



MENTOR SENIOR CENTER

September - December 2024

Keep til Dec

Registration for our 22 passenger bus trips taking place Nov-Dec will start on Aug 5-6



Sign up early for your favorite fall classes!

**Registration for ALL fall (Sept-Dec)
classes, programs, events, and trips will begin on
August 5 for Mentor Residents and August 6 for Non-Residents**

*Don't miss out!
The quickest way to register for classes is online.
We want to teach you so you can do it yourself!
See page 10 for dates and times.*



MENTOR SENIOR CENTER NEWSLETTER

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

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

www.mentorseniorcenter.com



WHAT'S INSIDE

Directors' Corner/Website	2
News.....	3
Advisory Board/Movies	4
Regular Activities Calendar.....	4
In Memorium	4
Registration Process/Senior Services.....	5
Sept-Dec Menus.....	6-7
Arts and Crafts.....	8
Continuing Education.....	8-10
Fitness/Wellness.....	11-14
Games and Clubs.....	15-16
Health Services.....	16-17
Meals/Celebrations.....	17-18
Special Events.....	18
Music and Theater	19
Technology	19
Trips.....	20-21
Advertisements.....	22-23
Back Page Misc Info	24

SENIOR CENTER WEBSITE

www.mentorseniorcenter.com

Our website is easy to find and easy to navigate with information about all of our programs, newsletter, lunch menu, and online registration.

How Do I Download the Latest Newsletter:

Type in www.mentorseniorcenter.com. On the right, select Download Newsletter. The latest PDF version of the newsletter opens up. OR Type in www.mycommunityonline.com. Type in Mentor Senior Center under Center Name and type in 44060 under City, State or Zip and all of our recent publications will come up.

Choose: Subscribe to sign up to receive our newsletter straight to your inbox.

2024 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.

DIRECTORS' CORNER



REMARKS FROM RENEE

We are so grateful for our additional parking lot. Our members have shared that what they appreciate the most is so much more close parking. We now have over 100 spaces within 200 feet of the entrance door compared to 42 previously. We also have an additional 123 parking spaces including an additional 27 handicap spaces. Thank you to the City of Mentor for providing the funds for this project and showing how much we value our seniors!

DAVE DISCUSSES

A huge shout to our Mind Challenge team for a fourth-place finish out of 98 teams. Our Mind Challenge team has had much success since the very competitive and successful competition began in 2019. The first 2 years, we were the champions, plus the same team finished 4th in 2024, 3rd in 2023 and 4th in 2022. A total of \$7000 has been won for the Center. The money has been used for a variety of upgrades at the Center including a TV for our digital kitchen menu, a community puzzle table, an A-frame promotional sidewalk sign, the phone charger located in the lobby, food and refreshments for the Mind Challenge events we hosted and helped purchase the new tables and chairs for our patio. The tournament has grown from 16 to 98 teams in 62 cities in NE Ohio. The tournament is held every spring. New players and teams are always welcome.



OUR BEAUTIFUL NEW PARKING LOT ADDITION



UPGRADES, ADDITIONS TO MSC



Special of the Day		* Made Fresh *		Sides	
Monday 6/17	Turkey Salad Platter \$3.00	Sandwiches	Egg Salad, Tuna Salad, Ham, Turkey	Applesauce, Chips	\$1.00
Tuesday 6/18	Chicken Piccata \$5.00	Bread Choices: White OR Wheat	Whole Sandwich \$3.50	Beverages	
Wednesday 6/19	Sweet & Sour Meatball \$5.00	Half Sandwich \$2.00	Tomato or American Cheese \$3.00 for whole sandwich \$2.25 for half sandwich	Coke, Diet Coke, Ginger Ale	\$1.00
Thursday 6/20	Veggie Lasagna \$5.00	Soup	Bowl \$3.25	Lemonade or Unsweetened Iced Tea	\$1.00
Friday 6/21	Stuffed Cabbage & Mashed Potato \$5.00	Cup \$1.75		Milk (Whole)	\$1.00
				Coffee	\$1.00
				Hot Tea	\$1.00
				Desserts	
				Cookies	\$1.50
				Chocolate Chip	
				Peppermint Butter	
				Cinnamon	
				Cake or Pie (extra assembly)	\$2.50

MENTOR SENIOR CENTER Lunch Happily Served Mon-Fri 11:30 AM-12:15 PM
Dine-In or Carry-Out

SENIOR OF THE YEAR: JOAN CARDILLO



Joan was honored by the Lake County Commissioners, Assistant City Manager Robert Fowler and Senior Center Director Renee Ochaya at the annual Senior Day at the Mall event on May 21. Joan is a super active volunteer serving as a friendly greeter, prep and serving in the kitchen and helping with special events. She uses her computer skills in a variety of volunteer roles including tackling computer registration for senior produce distribution, helping organize books on shelves and in the computer in the library and as an important member

of our AARP tax preparation team. Joan is a softspoken person who speaks through her actions. She is always willing to lend a hand and gets joy from helping others. Her friendly smile and hello as you enter the building can make your day. She is tour guide extraordinaire as she proudly shows potential members around the facility. She is very knowledgeable of all we offer due to her involvement in so many activities, which helps her to answer questions and be an excellent tour guide. Please congratulate Joan on a job well done.

MEET STACEY KELLY



We are happy to welcome Stacey to the special elders staff. She is from western New York but relocated to this area when she accepted a position working as a surgical nurse in the Cardiothoracic surgery unit

at the Cleveland Clinic. She spent a lot of time camping and riding her Harley Davidsons around the country. After she retired from nursing she opened a small wellness and holistic center in Mentor for a number of years and still remains in the essential oils business.



MSC ADVISORY BOARD

MSC Advisory Board Annual Meeting and Elections 2024 is an election year at the Senior Center. The Nominating Committee is looking for candidates for President, Vice-President, Treasurer, Recording Secretary, and Corresponding Secretary. If you are interested in running for any of these positions, please see the Front Desk. The election takes place on October 31 at 11 a.m.

The MSC Advisory Board Scholarship Program Financial Assistance

The Scholarship Program is designed to provide funds for programs and services to those members who find it financially difficult to participate. Financial assistance is available for payment of membership, exercise classes, fitness studio orientation, arts and crafts classes, monthly celebration luncheons and special events. The current maximum income requirement is \$29,160 for a household of 1 and \$39,400 for a household of 2. Extenuating financial circumstances will be considered. Complete an application available at the front desk by the next deadline of Nov 1 for Jan – Apr 2025 programs.

Send a Card

Do you know we have a corresponding secretary on the Board who sends cards to our members? If you know of a member who could use some cheering up since being under the weather, please add their name to the greeting card request book at the greeters' table. We also send sympathy cards.

Advisory Board Meetings

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

Movies

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

day	dates	movie
Fri/Mon	Sept 6/16	<i>The Present</i>
	PG 13 Comedy/Fantasy/Drama	
Mon/Fri	Sept 9/13	<i>Ghostbusters: Frozen Empire</i>
	PG-13 Adventure/Comedy	
Fri/Mon	Oct 4/14	<i>IF</i>
	PG Animation/Comedy/Drama	
Mon/Fri	Oct 7/11	<i>The Fall Guy</i>
	PG-13 Action/Comedy/Drama	
Mon/Fri	Nov 4/8	<i>Thelma</i>
	PG-13 Action/Comedy	
Mon/Fri	Nov 18/22	<i>Reagan</i>
	PG-13 Biography/Drama/History	
Mon/Fri	Dec 2/6	<i>Fly Me to the Moon</i>
	PG-13 Comedy/Romance	
Mon/Fri	Dec 9/13	<i>The Fabulous Four</i>
	R Comedy	
Resident Non-Resident: Free		

IN MEMORIAM

We extend our condolences to the families of our members that passed away recently. Bill Nicastro and Camille Joyce.

