

May - Jun 2021

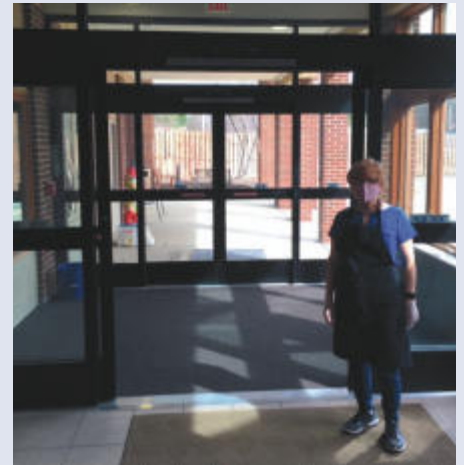


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WE ARE GETTING READY FOR YOUR RETURN!

We have been working hard at making the Senior Center a safe place to visit once we re-open. We have new automatic doors at both entrances. Just inside the main Munson Road entrance we have a temperature scanner to monitor our members as they arrive. We have upgraded our bathrooms with new counters as well as auto flush toilets, sinks, and soap dispensers. Two new water fountains have been installed, they both feature touchless bottle fillers and there are now hand sanitizers spread throughout the building. And finally, we have an electrostatic sprayer that allows us to clean and disinfect in an efficient and thorough manner.



WE WILL SEE YOU AT THE MENTOR SENIOR CENTER SOON!



MENTOR SENIOR CENTER

8484 Munson Road, Mentor, OH 44060

Phone: 440-974-5725 440-255-1100 Fax: 440-974-5716

www.cityofmentor.com

COVID-19 INFORMATION

We are anxiously awaiting guidelines for Senior Centers to reopen. Once the guidelines are published, our City Administration will determine the safest reopening date. We will communicate our opening date, new programs and building hours on our new website. We will also send out an email to all our current members with valid email addresses. Please call us to update your email address if needed. When we reopen we will phase in activities and building hours. The programs listed in the May-June newsletter will continue to be virtual.

Many steps have been taken to keep our staff and seniors safe. We have identified a designated entrance and a separate designated exit. The Munson Road entrance will be the entrance for all to enter. The designated exit will be the doors in the fitness wing. There will be no entrance or exit at Center Street. It will be more convenient to park in the Munson Road lot.

Advance reservations will be required for all to enter the building. All staff and seniors will be required to be screened and have temperature taken at the entrance to ensure they are healthy prior to entering.

Social distancing will be required when in the facility, where folks will keep at least 6 feet apart. All programs will follow this guideline.

All seniors and staff will be required to wear masks when inside the facility.

We have implemented CDC guidelines for cleaning, disinfecting and sanitation. There will be enhanced cleaning for high touch surfaces. We are asking participants to assist with cleaning when participating in fitness classes or use of the fitness center by cleaning all equipment they use. There will be additional disinfecting of fitness equipment by staff.

