

# MENTOR SENIOR CENTER

January - April 2026 keep until April



Senior Center  
Membership is required  
for participation.  
Registration opens  
at 8 a.m.  
Mentor Residents:  
Monday, DECEMBER 1  
Non-Residents:  
Tuesday, DECEMBER 2



## MENTOR SENIOR CENTER NEWSLETTER

8484 Munson Road, Mentor, OH 44060 • Phone: 440-974-5725 | 440-255-1100  
[www.mentorseniorcenter.com](http://www.mentorseniorcenter.com) • Hours: Mon and Wed 8-8, Tue, Thu, Fri 8-5

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**2026 MEMBERSHIP is required at the Mentor Senior Center.**  
**\$10 Mentor residents**  
**\$15 Non-residents**  
**Free - Silver Sneakers members**  
**Please scan your membership card when entering the building.**

## IN MEMORIAM

We extend our heartfelt condolences to the families and loved ones of our cherished members who have recently passed away: Judith Bullard, Kathleen Kaye Donnelly, Gloria Fakult, Marc Falcone, David Goodban, Darlene Jupp, Steven Merencky, Chuck Rossbach Sr., Jean Santry, Phyllis Slifko, Mark Sperhac, and Carol Steele. Their presence and contributions will be deeply missed, and our thoughts are with all who are mourning their loss.

## COORDINATOR'S CORNER

Dear Members,

As we look ahead to the new year, we're excited for the bright days and fun spring activities to come! A quick reminder: all memberships are on a calendar year and will expire on December 31, 2025. Please plan to arrive about 20 minutes early for your first activity of the new year to renew. Membership renewal is required before participating in any activity, so we recommend taking care of it early for a smooth start. This includes SilverSneakers memberships—none renew automatically.

You can also renew by phone, but please note that staff will assist in-person members first, so we appreciate your patience. If you're part of a weekly group (like card games, woodcarving, or needlecrafters), don't forget to add your name to the roster at the front desk when you renew. This is important for contacting you in case of cancellations/emergencies.

We're also excited to announce our Trip Promotional Meeting on January 15, 2026! We'll share details on overnight and day trips, and registration opens that day. Be sure to register early, as this event fills quickly! If you can't attend, don't worry—there will be plenty of trips throughout the year. More trip details can also be found in this newsletter.

We can't wait to kick off 2026 with you and share some great adventures!

Warmly,  
Renee, Dave, and Colleen

## MEMBERSHIP AND HOURS

**Mentor Senior Center**, administered by the City of Mentor, is a thriving meeting place with over 4000 members. The center is open Monday and Wednesday from 8 a.m.- 8 p.m. and Tuesday, Thursday, and Friday from 8 a.m. - 5 p.m. Membership is available to anyone 55 years old or older. Membership is required to participate in Senior Center activities. **Registration for 2026 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. To become a member, please register in person at the Senior Center. You do not need to be a Mentor resident; membership is open to all individuals ages 55 and older. Please note: the front desk closes 30 minutes before the building.

### Membership Renewal Reminder

Please note that all memberships are based on the calendar year and will expire on December 31, 2025. Renewals begin on January 2, 2026, and can be completed in person or over the phone. Everyone must renew, including SilverSneakers members. We recommend arriving 30 minutes before your first activity of the new year to allow time for the renewal process.

### Holiday Hours

We are closed on: January 1st, January 19th, February 16th

## SENIOR CENTER INFORMATION

### Senior Center Website

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

Our website is easy to navigate. It has information on all our programs, the lunch menu, and our Newsletter! You can also register for most programs and events on our website by clicking "Get in on the Fun" to the right of our page. On the next page scroll to the bottom to "Register now."

### Donations

The Mentor Senior Center will only be accepting gently used books, puzzles, and like new craft supplies at this time. Please note: We are unable to accept any other items, and all donations must be approved by a manager upon drop off. Thank you for your understanding and cooperation.

### Volunteers

Looking to make a difference in our community? We're seeking enthusiastic volunteers to assist in our kitchen, serve as greeters, and support other important roles. Stop by the front desk today to pick up a volunteer form and join our amazing team!

## MEET OUR NEW STAFF



### Coleen Moskowitz

Meet Coleen Moskowitz, A retired Perry High video and photography teacher, Coleen now runs her own photography business while sharing her love of dogs—especially her therapy doodle, Ernie. When she's not behind the lens, she enjoys boating, beach days, and trips to Aruba. Coleen lives in Fairport Harbor and will be greeting you with a smile at the front desk!



### Tim Powers

Meet Tim Powers, our newest cook! Originally from Cleveland, Tim has spent time in seven states and built an incredible 45-year career in corporate kitchens. When he's not cooking, you might find him enjoying the company of dogs—walking and sitting them in his spare time. He also has an adventurous side, with a remarkable story of surviving a skydiving accident.



### Rick Shuss

Meet Rick Shuss! Born in Mayfield Heights, Rick joins us from Mentor Schools. He's been happily married to his wife Kathy for 42 years, and together they enjoy car shows and theater outings; they recently celebrated their daughter's wedding.

## ADVISORY BOARD

**Supporting Our Center** The MSC Advisory Board plans activities, programs, and special events to enrich the Senior Center experience. They also manage the Scholarship Program and welcome your feedback.

**Advisory Board Meetings** Meetings are on the **2nd Monday of each month at 12:30 pm**. All Senior Center members are always welcome! dates: January 12, February 9, March 9, April 13

## REGISTRATION

### Important Registration Update

Members can register family members on their account. They may not register friends for programs. As a courtesy, members may register one friend for trips with assigned seats. For trips, your friend must be going on the same trip as you, and you must provide cash or a check from your friend at the time of registration. Your friends are required to register independently for programs using one of the following methods: in person, online, or over the phone.

### Winter Class Registration

Senior Center membership is required for participation. Registration opens at 8 a.m.

Mentor Residents: Monday, December 1 | Non-Residents: Tuesday, December 2

### 3 Ways to Register

1. **Online:** The fastest option. Create an account at the front desk. Securely pay online with a credit card. Online registration excludes new memberships and bus trips that have seat assignments.
2. **In Person:** Staff available to assist. Expect lines the first two days. Pay with cash, check, or credit card.
3. **By Phone:** Voicemail not available before noon on the first two days. Voicemails will be returned in order received. Spots are confirmed with payment only.

### Refund Policy Highlights

- Refunds are available only before the published registration/refund date (usually 7 days prior to start).
- An administrative fee applies: \$10 per class or \$25 per trip.
- Overnight trips require a \$100 nonrefundable deposit; travel insurance is recommended.
- Medical exceptions may be considered after the deadline with a doctor's note.
- If the City of Mentor cancels, participants receive a full refund.

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
			<b>CLOSED NEW YEAR'S DAY</b>	<b>1</b> Grilled Cheese & Tomato Soup  Membership Renewal Starts
Chicken Marsala  LCCOA 12 p.m. Cooking Class 3:30 p.m. International Club 10 a.m.	<b>5</b> Baked Chicken	<b>6</b> Meat Lasagna  Bingo 1 p.m. Parkinson's Support 4 p.m.	<b>7</b> Pulled Pork  Tech Help w/ High School 8:30 a.m. Alzheimer Support 1 p.m.	<b>8</b> Meatloaf
<b>12</b> Breaded Pork Chop  iPad, iPhone Help 12 p.m. Advisory Board 12:30 p.m.	<b>13</b> Johnny Marzetti  ROMEO 1 p.m.	<b>14</b> Teriyaki Chicken  Attorney 1 p.m.	<b>15</b> Swedish Meatballs & Egg Noodles  Trip Promotional Meeting 1 p.m. (pre-registration required)  Social Worker 11 a.m.	<b>16</b> Sausage w/ Peppers & Onions
<b>19</b> <b>CLOSED MLK DAY</b>	<b>20</b> Stuffed Shells	<b>21</b> Sweet & Sour Meatballs  Bingo 1 p.m. Book Club 1:30 p.m.	<b>22</b> Taco Salad	<b>23</b> Chicken Pot Pie
<b>26</b> Spaghetti & Meatballs iPad, iPhone Help 12 p.m. Produce 10 a.m. Cookbook Club	<b>27</b> Chicken Cordon Bleu	<b>28</b> Sausage & Potato Casserole  Visionaries Support 2 p.m.	<b>29</b> <b>Celebration Lunch:</b> City Chicken (Breaded Pork Skewer), Mashed Potatoes, Green Beans, Chocolate Cherry Mousse	<b>30</b> Cook's Choice

