb 8, Mar 14, Apr 11	Thursday	1–2:30 p.m.

### Attorney Gary Rosenthal

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

**Location: Senior Center Conference Room 2**

**Resident | Nonresident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 17, Feb 21, Mar 20, Apr 17	Wednesday	1-2 p.m.

### Hearing Screenings

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

**Location: Senior Center Conference Room 2**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 7	Wednesday	10 a.m.–12 p.m.
(Amanda's Family Hearing)		
Apr 3	Wednesday	10 a.m.–12 p.m.
(Amanda's Family Hearing)		

### Income Tax Assistance with AARP Volunteers

Trained volunteers will assist in the completion of state and federal income tax forms. The volunteers do not assist with city tax forms.

Bring these items:

- Copy of last year's income tax return(s) – both federal and Ohio
- W-2 forms from each employer; forms SSA-1099, 1099-INT, 1099-DIV, 1099-R, 1099-MISC, etc
- 1095 form (if you have one)
- W-2G gambling winnings
- Brokerage statements (1099-B)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions
- List of medical expenses
- Social security cards for everyone included on return
- Government issued photo ID for tax payer and spouse

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 8 - Apr 11	Thursday	9 a.m. – 2 p.m.

Registration begins Dec 4 for residents, and Dec 5 for non-residents.



### 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
Jan 3, Feb 7, Mar 6, Apr 3	Wednesday	4–5:30 p.m.

### Produce Distribution

In conjunction with the Cleveland Food Bank we offer produce distribution for limited income seniors on the dates listed below. All participants are registered on site. Participants must qualify gross household income is at or below \$29,160 for a household of 1 and \$39,440 for a household of 2. Income is self-declared; verification is not required. First come, first served. Bring a heavy-duty bag. No advance registration; bring photo ID for registration.

**Resident | Non-Resident: Free**

**Location: Senior Center Great Room**

dates	day	time
Jan 22, Feb 26, Mar 18, Apr 15	Monday	10–11 a.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
Jan 24, Feb 28, Mar 27, Apr 24	Wednesday	2–4 p.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, assistance with program registration, directing to activities for those with memory issues. (This program is not designed for individuals with moderate-severe assistance needs, unless accompanied by a caregiver.)

The Special Elders eat lunch together at 11:00. (Bring money for lunch.) We play Bingo on Mondays and have craft activities or games on Wednesday afternoons. A specially designed chair exercise program for seniors with some physical challenges is available for a fee on Wednesdays.

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

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

**Location: Senior Center**

**Resident | Non-Resident: \$20 annual fee (Jan-Dec)**

days	time
Monday, Wednesday	10:30 a.m. – 2 p.m.

### Schedule of Activities

Monday	
10:30 – 10:50 a.m.	Submit lunch orders
11 – 11:45 a.m.	Lunch/Socialization
12 – 12:45 p.m.	Billiards (optional)
1 – 2 p.m.	BINGO \$.25 per card

Wednesday	
10:30 – 10:50 a.m.	Submit lunch orders
11 – 11:45 a.m.	Lunch/Socialization
12 – 12:45 p.m.	Special Elders Silver Sneakers Classic (optional, registration fee)
1 – 2 p.m.	Craft, discussion, games, cards

### Special Elders SilverSneakers® Classic

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

**Instructor: Pat Talladino**

**Location: Senior Center Fitness Studio**

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

**Silver Sneaker Members: Free**

date	day	time
Jan 3 – Feb 21	Wednesday	12 - 12:45 p.m.
Mar 6 – Apr 17	Wednesday	12 - 12:45 p.m.

### Thank you to the sponsors of the 90+ event.

Your support and donations made this a memorable event for our members celebrating birthdays over age 90.

*Mutsko Insurance Services, LLC*

*Saber Healthcare*

*Kirtland Rehabilitation and Care*

*Schraff Thomas Law LLC*

*Comfort Keepers*

*Qual Care-Home Instead Senior Care*

*Parker Place and Governor's Port*



### MEALS - SPECIAL LUNCHEES

#### Noon Year's Eve Party 2023 - Spots still available!

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

**Registration deadline is Dec 18.**

**Location: Senior Center Great Room**

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

date	day	time
Dec 29	Friday	11:30 a.m. – 2 p.m.