MENTOR SENIOR CENTER STAFF

Recreation Manager

Renee Ochaya
 ochaya@cityofmentor.com
 440-974-5725

Recreation Coordinator

Dave Duricky
 duricky@cityofmentor.com
 440-974-5725

Maint - Art Cox

Maint - Cheri Shriver

Kitchen Coor - Terry Rogers

Kitchen Cook - Molly Sebring

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

Council President

Bruce Landeg - Ward 3

Council Vice President

Matthew Donovan - Ward 2

Council Ward 1 - Sean Blake

Council Ward 4 - John Krueger

Council at Large - Ray Kirchner

Council at Large - Scott J. Marn

Council at Large - Janet Dowling

City Manager - Ken Filipiak

Asst City Mgr - Tony Zampedro

Dir of Parks & Rec - Kenn Kaminski

Supt of Recreation - Nita Justice

MAY 2021 - LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet and sour chicken ³	Meatloaf ⁴	Vegetable lasagna ⁵	Baked ranch chicken ⁶	BBQ pork sandwich ⁷
Salisbury steak ¹⁰	Chicken piccata ¹¹	Stuffed cabbage ¹²	Breaded pork chop ¹³	Meat lasagna ¹⁴
Chicken parmesan sandwich ¹⁷	Roasted pork loin ¹⁸	Stuffed green peppers ¹⁹	Roast Turkey Dinner ²⁰	Vegetarian Pierogis ²¹
Chicken fettucine alfredo ²⁴	Sweet and sour meatballs ²⁵	Stuffed pork chop ²⁶	Corned beef and cabbage ²⁷	Chicken marsala ²⁸
Memorial Day ³¹				

Made from Scratch Curbside Meals

Made from scratch meals are available for curbside pickup Monday - Friday. Lunch reservations are \$4.50 per meal and can be made online or by phone at 440.974.5725 and paid for with a credit card, beginning at 8:00 am Thursday for the following week. Meals will be available from 11:30 am - 12:00 pm at 8484 Munson Road entrance.

JUNE 2021 - LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken paprikash ¹	Meatloaf & mashed potatoes ²	Breaded pork chop ³	Stuffed shells (vegetarian) & salad ⁴
Pasta w/meatballs & garlic bread ⁷	Baked ranch chicken ⁸	Salisbury steak ⁹	Roast pork loin ¹⁰	Tuna noodle casserole ¹¹
Spaghetti & meat sauce ¹⁴	Pierogis w/onions & sour cream ¹⁵	Chili dog & pasta salad ¹⁶	Chicken marsala ¹⁷	Ham & scalloped potatoes ¹⁸
Chicken piccata ²¹	Pulled pork sandwich ²²	Stuffed cabbage roll ²³	Chicken parmesan & spaghetti ²⁴	Meat lasagna ²⁵
Stuffed pork chop ²⁸	Chicken salad wrap & broccoli salad ²⁹	Stuffed green pepper ³⁰		

VIRTUAL PROGRAMMING THROUGH ZOOM

NEW PROGRAMS

Do you want to get connected to the internet but don't know how? Please let us know how we can help by calling 440-974-5725.

Welcome to Zoom - Virtual

While we remain closed, its not going to stop us from bringing programs to your living room. Zoom allows us to connect over the internet so we can see and hear you. If you have internet access and a device, whether it's a phone, laptop, computer, tablet or iPad we can help you get connected. If you don't have internet or a device and would like to, call us at 974-5725 and we'll see if we can help you.

May 12 Wed 12:00 pm
Resident/Nonresident: FREE

Zoom - How to Connect - Virtual

Totally new to Zoom? Do you have a device at home but don't know how to log into and use Zoom. Bring in your device and we'll show you how to get started and the basic features of Zoom. There will be plenty of time for questions and troubleshooting.

Location: Cardinal Room
Jun 9 Wed 12:00 pm
Resident/Nonresident: FREE

Navigating the Internet - Virtual

The internet is a vast resource that's easily accessible on your computer, tablet or phone. It gives you quick and easy access to things like local restaurants, stores, weather, vacation destinations, online shopping, dinner reservations, directions, and so much more. We will discuss the different browsers and show you how they work. We will show you how to go forward and back, create a new page, refresh, search and much more.

Jun 16 Wed 12:00 pm
Resident/Nonresident: FREE

Staying Connected - Virtual

Facebook, Zoom, texts, and Face Time are all ways to stay connected with your family from the comfort of your home. Learn how easy these apps are and how they can help you stay connected to your family, regardless of where they are. You'll be amazed how easy it is to follow, like, share, and remember all the special moments in your life and theirs.

