

MENTOR SENIOR CENTER

September - December 2026 keep until January



Senior Center membership is required for participation.
Registration opens at 8 a.m.
Mentor Residents: Monday, AUGUST 3
Non-Residents: Tuesday, AUGUST 4



Clam Bake
September 24, see page 18



Ninety Plus Luncheon
October 8, see page 17



Chili Cook-off
October 15, see page 17



Mentor Follies
Sept - Dec, see page 19

MENTOR SENIOR CENTER NEWSLETTER

8484 Munson Rd., Mentor, OH 44060 • 440-974-5725 • www.mentorseniorcenter.com
Hours: Mon & Wed 8am - 8pm • Tue, Thu & Fri 8am - 5pm

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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: John Matuska, Dan Krulac, Beth McNaughton, William Whiting, Sally Charney, Chuck Jakubs, Marna Pellow, Jim Williams, Daniel Krulac, Tom Dotts, Ruth Funk, Donald Hammond, Jim Cherny, Phyllis St. John, Bonnie Boyd, Doug Koman. Their presence and contributions will be deeply missed, and our thoughts are with all who are mourning their loss.

COORDINATOR'S CORNER

Dear Members,

We are excited to share another season full of engaging programs, special events, and opportunities to connect with one another. There is something for everyone in this edition of the newsletter, and we look forward to seeing many familiar faces throughout the season.

We are especially excited to introduce a couple of new programs to our lineup. We are pleased to offer a new Caregiver Support Group, providing connection, encouragement, and resources for those caring for loved ones. We are also launching an iPhone Photography Workshop, where participants can learn tips and tricks for capturing beautiful photos right from their phones.

We are also looking forward to some of our favorite annual traditions, including our 90+ Celebration Luncheon, themed "Heirloom" this year, as we honor and celebrate the stories, memories, and legacies of our remarkable members. In addition, we are proud to host our Annual Veterans Luncheon as we recognize and thank those who have served our country.

Be sure to read through the entire newsletter and check the registration dates listed on the front cover so you don't miss out on any of the fun and exciting activities ahead.

We look forward to seeing you this season!

Warm regards,
Renee, Dave and Colleen

ADVISORY BOARD

The MSC Advisory Board helps plan programs, activities, and special events, oversees the Scholarship Program, and encourages member involvement. As this is an election year, members interested in serving on the Board are encouraged to participate. Nominations are due September 11 and may be submitted at the front desk. The election will be held October 29 at 11:00 AM before the Celebration Lunch.

The MSC Advisory Board Scholarship Program Financial Assistance

Financial assistance is available for memberships, exercise classes, fitness studio orientations, arts and crafts classes, celebration luncheons, and special events. Income guidelines are \$31,300 for a household of one and \$42,300 for a household of two; extenuating circumstances will be considered. Applications are available at the front desk and are due November 2 for January-April 2027 programs.

Advisory Board Meetings

The Advisory Board meets on the second Monday of each month at 12:30 PM. Meetings are open to all members. Upcoming dates are September 14, October 12, November 9, and December 14.

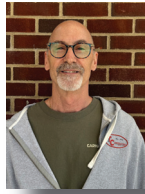
MEMBERSHIP AND HOURS

The Mentor Senior Center, administered by the City of Mentor, is a lively community gathering place serving more than 4,000 members ages 55 and older. Open Mon and Wed from 8 a.m.-8 p.m. and Tue, Thur, and Fri from 8 a.m.-5 p.m., the Center offers a wide variety of activities and programs. *Front desk closes 30 minutes before the building.*

Membership is required to participate and is open to all individuals 55+—residency is not required. 2026 membership registration began January 2. Annual fees are \$10 for Mentor residents and \$15 for nonresidents, with SilverSneakers® memberships available for those who qualify. Register in person at the Senior Center.

Holiday Hours: We are closed on Labor Day Sept 7, Veterans Day Nov 11, Thanksgiving Nov 26-27, Christmas December 25. We will be closing at 2pm on December 24, and December 31.