RIP

REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10 SS BOOM Muscle	8:10 SS Classic	8:10 SS BOOM Muscle	8:10 SS Classic	9:00 Move and Groove at MCRC
9:00 Low Impact Aerobics	9:00 Pickleball Intro MCRC	9:00 SS Yoga	9:00 Low Impact Aerobics	9:00 Low Impact Aerobics
10:00 Shallow/Deep Water Class at MCRC	9:00 Aqua Hiit at MCRC	10:00 Shallow/Deep Water Class at MCRC	9:00 Aqua Hiit at MCRC	10:00 SS Classic
10:00 SS Classic	9:00 Low Impact Aerobics	10:00 SS Classic	10:00 Weight Training	10:00 Somba
10:30 Needlecrafters	9:00 Piano	10:00 Hand, Knee & Foot	10:00 All Media Painting	11:00 SS Yoga
11:00 SS Stability	9:00 Quilting	10:00 Cycling thru October	10:00 Stretch and Tone	12:00 SS Stability
12:00 SS Yoga	10:00 Pickleball Inter MCRC	10:00 Creative Ceramics	11:00 Stretch & Balance	12:30 Wii Bowling
12:30 Mahjong	10:00 Weight Training	10:00 Music Makers	Virtual/In Person	12:30 Duplicate Bridge
1:00 Chair Volleyball	10:00 Stretch and Tone	11:00 SS Circuit	12:00 SS Stability	1:00 Chair Volleyball
1:00 Bingo	Water Ex at MCRC	12:00 Special Elders	12:30 Wii Bowling	2:45 Ping Pong
3:00 Mat Yoga	11:00 Stretch & Balance	SS Classic	1:00 SS Classic	
5:30 Quilting	Virtual/InPerson	1:00 Chair Volleyball	2:00 SS Circuit	
6:00 Hiking	12:00 Amer Sign Language	3:00 Parkinson's Exercise	2:00 Sr. Water Ex at MCRC	
	12:00 Pinochle	5:00 Creative Ceramics	3:00 SS Yoga	
	12:00 SS Stability	5:45, 6:45 Line Dance	4:00 SS EnerChi Oct & Nov-Dec	
	12:30 Duplicate Bridge	6:00 Cornhole		
	1:00 Chess	6:45 Follies Dancers		
	1:00 SS Classic			
	2:00 SS Circuit			
	2:00 Woodcarving			
	2:00 Sr. Water Ex at MCRC			

SS=SilverSneakers Classes

REGISTRATION PROCESS

Senior Center membership is required to participate in Senior Center activities including classes, activities, and programs. This registration process refers to fall classes described on this page and the next several pages. Registration for fall classes for Mentor residents begins at 8 a.m. on Monday, August 5. Non-resident registration begins on Tuesday, August 6 at 8 a.m. Please note a Mentor resident cannot register a non-resident friend on resident only registration day.

Silver Sneakers fitness classes are again available for online registration.

3 easy ways to register

Online Registration: This is the quickest and most independent way to register, especially for classes that fill up quickly. It's quick and easy to set up an online account through the front desk. You can instantly see program availability and don't need to wait for staff to serve you. You can do this from the comfort of your home. Payment and reservations are secure when credit card payment is completed online. There are a few items that cannot be registered for online, including new memberships and charter bus trips. If you need additional help with online registration, attend one of the classes we are offering in July to get the training you need to do it yourself.

In Person: Multiple staff are available to assist with in person registration. There is typically a line the first couple days of the registration cycle. If you want to register for a program that fills quickly and are unable to register online, this is the next best option. Payment options include cash, check and credit.

By Phone: The first 2 days of registration we dedicate most of our staff resources to in person registration. One person answers phone calls until all in person customers are taken care of. Voicemail will not be available until noon on the first day of registration to allow staff to focus on the members in front of us. After 12:00 please leave one message and staff will return calls in the order they are received. Leaving a voicemail does not reserve a spot, you need to talk to a live person and pay before a spot is reserved. In-person registration is the priority, so please be patient. This option works well for classes that don't fill quickly or after the first few days of registration.

Refund policy

- No refunds will be granted less than 1 week prior to the start of the program or advertised deadline.
- Refund/transfer requests are handled on a case by case basis by the Facility Manager.
- An administrative fee of \$10 per class (\$25 per camp or charter bus trip) will be assessed for any cancellation or change made by the customer.
- A doctor's note must be attached to this completed form for any medical refund requests.
- You will be notified of your Refund/Transfer request within 5-10 business days.
- Please choose your classes/trips/events carefully to avoid the Admin Fee.

SENIOR SERVICES INFORMATION

Frequently used numbers:

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

LC Gen Health District
Painesville 440-350-2543

"2-1-1 Call For Help Program"
Free service, regarding healthcare and human service agencies.

Adult Protective Services
Job and Family Services has social workers who investigate elder abuse and neglect. 440-350-4000.

Home Emergencies
Dial 9-1-1 to report police matters, call the non-emergency number 440-255-1234. To report a power outage call First Energy Customer Service 800-736-3401.

WRDC Home Maintenance, Repair and Modification

Repairs and access modifications. Contact WRDC at 440-357-4400.

Laketrans Dial-a-Ride Service

Free transportation to and from the Mentor Senior Center for seniors 60+ 440-354-6100.

Lake County Council On Aging

Service, programs, information, and referrals. Call 440-205-8111 for more info or visit www.lcco.org

Lock Boxes are available through most of our local Fire Departments

Lake County Commissioners Website www.lakecountyohio.gov/commissioners-Office/senior-services/

Western Reserve Grief Services

Hospice provides bereavement and support services. 800-707-8922 or www.hospicewr.org

Winter Snow Plowers

LCCOA offers a list of snow plow providers. The list is on the Flier Tower in the lobby.

Veteran Services Commission of Lake County

Assistance is available to the men and women who have honorably served their country. Call 440-350-2567.

Waste Management Trash Walk Up Service

The application form is on the Waste Removal and Recycling page at cityofmentor.com.

SEPTEMBER CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Closed Labor Day	Special: Pasta and Meat Sauce	10:00 Hearing Screening 1:00 Bingo 4:00 Parkinsons Support Special: Stuffed Cabbage and Mashed Potatoes*	Special: Ham Steak and Scalloped Potatoes	11:30 West Side Market Trip 12:30 Movie Special: Chicken Caesar Wrap
9	10	11	12	13
9:00 Laptop Help 9:00 HEAP 12:00 LCCOA 12:00 Int'l Culture Club Picnic 12:30 Board Meeting 3:30 Cooking Class 5:00 Movie Special: Tuna Salad Platter	10:00 Tech Tuesday Special: Sweet & Sour Pork	10:00 Coffee with the Cops 9:00 Tech Help w/MHS Special: Chicken Cordon Bleu	1:00 Alzheimer's Support 11:30: 90+ Event: Open Faced Turkey, Mashed Potatoes, Mixed Vegetables, Chocolate Chip Cookie	12: 30 Movie Special: Cook's Choice
16	17	18	19	20
9:00 Laptop Help 10:00 Senior Produce Mkt 3:30 Cookbook Club 5:00 Movie 5:00 Journal to the Self Special: Breaded Pork Chop	Arc Trip Sept 17-18 Special: Meatloaf	10:00 Medicare 101 1:00 Attorney 1:30 Book Club Special: Chicken Parmesan and Pasta	11:00 Community Outreach 3:00 Newcomers Meeting Special: Honey Lime Chicken	9:00 Chronic Pain 11:15 OTL Vinny's Italian Kitchen Special: Pulled Pork on Bun
23	24	25	26	27
5:00 Journal to the Self Special: Chicken Salad Croissant	Special: Cabbage, Noodles and Kielbasa	10:30 Sec Pals Coffee Club 4:45 Guardians Game 1:00 LCCOA Emergency Prevention 2:00 Visionaries Special: Pasta and Meatballs	9:15 Progressive Wine Trip 11:30 Celebration Clam Lunch: Clams, Chicken, Clam Chowder, Corn, Sweet Potato, Coleslaw (\$30)	9:00 Chronic Pain 1:00 Lisa's Farewell Special: Cook's Choice
30	Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m.			
5:00 Journal to the Self Sept 29 - Oct 5 Maine Trip Special: Salisbury Steak	A featured daily Cook's Special is available at a cost of \$5.00. Daily homemade soup and sandwiches are also available. Homemade cookies finish off the meal. Drinks include coffee, tea, milk, lemonade, and soda. No reservation or pre-ordering. Simply place your order in person and pay the cashier in cash, pick up your meal at the kitchen window and enjoy.			