Jun 23 Wed 12:00 pm
Resident/Nonresident: FREE

Book Club

Join Mentor librarian, Cailey, to discuss popular reads each month via Zoom. The book for May 26 is The Little Paris Bookshop by Nina George and will be available after the April meeting. The book for June 23 is The Dust Bowl Girls by Lydia Reeder and will be available after the May meeting. Copies of the book will be available for pick-up at the Main Branch of the Mentor Public Library. 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

Call the Senior Center at 974-5725 or visit www.mentorseniorcenter.com to register.

May 26 Wed 12:00-1:30 pm
Jun 23 Wed 12:00-1:30 pm
Resident/Nonresident: FREE

VIRTUAL FITNESS PROGRAMS

SilverSneakers® BOOM MUSCLE Online
Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill.

Instructor: Pam Benko
May 3-Jun 21 Mon 9:00-9:45 am
Resident: \$19/Nonresident: \$24
Silver Sneakers Members: Free

Country Heat Online

Step right in to this easy-to-follow, completely exhilarating, country dance-inspired workout. No complicated moves. No memorizing routines. Just simply follow along to to enjoy the low-impact, high energy dance class set to the hottest country hits.

Instructor: Pam Benko
May 3-Jun 21 Mon 10:00-10:45am
Resident: \$19/Nonresident: \$24

SilverSneakers® YOGA Online

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

Instructor: Pat Talladino
May 5-Jun 23 Wed 9:00-9:45 am
May 7-Jun 18 Fri 9:00-9:45 am
Resident: \$19/Nonresident: \$24
Silver Sneakers Members: Free

SilverSneakers® Circuit Online

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

Instructor: Pat Talladino
May 5-Jun 23 Wed 10:00-10:45am
Resident: \$19/Nonresident: \$24
Silver Sneakers Members: Free

Stretch and Balance Online

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

Instructor: Sharon Benner
May 4-Jun 22 Tues 11:00-11:45am
May 6-Jun 17 Thur 11:00-11:45am
Resident: \$19/Nonresident: \$24

SilverSneakers® Classic Online

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
May 4-Jun 22 Tues 12:00-12:45pm
May 6-Jun 17 Thur 12:00-12:45pm
Resident: \$19/Nonresident: \$24
Silver Sneakers Members: FREE

VIRTUAL HEALTH EDUCATION

Participate in weekly online programs from the comfort of your home, with trained leaders and a small group of fellow participants. Participants need a computer, laptop, tablet or mobile phone with camera, connected to the internet. Program staff will provide instructions and help signing into the Zoom meeting. Register online or through the Mentor Senior Center by calling 440-974.5725.

Senior Nutrition Online with the Cleveland Foodbank

Topic: Cooking for One or Two

Many people find it challenging to cook for just one or two persons. Learn how to save time, money and freedom from eating the same leftovers day after day. Learn tips for making cooking faster and easier; plus receive simple, delicious recipes for one or two.

Instructor: Phyllis J. Molnar, R.D., L.D.
Registration deadline: May 10
May 13 Thur 10:00-11:00am
Resident/Nonresident: FREE

Senior Nutrition Online with the Cleveland Foodbank

Topic: Senior Bone Health

In addition to physical activity, nutrition is essential for strong bones. Learn about senior needs for calcium, vitamin D, protein and more. Get some great bone-supporting recipes.

Registration deadline: June 7
Jun 10 Thur 10:00-11:00am
Resident/Nonresident: FREE

PROGRAMS, CLUBS & SERVICES

IN PERSON PROGRAMS

Water Exercise Class at Mentor Heisley Racquet Club

Water walking, upper and lower body weights and stretching are incorporated into this class designed to strengthen your muscles. Class is at Mentor Heisley Racquet and Fitness Club Pool located at 6000 Heisley Rd., Mentor. Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends. Masks are required at all times other than when in the water. Social distancing of at least 6 feet must be maintained at all times, including during class.

May 4–Jun 29 Tues 10:30–11:15a

May 6–June 24 Thur 10:30–11:15a

Resident: \$38/Nonresident: \$47

Register online or through the Mentor Senior Center by calling 440-974-5725.