MEET OUR NEW STAFF



James Mucciarone

Jim has recently retired and his wife “sweetly suggested” that he should find something enjoyable to do with his time. Coming from a long line of restauranteurs, he is delighted to be returning to his culinary roots with the team here at the Mentor Senior Center. When he is not in the kitchen, he enjoys golfing, yard work, tinkering with the guitar and piano and especially playing with his grandchildren and hiking with his grand-dog!



Sandy Appeldorn

Sandy Appeldorn joins the team at the Mentor Senior Center as a Line Dance Instructor. At 3 years old, her mother began to dance with her and she has been dancing ever since. In addition to line dancing for more than 10 years with instructor, Tina Foster, Sandy has loved ballroom dance, jazzercise, Zumba, salsa, polka and freestyle dance with her 18-month old grandson. Sandy works as a tour guide for the Holden Arboretum, lives in Kirtland with her husband, John, of 37 years and is the mother of two children. When she's not dancing, she loves gardening, music, spirituality, cooking, reading and family time. She is looking forward to dancing with all of you.

SENIOR CENTER INFORMATION

Check out www.MentorSeniorCenter.com – your one-stop destination for everything happening at the Senior Center!

Our website is easy to use and filled with helpful information, including our current programs, lunch menu, and monthly newsletter.

Classes are offered in convenient 7-week sessions (approximately two months), with a short break in between each session. You have the option to register and pay for one session or two sessions at a time. Be sure to check the front cover of this newsletter for registration dates and the months this session covers.

Want to sign up for activities online? Simply click **“Get in on the Fun”** on the right side of the homepage. Then, scroll to the bottom of the next page and click **“Register Now”** to get started. Explore, stay informed, and get involved – all in one place!

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 all other programs using one of the following methods: in person, online, or over the phone.

Fall Class Registration

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

Mentor Residents: Monday, August 3 | Non-Residents: Tuesday, August 4

3 Ways to Register

1. **Online:** The fastest option. Create an account at the front desk and register online using a credit card. *(Not available for new memberships or assigned-seat bus trips.)*
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. Calls are returned in order received. Registration is confirmed **only after payment**.

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. Per person.
- 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.

REGISTRATION REQUIRED FOR ALL CELEBRATION LUNCHES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breaded Pork Chop	2 Macaroni & Cheese Bingo 1 p.m. Parkinson's Support 4 p.m.	3 Chicken Salad Croissant	4 Ham Steak
7 CLOSED LABOR DAY	8 Pasta & Meat Sauce	9 Sausage Potato Casseerole Bingo 1 p.m. Parkinson's Support 4 p.m.	10 Volunteer Lunch: Catered INVITE ONLY	11 Cook's Choice
14 Chicken Parmesan Sandwich LCCOA 12 p.m. Advisory Board 12:30 p.m. Caregiver Support 12:45 p.m. Cooking Class 3:30 p.m.	15 Chef Salad	16 Meatloaf & Mashed Potatoes Book Club 1:30 p.m.	17 Pulled Pork Social Worker 11 a.m. Newcomers 3 p.m.	18 Honey Garlic Chicken
21 Salisbury Steak Produce 10 a.m. Caregiver Support 12:45 p.m. Cookbook Club 3:30 p.m.	22 Tuna Salad Platter	23 Chili Dog & Baked Beans Attorney 1 p.m. Visionaries 2 p.m.	24 Clam Bake: Dozen clams, ½ chicken, clam chowder, corn on the cob, sweet potato, coleslaw, roll and butter	25 Cook's Choice
28 City Chicken AARP Safe Driving 10 a.m.	29 Orange Chicken Medicare Review 10 a.m.	30 Cabbage & Kielbasa Pizza and Trivia 4 p.m.		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Shepherd's Pie Lunch and Learn 10 a.m. Mixology Class 2 p.m.	2 Johnny Marzetti (pasta casserole)
5 Pasta & Meatballs LCCOA 12 p.m. Caregiver Support 12:45 p.m. Cooking Class 3:30 p.m.	6 Italian Sausage Fraud Alert 10 a.m.	7 Grilled Cheese & Soup Hearing Screenings 10 a.m. Coffee with Firemen 10 a.m. Bingo 1 p.m. Parkinson's Support 4 p.m.	8 90+ Celebration: Chicken Marsal, spaetzle, mixed veggies & poke cake Alzheimer's Support 1 p.m.	9 Cook's Choice
12 Roasted Pork Loin Advisory Board 12:30 p.m. Caregiver Support 12:45 p.m. Cookbook Club Spice 3:30 p.m.	13 Chicken Caesar Salad Foot Care Presentation 10 a.m.	14 Cheeseburger Nick Costa 7 p.m.	15 Chili Cook Off Health Fair 9:30 a.m.	16 Chicken Alfredo
19 Italian Sausage Produce 10 a.m. Caregiver Support 12:45 p.m. Cookbook Club 3:30 p.m.	20 Chicken Pot Pie	21 Sweet & Sour Pork Book Club 1:30 p.m.	22 Breakfast Casserole Medicare 10 a.m.	23 Tuna Salad Wrap
26 Honey Lime Chicken Caregiver Support 12:45 p.m.	27 Break Week Tuna Noodle Casserole Foot Care Presentation 10 a.m.	28 Break Week Meatball Sub Attorney 1 p.m. Visionaries 2 p.m.	29 Break Week Celebration Lunch: Stuffed peppers, mashed potatoes and dirt pudding.	30 Break Week Cook's Choice