OCTOBER CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	8:30 Elder Law Talk Special: Egg Bake and Fresh Fruit	9:00 Tech Help w/MHS 10:00 Hearing Screening 1:00 Bingo 4:00 Parkinsons Support Special: Sweet and Sour Chicken over Rice	Special: Tuna Noodle Casserole	9:00 Chronic Pain 12:30 Movie Special: Meatloaf
7	8	9	10	11
9:00 Laptop Help 11:30 Int'l Culture Club Trip 12:00 LCCOA 3:30 Cooking Class 5:00 Movie 5:00 Journal to the Self Special: Baked Chicken	10:00 Tech Tuesday 10:00 Lunch & Learn: Medicare Special: Cheeseburger	11:00 Singing Tea Party Special: Chicken Caesar Wrap	10:00 Experiencing Depression 1:00 Alzheimer's Support 11:30 Volunteer Celebration Lunch: Lasagna, Salad, Garlic Bread, Apple Cake/Ice Cream	9:00 Chronic Pain 12:30 Movie Special: Cook's Choice
14	15	16	17	18
9:00 Laptop Help 12:30 Board Meeting 5:00 Movie 5:00 Journal to the Self Special: Chicken Marsala & Rice	8:30 Seneca Casino Trip Special: Italian Sausage Potato Casserole	1:00 Attorney 1:30 Book Club Special: Tuna Salad Platter	11:00 Community Outreach Special: Pulled BBQ Pork Sandwich	9:00 Chronic Pain 11:30 OTL Chops Special: Spaghetti and Meat Sauce
21	22	23	24	25
10:00 Senior Produce Mkt 3:30 Cookbook Club 5:00 Journal to the Self Special: Grilled Cheese & Soup	10:00 Property Tax Talk Special: Meatball Sub	2:00 Visionaries Special: Stuffed Shells	9:30 Community Health Fair 11:30 Chili Cook Off 2:00 Open House/Newcomers Chili Cook Off: No Lunch	9:00 Chronic Pain 9:15 Maltz Museum Special: Tuna Salad Wrap
28	29	30	31	
10:00 AARP Safe Driving Course Special: Honey Lime Chicken	Special: Pasta and Meatballs	10:30 Sec Pals Coffee Club Special: Pork Loin	11:00 Election Advisory Board 11:30 Celebration Lunch: Stuffed Peppers, Mashed Potatoes, Dirt Pudding	

NOVEMBER CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Birthday to members born in September, October, November and December				1 Special: Cook's Choice
9:00 Laptop Help 10:00 Int'l Culture Club 12:00 LCCOA 12:30 Board Meeting 3:30 Cooking Class 5:00 Movie Special: Chicken Paprikash	4 5 Special: Pulled Pork Sandwich	6 10:00 Hearing Screening 1:00 Bingo 4:00 Parkinsons Support Special: Meatloaf	7 11:30 Veterans Breakfast: Eggs, Sausage, Pancakes	8 9:15 Cleveland Museum of Art Trip 12:30 Movie Special: Cook's Choice
11 Closed Veterans Day	12 Special: Tuna Salad Wrap	13 9:00 Tech Help w/MHS 10:00 Coffee with Cops 1:00 Attorney 1:00 Bingo Special: Chicken Cordon Bleu	14 10:00 Lunch & Learn Financial Strategy Seminar 1:00 Alzheimer's Support Special: Salisbury Steak	15 11:15 OTL Miss Molly Tea Room Special: Pulled Pork Soft Tacos
18 10:00 Senior Produce Mkt 3:30 Cookbook Club 5:00 Movie Special: Chicken Marsala	19 Special: Chef Salad	20 1:30 Book Club 2:00 Visionaries 10:30 Sec Pals Coffee Club Special: Shepherd's Pie	21 11:00 Community Outreach 11:30 Celebration Lunch: Turkey, Stuffing, Potatoes, Green Bean Casserole, Pumpkin Cake	22 12:30 Movie Special: Cook's Choice
25 Special: Italian Sausage and Potato Casserole	26 Special: Tuna Melt	27 Special: Baked Chicken	28 Closed Thanksgiving Holiday	29 Closed Thanksgiving Holiday

DECEMBER CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nashville Trip Dec 1 - 4 1-3 Int'l Culture Club Party 12:00 LCCOA 3:30 Cooking Class 5:00 Movie Special: Honey Lime Chicken	2 3 Special: Stuffed Shells	4 9:00 Tech Help w/MHS 10:00 Hearing Screening 1:00 Bingo 4:00 Parkinsons Support 7:00 Hillcrest Concert Special: Pork Loin	5 Special: Tuna Platter	6 12:30 Movie Special: Meatloaf
9 12:30 Board Meeting 5:00 Movie Special: Chicken Parmesan Sandwich	10 8:45 Rocking around the Christmas Tree Trip Special: Salisbury Steak	11 11:15 Dueling Pianos Trip Special: Sweet and Sour Pork	12 1:00 Alzheimer's Support Special: Chef Salad	13 12:30 Movie 4:00 Cleveland Orchestra Trip Special: Chicken Cordon Bleu
16 10:00 Senior Produce Mkt 3:30 Cookbook Club Special: Sweet and Sour Chicken	17 11:30 Stan Hywet Trip Special: Chicken Alfredo	18 10:30 Sec Pals Coffee Club 1:00 Attorney 1:30 Book Club 2:00 Visionaries Special: Veggie Lasagna	19 11:00 Community Outreach 11:30 Celebration Lunch: Beef Tips, Mashed Potatoes and Gravy, Bread Pudding	20 11:15 OTL Brew Garden Special: Cook's Choice CityFest Aug 16-17
23 Special: Chicken Picatta	24 Special: Italian Sausage Potato Casserole	25 Closed Christmas Day	26 Special: Tuna Noodle Casserole	27 Special: Meatloaf
30 Special: Baked Chicken	31 Noon Years Eve Celebration: Apps, Charcuterie, Decadent Desserts, New Year's Toast	Please bus your tables! Please pay in Cash! Members only!		

ARTS AND CRAFTS

All Media Painting

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

Instructor: Ginny Mancini

Location: Senior Center Cultural Arts Room

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

dates	day	time
Sept 5 - Oct 24	Thursday	10 a.m.-12 p.m.
Nov 7 - Dec 26	Thursday	10 a.m. - 12 p.m.
<i>(No class Nov 28)</i>		

Creative Ceramics

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

Instructor: Sharon Williams

Location: Senior Center Cultural Arts Room

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

dates	day	time
Sept 4 - Oct 23	Wednesday	10 a.m. – 12 p.m.
Nov 6 - Dec 18	Wednesday	10 a.m. – 12 p.m.

Quilting

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

Instructor: Teri Bittner

Location: Senior Center Cultural Arts Room

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

dates	day	time
Sept 9 - Oct 21	Monday	5:30 – 7:30 p.m.
<i>(no class Sept 2)</i>		
Sept 3 - Oct 22	Tuesday	9 - 11 a.m.
Nov. 4 - Dec 23	Monday	5:30 - 7:30 p.m.
<i>(no class Nov 11)</i>		
Nov 5 - Dec 24	Tuesday	9 - 11 a.m.

Woodcarving

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

Volunteer Instructor: Ken Kothera

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

dates	day	time
Sept 3 - Dec 31	Tuesday	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 only made payable to AARP. Lunch is on your own.

Instructor: AARP Instructor

Location: Senior Center Cultural Arts Room

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

dates	day	time
Oct 28	Monday	10 a.m. – 2:30 p.m.

American Sign Language Club

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

Volunteer Instructor: Sharon House

Location: Senior Center Lobby

Resident | Non-Resident: Free

dates	day	time
Sept 3 – Dec 31	Tuesday	12 – 1 p.m.

Book Club

Join Mentor librarian Cailey Hutchens to discuss popular reads each month. Call (440) 255-8811, ext. 247 to arrange pick up at the drive thru. For more information, email cailey.hutchens@mentorpl.org.

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

date	day	time
Sept 18	Wednesday	1:30 – 3 p.m.
<i>Mad Honey</i> by Jodi Picoult		
Oct 16	Wednesday	1:30 – 3 p.m.
<i>We Have Always Lived in the Castle</i> by Shirley Jackson		
Nov 20	Wednesday	1:30 – 3 p.m.
<i>Then She Was Gone</i> by Lisa Jewell		
Dec 18	Wednesday	1:30 – 3 p.m.
<i>Canary Girls</i> by Jennifer Chiaverini		

Chronic Pain Self-Management Program

Based on the same structure as the Chronic Disease Self-Management Program, this helps individuals living with back pain, nerve pain, fibromyalgia and other types of chronic pain to improve their confidence in managing their symptoms and daily activities. The workshops are facilitated by trained leaders, one or both of whom have and live with chronic pain. Please plan to attend at least 4 of the 6 classes.

Facilitator: WRAAA Fairhill Partners

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

dates	day	time
Sept 20 – Oct 25	Friday	9 - 11:30 a.m.

Coffee with the Cops

Join us for a friendly discussion with some of Mentor's finest. Use this opportunity to get to know our police officers, ask questions and learn about important senior safety topics.

Location: Senior Center Great Room 10 – 11 a.m.

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>topic</i>
Sept 11	Wednesday	Open Discussion
Nov 13	Wednesday	Seniors Scams

Community Outreach Social Worker

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.

Licensed Social Worker: Connie Brocone

Location: Senior Center Lobby

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 19, Oct 17, Nov 21, Dec 19	Thursday	11a.m.-12p.m.

Cook Book Club

Do you love cooking and sharing with friends and challenging yourself to try new things with your cooking? Join this monthly meeting where members all borrow the same cookbook to try out. At the next meeting members bring a dish from the book to share in a potluck meal. During the lunch, members will chat about what we liked or didn't like about the book as well as any other recipes they may have tried. Registration deadline is Aug 30 for the four consecutive months.