RECREATION CLUBS

Social distance guidelines will be practiced. Participants must wear a mask when they are within 6' of someone.

Cycling Club

All rides are weather permitting and ride cancellations 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 am unless designated otherwise.

Bicycle helmets are required. New riders are welcome. Due to Covid 19, participants must wear a mask when within 6' of anyone. Contact Arnie Zvejnieks at 440-525-0293, for further information.

May 5 *Rocky River & Emerald Valley*
18900 Cleveland Metroparks Dr

May 12 *Meet at Heinen's in Chardon*

May 19 *Bike and Hike Trail/Peninsula,*
136 Streetsboro Rd

May 26 *Mentor Senior Center to*
Headlands

Jun 2 *Western Reserve Trail, Trailhead*
near Austinburg post office

Jun 9 *Cuyahoga Valley Towpath,*
7900 Old Rockside Rd,
Independence

Jun 16 *Geneva on the Lake, meet*
at the Lodge at G-O-L

Jun 23 *Presque Isle State Park,*
first parking lot on right

Jun 30 *Maple Highlands Trail,*
trailhead off Rte 608

Hiking Club - Monday Mornings

Monday morning hikes begin at 10 a.m. at designated location. We are looking for a hike leader, call Dave at 440-974-5725 if interested.

May 3 *Environmental Learning Center*
in Concord

May 10 *Gulleybrook Park in Willoughby*

May 17 *Veteran's Park*

May 24 *Chagrin River Park – Reeves Rd*

Jun 7 *Concord Woods Park*

Jun 14 *Beatty Landing*

Jun 21 *Wildwood Cultural Center*

Jun 28 *N Chagrin Reservation –*
Nature Center

Hiking Club - Monday Evenings

Monday evening hikes begin at 6 p.m. at designated locations.

May 3 *Skok Meadow, 12926 Concord*
Hambden Rd, Painesville

May 10 *Orchard Hills Park, 11414 Caves*
Rd, Chester Township

May 17 *Hogback Ridge,*
4700 Emerson Rd, Madison

May 24 *Springbrook Park,*
6776 Heisley Rd, Mentor

Jun 7 *Environmental Learning Center,*
7250 Alexander Rd, Concord

Jun 14 *Beatty Landing, 477 East*
Walnut, Painesville

Jun 21 *Chapin Forest, Chillicothe Road,*
first parking lot

Jun 28 *Indian Point, 12701 Seeley Rd*

VOLUNTEER OPPORTUNITIES

Greeters

We are looking for friendly seniors to help screen and check in seniors when they enter the facility. Call 974-5725 for more information

Kitchen Volunteers

We are looking for friendly volunteers to help with basic meal preparations, serve the curbside meals and clean up. Shifts are from 9:30 am – 12:00 pm. Call Renee at 440-974-5725 for more information.

Digital Champions

Are you good with technology and willing to assist seniors by phone with tech issues such as connecting to Zoom? Call Dave at 440-974-5725 for more information.

CURBSIDE PROGRAMS

Curbside Produce Distribution

In conjunction with the Cleveland Food Bank we offer curbside produce distribution for limited income seniors the third Monday of the month from 10–11am at 8484 Munson Road. No reservations are needed, but please bring a drivers license, as all participants will be registered on site. Participants must certify annual gross household income is at or below \$28,727 for a household of 1 and \$38,893 for a household of 2. Income is self-declared, verification is not required. First come, first served. No advance registration; bring photo id for onsite registration.

May 17 Mon 10:00–11:00am

Jun 21 Mon 10:00–11:00am

Jul 19 Mon 10:00–11:00am

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Mon – Fri 11:30 am–12:00 pm
\$4.50/meal.