REGISTRATION REQUIRED FOR ALL CELEBRATION LUNCHES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Soft Tacos 2 LCCOA 12 p.m. Caregiver Support 12:45 p.m. Cooking Class 3:30 p.m.	Chicken Teriyaki 3	Lasagna 4 Bingo 1 p.m. Parkinson's Support 4 p.m.	Meatloaf 5 Preparedness Talk 10 a.m. Social Worker 11 a.m.	Grilled Cheese & Cup of Soup 6
Chicken Paprikash 9 Advisory Board 12:30 p.m. Caregiver Support 12:45 p.m. Cookbook Mushrooms 3:30 p.m.	Chef Salad 10 Veteran's Benefit 10 a.m.	CLOSED VETERAN'S DAY 11	Veteran's Breakfast: 12 Pancakes, eggs and sausage. Alzheimer Support 1 p.m.	Cook's Choice 13
Roasted Pork Loin 16 Produce 10 a.m. Caregiver Support 12:45 p.m.	Chicken Parmesan 17	Salisbury Steak 18 Social Security 12 p.m. Attorney 1 p.m. Visionaries 2 p.m. Book Club 2:30 p.m.	Celebration Lunch: 19 Turkey, stuffing, mashed potatoes, green bean casserole, pumpkin bar.	Cook's Choice 20
Honey Garlic Chicken 23 Caregiver Support 12:45 p.m. Cookbook Club 3:30 p.m.	Meatloaf 24	Tuna Melt 25	CLOSED THANKSGIVING DAY 26	CLOSED 27
Pasta & Meat Sauce 30 Online Registration 10 a.m. Caregiver Support 12:45 p.m.				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Italian Sausage Casserole 1 Online Registration Class 10 am.	Sweet & Sour Chicken 2 Hearing Screening 10 a.m. Parkinson's Support 4 p.m. Hillcrest Concert 7 p.m.	Johnny Marzetti 3 Lunch and Learn 10 a.m. Mixology Class 2 p.m.	Chicken Marsala 4
Cheese Burger 7 Resident Registration Caregiver Support 12:45 p.m. Cooking Class 3:30 p.m. Top 25 6 p.m.	Chicken Piccata 8 Non-Resident Registration	City Chicken 9	Pork Tacos 10 Social Worker 11 a.m. Alzheimer Support 1 p.m.	Macaroni & Cheese 11
Chicken Paprikash 14 Advisory Board 12:30 p.m.	Pulled Pork 15	Stuffed Peppers 16 Attorney 1 p.m. Visionaries 2 p.m. Book Club 2:30 p.m.	Celebration Lunch: 17 Honey Garlic Chicken, Rice & Mixed Vegetables, bread pudding.	Cook's Choice 18
Salisbury Steak 21 Produce 10 a.m. Cookbook Club 3:30 p.m.	Honey Lime Chicken 22	Tuna Melt 23	Break Week 24 Kitchen Closed CLOSING AT 2pm	CLOSED CHRISTMAS DAY 25
Break Week 28 Sausage Potato Casserole	Break Week 29 Meatloaf	Break Week 30 Pasta with Meat Sauce	Noon Year's Eve Event: 31 Appetizers, charcuterie board, buckeyes, mini cheesecake. CLOSING AT 2pm	