#### St. Patrick's Day Luncheon

Corned beef, cabbage, potatoes, and carrots followed by a yellow cupcake with butter cream frosting for dessert. The amazing one-man-band Tom Todd will entertain us with a variety of instruments and songs with an Irish twist. Reservation deadline is March 4.

**Location: Senior Center Great Room**

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

date	day	time
Mar 14	Thursday	11:30 a.m.

## MEALS - CELEBRATION LUNCHESES

### Daily Made From Scratch Lunch

Mon – Fri 11:30 a.m. – 12:15 p.m.

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

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

No reservation or pre-ordering. Members simply place your order in person and pay the cashier (cash only), pick up your meal at the kitchen window and enjoy. Please bus your table promptly when finished eating.

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

**CELEBRATION LUNCHEONS** – Register early as they sell out and cannot be purchased day of!

**Location: Senior Center Great Room**

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

**Last Thursday of the month 11:30 a.m.–1 p.m.**

### January 25 Celebration

Stuffed pork chops, mashed potatoes with gravy and green beans. Finish lunch with delicious apple cake for dessert. Entertainment is Dom Noce, a dynamic singer/entertainer performing rock pop and more from the 60s 70s and 80s including Frank Sinatra, Dean Martin, Barry Manilow, Neil Diamond and more!

Reservation deadline is January 15.

### February 29 Celebration

Ham steak, scalloped potatoes, California mixed vegetables and a red velvet cupcake for dessert.

Women in Ohio History will present a dramatic re-creation of the life of Dorothy Fuldheim. Dorothy was a news journalist and television broadcaster. She will be in a costume that reflects the time period, in a first person, and in a most engaging way.

Reservation deadline is February 19.

### March 28 Celebration

Stuffed shells with Italian meat sauce, tossed salad, garlic toast and a yummy chocolate chip cheesecake bar for dessert. Logan Wells returns after a successful Senior Center debut in 2023. She's a very talented singer who will delight us with a variety of oldies songs.

Reservation deadline is March 18.

### April 25 Celebration

Turkey with mashed potatoes and gravy, stuffing, green bean casserole and cranberry fluff for dessert.

Dennis Ford returns by popular demand. Dennis has an amazing voice and truly enjoys performing on stage.

Reservation deadline is April 15.

## MUSIC AND THEATER

### Mentor Follies Dancers

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

**Director: Rena Ellwanger**

**Location: Senior Center Stage**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
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Jan off		
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Feb 7 – Apr 24	Wednesday	6:45 – 7:45 p.m.
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### Mentor Music Makers

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

**Instructor: Maria Voljin**

**Location: Senior Center Stage**

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

<i>dates</i>	<i>day</i>	<i>time</i>
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Jan-Feb off		
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Mar 6 – Apr 17	Wednesday	10 – 11:30 a.m.
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### Piano Lessons

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

**Instructor: Marge Syrone**

**Location: Senior Center Stage**

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

<i>date</i>	<i>day</i>	<i>time</i>
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Jan-Feb off		
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Mar 5 – Apr 23	Tuesday	9 a.m. – 12 p.m.
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## SPECIAL EVENTS

### Garage Sale

Join us for this HUGE annual garage sale where you may find some wonderful treasures. For vendors interested in purchasing a space, cost is \$25 for a 6-ft table and \$20 for a 5-ft table. Registration begins December 4 for resident seniors and December 5 for nonresident seniors. If space permits, non-seniors may register beginning March 1. Please register for a table by calling the Mentor Senior Center at 440-974-5725.

**Location: Senior Center**

<i>date</i>	<i>day</i>	<i>time</i>
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Apr 27	Saturday	9 a.m. – 3 p.m.
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**Guardians Opening Day Party**

Can't get to the ballpark on Opening Day? Come to our 11th annual Opening Day Party and watch the Guardians take on the Chicago White Sox. During the game, enjoy complimentary ballpark snacks including ice cream, popcorn, peanuts, Cracker Jacks, and more. Snacks provided by local senior services agencies. Game time and concessions TBA. Preregistration is required.