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Honey Lime Chicken  LCCOA 12 p.m. Cooking Class 3:30 p.m. International Club 10 a.m.	<b>2</b> Ravioli	<b>3</b> Chicken Marsala  Hearing 10 a.m. Bingo 1 p.m. Parkinson's Support 4 p.m.	<b>4</b> 2 Soft Tacos  Tech Help w/ High School 8:30 a.m. Newcomers 3 p.m.	<b>5</b> Breaded Pork Chops
<b>9</b> Sweet & Sour Chicken  iPad, iPhone Help 12 p.m.	<b>10</b> Shepherd's Pie  Balance & Safety 10 a.m. ROMEO 1 p.m.	<b>11</b> Taco Salad  Attorney 1 p.m.	<b>12</b> Pierogies  Alzheimer Support 1 p.m.	<b>13</b> Chicken Salad
<b>16</b> <b>CLOSED PRESIDENT'S DAY</b>	<b>17</b> Meatloaf	<b>18</b> Tuna Noodle Casserole  Bingo 1 p.m. Book Club 1:30 p.m.	<b>19</b> <b>Celebration:</b> Stuffed Shells, Salad, Garlic Toast, Chocolate Chip Cheesecake Social Workers 11 a.m.	<b>20</b> Tuna Croquette
<b>23</b> <b>Break Week</b> <i>Kitchen &amp; Fitness Studio closed for floor repairs</i> iPad, iPhone Help 12 p.m. Produce 10 a.m. Cookbook Club	<b>24</b> <b>Break Week</b> <i>Kitchen &amp; Fitness Studio closed for floor repairs</i>	<b>25</b> <b>Break Week</b> <i>Kitchen &amp; Fitness Studio closed for floor repairs</i>  Visionaries Support 2 p.m.	<b>26</b> <b>Break Week</b> <i>Kitchen &amp; Fitness Studio closed for floor repairs</i>	<b>27</b> <b>Break Week</b> <i>Kitchen &amp; Fitness Studio closed for floor repairs</i>

**During our kitchen floor renovation (Feb 23 - 27) cold food or catered meals will be available. Reservations and payment will be required Feb 2- 13th**

**Daily lunches are cash ONLY**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Paprikash LCCOA 12 p.m. Cooking Class 3:30 p.m. International Club 10 a.m.	Pulled Pork Lap Top Help 9 a.m. Depression & Anxiety 10 a.m.	3 Shepherd's Pie Bingo 1 p.m. Parkinson's Support 4 p.m.	4 Meat Lasagna Tech Help w/ High School 8:30 a.m.	5 Tuna Noodle Casserole
9 Sweet & Sour Pork Advisory Board 12:30 p.m.	10 Cheeseburger Lap Top Help 9 a.m. ROMEO 1 p.m.	11 Chicken Marsala Konversation w/Ken 12 p.m. Attorney 1 p.m.	12 <b>Celebration:</b> St. Patrick's Corned Beef & Cabbage Alzheimer Support 1 p.m.	13 Cook's Choice Vegetarian
Meatball Sub iPad, iPhone Help 12 p.m. Produce 10 a.m. Cookbook Club	16 Pork Chop & Scalloped Potatoes	17 Honey Lime Chicken Lunch and Learn 10 a.m. Book Club 1:30 p.m.	18 Salisbury Steak Social Worker 11 a.m.	19 20 Grilled Cheese & Tomato Soup
23 Breaded Pork Chop Produce 10 a.m.	24 Pasta w/Meat Sauce	25 1/4lb Beef Hot Dog Visionaries Support 2 p.m.	26 <b>Celebration:</b> Chicken Marsala, Egg Noodles, Peas & Carrots, Jello Poke Cake	27 Cook's Choice Vegetarian
30 Swedish Meatballs iPad, iPhone Help 12 p.m.	31 Sweet & Sour Chicken			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Pulled Pork Tacos Bingo 1 p.m. Hearing 10 a.m. Parkinson's Support 4 p.m.	1 Chicken Marsala Tech Help w/ High School 8:30 a.m.	2 3 Pierogies Guardians Home Opener TBA
Shepherd's Pie <b>Resident Registration</b> CCOA 12 p.m. Laptop Help 9 a.m., Cooking Class 3:30 p.m. International Club 10 a.m.	6 7 Chicken Salad <b>Non-Resident Registration</b>	8 Meat Lasagna Attorney 1 p.m.	9 Breaded Pork Chop Alzheimer Support 1 p.m. Newcomers 3 - 4 p.m.	10 Stuffed Shells
Stuffed Pork Chops Laptop Help 9 a.m. AARP 10 a.m. iPad, iPhone Help 12 p.m. Advisory Board 12:30	13 14 Chicken Teriyaki ROMEO 1 p.m.	15 Breaded Pork Chop Coffee w/The Cops SWAT 10 a.m. Chardon Polka Band 6 p.m. Book Club 1:30 p.m.	16 Pasta w/Meat Sauce Mind Challenge 9:30 a.m. Social Worker 11 a.m.	17 Grilled Cheese & Soup
20 Swedish Meatballs Produce 10 a.m. Cookbook Club	21 Pulled Pork Sandwich	22 Taco Salad Visionaries Support 2 p.m.	23 Tuna Salad Platter Mind Challenge 9:30 a.m.	24 Break Week Turkey & Mashed Potatoes
Break Week 27 Sweet & Sour Pork iPad, iPhone Help 12 p.m.	28 Salisbury Steaks	29 1/4 lb Beef Hot Dog	30 <b>Break Week/Cele:</b> Ham Steak, Cheesy Potatoes, California Veggie Mix, Chocolate Cup Cake Tech Help w/ High School 8:30 a.m. Mind Challenge 9:30 a.m.	

## Mentor Senior Center 2026 Special Events

<b>Jan</b>	15	Trip Promotional Meeting	1:00 - 4:00	<b>Aug</b>	13	Picnic on the Patio	11:30 a.m.-1:00 p.m.
	29	Monthly Celebration	11:30 a.m. - 1 p.m.		14/15	Mentor CityFest	5 - 11 / 12 - 11 p.m.
<b>Feb</b>	5	Newcomers	3 - 4 p.m.		27	Monthly Celebration	11:30 a.m. - 1:00 p.m.
	19	Monthly Celebration	11:30 a.m. - 1 p.m.	<b>Sep</b>	10	Volunteer Appreciation Lunch	11:30 a.m. - 1 p.m.
<b>Mar</b>	12	St. Patrick's Day Luncheon	11:30 a.m. - 1 p.m.		16	Hillcrest Summer Concert	7 - 8 p.m.
	26	Monthly Celebration	11:30 a.m. - 1 p.m.		17	Newcomers	3 p.m. - 4 p.m.
<b>Apr</b>	3	Guardians Event	TBA		TBA	Levy Coalition Pancake Breakfast at Fairport Sr Center	9:00 a.m. - 12 p.m.
	9	Newcomers	3 - 4 p.m.		24	Monthly Celebration - Clam Bake	11:30 a.m. - 1 p.m.
	15	Chardon Polka Band	6 - 8 p.m.	<b>Oct</b>	8	90 + Lunch	11:30 a.m. - 1 p.m.
	25	Garage Sale	9 a.m. - 3 p.m.		TBA	ASA Health Fair and Chili Cookoff	9:30-11:15/11:30-12:30
	30	Monthly Celebration	11:30 a.m. - 1 p.m.		29	Monthly Celebration	11:30 a.m. - 1 p.m.
<b>May</b>	14	Picnic on the Patio	11:30 a.m. - 1 p.m.	<b>Nov</b>	12	Veteran's Breakfast	11:30 a.m. - 1 p.m.
	TBA	Senior Day at the Mall	9 a.m. - 2 p.m.		14	Arts n Crafts Sale	9 a.m. - 3 p.m.
	28	Monthly Celebration	11:30 a.m. - 1 p.m.		19	Thanksgiving Celebration	11:30 a.m.-1:00 p.m.
<b>Jun</b>	11	Picnic on the Patio	11:30 a.m. - 1 p.m.	<b>Dec</b>	2	Hillcrest Band Holiday Concert	7 - 8 p.m.
	25	Monthly Celebration	11:30 a.m. - 1 p.m.		17	Monthly Celebration, Christmas Party	11:30 a.m. - 1 p.m.
	29	Open House/Newcomers	3 p.m. - 4:30 p.m.		24	Close at 2pm for Christmas Eve	11:30 a.m. - 1:30 p.m.
<b>Jul</b>	15	Scimitars Summer Concert	7:00 - 8:00 p.m.		31	Noon Year's Eve Event	11:30 a.m. - 1:30 p.m.
	16	Picnic on the Patio	11:30 a.m. - 1 p.m.		31	Close at 2pm for New Year's Eve	
	23	Ice Cream Social - Advisory Board	1 p.m. - 2 p.m.				
	30	Monthly Celebration	11:30 a.m. - 1 p.m.				

## ARTS & 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: \$40 | Non-Resident: \$50**

**Thursday(s), 10 a.m. - 12 p.m.**

**dates: Jan 8 - Feb 19, Mar 5 - Apr 23**

### Creative Ceramics

This class focuses on decorating pre-made ceramic pieces—no wheel throwing or wet clay. Instruction and kiln firing are included. A \$10 supply fee (included in registration) covers brushes and glazes. Greenware or bisqueware pieces are available for purchase from the instructor. All skill levels welcome! Returning students may bring their own pieces to glaze.

**Instructor: Sharon Williams**

**Location: Senior Center Cultural Arts Room**

**Resident: \$50 | Non-Resident: \$60**

**Wednesday(s), 10 a.m. - 12 p.m.**

**dates: Jan 7 - Feb 18, Mar 4 - Apr 22**



### Needlecrafters

Bring your crochet hooks, knitting needles, or cross-stitch kits and enjoy a cozy, creative session with fellow crafters! Whether you're a beginner or a seasoned stitcher, it's the perfect time to relax, share ideas, and make progress on your favorite project in a warm, friendly setting. One-time annual registration required at the front desk.

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: FREE**

**Monday(s), 10:30 a.m. - 12 p.m.**

**(No class Jan 19 and Feb 16)**



## 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. One-time annual registration required at the front desk.

**Volunteer Instructor: Ken Kothera**

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: FREE**

**Tuesday(s), 2 - 4 p.m.**

## 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 made payable to AARP is due upon registration. Lunch is on your own.