SENIORS OF THE YEAR



Outstanding Senior Awards

Virginia Keller Mentor Senior Center
Bill Jackson Lake County Volunteer Network

We are proud to congratulate Virginia Keller and Bill Jackson on being recognized for their outstanding volunteer service. Virginia, recipient of the Mentor Senior Centers Outstanding Senior Award, has volunteered in our kitchen for more than five years, helping run the service window on busy days and delivering bread weekly to senior center members. Bill, honored by the Lake County Volunteer Network as an Outstanding Senior, is a valued member of our kitchen team whose kindness and dedication make a difference every day.

We are grateful for all they do for our Mentor Senior Center community. Congratulations to both on these well-deserved honors!

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: Sept 3 - Oct 22, Nov 5 - Dec 17

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: Sept 2 - Oct 21, Nov 4 - Dec 23

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.

Needlecrafters Club

Bring your croch et 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 meet up Sept 7th)****

iPhone Photography Workshop Series

Learn how to take better photos and get more out of your iPhone in this fun, hands-on 4-week workshop series. Designed for all skill levels, participants will explore camera tips and hidden features, simple photo editing techniques, organizing photo collections, and ways to safely share and preserve memories. Each relaxed session includes live demonstrations, guided practice, and plenty of time for questions. Whether you want to capture better family photos, travel memories, pets, or sunsets, this class will help you feel more confident using your iPhone camera. No prior experience needed — just bring your iPhone and your curiosity!

Instructor: Coleen Moskowitz

Location: Senior Center Cardinal Room

Resident: \$17 | Non-Resident: \$22

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

dates: Sept 8 - Sept 29

Quilting Club

Join us for Quilting Club, meeting either Mondays or Tuesdays. Bring your current quilting project and enjoy a relaxed, welcoming atmosphere while you sew and socialize with fellow quilters. This club is free to attend, but we ask that you register at the front desk once per year. Please note: This is not a class. Participants should have prior quilting experience and must bring their own supplies, including a sewing machine.

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: FREE

Monday(s), 5:30 - 7:30 p.m.

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

CONTINUING EDUCATION

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

Tuesday(s), 12 - 1 p.m.

dates: Sept 1 - Dec 29

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

<i>date</i>	<i>day</i>	<i>time</i>
Sept 28	Monday	10 - 2:30 p.m.

First time registering with us?

Call us to set up an online account and do it yourself!

(New memberships must be done in person)

Book Club

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

****Note time and location change for Nov and Dec.***

Location Sept/Oct: SC Cultural Arts Room

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

<i>dates</i>	<i>book</i>
Sept 16	<i>Lady Tan's Circle of Woman</i> by Lisa See
Oct 21	<i>The First Conspiracy: The Secret Plot to Kill George Washington</i> by Brad Meltzer

Location Nov/Dec: Senior Center Cardinal Room

Resident | Non-Resident: FREE

Wednesday(s), 2:30 - 4 p.m.

<i>dates</i>	<i>book</i>
Nov 18	<i>Next Year in Havana</i> by Chanel Cleeton
Dec 16	<i>The Deon of Unrest</i> by Erik Larson

Coffee with the Fireman - including hands only CPR

Join Mentor firemen to learn how the department operates, the many services the department offers, learn and practice hands CPR, and participate in a question and answer session.