**Location: Senior Center Great Room**

**Resident | Non-Resident: Donate Items for United Way Food Drive**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 8	Monday	TBA

**Northeast Ohio Mind Challenge**

The Mind Challenge is back for its 6th year. The mind stimulating event grows each year. We will be forming teams on April 17, individuals and teams are welcome. The challenge begins in April and wraps up in May. Please spread the word, recruit family and friends and get ready for some exciting mind challenging trivia! Please register in advance.

**Location: Senior Center Great Room**

**Resident | Nonresident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 17	Wednesday	9:30 a.m.
Team Formation and Practice Round at MSC		
May 1	Wednesday	9:30 a.m.
Knockout Round at MSC		
May 8	Wednesday	9:30 a.m.
Smart 16 at MSC		
May 15	Wednesday	9:30 a.m.
Elevated 11 at Willoughby		
May 21	Tuesday	
Fact Finding Six at Beachwood		
May 22	Wednesday	
Finals at Beachwood		

**Newcomers**

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

**Location: Senior Center Great Room**

**Resident/Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 1	Thursday	3 – 4 p.m.

**Laptop Help**

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 8 and 22	Monday	9 – 11 a.m.
Feb 5 and 12	Monday	9 – 11 a.m.
Mar 4 and 11	Monday	9 – 11 a.m.
Apr 1 and 8	Monday	9 – 11 a.m.

**Tech Help**

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 17	Wednesday	9 – 10 a.m.
Feb 7	Wednesday	9 – 10 a.m.
Mar 6	Wednesday	9 – 10 a.m.
Apr 3	Wednesday	9 – 10 a.m.

**Mentor Senior Center 2024 Special Events**

<i>Month</i>	<i>Day</i>	<i>Event</i>	<i>Time</i>
Jan	25	Monthly Celebration	11:30 a.m. – 1 p.m.
Feb	1	Newcomers	3 – 4 p.m.
	29	Monthly Celebration	11:30 a.m. – 1 p.m.
March	14	St. Patrick's Day Luncheon	11:30 a.m. – 1 p.m.
	28	Monthly Celebration	11:30 a.m. – 1 p.m.
April	8	Guardian's Opening Day	TBA – First Pitch
	25	Monthly Celebration	11:30 a.m. – 1 p.m.
	27	Garage Sale	9 a.m. – 3 p.m.
May	9	Picnic on the Patio	11:30 a.m. – 1 p.m.
	17	Senior Day at the Mall	9 a.m. – 2 p.m.
	30	Monthly Celebration	11:30 a.m. – 1 p.m.
June	13	Picnic on the Patio	11:30 a.m. – 1 p.m.
	20	Open House/Newcomers	2 p.m. – 5 p.m.
	27	Monthly Celebration	11:30 a.m. – 1 p.m.
July	11	Picnic on the Patio	11:30 a.m. – 1 p.m.
	25	Monthly Celebration	11:30 a.m. – 1 p.m.
Aug	8	Picnic on the Patio	11:30 a.m. – 1 p.m.
	16-17	Mentor CityFest	5 – 11 / 12 – 11 p.m.
	TBA	Hillcrest Summer Concert	7 – 8 p.m.
	29	Monthly Celebration	11:30 a.m. – 1:30 p.m.
Sept	12	90 + Lunch	11:30 a.m. – 1 p.m.
	19	Newcomers	3 – 4 p.m.
	26	Monthly Celebration–Clam Bake	11:30 a.m. – 1 p.m.
Oct	10	Volunteer Appreciation Lunch	11:30 a.m. – 1 p.m.
	31	Monthly Celebration	11:30 a.m. – 1 p.m.
Nov	7	Veteran's Breakfast	11:30 a.m. – 1 p.m.
	21	Thanksgiving Celebration	11:30 a.m.–1:30 p.m.
	TBA	Arts n Crafts Sale	9 a.m. – 3 p.m.
Dec	TBA	Hillcrest Holiday Concert	7 – 9 p.m.
	19	Monthly Celebration, Xmas	11:30 a.m. – 1 p.m.