Instructor: LaDonna

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 16, Oct 21, Nov 18, Dec 16	Monday	3:30-5 p.m.

Cooking Classes

Each participant will make their own dish from scratch. Registration deadline is one week prior to class date.

Instructor: LaDonna

Location: Senior Center Cardinal Room

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

Fresh Spring Rolls. Crunchy veggies, green onions and cilantro all wrapped in a rice paper wrap and served with a homemade Thai peanut sauce.

<i>date</i>	<i>day</i>	<i>time</i>
Sept 9	Monday	3:30-5 p.m.

Coconut Chana Saag. Chickpeas and Greens swimming in a spicy coconut creamy concoction!

<i>date</i>	<i>day</i>	<i>time</i>
Oct 7	Monday	3:30-5 p.m.

Tamale Shepherd's Pie. Lime-kissed mashed potatoes over a succulent and spicy stew of black beans, mushrooms, tomatoes, poblano peppers and corn.

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

Carrot Cake Pancakes. These are moist and homey with just the right touch of spice to start your morning in the most delicious way.

<i>date</i>	<i>day</i>	<i>time</i>
Dec 2	Monday	3:30-5 p.m.

Elder Law and Real Estate Planning Seminar

Don't stress! We will review key points to help you plan and prepare your basic estate documents and be ready for downsizing, moving, or relocating. Make reservations by Sept 20. Register early; the program will sell out quickly since breakfast is included.

Presenters: Debbie Ribinskas, Licensed Real Estate Agent, Keller Williams Greater Metropolitan; Mike Cosmo, Business Development with Caring Transitions of Northeast Ohio; Karen Brehm, Regional Account Manager, Stewart Title; Susan Priest Richlak, Esq. Law offices of Susan Priest Richlak

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Oct 1	Tuesday	8:30 – 10:30 a.m.

Experiencing Depression as an Older Adult

Did you know that approximately 14% of people 60 and older experience a mental health disorder? The Lake County Alcohol, Drug Addiction and Mental Health Services Board will be here to talk about mental health, depression, and anxiety amongst the senior population. You will learn signs and symptoms and how to get the help that you need.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Oct 10	Thursday	10 – 11 a.m.

Journal to the Self

This workshop is ideal for everyone, regardless of writing experience or educational level, and is a foundational course for more advanced workshops that might be offered in the future. You will be taught 13 journaling techniques that can be applied to any facet of your life with minimal time and effort.

Facilitator: Dr. Mitch James of the Write Methods, LLC

Location: Senior Center Cardinal Room

Resident: \$40 | Non-Resident: \$50

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 16 – Oct 21	Monday	5 - 7 p.m.

Lake County Council on Aging

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

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

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>topic</i>
Sept 9	Monday	Vial of Life
Oct 7	Monday	Medicare 101
Nov 4	Monday	Meals on Wheels
Dec 2	Monday	Homemaker program

Lake County Council on Aging Resources, Emergency Preparedness, Scam and Fraud Prevention

Learn about the tremendous resources the Council on Aging offers to seniors 60 and older in Lake County on these subjects: addiction, mental health, and elder abuse.

Presented by: Licensed Social Worker Connie Brocone

Location: Senior Center Cardinal Room

Resident | Nonresident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 25	Wednesday	1 - 2 p.m.

Lunch and Learn – Charitable Giving and Your Financial Strategy Seminar

Giving back looks different for everyone. This seminar helps investors find the appropriate charitable-giving path for their unique financial strategy and life stage. A light lunch will be served.

Presented by Steve Mrozek, Financial Advisor with Edward Jones. Registration deadline is Nov 4.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Nov 14	Thursday	10 – 11:30 a.m.

Lunch and Learn - Medicare

Are you approaching age 65 or need a refresher on Medicare basics? Attend this lunch and learn session for a great opportunity to gain an understanding of how Medicare works. Learn the difference between Original Medicare, Medicare Supplements and Medicare Advantage Plans. This will make Medicare easier to understand and provide answers to your questions.

Presentation and lunch provided by June Sladek of Advanced Insurance Solutions.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Oct 8	Tuesday	10 – 11:30 a.m.

Medicare 101 - Annual Enrollment Period...It's Coming!

Medicare's Annual Enrollment Period (AEP) is happening from October 15th - December 7th. This is when you can make changes to your Medicare plan! We will be discussing upcoming changes for 2025, as well as how to make unwanted Medicare calls stop! Presentation provided by Lauren Fenton of Fenton Financial.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 18	Wednesday	10 – 11 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 8 a.m. 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. If you have a mobile device (cell phone, iPad, laptop), please bring it with you. Registration starts June 17.

Location: Senior Center Conference Room #1

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
July 31	Wednesday	10 - 11 a.m.
Aug 1	Thursday	10 - 11 a.m.
Aug 2	Friday	10 - 11 a.m.

Property Tax, Homestead, VA Tax Credits and More

Treasurer Michael Zuren will be here to present a unique event that delves into four main topics: NEW 12 month payment plan for property taxes, Homestead and VA Tax Credits, Financial Literacy, and Identity Theft. Interactive Q&A to make sure all your questions are answered.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Oct 22	Tuesday	10 – 11 a.m.

Solar Tour - Energy Independence!

Sign up for this Mentor Senior Center bus tour and visit several renewable energy sites in the Mentor area. You will be surprised how many homes and businesses around you are harvesting the sun for free, clean electricity. You'll get the chance to view and discuss home solar applications, battery backup systems, electric cars and all kinds of energy efficiency examples. Find out how neighbors (including many seniors) and businesses near you have taken advantage of federal tax credits and surprisingly low solar panel prices to achieve energy independence. Lunch is included.

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Oct 5	Saturday	9 a.m. – 2 p.m.

FITNESS/WELLNESS OUTDOORS

Cycling Club

All rides are Wednesdays, weather permitting through October. Ride cancellations and any changes will be done via email. All rides start at 10 a.m. Rides are typically two hours long and cover 20-25 miles. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Contact Arnie Zvejnieks at 440-525-0293, for information or to be added to the mailing list.

Hiking Club

Monday evening hikes begin at 6 p.m. and are scheduled through October. We start at 5 p.m. in October. Hikes are at the various parks in Lake County. You can join the club and hike at any time. Please call the Senior Center at 440-974-5725 to register, schedules will be emailed out on a monthly basis to anyone who has registered.

FITNESS/WELLNESS CLASSES at MENTOR SENIOR CENTER FITNESS STUDIO

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 Foster

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

dates	day	time
Sept 4 - Oct 30	Wednesday	5:45 - 6:45 p.m.
<i>(no class Oct 9, 23)</i>		
Nov 6 - Dec 18	Wednesday	5:45 - 6:45 p.m.
<i>(no class Dec 25)</i>		

Line Dancing Advanced 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 Foster

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

dates	day	time
Sept 4 - Oct 30	Wednesday	6:45 - 7:45 p.m.
<i>(no class Oct 9, 23)</i>		
Nov 6 - Dec 18	Wednesday	6:45 - 7:45 p.m.
<i>(no class Dec 25)</i>		

Low Impact Aerobics

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

Instructor: Sharon

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

dates	day	time
Sept 9 - Oct 21	Monday	9 - 9:45 a.m.
<i>(No class Sept 2)</i>		
Sept 3 - Oct 22	Tuesday	9 - 9:45 a.m.
Sept 5 - Oct 24	Thursday	9 - 9:45 a.m.
Sept 6 - Oct 18	Friday	9 - 9:45 a.m.
Nov 4 - Dec 23	Monday	9 - 9:45 a.m.
<i>(No class Nov 11)</i>		
Nov 5 - Dec 24	Tuesday	9 - 9:45 a.m.
Nov 7 - Dec 26	Thursday	9 - 9:45 a.m.
<i>(No class Nov 28)</i>		
Nov 1 - Dec 20	Friday	9 - 9:45 a.m.
<i>(No class Nov. 29)</i>		

Mat Yoga

Enhance your flexibility, strength and balance with a combination of sun salutation, balance and warrior poses. Class will include seated and standing poses, finishing with relaxation. Bring a mat and wear loose fitting clothes. For beginner and continuing students.

Instructor: Sue, Yogafit certified

Resident: \$29 | Non-Resident: \$36

dates	day	time
Sept 9 - Oct 21	Monday	3 - 3:45 p.m.
<i>(No class Sept 2)</i>		
Nov 4 - Dec 23	Monday	3 - 3:45 p.m.
<i>(No class Nov 11)</i>		

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

dates	day	time
Sept 4 - Oct 23	Wednesday	3 - 3:45 p.m.
Nov 6 - Dec 18	Wednesday	3 - 3:45 p.m.