**Instructor: AARP Instructor**

**Location: Senior Center Cultural Arts Room**

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

**date      day      time**  
Apr 13      Monday      10 a.m. - 2:30 p.m.

### Book Club

Join Mentor librarian Cailey Hutchins to discuss popular reads each month. Call (440) 255-8811, ext. 202 to arrange pick up at the drive thru. Personal copies may also be used. For more information, email cailey.hutchins@mentorpl.org

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: FREE**

**Wednesday(s), 1:30 - 3 p.m.**

**dates      book**  
Jan 21      West with Giraffes by Lynda Rutledge  
Feb 18      Remember by Lisa Genova  
Mar 18      Switchboard Soldiers  
                  by Jennifer Chiaverini  
Apr 15      The Most Fun We Ever Had  
                  by Claire Lombardo

### 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 Cultural Arts Room**

**Resident | Non-Resident: FREE**

**dates      day      time**  
Jan 6 - Apr 28      Tuesday      12 - 1 p.m.

### Balance and Safety During the Winter Months

As the winter months continue, injuries from slipping on the ice and snow become more common. Come and learn how to stay safe this winter. We will teach you 5 simple exercises you should be doing every day to improve your strength and balance so that you can function at your fullest capacity! Presentation provided by NovaCare Rehabilitation.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: FREE**

**date      day      time**  
Feb 10      Tuesday      10 - 11 a.m.



### Coffee with the Cops - SWAT Team

The Mentor Special Weapons and Tactics Team, or SWAT, under the command of Lieutenant Mike Fuduric, is comprised of a team of Police Officers who are specially trained to respond to high-risk situations. Learn about the purpose of the SWAT Team, criteria, selection process, equipment and training. In addition, we will discuss what situations require use of special weapons and tactics.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**date      day      time**  
Apr 15      Wednesday      10 - 11 a.m.

### Community Outreach Social Worker

The Lake County Council on Aging has a Community Outreach Social Worker who will be onsite to answer questions, provide information, and to make sure that your needs are being met. Assistance is available to help you with: In-home care, Home Safety, Health Insurance, Prescription Assistance, Legal and Financial Issues, HEAP, Food Resources, Housing, Medicaid, Food Stamps, Mental Health, Hygiene, Health and Wellness, etc. No appointment necessary.

**Presented by:**

**Licensed Social Worker Connie Brocone**

**Location: Senior Center Lobby**

**Res | Non-Res: FREE, Thursday(s), 11 a.m. - 12 p.m.**

**dates: Jan 15, Feb 19, Mar 19, Apr 16**

## Cooking Classes

Join us in the kitchen as LaDonna from Let's Cook brings her mobile kitchens in to teach us how to prepare mouthwatering, easy dishes. Each participant will make their own meal from start to finish. LaDonna brings the ingredients, cleans up the mess and you do the cooking. Don't forget to bring large containers with you to the program so you can take home any leftovers. **Registration deadline is one week prior to class date to allow for food purchasing.**

**Instructor:** LaDonna

**Location:** Senior Center Cardinal Room

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

**Monday(s), 3:30 - 5:00 p.m.**

### **Jan 5: Creamy Polenta w/Wild Mushrooms**

This recipe brings together the humble, comforting nature of polenta with the robust, umami packed flavor of wild mushrooms. Join us as we learn to prepare these simple ingredients to create an elegant meal.

### **Feb 2: Vegetable Biryani**

Join us as we learn to prepare Biryani, the king of Indian dishes. In this dish we will use bold and flavorful spices and colorful vegetables to create India's most beloved rice.

### **Mar 2: Cauliflower and Chickpea Paella**

Paella de verduras is a vibrant, vegetable forward approach to the beloved Spanish rice dish that we all know. We will build this delicious dish layer by layer creating an umami, smoky flavor.

### **Apr 6: Japchae**

One of Korea's most beloved celebratory dishes, Japchae is made using sweet potato glass noodles and colorful vegetables mixed with a flavorful balanced sauce to create a meal that is both stunning and delicious.

## Depression and Anxiety in Older Adults

Getting older means you have experienced a lot more in this world...and unfortunately a lot of difficult times. In fact, depression is a common problem among older adults, but it doesn't have to be a normal part of aging. Come learn about depression and anxiety amongst older adults, how to get help for yourself or support a friend who may be experiencing one of these. Presentation provided by the Lake County Alcohol, Drug Addiction and Mental Health Services Board.

**Location:** Senior Center Cardinal Room

**Resident | Non-Resident:** Free

<b>date</b>	<b>day</b>	<b>time</b>
Mar 3	Tuesday	10 - 11 a.m.

## Cook Book Club

Are you interested in exploring new cookbooks and sharing your culinary creations with others? The Cookbook Club offers the perfect opportunity. Each month, participants will select a dish from a selected cookbook, prepare recipes, and bring their dishes to share in a potluck gathering. Members are responsible for obtaining the monthly title from their local library. To ensure availability, we recommend placing a hold at least one month in advance. Join us for engaging discussions, recipe exchanges, and of course, delicious food.

**Registration deadline: January 20.**

**Monday(s), 3:30 - 5 p.m.**

**Jan 26, Giada De Laurentiis; Everyday Italian:** 125 simple and delicious recipes.

**Feb 23, Lidia Bastianich; Lidia's From Our Family Table to Yours:** more than 100 recipes made with love for all occasions.

**Mar 16, Rachel Ray 50:** Memories and meals from a sweet and savory life.

**Apr 20, Vivian Howard; This will make it taste good:** a new path to simple cooking.



## Konversation with Ken

Join City Manager Ken Filipiak for an informative update on what's happening in the City of Mentor.

**Location:** Senior Center Great Room

**Resident | Non-Resident:** FREE

<b>date</b>	<b>day</b>	<b>time</b>
Mar 11	Wednesday	12 - 1 p.m.

## Matter of Balance

Take steps to make falls less likely –participate in A Matter of Balance workshop! This nationally-recognized program offered by Fairhill Partners reduces the fear of falling and increases activity levels. Please plan to attend at least 5 of the 8 classes.

**Facilitator: WRAAA**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: FREE**

<i>dates</i>	<i>day</i>	<i>time</i>
Apr 3 - May 22	Friday	9:30 - 11:30 a.m.

## Lake County Council on Aging

The Council on Aging will be at the Senior Center to present information about the programs and services available to Lake County seniors.

**Locations:**

**Senior Center Cardinal Room 12 - 12:30 p.m.**

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

**Resident | Non-Resident: FREE**

**Monday(s)**

<i>dates</i>	<i>topic</i>
Jan 5	Vial of Life
Feb 2	LCCOA Resources
Mar 2	Aging and Disability Resource Center
Apr 6	Benefits: Medicaid, HEAP, SNAP

## Lunch and Learn - Market Update

Steve Mrozek, Financial Advisor from Edward Jones will be presenting a seminar providing the latest market update. Whether you are new to investing or want a refresher, our Foundations of Investing presentation will help you learn about the importance of developing a strategy, the impact of asset allocation, and ideas for focusing on what you can control with your finances. Presentation and lunch provided by Edward Jones.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: FREE**

<i>date</i>	<i>day</i>	<i>time</i>
Mar 18	Wednesday	10 - 11:30 a.m.

## MSC Online Account/ Program Registration

Don't get closed out of classes! Did you know the quickest way to register for classes is online? Avoid the lines and having to get up and out of the house before 8am. Register for this class and we can set you up with an online account and give you instructions on how to do it yourself. You will be surprised how quick and easy it is. Please bring a device with you, preferably a tablet, iPad, or laptop. Registration starts November 3.

**Location: Senior Center Conference Room #1**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Nov 24	Monday	10 - 11 a.m.
Nov 25	Tuesday	10 - 11 a.m.
Mar 16	Monday	10 - 11 a.m.
Mar 17	Tuesday	10 - 11 a.m.

## ● FITNESS/WELLNESS

### Cycling Club

The cycling club begins its 14th season on April 1. All rides are weather permitting and ride cancellations and any changes will be done via email. All rides start at 10 a.m. unless designated otherwise. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Rides start on Wednesdays in April and continue through October. Contact Arnie Zvejnieks at 440-525-0293, for information or to be added to the mailing list.

### Monday Hiking Club

Monday evening hikes usually 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 to register or if you have any questions. Hiking locations will be emailed to everyone registered for the club.

### Line Dancing Basic Beginner

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

**Instructor: Tina**

**Resident: \$20 | Non-Resident: \$25**

**Wednesday(s), 5:45 - 6:45 p.m.**

**dates: Jan 7 - Feb 18\*\*, Mar 4 - Apr 29\*\***

**\*\*(no classes Feb 4 or Apr 22)\*\***

### Line Dancing Basic Beginner/Improver

This is for those ready to take line dancing to the next level. You should have completed at least 6 months of a Basic Beginner class, be an experienced dancer that wants to have a refresher course, or just like to keep it nice and easy. This class will move along a little faster as most steps were learned in the Basic Beginner class.