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

<i>date</i>	<i>day</i>	<i>time</i>
Oct 7	Wednesday	10 - 11:30 a.m.

Cooking Education: Is your spice still nice?

Do you have a spice that's just sitting in your cupboard unused? How about that oregano from your garden three years ago? Maybe some vanilla from a recent vacation you're unsure about? Well, this is your chance to learn a little bit more about how long we should keep those, where we should keep them and how to get the best flavor. LaDonna from Let's Cook will be teaching us all about spices. We'd love for you to bring any favorite spices you'd like to share or trade with others. If you plan to join in, please bring small containers or envelopes for your selections.

Location: Senior Center Cardinal Room

Resident: \$5 | Non-Resident: \$6

<i>date</i>	<i>day</i>	<i>time</i>
Oct 12	Monday	3:30 - 4:30 p.m.

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: \$30 | **Non-Resident:** \$37.50 each class

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

Sept 14: Ratatouille

We will be using eggplant, zucchini, tomatoes, onions and peppers to create the classic low carb, low calorie French vegetable dish Ratatouille. The best part about this ratatouille is that it can be served hot or cold and your leftovers can be frozen for later.

Oct 5: Cacciatore

In Italian cacciatore is the dish of the hunter and gatherer, in this class you won't have to hunt for anything as LaDonna will bring you all the delish ingredients you need to make this delicious vegan version. You will be using lentils, mushrooms, carrots, olives and capers to create this warm rich meal.

Nov 2: Chickpea Pot Pie Soup

The cold winter is coming and what better way to bring it in than with a delicious pot of soup. In this class we will turn those chickpeas into a warm decadent pot of soup to enjoy on those cold nights.

Dec 7: Mushroom Bourguignon

A healthy and comforting meal that is rich in umami flavor. For this dish we will be sautéing mushrooms in a warm rich sauce with other vegetables and red wine to create this french masterpiece.

Cooking Education: So Mush to Learn about Mushrooms

There are so many types and so many benefits to mushrooms. Join us as LaDonna from Let's Cook walks us through some of the different types and uses for some of these really fungi to be around.

Location: Senior Center Cardinal Room

Resident: \$5 | **Non-Resident:** \$6

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

Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) workshop offered by Fairhill Partners helps participants take control of their disease and reduce the risk of complications. It empowers people with diabetes and pre-diabetes to take charge of their health. DEEP is fun and interactive, with hands-on learning. Workshops meet for 6 weekly 2-hour sessions.

***Registration deadline is Sept. 1. Space is limited!**

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: FREE

Friday(s), 9:30 - 11:30 a.m.

dates: Sept 18 - Oct 23

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.

Reg deadline: Sept 11, Monday(s), 3:30 - 5 p.m.

Sept 21: The Blue Zones American Kitchen: 100 recipes to live to 100

Oct 19: Soup, Stews and More; Taste of Home OR The Baking Bible: Rose Levy Beranbaum

Nov 23: In the Kitchen with Cleveland's favorite chefs; Maria Isabella

Dec 21: Bring a favorite holiday appetizer to share

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

dates	day	time
July 28	Tuesday	10 - 11 a.m.
July 29	Wednesday	10 - 11 a.m.
Nov 30	Monday	10 - 11 a.m.
Dec 1	Tuesday	10 - 11 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)

dates	topic
Sept 14	Vounteer Opportunities
Oct 5	Medicare 101
Nov 2	Non-Medical In Home Care
Dec 7	Vial of Life

Navigating the Journey of Care: A Talk in Preparedness

Topics to be discussed: Important documents such as Advanced Directives, Power of Attorney and Living Will. The creation of a "when things go wrong" binder. Hospice Care and Palliative Care and what they mean. The different care choices, including home care and how to prepare your home if you wish to stay there.

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

date	day	time
Nov 5	Thursday	10 a.m.