# Come Travel with Us!

## MENTOR SENIOR CENTER TRAVEL QUEST

# 2024

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

### ACTIVITY LEVELS

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

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

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

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

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

### Trips

**Registration for charter bus trips for the entire year always starts in January and will continue until the posted registration trip deadline. Some of the popular trips will sell out quickly so don't hesitate to register. Registration for small bus trips start Dec 4/5 for trips that take place Jan-June. Registration starts April 1/2 for small bus trips that take place July - Oct. And finally, registration for small bus trips that take place in Nov and Dec will be Aug 5/6.**

The Senior Center offers local, day, and overnight trips to exciting destinations. Over 60 trips are offered annually either on a charter motorcoach or our own 22 passenger bus. For complete details on all our trips visit [mentorseniorcenter.com](http://mentorseniorcenter.com) or grab a flyer at the center.

**Please pay close attention to trip registration dates that are posted in the newsletter throughout the entire calendar year. Membership is required for any trip.**

### Trip Promotional Meeting

The trip promotional meeting is Thursday, January 18 at 1 p.m. The tour operators will be presenting all the charter bus trips for 2024 to give you great insight on what the trips are all about. If you plan to join us for charter bus trips, you should sign-up for the meeting. Your registration for the meeting determines your place or # in line to register for trips on January 18. Registration for the meeting starts December 4 for residents, and December 5 for non-residents.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 18	Thursday	1 - 3 p.m.

**The following three pages offer a sneak peek to all the great trips being offered in 2024.**

**Details, dates, and times will be published in the Travel Quest brochure available on Trip Sign Up Day, January 18 at 1 p.m.**

## 2024 OVER NIGHT TRIPS

When booking a triple or quad room on any overnight trip please note that there will only be 2 beds in the room. Travel insurance is available and recommended on overnight trips.

### Lake George, NY (Senior Excursions)

\*\*\*\*\*Registration for this trip starts Dec 4/5

Enjoy an early summer trip to beautiful Lake George, NY. Learn all about the area on guided tours of Lake Placid and Saratoga Springs, plus a narrated cruise on Lake George the "Queen of American Lakes". Three nights of premium waterfront rooms at the beautiful Surfside on the Lake Hotel and Suites. Includes stops at a local farmers market and a local winery. Included are 3 fantastic breakfasts and 3 superb dinners at fine local restaurants. Final payment/registration/refund deadline is March 18.

**Activity Level: Moderate**

**Resident/Nonresident: \$765 per person double, \$970 per person single**

<i>date</i>	<i>day</i>
June 3-6	Monday-Thursday

### Sleep in a Caboose and Ride the Oil Creek Railroad (Great Day Tours)

Spend a night in a Caboose Motel, ride on the Oil Creek and Titusville Railroad, visits to the Drake Well Museum and Debence Music Museum, and a stop at Tara – A Country Inn for a tour and lunch.

<i>date</i>	<i>day</i>
Jul 17-18	Wednesday-Thursday

### Alaska Discovery Land and Cruise Tour Aboard NCL – Norwegian Jewel

**Jul 25 - Aug 5, 2024 Thursday - Monday**

Join The Mentor Senior Center on a "Trip of a Lifetime". Our 5 day Land & 7 night cruise is Alaska at its best!!! Deposit of \$500 is required upon registration and is non-refundable if trip insurance is not purchased.

Final payment is due February 1, 2024.

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

**Activity Level: Moderate**

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

### Ark Encounter and Creation Museum (Great Day Tours)

Admission to the Ark Encounter and Creation Museum including a buffet lunch at Emzara's Restaurant, dinner cruise aboard the BB Riverboat in Cincinnati, one night of rooms including breakfast.

<i>date</i>	<i>day</i>
Sept 17-18	Tuesday-Wednesday

### Lobsters and Lighthouses (Senior Excursions)

Kennebunkport tour including the Bush Estate and the Wedding Cake House, free time in Kennebunkport, tour and tasting at the Shipyard Brewery in Portland, Lighthouse Lover's Cruise to see the beautiful coast of Maine and up to 7 lighthouses, stop at the original L.L. Bean store, Boothbay Harbor Tour and Cruise, visit to

the Maine Lighthouse Museum, lunch in downtown Bar Harbor including a guided tour of the city and Acadia National Park, a photo op at Nubble Light – Maine's most photographed lighthouse.