**REGISTRATION IS REQUIRED
FOR ALL PROGRAMS.
REGISTRATION DEADLINE IS
3 BUSINESS DAYS PRIOR TO
THE CLASS START DATE.
THANK YOU!**

SENIOR CENTER WEBSITE

mentorseniorcenter.com

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

TECHNOLOGY UPDATES

ONLINE REGISTRATION

Creating an Account

You must call the Senior Center to create an account. If you already have an account, remember that your user name is your complete email address and enter in your password. Remember your password has at least 8 characters and at least 3 special characters.

Registering Online

Once you have an account, go to www.mentorseniorcenter.com, Select Get in on the Fun, then Select Register Now. Once you see the catalog, log into your account before selecting any programs. Once you are done selecting your programs, finish and enter payment. If you need help registering online please give us a call or use directions located on the website.



Our technology survey results are in. Thank you for completing the technology survey. 684 surveys were completed, which is fantastic! The survey is important for us as it will guide us on how we can stay connected.

Here are a few highlights of the survey:

Survey Result: Our original thought was our members need internet access and devices to get connected, but the survey showed that only 20 people surveyed do not have internet at home and only 16 people do not have a device. That's less than 3% of those surveyed.

Action Plan: The Senior Center has a computer lab available for members once we open. The Mentor Public Library also has desktop computers available for use and wifi hot spots available to borrow for anyone who needs one.

Survey Result: Many of our members are comfortable doing a variety of computer tasks. Out of the 684 surveyed, 653 can check and send email, 583 can visit a website, over 400 check facebook, register for classes online, and watch you tube videos. Close to 400 folks can use apps on a smartphone/tablet, and join video conferences.

Action Plan: Email can be a cost effective and quick way of communicating with our members about announcements, programs, and events. Checkout our new website at mentorseniorcenter.com. It is easy to access, use and a great resource to register online for our programs. We will continue to offer virtual programming while there is a demand for it.

Survey Result: While most people have the knowledge and devices to partake in virtual programming, 14% don't have the knowledge to do so.

Action Plan: We will continue to offer technology based classes for those staying at home. If you have no idea how to use Zoom or surf the internet, we have classes geared to you. We plan to offer new tech classes to help you gain the confidence to explore the internet, register online for classes and stay connected.



MENTOR FARMERS MARKET

Mentor Farmers Market
Fridays, June 18 – September 24
2:00 - 6:00p
Garfield Park

Each week the Farmers Market hosts a specialized group of local vendors with a large range of products including locally grown produce, baked goods, pastas, oils, tea, honey and so much more!

Join us on the last Friday of each month for Fantastic Fridays, where you will be able to shop a variety of local crafters too!

For more information Wildwood Cultural Center at (440) 974-5735 or Wintersteller@cityofmentor.com.

Mentor Rocks
Tuesdays, June 1 - August 31
7:00 - 9:00p
Civic Center Park

Mentor Rocks is an all-ages event which promotes a festival-like atmosphere each week. The concert series will run fourteen weeks this year at the state-of-the-art Mentor Civic Amphitheater. In addition to great music, attendees can enjoy a great selection of food from area vendors as well as an assortment of beers and wines. The venue features lawn seating, so bring your own blankets or chairs. Admission and parking are free of charge. Please view the safety guidelines which will be observed at mentorrocks.info

Please view the mentorrocks.info site to see the full band line-up.



TUNES AT THE LAGOONS

Saturdays, June 12 - August 28
7:00 - 9:00p
Mentor Lagoons Marina

The City of Mentor is expanding their entertainment offerings Saturday nights this summer with the introduction of "Tunes at the Lagoons" at the Mentor Lagoons Marina. Admission and parking are free. Attendees can enjoy food and refreshments from a variety of food trucks, as well as a selection of beers and wines for those 21 and over.