**Instructor: Tina**

**Resident: \$20 | Non-Resident: \$25**

**Wednesday(s), 6:45 - 7:45 p.m.**

**dates: Jan 7 - Feb 18\*\*, Mar 4 - Apr 29\*\***

**\*\*(no classes Feb 4 or Apr 22)\*\***

## Low Impact Aerobics

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

**Instructor: Sharon**

**Resident: \$20 | Non-Resident: \$25**

dates	day	time
Jan 5 - Feb 9**	Monday	9 - 9:45 a.m.
Jan 6 - Feb 17	Tuesday	9 - 9:45 a.m.
Jan 8 - Feb 19	Thursday	9 - 9:45 a.m.
Jan 2 - Feb 20	Friday	9 - 9:45 a.m.
Mar 2 - Apr 20	Monday	9 - 9:45 a.m.
Mar 3 - Apr 21	Tuesday	9 - 9:45 a.m.
Mar 5 - Apr 23	Thursday	9 - 9:45 a.m.
Mar 6 - Apr 17	Friday	9 - 9:45 a.m.

\*\*(no class Jan 19)\*\* Jan-Feb Monday class only  
Res: \$10, Non-Res: \$15

## Mat Yoga

Enhance your flexibility, strength, and balance with a variety of yoga poses. Class will include seated and standing poses, finishing with relaxation. Please bring a mat and wear loose fitting clothes. For beginner and continuing students.

**Instructor: Sue, Yoga Renew Certified**

**Jan - Feb: Resident: \$10 | Non-Resident: \$15**

**Mar - Apr: Resident: \$20 | Non-Resident: \$25**

**Monday(s), 3 - 3:45 p.m.**

dates: Jan 5 - Feb 9\*\*, Mar 2 - Apr 20

\*\*(no class Jan 19)\*\*

## 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, Sharon, Pat**

**Resident | Non-Resident: FREE**

**Wednesday(s), 3 - 3:45 p.m.**

dates: Jan 7 - Feb 18, Mar 4 - Apr 22



\*\*Silver Sneakers Members = SSMembers

## SilverSneakers® EnerChi

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

**Instructor: Denise**

**Resident | Non-Resident: \$20 | SSMembers: Free**

**Thursday(s), 4 - 4:45 p.m.**

dates: Jan 8 - Feb 19, Mar 5 - Apr 23

## SilverSneakers BOOM™ MIND

The best of yoga and Pilates combined in an intermediate to advanced mind-body mat workout. Whether you're looking to challenge yourself or move mindfully at your own pace, this class supports all levels of experience. We'll begin standing and transition down to the mat, finishing with calming stretches and deep relaxation to leave you feeling balanced and refreshed.

**Instructor: Sue**

**Resident | Non-Resident: \$20 | SSMembers: Free**

**Wednesday(s), 4 - 4:45 p.m.**

dates: Jan 7 - Feb 18, Mar 4 - Apr 22

## SilverSneakers BOOM™ MUSCLE

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

**Instructor: Joy**

**Resident | Non-Resident: \$20 | SSMembers: Free**

dates	day	time
Jan 5 - Feb 9**	Monday	8:10 - 8:50 a.m.
Jan 5 - Feb 9**	Monday	4:00 - 4:50 p.m.
Jan 7 - Feb 18	Wednesday	8:10 - 8:50 a.m.
Mar 2 - Apr 20	Monday	8:10 - 8:50 a.m.
Mar 2 - Apr 20	Monday	4:00 - 4:50 p.m.
Mar 4 - Apr 22	Wednesday	8:10 - 8:50 a.m.

\*\*(no class Jan 19)\*\* Jan-Feb Monday class \$10

## SilverSneakers® Circuit

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

**Instructor: Sue - Tues/Thurs | Pat - Wed**

**Resident | Non-Resident: \$20 | SSMembers: Free**

dates	day	time
Jan 6 - Feb 17	Tuesday	2 - 2:45 p.m.
Jan 7 - Feb 18	Wednesday	11 - 11:45 a.m.
Jan 8 - Feb 19	Thursday	2 - 2:45 p.m.
Mar 3 - Apr 21	Tuesday	2 - 2:45 p.m.
Mar 4 - Apr 22	Wednesday	11 - 11:45 a.m.
Mar 5 - Apr 23	Thursday	2 - 2:45 p.m.

## SilverSneakers® Stability

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

**Instructor: Sharon - Mon/Fri | Joy - Tues**

**Resident | Non-Resident: \$20 | SSMembers: Free**

dates	day	time
Jan 5 - Feb 9**	Monday	11 - 11:45 a.m.
Jan 6 - Feb 17	Tuesday	12 - 12:45 p.m.
Jan 2 - Feb 20	Friday	12 - 12:45 p.m.
Mar 2 - Apr 20	Monday	11 - 11:45 a.m.
Mar 3 - Apr 21	Tuesday	12 - 12:45 p.m.
Mar 6 - Apr 17	Friday	12 - 12:45 p.m.

\*\*(no class Jan 19)\*\* Jan-Feb Monday class \$10

## SilverSneakers® Classic

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

**Instructor: Sharon - Mon/Fri | Joy - Tues/Thurs am  
Sue - Tues/Thurs pm | Pat - Wed**

**Resident | Non-Resident: \$20 | SSMembers: Free**

dates	day	time
Jan 5 - Feb 9**	Monday	10 - 10:45 a.m.
Jan 6 - Feb 17	Tuesday	8:10 - 8:50 a.m.
Jan 6 - Feb 17	Tuesday	1 - 1:45 p.m.
Jan 7 - Feb 18	Wednesday	10 - 10:45 a.m.
Jan 8 - Feb 19	Thursday	8:10 - 8:50 a.m.
Jan 8 - Feb 19	Thursday	1 - 1:45 p.m.
Jan 2 - Feb 20	Friday	10 - 10:45 a.m.
Mar 2 - Apr 20	Monday	10 - 10:45 a.m.
Mar 3 - Apr 21	Tuesday	8:10 - 8:50 a.m.
Mar 3 - Apr 21	Tuesday	1 - 1:45 p.m.
Mar 4 - Apr 22	Wednesday	10 - 10:45 a.m.
Mar 5 - Apr 23	Thursday	8:10 - 8:50 a.m.
Mar 5 - Apr 23	Thursday	1 - 1:45 p.m.
Mar 6 - Apr 17	Friday	10 - 10:45 a.m.

\*\*(no class Jan 19)\*\* Jan-Feb Monday class \$10

## SilverSneakers® YOGA

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

**Instructor: Denise - Mon/Thurs | Pat - Wed |  
Sharon - Fri**

**Resident | Non-Resident: \$20 | SSMembers: Free**

dates	day	time
Jan 5 - Feb 9**	Monday	12 - 12:45 p.m.
Jan 7 - Feb 18	Wednesday	9 - 9:45 a.m.
Jan 8 - Feb 19	Thursday	3 - 3:45 p.m.
Jan 2 - Feb 20	Friday	11 - 11:45 a.m.
Mar 2 - Apr 20	Monday	12 - 12:45 p.m.
Mar 4 - Apr 22	Wednesday	9 - 9:45 a.m.
Mar 5 - Apr 23	Thursday	3 - 3:45 p.m.
Mar 6 - Apr 17	Friday	11 - 11:45 a.m.

\*\*(no class Jan 19)\*\* Jan-Feb Monday class \$10

## 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, Res: \$20 | Non-Res: \$25**

**Tuesday(s), 11 - 11:45 a.m.**

dates: Jan 6 - Feb 17, Mar 3 - Apr 21

**Thursday(s), 11 - 11:45 a.m.**

dates: Jan 8 - Feb 19, Mar 5 - Apr 23

## Weight Training

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

**Instructor: Sharon, Res: \$20 | Non-Res: \$25**

**Tuesday(s), 10 - 10:45 a.m.**

dates: Jan 6 - Feb 17, Mar 3 - Apr 21

**Thursday(s), 10 - 10:45 a.m.**

dates: Jan 8 - Feb 19, Mar 5 - Apr 23

## Senior Center Fitness Center

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

## Fitness Orientation - Cardio Training

Get comfortable with the treadmill, elliptical, and stationary bike. This class covers machine operation, adjusting settings, using heart rate functions, and maintaining proper form. Class size is limited to 4 participants. Please call to schedule your appointment.

**Location: Senior Center Fitness Center**

**Resident | Non-Resident: \$15 | SSMembers: Free**

day	time
Monday	6:30 - 7:20 p.m.
Tuesday	9 - 9:50 a.m.
Tuesday	12 - 12:50 p.m.
Thursday	1 - 1:50 p.m.

## Fitness Orientation - Strength Training

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

**Location: Senior Center Fitness Center**

**Resident | Non-Resident: \$15 | SSMembers: Free**

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

## Personal Training

**Don't wait to start feeling great!** 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.

**Tuesday, Thursday, and Friday afternoons**

**Location: Senior Center Fitness Center**

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

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

## EXERCISE CLASSES at MENTOR COMMUNITY RECREATION CENTER

Location: MCRC 6000 Heisley Rd., Mentor  
Mentor Senior Center Member rates listed below.

### PICKLEBALL

#### Beginner Pickleball - Seniors

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle and water bottle to each class.

**Instructor: MCRC Staff**

**Member: \$48 | Non-Member: \$58**

**Tuesday(s), 11:30 a.m. - 12:30 p.m.**

**dates: Jan 6 - Jan 27, Feb 3 - Feb 24  
Mar 3 - Mar 31\*\*, Apr 7 - Apr 28**

**\*\*(no class Mar 17)\*\***

#### Intermediate Pickleball - Seniors

This intermediate class (USA Pickleball rating of 3.0 - 3.5) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle and water bottle to each class.