<i>date</i>	<i>day</i>	<i>time</i>
Sep 29- Oct 5	Sunday-Saturday	TBA

### Nashville Aglow for the Holidays (Great Day Tours)

Walking tour of Opryland Hotel which is beautifully decorated, Opryland Hotel's Country Christmas Dinner Show, Delta River Flatboat – a cruise inside the hotel, dinner show at the Derby Dinner playhouse, time to shop at Opry Mills Mall, lunch cruise with entertainment on the General Jackson Showboat, tickets to the Grand Ole Opry, 1 night in Louisville and 2 nights at the Gaylord Opryland Hotel, includes 3 breakfasts and dinner enroute home.

<i>date</i>	<i>day</i>
Dec 1-4	Sunday-Wednesday

## 2024 One Day Trips

### Murder on the Orient Express (JKL Tours)

\*\*\*\*\*Registration starts Dec 4/5

Regarded as mystery-writer, Agatha Christie's finest work, show at the Hanna Theatre, includes lunch prior to the show at Windows on the River.

**Activity Level: Mild**

**Resident | Non-Resident: \$104**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 21	Wednesday	10:15 a.m. – 5 p.m.

### Chocolate and Wine (JKL Tours)

A visit to Firelands Winery for tastings, buffet lunch and tastings at Copper Whale Winery of Clyde, samples at D & D boutique winery in Norwalk, and chocolate samples at Brummer's Homemade Chocolates.

<i>date</i>	<i>day</i>
Mar 20	Wednesday

### Always...Patsy Cline (JKL Tours)

The Patsy Cline story at the Hanna Theatre in Playhouse Square, includes lunch.

<i>date</i>	<i>day</i>
Apr 30	Tuesday

### The Wild's (Great Day Tours)

Take a tour of a 10,000 acre wild animal conservation center in an open-air safari bus followed by lunch at Theo's Restaurant in downtown Cambridge, time for shopping in Cambridge included.

<i>date</i>	<i>day</i>
May 20	Monday

### Historic and Ethnic Cleveland #1 (JKL Tours)

The many cultures, history and traditions that make up Cleveland's varied ethnic origins (including German, Asian and Italian). Visits to German and Lebanese shops, Chinatown, and West Side Market followed by lunch provided by the Ladies of the Annunciation Greek Church.

<i>date</i>	<i>day</i>
Jun 12	Wednesday

**“Something Rotten” at the Weathervane Playhouse** (Great Day Tours)

Enjoy this musical comedy about two brothers competing against William Shakespeare with their own theater troupe. Included will be dinner at Papa Joe’s Restaurant.

*date*                      *day*  
Jun 13                      Thursday

**Mystery Trip #6** (JKL Tours)

Another one of our popular mystery tours. All you need is a good sense of adventure.

*date*                      *day*  
Jul 10                      Wednesday

**Guardians Game in Detroit** (Great Day Tours)

Come watch the Guardians take on the Detroit Tigers at Comerica Park. Food on your own.

*date*                      *day*  
Jul 11                      Thursday

**Rabbit Run Theater** (Great Day Tours)

Rabbit Run Theater production of The Music Man, enjoy dinner at Grand River Cellars Winery and Restaurant located in the heart of the Grand River Valley, featuring award-winning wines and local fare in a rustic setting.

*date*                      *day*  
Jul 19                      Friday

**Cruise and Comedy Tour** (Great Day Tours)

Enjoy a luncheon cruise on Lake Chautauqua aboard the Chautauqua Bell steamboat followed by a visit to the National Comedy Center, a state-of-the-art \$50 million museum with over 50 interactive exhibits.

*date*                      *day*  
Jul 23                      Tuesday

**Mystery Trip #14** (JKL Tours)

Come and discover another fun mystery trip. Make your plans to join us, and be sure to save the date, space is limited to one bus, so don’t sign up too late.