SilverSneakers BOOM™ MUSCLE **NEW CLASS**

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: Sue**Resident | Non-Resident: \$19****Silver Sneakers Members: Free**

dates	day	time
Sept 9 – Oct 21	Monday	8:10 – 8:50 a.m.
<i>(no class Sept 2)</i>		
Sept 4 – Oct 23	Wednesday	8:10 – 8:50 a.m.
Nov 4 – Dec 23	Monday	8:10 – 8:50 a.m.
<i>(no class Nov 11)</i>		
Nov 6 – Dec 18	Wednesday	8:10 – 8:50 a.m.
<i>(no class Dec 25)</i>		

SilverSneakers® Circuit

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

Instructor: Pat - Wed; Sue Tues/Thurs**Resident | Non-Resident: \$19****Silver Sneakers Members: Free**

dates	day	time
Sept 3 - Oct 22	Tuesday	2 – 2:45 p.m.
Sept 4 - Oct 23	Wednesday	11 – 11:45 a.m.
Sept 5 - Oct 24	Thursday	2 – 2:45 p.m.
Nov 5 - Dec 24	Tuesday	2 – 2:45 p.m.
Nov 6 - Dec 18	Wednesday	11 – 11:45 a.m.
<i>(no class Dec 25)</i>		
Nov 7 - Dec 26	Thursday	2 – 2:45 p.m.
<i>(No class Nov 28)</i>		

SilverSneakers® Classic

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

Instructor: Sharon - Monday/Friday;**Joy - Tuesday/Thursday am; Sue - pm;****Pat - Wednesday****Resident | Non-Resident: \$19****Silver Sneakers Members: Free**

dates	day	time
Sept 9 - Oct 21	Monday	10 – 10:45 a.m.
<i>(No class Sept 2)</i>		
Sept 3 - Oct 22	Tuesday	8:10 – 8:50 a.m.
Sept 3 - Oct 22	Tuesday	1 – 1:45 p.m.
Sept 4 - Oct 23	Wednesday	10 – 10:45 a.m.
Sept 5 - Oct 24	Thursday	8:10 – 8:50 a.m.
Sept 5 - Oct 24	Thursday	1 – 1:45 p.m.
Sept 6 - Oct 18	Friday	10 – 10:45 a.m.
Nov 4 - Dec 23	Monday	10 – 10:45 a.m.
<i>(No class Nov 11)</i>		
Nov 5 - Dec 24	Tuesday	8:10 – 8:50 a.m.
Nov 5 - Dec 24	Tuesday	1 – 1:45 p.m.
Nov 6 - Dec 18	Wednesday	10 – 10:45 a.m.
<i>(No class Dec 25)</i>		

Nov 7 - Dec 26	Thursday	8:10 – 8:50 a.m.
<i>(No class Nov 28)</i>		
Nov 7 - Dec 26	Thursday	1 – 1:45 p.m.
<i>(No class Nov 28)</i>		
Nov 1 - Dec 20	Friday	10 – 10:45 a.m.
<i>(No class Nov 29)</i>		

SilverSneakers® EnerChi

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

Instructor: Denise**Silver Sneakers Members: Free**

dates	day	time
Oct 3 – Oct 24	Thursday	4 - 4:45 p.m.
Nov 7 – Dec 26	Thursday	4 - 4:45 p.m.
<i>(no class Nov 28)</i>		

SilverSneakers® Stability

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

Instructor: - Sharon - Mon/Fri, Pam/Joy - Tues/Thurs**Resident | Non-Resident: \$19****Silver Sneakers Members: Free**

dates	day	time
Sept 9 - Oct 21	Monday	11 - 11:45 a.m.
<i>(No class Sept 2)</i>		
Sept 3 - Oct 22	Tuesday	12 - 12:45 p.m.
Sept 5 - Oct 24	Thursday	12 - 12:45 p.m.
Sept 6 - Oct 18	Friday	12 - 12:45 p.m.
Nov 4 - Dec 23	Monday	11 - 11:45 a.m.
<i>(No class Nov 11)</i>		
Nov 5 - Dec 24	Tuesday	12 - 12:45 p.m.
Nov 7 - Dec 26	Thursday	12 - 12:45 p.m.
<i>(No class Nov 28)</i>		
Nov 1 - Dec 20	Friday	12 - 12:45 p.m.
<i>(No class Nov 29)</i>		

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: \$19****Silver Sneakers Members: Free**

dates	day	time
Sept 9 - Oct 21	Monday	12 - 12:45 p.m.
<i>(No class Sept 2)</i>		
Sept 4 - Oct 23	Wednesday	9 – 9:45 a.m.
Sept 5 - Oct 24	Thursday	3 – 3:45 p.m.
Sept 6 - Oct 18	Friday	11 – 11:45 a.m.
Nov 4 - Dec 23	Monday	12 - 12:45 p.m.
<i>(No class Nov 11)</i>		
Nov 6 - Dec 18	Wednesday	9 – 9:45 a.m.
Nov 7 - Dec 26	Thursday	3 – 3:45 p.m.
<i>(No class Nov 28)</i>		
Nov 1 - Dec 20	Friday	11 – 11:45 a.m.
<i>(No class Nov 29)</i>		

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

Location: Senior Center Fitness Studio

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

dates	day	time
Sept 3 - Oct 22	Tuesday	11 – 11:45 a.m.
Sept 5 - Oct 24	Thursday	11 – 11:45 a.m.
Nov 5 - Dec 24	Tuesday	11 – 11:45 a.m.
Nov 7 - Dec 26	Thursday	11 – 11:45 a.m.

(No class Thurs, Nov 28)

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

Location: Senior Center Fitness Studio

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

dates	day	time
Sept 3 - Oct 22	Tuesday	10 – 10:45 a.m.
Sept 5 - Oct 24	Thursday	10 – 10:45 a.m.
Nov 5 - Dec 24	Tuesday	10 – 10:45 a.m.
Nov 7 - Dec 26	Thursday	10 – 10:45 a.m.

(No class Nov 28)

FITNESS INSTRUCTOR STAFF



Denise



Pat



Pam



Donna



Barb



Sue



Joy



Dana



Sharon

Senior Center Fitness Center

A variety of cardio equipment is available including treadmills, seated ellipticals, standing ellipticals, NuStep and a bike. Light free weights, 4 stationary stations (abdominal, leg press, leg extension/curl, chest press) and a cable pulley station are for strength training.

Members are asked to disinfect each piece of equipment after use. Please bring clean, dry shoes to prevent equipment damage. **Fitness Orientation is needed prior to using fitness center.**

Fitness Orientation – Cardio Training

Learn how to use the treadmill, elliptical and bike including operating the machine, adjust settings, using heart rate functions and proper form. Maximum of 4 people per class. Call to schedule appointment.

Resident | Non-Resident: \$15

Silver Sneakers Members: Free

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

Fitness Orientation – Strength Training

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

Resident | Non-Resident: \$15

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

Personal Training

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.

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

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

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.

CLASSES AT MENTOR COMMUNITY REC CENTER

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

Introduction Pickleball Drills and Play Adults 55+

Designed for players with limited experience playing pickleball. This class consists of drills, strategy, and games to help improve skills and match play. For players with a USA Pickleball skill rating of 1.0– 2.5. Players are encouraged to bring a paddle, but paddles are provided, and water bottle to each class.

Instructor: MCRC Staff

dates	day	time	rate
Sept 3 – 24	Tuesday	9 – 10 a.m.	\$48
Oct 1 – 29	Tuesday	9 – 10 a.m.	\$60
Nov 5 – 26	Tuesday	9 – 10 a.m.	\$48
Dec 3 – 17	Tuesday	9 – 10 a.m.	\$36

Intermediate Pickleball Drills and Play Adults 55+

Designed for intermediate players that can sustain long rallies, possess strong ball control and are able to play singles or doubles matches. This class consists of drills, strategy, and games to help improve skills and competitive match play. For players with a USA Pickleball skill rating of 3.0 – 3.5. Players are encouraged to bring a paddle, but paddles are provided, and water bottle to each class.

Instructor: MCRC Staff

dates	day	time	rate
Sept 3 – 24	Tuesday	10 – 11 a.m.	\$48
Oct 1 – 29	Tuesday	10 – 11 a.m.	\$60
Nov 5 – 26	Tuesday	10 – 11 a.m.	\$48
Dec 3 – 17	Tuesday	10 – 11 a.m.	\$36

Water Exercise Classes at MCRC

A variety of water fitness classes are offered at MCRC. Classes will be offered in one month sessions, and **Senior Center members will have special access and pricing for designated classes.** Check out available water classes at <https://cityofmentor.com/departments/parks-recreation/registration/>

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

Aqua HIIT Water Exercise at MCRC

A full body interval class – focused on strength with a burst of cardio.