**Instructor: MCRC Staff**

**Member: \$48 | Non-Member: \$58**

**Tuesday(s), 12:30 p.m. - 1:30 p.m.**

**dates: Jan 6 - Jan 27, Feb 3 - Feb 24  
Mar 3 - Mar 31\*\*, Apr 7 - Apr 28**

**\*\*(no class Mar 17)\*\***

### Water Exercise Classes

A variety of water fitness classes are offered at MCRC. Classes will be offered in one month sessions. 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/>.

**Participants can arrive at the facility 20 minutes before class begins and must leave the facility 20 minutes after class ends.**

#### Cardio Splash Water Exercise at MCRC

A combination of cardio, toning and stretching with a splash of fun.

**Intensity: Medium | Instructor: Brenda**

<b>dates</b>	<b>day</b>	<b>time</b>	<b>rate</b>
Jan 2 - Jan 30	Fri	10 - 10:50 a.m.	\$25
Feb 6 - Feb 27	Fri	10 - 10:50 a.m.	\$20
Mar 6 - Mar 27	Fri	10 - 10:50 a.m.	\$20
Apr 3 - Apr 24	Fri	10 - 10:50 a.m.	\$20

#### Aqua HIIT Water Exercise at MCRC

A full body interval class - focused on strength with a burst of cardio. **Instructor: MaryBeth**

<b>dates</b>	<b>day</b>	<b>time</b>	<b>rate</b>
Jan 6 - Jan 27	Tues	9 - 9:50 a.m.	\$20
Jan 8 - Jan 29	Thur	9 - 9:50 a.m.	\$20
Feb 3 - Feb 24	Tues	9 - 9:50 a.m.	\$20
Feb 5 - Feb 26	Thur	9 - 9:50 a.m.	\$20
Mar 3 - Mar 31	Tues	9 - 9:50 a.m.	\$25
Mar 5 - Mar 26	Thur	9 - 9:50 a.m.	\$20
Apr 7 - Apr 28	Tues	9 - 9:50 a.m.	\$20
Apr 2 - Apr 30	Thur	9 - 9:50 a.m.	\$25

#### Senior Water Exercise at MCRC

A combination of toning, stretching and light cardio geared toward seniors.

**Instructor: Marybeth**

<b>dates</b>	<b>day</b>	<b>time</b>	<b>rate</b>
Jan 6 - Jan 27	Tues	2 - 2:50 p.m.	\$20
Jan 8 - Jan 29	Thur	2 - 2:50 p.m.	\$20
Feb 3 - Feb 24	Tues	2 - 2:50 p.m.	\$20
Feb 5 - Feb 26	Thur	2 - 2:50 p.m.	\$20
Mar 3 - Mar 31	Tues	2 - 2:50 p.m.	\$25
Mar 5 - Mar 26	Thur	2 - 2:50 p.m.	\$20
Apr 7 - Apr 28	Tues	2 - 2:50 p.m.	\$20
Apr 2 - Apr 30	Thur	2 - 2:50 p.m.	\$25

#### Shallow/Deep Water Exercise Class at MCRC

A combination of shallow and deep water exercises to tone your body while getting your heart pumping. **Instructor: Barb**

<b>dates</b>	<b>day</b>	<b>time</b>	<b>rate</b>
Jan 5 - Jan 26**	Mon	10 - 10:50 a.m.	\$15
Jan 7 - Jan 28	Wed	10 - 10:50 a.m.	\$20
Feb 2 - Feb 23**	Mon	10 - 10:50 a.m.	\$15
Feb 4 - Feb 25	Wed	10 - 10:50 a.m.	\$20
Mar 2 - Mar 30	Mon	10 - 10:50 a.m.	\$25
Mar 4 - Mar 25	Wed	10 - 10:50 a.m.	\$20
Apr 6 - Apr 27	Mon	10 - 10:50 a.m.	\$20
Apr 1 - Apr 29	Wed	10 - 10:50 a.m.	\$25

**\*\*(no classes Jan 19 and Feb 16)\*\***

#### Stretch and Tone Water Exercise at MCRC

Light toning and gentle stretching exercises in shallow warm water. This class is perfect for all ages to help with relaxation, stress relief, pain relief, and improved range of motion.

**Intensity: Low | Instructor: Marybeth**

<b>dates</b>	<b>day</b>	<b>time</b>	<b>rate</b>
Jan 6 - Jan 27	Tues	10 - 10:50 a.m.	\$20
Jan 8 - Jan 29	Thur	10 - 10:50 a.m.	\$20
Feb 3 - Feb 24	Tues	10 - 10:50 a.m.	\$20
Feb 5 - Feb 26	Thur	10 - 10:50 a.m.	\$20
Mar 3 - Mar 31	Tues	10 - 10:50 a.m.	\$25
Mar 5 - Mar 26	Thur	10 - 10:50 a.m.	\$20
Apr 7 - Apr 28	Tues	10 - 10:50 a.m.	\$20
Apr 2 - Apr 30	Thur	10 - 10:50 a.m.	\$25

## GAMES/CLUBS

One-time annual registration required at the front desk for most games and clubs.

**Yearly registration and membership required to participate in Games/Clubs. New participants and players are welcome. No experience necessary with the exception of Duplicate Bridge and Pinochle.**

### Bingo

Join us for a lively game of BINGO, complete with friends, guest callers, and a variety of games and prizes. Cards are \$.25 each, max of 4 per person. (No pre-registration required)

**Location: Senior Center Cardinal Room**

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

**Monday(s), 1 - 2 p.m.**

**dates: Jan - 5 - Apr 27\*\***

**\*\*(no classes Jan 19 and Feb 16)\*\***

**Wednesdays(s), 1 - 2 p.m.**

**dates: Jan 7, Jan 21, Feb 4, Feb 18, Mar 4, Apr 1**

### 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. Play is available during normal business hours.

**Location: Senior Center Billiards Room**

**Resident | Non-Resident: FREE**

### Canasta

New players are always welcome to this card playing group. A rummy-style game where players form melds of seven cards of the same rank to score points.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

**day: Thursday time: 2 - 4:00 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**

**day: Tuesday time: 1 - 2:30 p.m.**

### Cornhole

Drop in on Wednesdays for a fun game of cornhole.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: FREE**

**day: Wednesday time: 6 - 7:30 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**

**day: Mon, Wed, Fri time: 1 - 2:30 p.m.**

### Cribbage

New players are always welcome to join this card playing group. A card game where players score points through card combinations and pegging on a scoring board.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**day: Thursday time: 1 - 3:00 p.m.**

### Duplicate Bridge

All players must be experienced. For more info, or assistance, contact Donna Waggle at 440-478-4070 or donna1438@aol.com. A competitive form of Bridge where the same deals are played at multiple tables to compare scores.

**Location: Senior Center Cardinal Room**

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

**day: Tuesday, Friday time: 12:30 p.m.**

### NEW! Euchre

Our Euchre group launched in September and is always open to new players. No experience? No problem! You're welcome to watch a few hands, and fellow players will be glad to help you learn. This is a drop-in activity—come whenever you're available and ready to play.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**day: Wednesday time: 1 - 3:00 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. For complete details, contact JoAnn (440) 478-3940.

## Hand Knee and Foot

New players are welcome, no experience needed. A Canasta-style game played with multiple decks where players work through three hands of increasing size.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**day: Mon, Tue, Wed time: 12 p.m.**

**day: Wed time: 10 a.m.**

## International Culture Club

Our informal social club talks about different cultures and current events. 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 at 10 a.m. unless noted below.**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: FREE**

**Monday(s), 10 - 11:30 a.m.**

**dates: Jan 5 (off), Feb 2, Mar 2, Apr 6**

## Mahjong

A tile-matching game where players build specific hands by drawing and discarding tiles.

**Location: Senior Center Lobby**

**Resident | Non-Resident: FREE**

**day: Monday time: 12:30 - 4 p.m.**

## Ping Pong

Open play is available. Must be experienced.

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: FREE**

**day: Friday time: 2:45 - 4:45 p.m.**

## Pinocchio

All players must be experienced. A trick-taking card game where players score by melding combinations and winning tricks.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**day: Tuesday time: 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**

## Retired Older Men Eating Out (ROMEO)

Join this new group to make friends, socialize, and enjoy local restaurants. We will meet at local restaurants the 2nd Tuesday of every month at 1 p.m. You order off the menu and pay for your own meal. Registration for each monthly lunch is required so we can make a reservation. **Registration deadline is a week prior to lunch.**

**Resident | Non-Resident: FREE**

**Tuesday(s), 1 - 2:30 p.m.**

dates	location
Jan 13	Mario Fazio's
Feb 10	TJ's on the Avenue
Mar 10	Azteca
Apr 14	Brennan's Fish House

## Rummikub

A tile-based game where players form runs and sets of numbers to be the first to empty their rack. New players are welcome to this group.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**day: Wednesday time: 1 - 3 p.m.**

## Scrabble

Are you a wordsmith? Drop in and test your skills.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**day: Monday time: 1 - 3 p.m.**

## Samba Card Game

A variation of Canasta where players form melds, including sequences, aiming for 3,000 points. Try it out!

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**day: Friday time: 10 a.m. - 12 p.m.**

## ● HEALTH SERVICES

### Attorney

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

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

**Resident | Non-Resident: FREE**

**Wednesday(s), 1 - 2:00 p.m.**

**dates: Jan 14, Feb 11, Mar 11, Apr 8**

## Alzheimer's Association Caregiver Support Group

Join us to discuss signs and symptoms, explore available resources, share caregiving tips, and connect with others affected by Alzheimer's and dementia. The group meets on the 2nd Thursday of each month.