*date*                      *day*  
Aug 14                      Wednesday

**Rivers Cruise and Rivers Casino** (Great Day Tours)

A sightseeing cruise aboard the Gateway Clipper riverboat followed by an afternoon of slots, video poker or other exciting games at River Casino. Current bonus is \$15 slots and \$5 for food.

*date*                      *day*  
Aug 21                      Wednesday

**Pine Ridge Boys at Hartville Kitchens** (Great Day Tours)

Enjoy shopping at the Hartville complex, and a delicious homestyle meal followed by the Pine Ridge Boys, a quartet who sings spiritual, Christian and gospel music.

*date*                      *day*  
Aug 22                      Thursday

**Progressive Luncheon Wine Tasting** (Great Day Tours)  
Appetizers and tastings at School House Winery, more tastings and lunch at Raven’s Glenn Winery, and even more tastings and dessert at Maize Valley Winery.

*date*  
TBA

**Seneca Allegheny Casino** (Great Day Tours)

Another opportunity to have fun at the slot machines in the Allegheny Mountains of New York. Current bonus is \$20 slot and \$5 food.

*date*                      *day*  
Oct 15                      Tuesday

**Cleveland Pops** (JKL Tours)

Our annual Mentor holiday tradition includes a concert with the Cleveland Pops Orchestra in Playhouse Square and a fabulous dinner at Windows on the River. This trip is ALWAYS an early sell out!

*date*                      *day*  
Dec 1                      Sunday

**Rocking Around the Christmas Tree** (Great Day Tours)

Enjoy lunch and a Christmas movie at Strand Theater, tour of Rutherford B. Hayes home, make your own Christmas tree ornament and go on a candy cane scavenger hunt. Finish the day with a cup of cocoa and a fully immersive “Rock and Awe” Light show at the Sandusky County Courthouse.

*date*                      *day*  
Dec 10                      Tuesday

**Dueling Piano Christmas Party at Windows on the River** (JKL Tours)

This is one of our most popular annual holiday trips. It includes a plated lunch along with fun party games.

*date*                      *day*  
Dec 11                      Wednesday

**MSC Small Bus Trips**

**Registration starts Dec 4 for Mentor residents and Dec 5 for Non-Residents for new small bus trips.**

**Mama Mia**

Set on a Greek island paradise where the sun always shines, a tale of love, friendship, and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter’s quest to discover the father she’s never known brings three men from her mother’s past back to the island they last visited decades ago. Show is at the Connor Palace.

Registration/refund deadline is Dec 29.

**Activity Level: Mild**  
**Resident | Non-Resident: \$88**

*date*                      *day*                      *time*  
Feb 4                      Sunday                      5:15 - 10 p.m.



### **Weathervane Theater AIDA**

Enjoy an elegant and award winning brunch at Beau's on the River with stunning views of the river rapids and falls. After brunch, the Weathervane Theater is presenting an epic tale, AIDA, winner of four Tony Awards. Registration/refund deadline is Feb 22.

**Activity Level: Mild**

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

<i>date</i>	<i>day</i>	<i>time</i>
Mar 10	Sunday	10:15 a.m. - 6 p.m.

### **Grove City Outlets and More**

We start our day at Grove City Outlets in Sharon, PA for shopping and lunch on your own. Next, we visit Webb Winery for a wine tasting and charcuterie board (included). On to Daffin's Chocolates and 20,000 square feet of displays to view. You won't go home empty handed! Registration/refund deadline is Mar 29.

**Activity Level: Moderate/Strenuous**

**Resident | Non-Resident: \$34**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 12	Friday	8:30 a.m. - 6:30 p.m.

### **Chesterland Historical Museum**

Go back in time at the Chesterland Historical Society Village. Tour guides will show the many artifacts and describe life as it once was. Enjoy afternoon tea with scones, lemon curd, jam and more. Registration/refund deadline is Apr 26.

**Activity Level: Mild**

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

<i>date</i>	<i>day</i>	<i>time</i>
May 10	Friday	1:30 - 4:30 p.m.