Instructor: MaryBeth

dates	day	time	rate
Sept 3 – 24	Tuesday	9 – 9:50 a.m.	\$20
Sept 5 – 26	Thursday	9 – 9:50 a.m.	\$20
Oct 1 – 29	Tuesday	9 – 9:50 a.m.	\$25
Oct 3 – 31	Thursday	9 – 9:50 a.m.	\$25
Nov 5 – 26	Tuesday	9 – 9:50 a.m.	\$20
Nov 7 – 21	Thursday	9 – 9:50 a.m.	\$15
<i>(no class Nov 28)</i>			
Dec 3 – 31	Tuesday	9 – 9:50 a.m.	\$25
Dec 5 – 26	Thursday	9 – 9:50 a.m.	\$20

Move and Groove Water Exercise at MCRC

A Pool Fitness Party with energetic cardio exercises set to fun upbeat music. This low-impact, high energy class is for participants of all ages and fitness levels.

Intensity: Low, Moderate or High – completely up to you!

Instructor: Georgina

dates	day	time	rate
Sept 6 – 27	Friday	10 – 10:50 a.m.	\$20
Oct 4 – 25	Friday	10 – 10:50 a.m.	\$20
Nov 1 – 29	Friday	10 – 10:50 a.m.	\$25
Dec 6 – 27	Friday	10 – 10:50 a.m.	\$20

Senior Water Exercise at MCRC

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

Instructor: Vicki - Tuesday; Marybeth - Thursday

dates	day	time	rate
Sept 3 – 24	Tuesday	2 – 2:50 p.m.	\$20
Sept 5 – 26	Thursday	2 – 2:50 p.m.	\$20
Oct 1 – 29	Tuesday	2 – 2:50 p.m.	\$25
Oct 3 – 31	Thursday	2 – 2:50 p.m.	\$25
Nov 5 – 26	Tuesday	2 – 2:50 p.m.	\$20
Nov 7 – 21	Thursday	2 – 2:50 p.m.	\$15
Dec 3 – 31	Tuesday	2 – 2:50 p.m.	\$25
Dec 5 – 26	Thursday	2 – 2:50 p.m.	\$20

Shallow/Deep Water Class at MCRC

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

Instructor: Vicki

dates	day	time	rate
Sept 9 – 30	Monday	10 – 10:50 a.m.	\$20
<i>(no class Sept 2)</i>			
Sept 4 – 25	Wednesday	10 – 10:50 a.m.	\$20
Oct 7 – 28	Monday	10 – 10:50 a.m.	\$20
Oct 2 – 30	Wednesday	10 – 10:50 a.m.	\$25
Nov 4 – 25	Monday	10 – 10:50 a.m.	\$20
Nov 6 – 27	Wednesday	10 – 10:50 a.m.	\$20
Dec 2 – 30	Monday	10 – 10:50 a.m.	\$25
Dec 4 – Dec 18	Wednesday	10 – 10:50 a.m.	\$15
<i>(no class Dec 25)</i>			

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

dates	day	time	rate
Sept 3 – 24	Tuesday	10 – 10:50 a.m.	\$20
Sept 5 – 26	Thursday	10 – 10:50 a.m.	\$20
Oct 1 – 29	Tuesday	10 – 10:50 a.m.	\$25
Oct 3 – 31	Thursday	10 – 10:50 a.m.	\$25
Nov 5 – 26	Tuesday	10 – 10:50 a.m.	\$20
Nov 7 – 21	Thursday	10 – 10:50 a.m.	\$15
<i>(no class Nov 28)</i>			
Dec 3 – 31	Tuesday	10 – 10:50 a.m.	\$25
Dec 5 – 26	Thursday	10 – 10:50 a.m.	\$20

GAMES/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.

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

Bingo

Join us for a lively game of BINGO, complete with friends, guest callers, a variety of games and prizes. Cards are \$.25 each, maximum of 4 per person. No Bingo on Sept 2 and Nov 11 due to the holidays, but will be rescheduled for Sept 4 and Nov 13.

Location: Senior Center Cardinal Room

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

day	date	time
Monday	Sept 9 – Dec 30	1 – 2 p.m.
(no Bingo Sept 2, Nov 11)		
Wednesday	Sept 4, Oct 2, Nov 6, Nov 13, Dec 4	1 – 2 p.m.

Canasta **NEW**

We are looking to form a new group to play. If you are interested, register at the front desk and when we have enough players we will meet to discuss details.

Location: Senior Center Great Room

Resident | Non-Resident: Free

day	time
TBA	TBA

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	time
Monday/Wednesday/Friday	1 - 2:30 p.m.

Chess Club

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

Location: Senior Center Great Room

Resident | Non-Resident: Free

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

Cornhole

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

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

day	time
Wednesday	6 – 7:30 p.m.

Cribbage **NEW**

Interested in playing Cribbage? Please register at the front desk so we can set a time.

Location: Senior Center Great Room

Resident | Non-Resident: Free

Duplicate Bridge

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

Location: Senior Center Cardinal Room

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

days	time
Tuesday, Friday	12:30 p.m.

Footloose OWLS (Older Wiser Livelier Seniors)

Looking for new friends and activities? We are "single seniors" that want to enjoy life and continue to be socially active. A monthly newsletter is provided with all the planned events. It is NOT a dating club. Please contact JoAnn at 440-478-3940 for more information.

Hand Knee and Foot

New players are welcome, no experience needed.

Location: Senior Center Great Room

Resident | Non-Resident: Free

day	time
Wednesday	10 a.m.

International Culture Club

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

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

date	day	time
Sept 9	Monday	12 - 2 p.m. Picnic at Veterans Park
Oct 7	Monday	11:30 a.m. - 2:30 p.m. Trip
Nov 4	Monday	10 – 11:30 a.m. Regular meeting
Dec 2	Monday	1 – 3 p.m. Christmas Party

Mahjong

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

Location: Senior Center Lobby

Resident | Non-Resident: Free

day	time
Monday	12:30 – 4 p.m.

Needlecrafters

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

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

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

Ping Pong

Open play is available.

Location: Senior Center Fitness Studio

Resident | Non-Resident: Free

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

Pinochle

All players must be experienced.

Location: Senior Center Great Room

Resident | Non-Resident: Free

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

Puzzle Table

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

Location: Senior Center Lobby

Resident | Non-Resident: Free

Rummikub ****NEW****

We are looking to form a new group to play. If you are interested, register at the front desk and when we have enough players we will meet to discuss details. Day and time TBA.

Location: Senior Center Great Room

Resident | Non-Resident: Free

Scrabble

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

Location: Senior Center Great Room

<i>day</i>	<i>time</i>
Monday	1 - 3 p.m.

Resident | Non-Resident: Free

Somba Card Game

Somba is a rummy style game. Try it out!

Location: Senior Center Great Room

Resident | Non-Resident: Free

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

HEALTH SERVICES

Alzheimer's Association Caregiver Support Group

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

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 12, Oct 10, Nov 14, Dec 12	Thursday	1–2:30 p.m.

Attorney Gary Rosenthal

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

Location: Senior Center Conference Room 2

Resident | Nonresident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 18, Oct 16, Nov 13, Dec 18	Wednesday	1-2 p.m.

HEAP - Summer Crisis Program

This program is a special component of the Home Energy Assistance Program and provides cooling assistance for seniors and those who qualify with medical conditions with limited income. Register for a 30-minute appointment time.

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 9	Monday	9 a.m. - 2 p.m.

Hearing Screenings

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

Location: Senior Center Conference Room 2

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 4, Nov 6	Wednesday	10 a.m.–12 p.m. (Reserve Hearing Center)
Oct 2, Dec 4	Wednesday	10 a.m.–12 p.m. (Amanda's Family Hearing)

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 4, Oct 2, Nov 6, Dec 4	Wednesday	4 – 5:30 p.m.

Produce Distribution

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

Resident | Non-Resident: Free

Location: Senior Center Great Room

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 16, Oct 21, Nov 18, Dec 16	Monday	10–11 a.m.

Special Elders

Do you need assistance to participate at the Senior Center? The Special Elders staff provides seniors the support and assistance they need to more fully participate in activities.

This program provides socialization, assistance with carrying lunch trays for those with physical limitations, assistance with program registration and directing to activities for those with memory issues. (Note this program is not designed for individuals with moderate-severe assistance needs, unless accompanied by a caregiver.)

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

An enrollment appointment with Special Elders staff is required prior to participation in Special Elders.

Location: Senior Center

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

days *time*

Monday, Wednesday 10:30 a.m. – 2 p.m.

Schedule of Activities

Monday

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

Wednesday

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

Special Elders SilverSneakers® Classic

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

Instructor: Pat Talladino

Location: Senior Center Fitness Studio

Resident | Non-Resident: \$19

Silver Sneaker Members: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 4 - Oct 23	Wednesday	12 - 12:45 p.m.
Nov 6 - Dec 18	Wednesday	12 - 12:45 p.m.
<i>(No class Dec 25)</i>		

Visionaries Support Group

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

Facilitator: Licensed Optician Debbie Kogler

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: Free

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 25, Oct 23, Nov 20, Dec 18	Wednesday	2–4 p.m.