**Location:** Senior Center Cultural Arts Room  
**Resident | Non-Resident:** FREE  
**Thursday(s), 1 - 2:30 p.m.**  
dates: Jan 8, Feb 12, Mar 12, Apr 9

## Hearing Screenings

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

**Location:** Senior Center Conference Room #2  
**Resident | Non-Resident:** FREE  
**Wednesday, 10 a.m. - 12 p.m.**  
dates: Feb 4, Apr 1 (Amanda's Family Hearing)

## Special Elders

The Special Elders Program offers light support to help seniors fully enjoy their time at the center. Our compassionate staff provides assistance with socializing, carrying lunch trays for those with physical limitations, registering for programs, and finding activity locations—especially helpful for those with memory challenges. An enrollment appointment with Special Elders staff is required prior to participation in the program. Please note that this service is not intended for individuals who require moderate to significant assistance, unless accompanied by a caregiver. To make participation even easier, Laketran is available to provide transportation to and from the Mentor Senior Center.

**Location:** Senior Center  
**Resident | Non-Resident:** \$20 annual fee (Jan-Dec)  
**Monday(s), Wednesday(s), 10:30 a.m. - 2 p.m.**

## Schedule of Activities

### Monday

10:30 - 11:50 a.m.	Submit lunch orders
11:00 - 11:45 a.m.	Lunch/Socialization
12:00 - 12:45 p.m.	Billiards (optional, no fee)
1:00 - 2:00 p.m.	BINGO \$.25 per card

### Wednesday

10:30 - 11:50 a.m.	Submit lunch orders
11:00 - 11:45 a.m.	Lunch/Socialization
12:00 - 12:45 p.m.	Special Elders Silver Sneakers Classic (optional, registration fee)
1:00 - 2:00 p.m.	Crafts, games or parties

## 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:** John Mazor  
**Location:** Senior Center Cardinal Room  
**Resident | Non-Resident:** FREE  
**Wednesday(s), 4 - 5:30 p.m.**  
dates: Jan 7, Feb 4, Mar 4, Apr 1

## 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  
**Res | Non-Res:** \$20 | SS Members: FREE  
**Wednesday(s), 12 - 12:45 p.m.**  
dates: Jan 7 - Feb 18, Mar 4 - Apr 22

## Produce Distribution

In conjunction with the Cleveland Food Bank, we offer produce distribution for limited income seniors the third Monday of the month from 10 - 11 am (if ready, will start at 9:30am). All participants will be registered on site. Participants must certify annual gross household income is at or below \$31,300 for a household of 1 and \$42,300 for a household of 2. Income is self-declared; verification is not required. First come, first served. Please bring a heavy-duty bag or two for produce. No advance registration; bring photo ID for onsite registration.

**Location:** Senior Center Great Room  
**Resident | Non-Resident:** FREE  
**Monday(s), 10 - 11:00 a.m.** (if ready, will begin at 9:30 a.m.)  
dates: Jan 26\*, Feb 23\*, Mar 16, Apr 20  
**\*\*4th Monday of the Month\*\***

## Visionaries Support Group

If you are living with vision impairment, we invite you to join our free support group meetings. Connect with others, share experiences, and find encouragement in a supportive community.

**Facilitator:** Licensed Optician Debbie Kogler  
**Location:** Senior Center Cultural Arts Room  
**Resident | Non-Resident:** FREE  
**Wednesday(s), 2 - 4 p.m.**  
dates: Jan 28, Feb 25, Mar 25, Apr 22

## Income Tax Assistance with AARP Foundation Volunteers

**Registration will start January 12, 2026**

This program provides free tax preparation assistance for individuals age 50 and older, as well as middle- and low-income taxpayers. Trained AARP volunteers can help complete and electronically submit state and federal income tax returns. Please note: Assistance is not available for city tax returns. Volunteers are not employees of the City of Mentor.

### Before your appointment:

Pick up and complete an AARP Tax Pre-packet, available at the front desk starting in mid-January.

Please bring:

- Copy of last year's federal and Ohio returns
- W-2 forms and any applicable 1099s (SSA-1099, 1099-INT, 1099-DIV, 1099-R, 1099-NEC, 1099-MISC, 1099-B, W-2G, etc.)
- 1095 form (if you received one) showing proof or cost of medical coverage
- Completed Pre-packet intake/interview & quality review document (Form 13614-C)
- Completed Pre-packet worksheet to report any itemized deductions (medical, charities, taxes paid, mortgages)
- Completed Pre-packet worksheet for self-employment if you have your own business.
- Social Security cards for everyone included on return
- Government-issued photo ID for taxpayer and spouse
- Spouse present if filing jointly

**Location: Senior Center Cardinal Room**

*(register in advance)*

**Thursday(s), 9 a.m. - 2 p.m., dates: Feb 5 - Apr 9**

**ATTENTION:** AARP Tax-Aide urgently needs new volunteers to help prepare taxes for low and middle income families. If you are interested in becoming a volunteer go to <http://www.aarfound.org/taxaidevolunteer> to register.

## MEALS

### Daily Made From Scratch Lunch

**(Cash Only) 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 \$6.00. 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.

## CELEBRATION LUNCHEONS

Be sure to register early at the front desk or by calling 440-974-5725. Our luncheons are very popular and tend to sell out quickly—tickets won't be available at the door!

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$11**

*(unless otherwise noted)*

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

### January 29 Celebration

City chicken (breaded pork skewer), mashed potatoes and green beans with chocolate cherry mousse for dessert. The amazing one-man band Tom Todd will entertain us. *Reservation deadline is January 16.*

### February 19 Celebration

Stuffed shells, salad and garlic toast. Chocolate chip cheesecake bar rounds out this meal. Entertainment is Dom Noce, a dynamic singer performing music from the 60s, 70s and 80s. *Reservation deadline is February 6.*

### March 26 Celebration

Chicken marsala with egg noodles, peas and carrots. Save room for Jello poke cake. Women in History will take you on a journey through the Golden Age of Hollywood, featuring gossip mavens Hedda Hopper and Louella Parsons. *Reservation deadline is March 13.*

### April 30 Celebration

Ham steak, cheesy potatoes, California veggie mix, Chocolate cupcake. Dennis Ford returns to entertain us with his amazing voice! *Reservation deadline is April 17.*

## SPECIAL LUNCHEONS

### St. Patrick's Day Luncheon

Corned beef, cabbage, potatoes, followed by a mint chocolate cupcake. Forsythe Special will be providing traditional Irish music complete with fiddle, tin whistle, and bodhran. *Reservation deadline is Feb 27.*

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$11**

<i>date</i>	<i>day</i>	<i>time</i>
Mar 12	Thursday	11:30 a.m.

## MUSIC & THEATER

### Chardon Polka Band

Whether you love traditional polka music or want to hear a "polka twist" to today's hottest tunes, you'll love the Chardon Polka Band. The band is captivating audiences across northeast Ohio with its unique style and blend of musicians.

**Location:** Senior Center Stage

**Resident | Non-Resident:** \$8

date	day	time
Apr 15	Wednesday	6 - 8 p.m.

### Mentor Follies Dancers

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

**Director:** Rena Ellwanger

**Location:** Senior Center Stage

**Resident | Non-Resident:** FREE

**Wednesday(s), 6:45 - 7:45 p.m.**

**dates:** January off, Feb 4 - Apr 22

### Mentor Music Makers Chorus

This group enjoys singing a wide variety of music, and performs at Senior Centers, Retirement Communities, Nursing and Rehab facilities. No special experience or ability to read music is required. The group is under the professional direction of Maria Voljin. Enjoy the music and camaraderie.

**Instructor:** Maria Voljin

**Location:** Senior Center Stage

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

**Wednesday(s), 10 - 11:30 a.m.**

**dates:** Jan - Feb off, Mar 4 - Apr 22

### 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 Syroney

**Location:** Senior Center Stage

**Resident: \$80 | Non-Resident: \$97**

**Tuesday(s), 9 a.m. - 12 p.m.**

**dates:** Jan - Feb off, Mar 3 - Apr 21

## SPECIAL EVENTS

### Newcomers

Come meet fellow new members and discover the exciting programs our senior center has to offer! Join Director Renee Ochaya and Recreation Coordinators Dave Duricky and Colleen Higgins as they guide you through our wide range of activities and help you get involved.

**Location:** Senior Center Great Room

**Resident | Non-Resident:** FREE

**Thursday(s), 3 - 4 p.m.**

**dates:** Feb 5, Apr 9



### Garage Sale

Don't miss our HUGE annual garage sale – a fantastic opportunity to discover hidden treasures and one-of-a-kind finds! Interested in selling? Vendor spaces are available for just \$25 for a 6-foot table and \$20 for a 5-foot table. Registration begins December 1 for resident senior center members, and opens on December 2 for nonresident members. If space allows, non-members may begin registering on January 5. To reserve your table, please call the Mentor Senior Center at 440-974-5725.

date	day	time
Apr 25	Saturday	9 a.m. - 3 p.m.

### Northeast Ohio Mind Challenge

The Mind Challenge is back for its 8th year. The mind-stimulating event grows each year. We will be forming teams in April. Individuals and teams are welcome. Please spread the word, recruit family and friends and get ready for some exciting mind challenging trivia! Please register in advance.