### **Mystic Belle River Cruise**

Aboard the Mystic Belle, you'll see the maritime industry in Vermilion in action and learn about its storied history. You'll see and learn about the natural wildlife that call the beautiful shores home and a chance to see some of Vermilion's most beautiful waterfront homes. After cruising, enjoy a meal at The Martino's International Café with a menu of global eats (on your own). Registration/refund deadline is Jun 7.

**Activity Level: Mild**

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

<i>date</i>	<i>day</i>	<i>time</i>
Jun 22	Saturday	12:30 - 6 p.m.

### **Out to Lunch Bunch Trips**

#### **Oak and Embers Tavern in Chesterland**

Lunch begins with a choice of house or caesar salad; meal choices are chicken and waffle with side; half pound burger with side; or pulled pork sandwich with side. Dessert is a choice of Bourbon pecan pie, vanilla ice cream, or bourbon ice cream. Your choice of beverages includes soft drinks, coffee or hot or iced tea. Registration/refund deadline is Jan 11.

**Activity Level: Mild**

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

<i>date</i>	<i>day</i>	<i>time</i>
Jan 19	Friday	11:30 a.m. - 2:30 p.m.

### **The Wild Burrito in Madison**

Lunch begins with chips and salsa. Meal choices are veggie burritos stuffed with vegetables, rice, beans and cheese sauce; steak fajitas; or a taco salad. Dessert is fried ice cream. Registration/refund deadline is Feb 8.

**Activity Level: Mild**

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

<i>date</i>	<i>day</i>	<i>time</i>
Feb 16	Friday	11:30 a.m. - 2:30 p.m.

### **Taza a Lebanese Grill in Woodmere**

Lunch begins with two shared appetizers. Next choose from Mujadara: A bed of steamed lentils and rice topped with Lebanese salada (salad) made of green pepper, onion, and tomato topped with fried onions; chicken kabobs; or beef kabobs. Non-alcoholic drinks are included. Dessert is Baklava. Registration/refund deadline is Mar 7.

**Activity Level: Mild**

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

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

### **Slyman's Tavern in Independence**

Begin lunch with a salad, next, is a choice of the biggest and best corned beef sandwich, chicken tender dinner or a pierogi dinner. Dessert is vanilla ice cream. Choice of beverage is coffee, tea or soft drink. Registration/refund deadline is Apr 11.

**Activity Level: Mild**

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

<i>date</i>	<i>day</i>	<i>time</i>
Apr 19	Friday	11:15 a.m. - 2:45 p.m.

### **Tavern Six in Kirtland**

Meal choices are: fish tacos; breaded cod with mango, sliced jalapenos, cilantro and lemon aioli; Cuban sandwich; braised pork, ham, swiss cheese, red onion, dill pickle; caprese chicken; grilled chicken breast, mixed greens, basil, tomatoes, on a brioche bun. Non-alcoholic beverage is included. Cupcake of the day is dessert. Registration/refund deadline is May 9.

**Activity Level: Mild**

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

<i>date</i>	<i>day</i>	<i>time</i>
May 17	Friday	11:30 a.m. - 2:30 p.m.

### **Fast Eddie's in Parma**

Begin lunch with soup of the day. Choice of mains are Eddie's favorite burger with bacon and swiss, with fries; classic meatloaf dinner with mashed potatoes and vegetable; beer battered fish and chips with coleslaw. Dessert is included as well as coffee, tea or soft drink. Registration/refund deadline is Jun 13.

**Activity Level: Mild**

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

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



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

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44060

To the current resident or:



The Senior Center will be closed the following:  
Monday, Jan 1 New Years Day  
Monday, Jan 15 Martin Luther King Day  
Monday, Feb 19 President's Day

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

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

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

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

**Council President**  
Matthew Donovan - Ward 2

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

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



President..... John Mazor  
Vice President .....Sandy Liptak  
Treasurer .....Donna Waggle  
Recording Sect'y.....Dee Groynom  
Corresponding Secretary ...Nancy Schott

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

Library Chair.....Kathy Durda  
Volunteer Chair ...Debbie Higginbotham