Jun 12 Cheeseburgers in Paradise
Jun 26 Revolution Pie
Jul 17 Redneck Incorporated
Jul 31 The Michael Weber Show
Aug 14 Vinyl Arcade
Aug 28 Boaterhead



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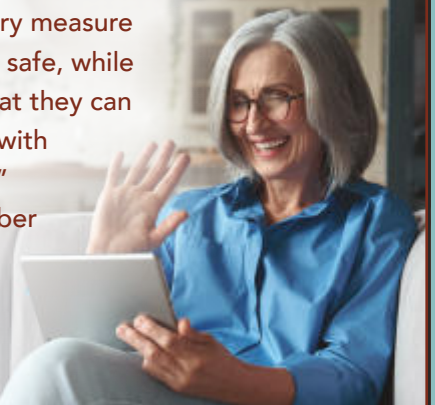
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MAKE YOURSELF AT HOME



In these unprecedented times, we're all finding ourselves at home more than ever before – which makes it even more important that home is a place where you feel safe and comfortable, and where your unique needs are met.

Ohio Living Breckenridge Village is offering creative solutions to help our residents feel safe at home right now. From pop-up grocery stores available across our campus, to fresh chef-prepared dinners being delivered to residents' front doors, we're doing everything we can to protect their health and safety, while maintaining their freedom and independence.

Call **440.954.8359** to find the home that fits you at Ohio Living Breckenridge Village!



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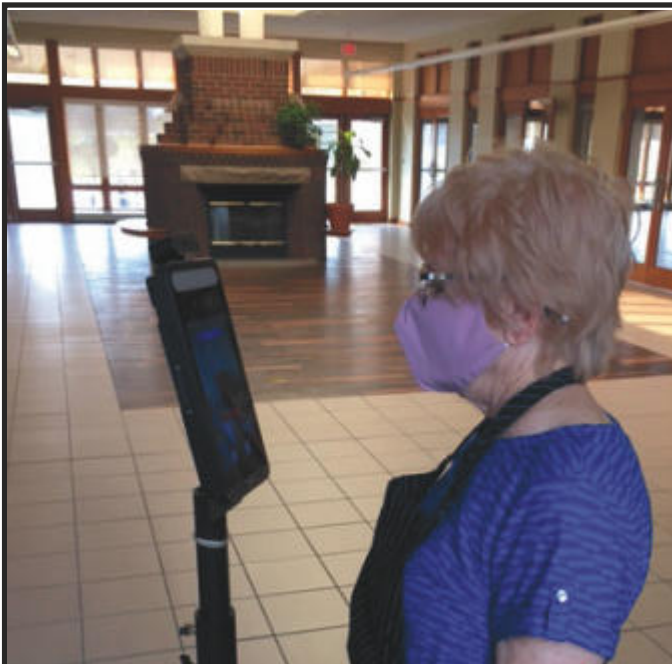


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To the current resident or:

**Please Stay
SAFE & HEALTHY
until the Senior
Center can safely
reopen**



Our new temperature scanner will monitor members as they arrive at the facility ensuring that no one has a fever and everyone is wearing a mask. We are very excited for this addition at the Munson Road entrance to assist with guidelines.

2021 SENIOR CENTER MEMEBERSHIP RENEWAL

2020 memberships have been automatically extended to expire on December 31, 2021. You do not need to do anything additional to make this happen, it has already been done for you. The only exception is anyone who was eligible for Silver Sneakers in 2020, but is no longer eligible in 2021 will need to register for Senior Center Membership when we reopen. Individuals who are no longer eligible for Silver Sneakers for 2021 will be contacted directly by Mentor Senior Center Staff. Memberships will be required for new members as they register for 2021 programs. We will begin selling new 2021 Memberships when we reopen.

President..... Hap Berichon
Vice PresidentCarol Snively
TreasurerDonna Waggle
Recording Sect'y.....Dee Groynom
Corresponding Secretary . Paulette Mack

Decorations Chair..... Connie Karchefsky
Historian.....Vacant
Hospitality Chair Paul & Anna Zorko

Library ChairJoan Lally
Past PresidentDean Trombley
Volunteer Chair ...Debbie Higginbotham

MENTOR SENIOR CENTER