**Location:** Chesterland Senior Center

**Resident | Non-Resident:** FREE

dates	day	time
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Apr 16 Thur 9:30 - 11:30 a.m.

*Team Formation and Practice Round*

Apr 23 Thur 9:30 - 11:30 a.m. Round One

Apr 30 Thur 9:30 - 11:30 a.m. Round Two

May 7 Thur 1:00 - 3:00 p.m. Round Three

May 14 Thur 9:30 - 11:30 a.m. Round Four

May 21 Thur 9:30 - 11:30 a.m. Elevated 10

May 27 Wed 9:30 a.m. & 1 p.m.

*Semifinals and Finals/Independence*

*If a class is cancelled due to instructor illness you will be notified by email and text.*

*If you do not have these technologies, please have a class buddy call you.*



## Guardians Opening Day Party

Can't get to the ballpark on Opening Day? Come to our 13th annual Opening Day Party and watch the Guardians take on the Chicago Cubs. 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**

date	day	time
Apr 3	Friday	TBA

## TECHNOLOGY

### Laptop Help

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**Monday(s), 9 - 11:00 a.m.**

*dates: Mar 2 and 9, Apr 6 and 13*

### iPad/iPhone Help (and Android)

Do you have an iPhone or iPad and have questions on how to use it? Sign up for free one-on-one help to get those questions answered. Please write down all your questions and bring them with you. If you have a question about an error message, please take a screenshot or write down the error exactly as well as what app you are in. If you have an Android device, we can help with that too, it just might take a little longer. Appointment are 30 minutes.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**Monday(s), 12 - 2 p.m.**

*dates: Jan 12 and 26, Feb 9 and 23  
Mar 16 and 30, Apr 13 and 27*

## Tech Help

Mentor High School students will be on hand to help with your tablet, iPad, and smart phone questions. Bring your questions and a willingness to tackle these powerful gadgets. Registration closes 7 days in advance.

**Location: Senior Center Great Room**

**Resident | Non-Resident: FREE**

**Thursday(s), 8:30 - 9:30 a.m.**

*dates: Jan 8, Feb 5, Mar 5, Apr 2, Apr 30*

## TRIPS

### Trip Promotional Meeting

Start the new year with excitement at our Annual Trip Promotional Meeting, your exclusive opportunity to preview all the overnight and charter bus trips planned for 2026.

At this event, professional tour companies will give presentations featuring full itineraries, pricing, and trip highlights. Whether you're interested in getaways or full-day outings, this is your chance to plan your year of travel.

Trip registration begins at 1:00 p.m..

**Date: Thursday, January 15**

**Time: 1:00 p.m.**

**Location: Senior Center**

**Registration to attend opens:**

- December 1 for Mentor resident members
- December 2 for non-resident members

### How to Attend

You must pre-register to attend:

Only current members may attend the meeting and register for trips. Since memberships expire on December 31, be sure to renew before attending the meeting.

When you register in December, you will be assigned a place in line and you will receive a registration number at the trip promotional meeting. If you end up on a waitlist, don't worry – most trips do not fill on the first day.

Stay informed by reading the Senior Center Newsletter for future announcements and trip updates.

### Trips at a Glance

#### Charter Bus Overnight Trips

Multi-day getaways with charter tour companies. Everything is planned – just pack and go. Registrations begins at the Promotional Meeting and continues until registration deadline.

## Charter Bus Day Trips

Full-day adventures with multiple stops, arranged by professional tour companies.

*Registration begins at the Promotional Meeting and continues until registration deadline.*

## Small Bus and Laketran Trips

Local, relaxed outings with one or two stops to local attractions such as museums, theaters, and sporting events.

*New trips added quarterly – see the newsletter*

## Out-to-Lunch Bunch

Monthly lunch outings to a variety of restaurants, offering great food and social time with friends.

*Released quarterly in the newsletter*

## Registration Guidelines

- You may also register your spouse or one friend.
- If registering a friend: payment must be cash or check (made payable to the City of Mentor).
- Friends must go on the same trip and all participants must be Center members.

## Trip Activity Levels

- Mild: Leisurely walking, minimal steps/uneven surfaces, some standing.
- Moderate: Moderate walking, extended standing, some steps/uneven surfaces.
- Strenuous: Extended walking/standing, many steps or uneven terrain, multiple bus stops.

## Refund Policy

Please choose your trips carefully. Refunds are only available prior to the published refund date. For all trips, a \$25 administrative fee per person will be charged for any participant-initiated changes, including cancellations, refund requests, transfers, or room changes. For overnight trips, a \$100 nonrefundable deposit is required at the time of registration, and travel insurance is available and strongly recommended.

No refunds will be granted after the advertised registration deadline. Refund requests due to medical reasons may be considered after the deadline if accompanied by a doctor's note. Participants are responsible for any changes in their personal schedule, commitments, or health that may affect their ability to attend. If the City of Mentor cancels a trip, participants will receive a full refund.

## Travel Insurance

Travel insurance is available and recommended for all overnight trips. Participants assume responsibility for changes in health or personal circumstances.

## 2026 Charter Trips with Great Day! Tours Day Trips

National Air Force Museum	Apr 14
Victorian Chautauqua and More	Jun 18
Mystery Tour ETV	Jul 15
Gateway Clipper and Rivers Casino	Aug 12
Sternwheeler Cruise on the Muskingum	Sep 11
Hocking Valley Railroad	Oct 11

## Overnight Trips

Southern Coastal Charm <i>Registration starts Dec 1/2</i>	Apr 19 - 25
Holland Tulip Time Festival <i>Registration starts Dec 1/2</i>	May 7 - 9
Lancaster and Philly	Jun 9 - 12
Mackinaw Island	Jul 21 - 23
Finger Lakes	Aug 20 - 21
Branson	Aug 30 - Sept 4
New York City	Oct 6 - 9

## Overnight Trips

*\*per person = pp*

### Holland Tulip Time Festival

Celebrate the beauty of spring in Holland, MI on this three-day getaway during the world-famous Tulip Time Festival. Enjoy two nights' hotel stay with daily breakfast (5 meals total), a dinner show Elvis Has Left the Building at Cornwell's Turkeyville Theatre, a guided Tulip Lanes tour, and admission to the Tulip Time Volksparade. Explore Windmill Island Gardens, Nelis' Dutch Village, Veldheer Tulip Gardens, and the DeKlomp Wooden Shoe & Delft Factory. The trip concludes with an evening concert (artist TBA). Non-refundable Deposit: \$100 due at registration. *Final payment and refund deadline: March 7, 2026*

**Activity Level: Moderate, Res | Non-Res: \$730  
(pp) double; \$899 (pp) single**

dates	days	time
May 7 - 9	Thur - Sat	7 a.m. - 10 p.m.

### Southern Coastal Charm

Escape Ohio's winter for seven days of sunshine and Southern hospitality in Charleston, SC, and Savannah, GA. Enjoy harbor and dolphin cruises, guided city and ghost tours, and visits to Magnolia Plantation, Mercer Williams House, and Patriots Point. With 14 meals, charming stops like the Andy Griffith Museum and lunch at the Lafayette Hotel, this trip perfectly blends history, relaxation, and coastal beauty. Non-refundable Deposit: \$100 due at registration. *Final payment and refund deadline: Feb. 19, 2026.*

**Activity Level: Moderate, Res | Non-Res: \$1809  
(pp) triple; \$2014 (pp) double; \$2632 (pp) single**

dates	days	time
Apr 19-25	Sun - Sat	7 a.m. - 10 p.m.

## MSC Small Bus & Laketran Trips

### Mrs. Doubtfire at E.J. Thomas Performing Arts Hall in Akron (Laketran)

Everyone's favorite Nanny is headed to Akron in this internationally acclaimed hit musical comedy critics call "wonderful and heart warming." *Registration and refund deadline: Dec 19.*

**Activity Level: Moderate, Res | Non-Res: \$148**

date	day	time
Jan 21	Wed	3:30 - 11 p.m.

### Canton Pro Football Hall of Fame (MSC Small Bus)

Enjoy a guided tour of the Pro Football Hall of Fame in Canton with an expert staff member, then explore additional exhibits at your own pace. Afterward, relax over lunch at Brew Kettle (on your own). *Registration/refund deadline is Dec 31.*

**Activity Level: Moderate/Strenuous**

**Res | Non-Res: \$46**

date	day	time
Jan 27	Tue	7:45 a.m. - 3 p.m.

### The Music Man at E. J. Thomas Performing Arts Hall in Akron (Laketran)

Enjoy Meredith Willson's beloved, Tony Award-winning musical The Music Man, where a charming con artist finds love in River City, Iowa. Dinner is included before the show at D'Agnese's White Pond Italian Restaurant. *Registration/refund deadline is Jan 8.*

**Activity Level: Moderate, Res | Non-Res: \$149**

date	day	time
Feb 19	Thur	3:30 p.m. - 10:45 p.m.

### Cleveland Museum of Natural History (Laketran)

Discover Ohio's largest natural science museum, newly transformed with over 375,000 square feet of expanded exhibits and experiences. Enjoy a guided group tour followed by free time to explore—and stop by the Origins Café for refreshments if you wish. *Registration/refund date is Jan 28.*

**Activity Level: Moderate/Strenuous**

**Res | Non-Res: \$48**

date	day	time
Feb 25	Wed	10:30 a.m. - 2:30 p.m.