MEALS - CELEBRATION LUNCHESES

Daily Made From Scratch Lunch

Mon – Fri 11:30 a.m. – 12:15 p.m.

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

A daily Cook's Special features a meat or other high protein dish, and a vegetable at a cost of \$5.00. 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.

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

Register early at the front desk or call in at 440-974-5725. These luncheons always sell out and cannot be purchased day of!

Location: Senior Center Great Room

Resident | Non-Resident: \$9

except Sept 26 Clam Bake (\$30)

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

September 26 Celebration - Fall Clam Bake

Nothing says fall like a clam bake on a crisp day. Menu includes 1 dozen clams, 1/2 chicken, corn on the cob, sweet potato, cole slaw, roll and butter.

Reservation deadline is September 2.

October 31 Celebration

Stuffed peppers, made-from-scratch mashed potatoes with sauce and dirt pudding. Travelin' Man Duo will provide music from the 50s and 60s.

Reservation deadline is October 21.

November 21 Celebration

Turkey, our famous homemade stuffing, mashed potatoes and gravy and green bean casserole with pumpkin cake for dessert. Return to the early '60s with a look back at the headlines, popular music and "pop culture" with Dave Schwensen.

Reservation deadline is November 11.

December 19 Celebration

Enjoy a scrumptious holiday dinner of beef tips with sauteed mushrooms and onions, home-made mashed potatoes and decadent bread pudding. The Mentor Folies Dancers and the Mentor Music Makers choir will deliver holiday-inspired performances for all to enjoy.

Reservation deadline is December 9.

MEALS - SPECIAL LUNCHEONS

Chili Cook-off (and Community Health Fair)

The annual Chili Cook-off is sponsored by the Mentor Senior Center and ASA (The Association of Specialists in Aging). Join us as local senior services organizations square off in a chili cook-off! Lunch includes salad, chili and dessert. Purchase tickets in advance or at the door. Regular lunch will NOT be available from our kitchen.

Location: Senior Center Great Room

Resident | Non-Resident: \$5

<i>date</i>	<i>day</i>	<i>time</i>
Oct 24	Thursday	11:30 a.m. - 1 p.m.

Ninety Plus Celebration

Calling all those 90 and older. Please make a reservation to join us for this special day as we honor all our seniors reaching this milestone. Event features lunch of open-faced turkey, homemade mashed potatoes and gravy, mixed vegetables and a chocolate chip cookie. Our very own choir group, the Mentor Music Makers will provide the entertainment.

Reservation deadline for 90+ year olds is Aug 12.

Reservation deadline for guests is Aug 30.

Location: Senior Center Great Room

Resident | Non-Resident: \$9 for those under 90, free to those 90 and older compliments of the board.

<i>date</i>	<i>day</i>	<i>time</i>
Sept 12	Thursday	11:30 am - 1 p.m.

Noon Year's Eve Party

Join us as we ring in the New Year at noon. There will be amazing appetizers, including veggie pizza, summer sausage in sweet sauce, a charcuterie board and decadent desserts including buckeyes and mini cheesecakes. Don't miss out on the DJ with dancing, fun games, a ball drop and a New Year's toast..

Location: Senior Center Great Room

Resident | Non-Resident: \$15

Reservation deadline is December 16.

<i>date</i>	<i>day</i>	<i>time</i>
Dec 31	Tuesday	11:30 a.m. - 1:30 p.m.

Veteran's Breakfast

Calling all soldiers and sailors to the mess hall at the Mentor Senior Center for the 13th annual Veterans' Appreciation Breakfast. A delicious breakfast of pancakes, eggs and sausage will be served. The program includes the Color Guard, entertainment and guest speakers. Free to Veterans and \$9 for their guest(s).

Co-sponsored by Perkins Pancake House.

Location: Senior Center Great Room

Veterans Free: Resident | Non-Resident: \$9

Reservation deadline is Nov 7.

<i>date</i>	<i>day</i>	<i>time</i>
Nov 7	Thursday	11:30 a.m. - 1 pm.

Volunteer Recognition Luncheon

Our volunteers are worth their weight in gold and this is our opportunity to give them a round of applause. Lunch includes lasagna, mixed green salad, garlic toast and homemade apple cake with vanilla ice cream for dessert. If you are a volunteer and have recorded at least 12 volunteer hours from Jul 1 2023 – Jun 30, 2024, your registration will be paid for by funds allocated through Mentor Seniors, LLC board and the City of Mentor.

Entertainment is the Frank and Dean...and then some Rat Pack Show.

Location: Senior Center Great Room

Non volunteers: \$9

Reservation deadline is Sept 30.

<i>date</i>	<i>day</i>	<i>time</i>
Oct 10	Thursday	11:30 a.m. - 1 p.m.

SPECIAL EVENTS

Arts and Crafts Sale

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

Location: Senior Center

<i>date</i>	<i>day</i>	<i>time</i>
Nov 16	Saturday	9 a.m. – 3 p.m.

Community Health Fair (and Chili Cook-off)

Join the Mentor Senior Center and ASA (Association of Specialists in Aging) for this free Community Health Fair. Stop by for free information and resources from ASA vendors to keep your mind and body healthy. Our Annual Chili Cook-off follows the health fair, so stick around for some delicious chili. For more information on purchasing a table for the health fair, call (440) 974-5725.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Oct 24	Thursday	9:30 – 11:30 a.m.

Newcomers

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

Location: Senior Center Great Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sep 19	Thursday	3 – 4 p.m.

MUSIC, DANCE AND THEATER

Hillcrest Concert Band Holiday Concert

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

Location: Senior Center Great Room

Resident | Non-Resident: \$4

<i>date</i>	<i>day</i>	<i>time</i>
Dec 4	Wednesday	7 – 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

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 4 - Dec 18	Wednesday	6:45 – 7:45 p.m.

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 4 - Oct 23	Wednesday	10 – 11:30 a.m.
Nov 6 - Dec 18	Wednesday	10 – 11:30 a.m.

Mentor Music Makers Singing Tea Party

Do you love music? Have you sung in a choir or chorus? The choir group needs YOU to share your love of music with the community. Learn more about our choral group, under the direction Maria Voljin. Come to a special welcoming party with tea-time refreshments and LOTS of music.

Instructor: Maria Voljin

Location: Senior Center Cardinal Room

<i>date</i>	<i>day</i>	<i>time</i>
Oct 9	Wednesday	11 a.m. - 12 p.m.

Piano Lessons

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

Instructor: Marge Syrone

Location: Senior Center Stage

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

<i>dates</i>	<i>day</i>	<i>time</i>
Sept 3 - Oct 22	Tuesday	9 a.m. - 12 p.m.
Nov 5 - Dec 24	Tuesday	9 a.m. - 12 p.m.

TECHNOLOGY

Laptop Help

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

Location: Senior Center Great Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 9 and 16	Monday	9 – 11 a.m.
Oct 7 and 14	Monday	9 – 11 a.m.
Nov 4	Monday	9 – 11 a.m.

Tech Help

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

Location: Senior Center Great Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 11	Wednesday	9 – 10 a.m.
Oct 2	Wednesday	9 – 10 a.m.
Nov 13	Wednesday	9 – 10 a.m.
Dec 4	Wednesday	9 – 10 a.m.

Tech Tuesdays with Mentor Public Library

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

Sept topic: Streaming services options are all the rage right now. With cable prices skyrocketing, which services are best for you and your family? Learn about different streaming movies and shows over the internet, even some free services your library provides.

Oct topic: Explore how different wearable health technology can work for you and how to search for accurate health information through your library's website.

Location: Senior Center Cardinal Room

Resident | Non-Resident: Free

<i>date</i>	<i>day</i>	<i>time</i>
Sept 10	Tuesday	10 - 11 a.m.
Oct 8	Tuesday	10 - 11 a.m.

Mentor Senior Center 2024 Special Events

Sept	12	90 + Lunch	11:30 a.m. – 1 p.m.
	15	Levy Coalition Pancake Breakfast	TBA
	19	Newcomers	3 – 4 p.m.
	26	Monthly Celebration	11:30 a.m. – 1 p.m.
Oct	10	Volunteer Appreciation	11:30 a.m. – 1 p.m.
	31	Monthly Celebration	11:30 a.m. – 1 p.m.
Nov	7	Veteran's Breakfast	11:30 a.m. – 1 p.m.
	16	Arts and Crafts Sale	9 a.m. – 3 p.m.
	21	Thanksgiving Celebration	11:30 a.m. – 1:30 p.m.
Dec	4	Hillcrest Holiday Concert	7 – 9 p.m.
	19	Monthly Celebration, Xmas	11:30 a.m. – 1 p.m.
	31	Noon Year's Eve	11:30 - 3 p.m.