Lake County Council on Aging 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. **Note there is no Oct session.*

Presented by: Lic. Social Worker Connie Brocone

Location: Senior Center Lobby

Resident | Non-Resident: FREE

Thursday(s), 11 a.m. - 12 p.m.

dates: Sept 17, Nov 5 (1st Thur), Dec 10 (2nd Thur)

*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.*

Lake County Property Fraud Alert Program

Presentation provided by the Lake County Records office and includes: What property fraud is and how it happens; How homeowners can protect themselves; How the Property Fraud Alert system works; Step-by-step instructions on how to sign up

Locations:

Senior Center Cardinal Room

Resident | Non-Resident: FREE

date	day	time
Oct 6	Tuesday	10 a.m.

Lunch and Learn -

Oct 1: Health Care and Your Retirement

Steve Mrozek, Financial Advisor from Edward Jones will be presenting the Health Care and Your Retirement seminar: Health Care and Your Retirement is an educational program that addresses what steps investors should take to prepare for health care costs to help ensure your retirement savings stay healthy. Presentation and lunch provided by Edward Jones.

Dec 3: Hospice Care

Halli Martin from Cadre Hospice will present "Nourish & Know: The Heart of Hospice". Join us for an engaging Lunch & Learn where we'll demystify hospice care in a warm, welcoming setting. Discover the wide range of services hospice provides, who it's for, and how it supports both patients and families with comfort and dignity. We'll also share meaningful ways you can get involved as a volunteer and make a difference in your community. Come enjoy a relaxed meal, ask questions, and leave with a new perspective on compassionate care.

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

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

Medicare Check Up Presentation

Join the Council on Aging's Benefits Specialist for a Medicare Check Up presentation. Medicare Open Enrollment is from October 15-December 7. If you are already on Medicare, this is the time to review your plan, as Medicare Part D and Medicare Advantage plans change yearly. Understanding your Medicare options can be overwhelming, but you don't have to do it alone - we are here to help! This presentation will touch on the Medicare basics and include the changes expected for 2027.

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

date	day	time
Oct 22	Tuesday	10 - 11 a.m.

Medicare Annual Review: What's Important to Know for 2027

Join us for a simple educational overview of Medicare's Annual Enrollment Period (Oct 15-Dec 7), plan changes, important deadlines, and what beneficiaries should know before making decisions. Presentation provided by Lauren Fenton of Fenton Financial Services.

Location: Senior Center Cardinal Room
Resident | Non-Resident: FREE

date	day	time
Sept 29	Tuesday	10 - 11 a.m.

Mocktail Mixology Class

Instructor: Katie Perdue, SoBern Journey

Location: Senior Center Cardinal Room

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

Thursday(s), 2 - 4 p.m.

Oct 1: Sober October

Savor the Flavor: Non-Alcoholic Sangria. Indulge in a delightful journey of flavors while discovering the vibrant and refreshing world of sangria, sans the alcohol. Learn the art of creating a zero proof sangria using a combination of non-alcoholic wines, fresh fruits, juices, herbs, and spices. Class includes a tasting flight of Red, White, Rosé and a bubbly Sangria, a small charcuterie cup and recipes and tips for creating your own non-alcoholic drinks at home. Come see what it's all about!

Dec 3: Festive Winter Cheers

A Mocktail Mixology Class. Step into the holiday spirit where we'll shake, stir and sip our way to merry mocktail magic! In this hands-on workshop, participants will learn the art of Mixology from traditional holiday flavors, like cinnamon, cranberry, peppermint and chocolate. Class includes (2) DIY mocktails, small snack and recipes to take home. Cheers to a holiday celebration that's merry, bright and alcohol-free. Fun class you'll want to share with a friend.

Veteran's Benefits

The presentation will provide a comprehensive overview of the VA (Veterans Affairs) Community Care Network. We will cover the types of care available to veterans through the network, how to know if the veteran meets the eligibility requirements, and the specific steps for accessing these services. Additionally, we will review a step-by-step process designed to make the experience as smooth as possible for veterans in need of support. Presentation provided by Cherished Companions Home Care LLC

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

date	day	time
Nov 10	Tuesday	10 - 11 a.m.