### Reba Tribute at Hartville Kitchen (Laketran)

Celebrate the legendary career of "The Queen of Country," Reba McEntire, in this lively tribute performance. The day begins with shopping at Hartville Marketplace, followed by an included dinner at Hartville Kitchen before enjoying the Reba tribute show. *Registration/refund date is Feb 5.*

**Activity Level: Moderate, Res | Non-Res: \$127**

date	day	time
Mar 5	Thur	2 - 10:30 p.m.

### Water for Elephants at Connor Palace (Laketran)

A powerful new musical based on the best-selling novel follows a young man's journey of love and loss after he leaps aboard a moving train. *Registration/refund deadline is Jan 27.*

**Activity Level: Mild, Res | Non-Res: \$112**

date	day	time
Mar 11	Wed	6:15 - 10:30 p.m.

### Sandusky Area Museums Trip (Laketran)

Explore the Liberty Aviation Museum in Port Clinton on a guided tour, then enjoy lunch on your own at the 1950s-era Tin Goose Diner—where proceeds support the museum's operations. Continue to the Merry-Go-Round Museum for a tour and ride on a historic carousel horse, with a stop at the Cedar Point Historic Museum and ice cream (on your own) before heading home. *Registration/refund deadline is Feb 25.*

**Activity Level: Moderate, Res | Non-Res: \$51**

date	day	time
Mar 25	Wed	8 a.m. - 5 p.m.

### Cleveland Cavaliers (Laketran)

Join us at Rocket Arena as we cheer on the Cleveland Cavaliers as they take on the Washington Wizards. Seats are in section C109. *Registration/refund deadline is Mar 1.*

**Activity Level: Moderate, Res | Non-Res: \$155**

date	day	time
Apr 12	Sun	4:45 - 9:15 p.m.

### Asian Markets (MSC Small Bus)

Join LaDonna from Let's Cook for a guided tour of two of Cleveland's vibrant Asian markets. Explore Asia Food Company at Asia Town Center and Park to Shop at Asian Plaza, with time to browse smaller shops and enjoy lunch on your own at Li Wah Restaurant. Guests are responsible for all purchases and meals. *Registration/refund deadline is Mar 20.*

**Activity Level: Moderate, Res | Non-Res: \$20**

date	day	time
Apr 21	Tue	8:15 a.m. - 2:30 p.m.

### The Sound of Music at Connor Palace (Laketran)

Set in the Austrian Alps, The Sound of Music tells the beloved story of Maria, a free-spirited young woman who becomes governess to the seven children of Captain Georg von Trapp—and discovers love, music, and courage along the way. *Registration/refund deadline is Mar 10.*

**Activity Level: Mild, Res | Non-Res: \$128**

date	day	time
Apr 23	Thur	11:45 a.m. - 4:30 p.m.

### **Lake View Cemetery (Laketran)**

Explore one of America's most beautiful cemeteries on a guided tour showcasing its Victorian and Edwardian garden design, scenic landscapes, and historic monuments—possibly framed by blooming daffodils. After the tour, enjoy lunch on your own at Arrabiata's Italian Restaurant. *Registration/refund deadline is Mar 31.*

**Activity Level: Moderate, Res | Non-Res: \$32**

date	day	time
Apr 28	Tue	9:15 a.m. - 2:15 p.m.

### **Ms. Holmes & Ms. Watson, Apt 2B at Hanna**

#### **Theatre (Laketran)**

Join the iconic detective duo in a fresh, modern-day adventure as Sherlock Holmes and Joan Watson tackle mysteries with wit and charm. Enjoy an included dinner at Mario Fazio's after the show. *Registration/refund deadline is Mar 23.*

**Activity Level: Moderate, Res | Non-Res: \$82**

date	day	time
May 5	Tue	12 - 6:30 p.m.

### **Farm to Table Experience (Laketran)**

Experience life on a 235-acre working farm at Lake Metroparks Farmpark and learn where our food and fiber come from. After the visit, enjoy lunch on your own at 56Kitchen (on your own) in Mayfield, a farm-to-table restaurant. *Registration/refund deadline is Apr 13.*

**Activity Level: Moderate/Strenuous**

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

date	day	time
May 12	Tue	8:45 a.m. - 1:45 p.m.

### **Cuyahoga Valley Railroad and Peninsula (Laketran)**

Ride the Cuyahoga Valley Scenic Railroad to the charming village of Peninsula, with time to explore its shops, galleries, and museums. Enjoy lunch on your own at John and Loretta's Family Restaurant before boarding. *Registration/Refund deadline Apr 21.*

**Activity Level: Moderate, Res | Non-Res: \$50**

date	day	time
May 21	Thur	10:15 a.m. - 4:45 p.m.

### **Mystic Belle Cruise in Vermillion (Laketran)**

Cruise aboard the Mystic Belle to explore Vermilion's maritime history, local wildlife, and scenic waterfront homes. After the cruise, enjoy lunch, shopping, and ice cream on your own in the charming downtown area. *Registration/refund deadline is May 20.*

**Activity Level: Moderate, Res | Non-Res: \$57**

date	day	time
Jun 17	Wed	9:15 a.m. - 4:30 p.m.

### **Out to Lunch Bunch**

**All Activity Levels: Mild**

**Resident | Non-Resident: \$40**

**Friday(s), 11:15 a.m. - 2:45 p.m.**

### **Jan 16 - Market on Linda Street in Rocky River**

Discover one of Rocky River's best-kept secrets! Choose from Grilled Honey Aleppo Chicken, Seared Salmon, or Pasta Ala Vodka, each served with salad, sides, beverage, and a seasonal dessert. *Registration/refund date is Dec 16.*

### **Feb 20 - Trivs in Strongsville**

Enjoy casual elegance and friendly service at one of our most requested restaurants. Lunch includes bread, your choice of Vegetable Penne Rose, Pork Tenderloin, or Basil-Crusted Lake Erie Walleye, plus a mini cannoli for dessert and assorted beverages. *Registration/refund date is Jan 20.*

### **Mar 20 - Creekside in Brecksville**

Dine at Creekside Restaurant, overlooking scenic Chippewa Creek and known for fresh, locally sourced dishes with a modern twist. Choose from Lemon Chicken, Pasta Primavera, or Country Pork Chops, each served with salad, rolls, beverage, and a pastry dessert. *Registration/refund date is Feb 20.*

### **Apr 17 - Burntwood Tavern in Rocky River**

Enjoy a meal at Burntwood Tavern in Rocky River, set in a beautifully restored historic theater. Choose from a Smash Burger, Avocado Chicken Club, or Panko-Breaded Cod—all served with fries, a beverage, and cheesecake for dessert. *Registration/refund deadline is Mar 17.*

### **May 15 - Cozumel in Westlake**

Enjoy traditional Mexican favorites in a vibrant setting. Choose from Beef Fajitas, Chicken Enchiladas, or Ground Beef Tacos—all served with rice, beans, and salad as listed. Includes soda, coffee, or tea, and Fried Ice Cream for dessert. *Registration/refund deadline is Apr 15.*

### **Jun 19 - Ferrante Winery**

Enjoy authentic Italian dining in the heart of the Grand River Valley. Lunch includes salad, bread, and your choice of Casa Lasagna, Spaghetti & Meatballs, Pollo Parmesan, or Capellini alla Pomodoro, plus beverage and chef's choice dessert. *Registration/refund date is May 19.*

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

*(New memberships must be done in person)*

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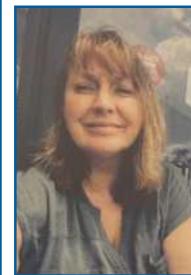
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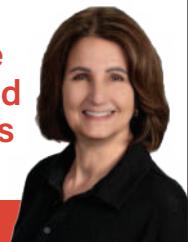
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### **Admin and City Staff**

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#### **Senior Center Manager**

Renee Ochaya  
[ochaya@cityofmentor.com](mailto:ochaya@cityofmentor.com)

#### **Recreation Coordinator**

Dave Duricky  
[duricky@cityofmentor.com](mailto:duricky@cityofmentor.com)

#### **Recreation Coordinator**

Colleen Higgins  
[higgins@cityofmentor.com](mailto:higgins@cityofmentor.com)

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

#### **Council President**

Sean Blake -Ward 1

#### **Council Vice President**

**Council at Large** Scott J. Marn  
**Council Ward 2** Matt Donovan  
**Council Ward 3** Chuck Pinkerman  
**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

## **Membership Renewal Reminder**

Please note that all memberships are based on the calendar year and will expire on December 31, 2025. Renewals begin on January 2, 2026, and can be completed in person or over the phone. Everyone must renew, including SilverSneakers members.

We recommend arriving 30 minutes before your first activity of the new year to allow time for the renewal process.

**Feb 23 - 27 Kitchen & Fitness Studio Closed for floor repairs.**

**During this renovation cold food or catered meals will be available. Reservations and payment will be required Feb 2 -13th.**

**The Senior Center will be closed the following:**

**January 1: New Year's Day**

**January 19: Martin Luther King Jr. Day**

**February 16: President's Day**

### **Advisory Board Offers:**

**President** John Mazor  
**Vice President** Sandy Liptak  
**Treasurer** Donna Waggle  
**Recording Sect'y** Dee Groynom

### **Corresponding Secretary** Jackie Willis

**Decorations Chair** Connie Karchefsky  
**Historian** Vacant  
**Hospitality Chair** Jack Hines

### **Library Chair** Joan Cardillo

**Volunteer Chair** Debbie Higginbotham

**MENTOR SENIOR CENTER**