Come Travel with Us!

MENTOR SENIOR CENTER

TRAVEL QUEST

2024

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

ACTIVITY LEVELS

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

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

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

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

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

2024-25 OVERNIGHT TRIPS

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

Deposit of \$150 is required upon registration.

Final payment/Registration/refund deadline is July 17.

Activity Level: Moderate

Resident|Nonresident: \$409 per person double; \$493 per person single; \$388 per person triple; \$373 per person quad.

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

Lobsters & Lighthouses - SOLD OUT

Registration/refund deadline is July 29, 2024

Sept 29 Sun - Oct 5 Sat

Nashville Aglow for the Holidays - SOLD OUT

Final payment/Registration/refund/deadline is October 1.

Dec 1 Sun - Dec 4 Wed

Reflections of Italy May 21-30, 2025

Highlights will include Rome, the Vatican museums, the Sistine Chapel, St. Peter's Basilica, Perugia, Cortona, Florence, Michelangelo's David, Chianti Winery and Cooking Class, Venice, Murano Island and lovely, picturesque Lake Como.

Deposit of \$698 is required upon registration. Final payment is due May 22, 2025.

Cancellation/interruption protection is highly recommended: \$449 per person due at registration.

Activity Level: Strenuous

Resident|Nonresident: \$4,999 per person double; \$5,799 per person single; \$4,969 per person triple (no quads).

2024 One Day Coach Trips

Progressive Winery Tour

Sept 26 Thu 9:15 a.m. - 6:15 p.m.

Appetizers and tastings at School House Winery, more tastings and lunch at Raven's Glenn Winery, and even more tastings and dessert at Maize Valley Winery.

Registration/refund deadline is August 26.

Activity Level: Moderate

Resident | Nonresident: \$120

Seneca Allegheny Resort Casino

Oct 15 Tue 8:30 a.m. - 7:00 p.m.

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

Registration/refund deadline is September 15.

Activity Level: Moderate

Resident | Nonresident: \$63

A Very Merry Pops - SOLD OUT

Dec 1 Sun 12:45 - 6:45 p.m.

Registration/refund deadline is October 1.

Rocking Around the Christmas Tree

Dec 10 Tue 8:45 a.m. - 8:00 p.m.

Enjoy lunch and a Christmas movie at the Strand Theater, tour of Rutherford B. Hayes home, make your own Christmas tree ornament and go on a candy cane scavenger hunt. Enjoy light appetizers and a glass of wine while making a "cocoa jar." Finish the day with a tour of the fully immersive "Rock and Awe" light show at the Sandusky County Courthouse.

Registration/refund deadline is November 10.

Activity Level: Moderate

Resident | Nonresident: \$121

Dueling Pianos Party at

Windows on the River - SOLD OUT

Dec 11 Wed 11:00 a.m.- 4:30 p.m.

Registration/refund deadline is November 11.

MSC Small Bus Trips

Registration starts Aug 5 for Mentor residents and Aug 6 for Non-Residents for NEW small bus trips.

West Side Market - SOLD OUT

Sept 6 Fri 11:30 a.m. - 4:30 p.m.

Registration/refund deadline is August 23.

Activity Level: Mild

Resident | Non-Resident: \$8

Cleveland Guardians vs Cincinnati Reds - SOLD OUT

Sept 25 Wed 4:45 p.m. - 10:30 p.m.

Registration/refund deadline is August 26.

Activity Level: Moderate

Resident/Non-Resident: \$80

Maltz Museum and Pinstripes - SOLD OUT

Oct 25 Fri 9:15 a.m. - 3 p.m.

Registration/refund deadline is October 4.

Activity Level: Mild

Resident | Non-Resident: \$54

Cleveland Museum of Art **NEW**

We will enjoy a 1 hour guided tour plus have free time to explore the museum, visit the museum gift shop, and grab a bite to eat at the museum café.

Registration/refund deadline is October 25.

date	day	time
------	-----	------

Nov 8	Friday	9:15 a.m. - 2:15 p.m.
-------	--------	-----------------------

Activity Level: Mild/moderate

Resident | Non-Resident: \$10

Cleveland Orchestra **NEW**

Join us for dinner and a show to celebrate the holidays. Dinner (on your own) will be at Arrabiata's Italian Restaurant. Following dinner, it will be time to enjoy the Orchestra's holiday performance at Severance Center accompanied in part by the Wooster Chorus of the College of Wooster.

Registration/refund deadline is October 31.

Activity Level: Mild

Resident | Non-Resident: \$88

date	day	time
------	-----	------

Dec 13	Friday	4 - 9:30 p.m.
--------	--------	---------------

Stan Hywet at Christmas **NEW**

Join us for dinner (on your own) at D'Agnes's at White Pond followed by a self-guided tour of Stan Hywet at their *Deck the Hall* holiday event. Stan Hywet will be all dressed up for the holidays!

Registration/refund deadline is October 25.

Activity Level: Mild

Resident | Non-Resident: \$28

date	day	time
------	-----	------

Dec 17	Tuesday	11:30 a.m. - 6 p.m.
--------	---------	---------------------

Out to Lunch Bunch - All Activity Levels Mild

Vinny's Italian Kitchen - SOLD OUT

Registration/refund deadline is September 12.

Sept 20 Fri 11:15 a.m. - 2:45 p.m.

Resident | Non-Resident: \$35

Chops - SOLD OUT

Registration/refund deadline is Oct 10.

Fri Oct 18 11:30 a.m. - 2:30 p.m.

Resident | Non-Resident: \$35

Miss Molly's Tea Room **NEW**

Lunch begins with soup of the day or a Chilled Cranberry Salad. Beverage choices are hot tea in a personal teapot, iced tea, coffee, lemonade, or soda. Choice of Entrees are: The Cooper River Croissant, a hot ham and cheddar cheese topped with crisp lettuce and tomato on a flaky croissant; Quiche made daily, filled with custard and the day's fresh ingredients; Chicken Salad on Croissant; Harvest Turkey Sandwich on fresh-baked French bread. Dessert is chocolate cake.

Registration/refund deadline is November 7.

Resident | Non-Resident: \$35

date	day	time
------	-----	------

Nov 15	Friday	11:15 a.m. - 2:45 p.m.
--------	--------	------------------------

Brew Garden *NEW**

Enjoy lunch among festive decorations. Lunch choices are: "Winner Winner Chicken Dinner" served with potato dumplings; Meatloaf with roasted potatoes and vegetable; or "Cod Fish Fry" including French fries and coleslaw. Your choice of soda, lemonade, ice tea, or coffee. Dessert is ice cream with chocolate sauce.

Registration/refund deadline is December 12.

Resident | Non-Resident: \$35

date	day	time
------	-----	------

Dec 20	Friday	11:15 a.m. - 2:45 p.m.
--------	--------	------------------------





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

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

To the current resident or:



Recreation Manager

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

Recreation Coordinator

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

Office Administrator

Lisa Nichols
nichols@cityofmentor.com
440-974-5725

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

Council President

Sean Blake - Ward 1

Council Vice President

John Krueger - Ward 4

Council Ward 2 - Matthew Donovan

Council Ward 3 - Mark Freeman

Council at Large - Janet Dowling

Council at Large - Ray Kirchner

Council at Large - Scott J. Marn

City Manager - Ken Filipiak

Asst. City Manager - Robert Fowler

Dir of Parks & Rec - Kenn Kaminski

Supt of Recreation - Nita Justice

Retirement Celebration for Lisa Nichols



After nearly 27 years of dedication to the City of Mentor's Senior Center, Lisa will be retiring. Lisa's kindness, willingness to do anything to help a senior, unparalleled work ethic, and outstanding interpersonal skills set her apart as an outstanding human. Lisa has touched so many lives in her tenure at the Senior Center and she will be dearly missed. Please join us for

cake and refreshments on Friday, September 27 from 2 – 4 p.m. to wish Lisa farewell.

Farewell Samantha Shubitowski

Sammy has been a joy to have on staff working the front desk the past two years, but now she is moving on to her new career...Motherhood! We wish her and her growing family all good things!



The Senior Center will be closed the following:



**Monday, September 2
Labor Day**

**Monday
November 11
Veterans Day**

**Thursday-Friday
November 28-29
Thanksgiving**

**Wednesday
December 25
Christmas**

President.....John Mazor
Vice PresidentSandy Liptak
TreasurerDonna Waggle
Recording Sect'y.....Dee Groynom
Corresponding SecretaryJackie Willis

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

Library ChairKathy Durda
Volunteer Chair ...Debbie Higginbotham