Foot Care

Oct 13: Diabetic

An informative seminar focused on diabetic foot care, teaching the importance of daily foot checks, proper hygiene, prevention of complications, and ways to keep feet healthy while managing diabetes. Presentation provided by Ohio Foot and Ankle Specialists.

Oct 27: General

A brief educational seminar focused on the importance of proper foot care, common foot conditions, preventative care, and tips for maintaining healthy feet for overall wellness. Presentation provided by Ohio Foot and Ankle Specialists.

Presentation provided by Ohio Foot and Ankle Specialists.

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

Tuesday(s), 10 - 11 a.m.

Social Security Updates 2027

A representative from the Social Security Administration will discuss the 2027 Cost-of-Living-Adjustment and other updates heading into the new year.

Location: Senior Center Great Room

Resident | Non-Resident: FREE

date	day	time
Nov 18	Wednesday	12 - 1 p.m.

● FITNESS/WELLNESS

Cycling Club

New riders are welcome. Rides start on Wednesdays in April and continue through October. 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. 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 in October start at 5pm due to darkness. 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.

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
Sept 14 - Oct 26**	Monday	9 - 9:45 a.m.
Sept 1 - Oct 20	Tuesday	9 - 9:45 a.m.
Sept 3 - Oct 22	Thursday	9 - 9:45 a.m.
Sept 4 - Oct 23	Friday	9 - 9:45 a.m.
Nov 2 - Dec 21	Monday	9 - 9:45 a.m.
Nov 3 - Dec 22	Tuesday	9 - 9:45 a.m.
Nov 5 - Dec 31**	Thursday	9 - 9:45 a.m.
Nov 6 - Dec 18**	Friday	9 - 9:45 a.m.

**** (no class Sept 7, Nov 26, 27, Dec 24, 25)****

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: Sept 2 - Oct 21, Nov 4 - Dec 23**

**** (no class Nov 11)****

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

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

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

dates: Sept 14 - Oct 26**, Nov 2 - Dec 21

**** (no class Sept 7)****

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 ** (no class Nov 11)**

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

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

dates: Sept 2 - Oct 21, Nov 4 - Dec 23**

**** (no class Nov 11)****

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 ** (no class Nov 11)**

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

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

dates: Sept 2 - Oct 21, Nov 4 - Dec 23**

**** (no class Nov 11)****



SilverSneakers

****Silver Sneakers Members = SSMembers**

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: Sept 2 - Oct 21, Nov 4 - Dec 23**

**** (no class Nov 11)****

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
Sept 14 - Oct 26**	Monday	10 - 10:45 a.m.
Sept 1 - Oct 20	Tuesday	8:05 - 8:50 a.m.
Sept 1 - Oct 20	Tuesday	1 - 1:45 p.m.
Sept 2 - Oct 21	Wednesday	10 - 10:45 a.m.
Sept 3 - Oct 22	Thursday	8:05 - 8:50 a.m.
Sept 3 - Oct 22	Thursday	1 - 1:45 p.m.
Sept 4 - Oct 23	Friday	10 - 10:45 a.m.
Nov 2 - Dec 21	Monday	10 - 10:45 a.m.
Nov 3 - Dec 22	Tuesday	8:05 - 8:50 a.m.
Nov 3 - Dec 22	Tuesday	1 - 1:45 p.m.
Nov 4 - Dec 23**	Wednesday	10 - 10:45 a.m.
Nov 5 - Dec 31**	Thursday	8:05 - 8:50 a.m.
Nov 5 - Dec 31**	Thursday	1 - 1:45 p.m.
Nov 6 - Dec 18**	Friday	10 - 10:45 a.m.

**** (no class Sept 7, Nov 11, 26, 27, Dec 24, 25)**

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
Sept 14 - Oct 26**	Monday	8:05 - 8:50 a.m.
Sept 14 - Oct 26**	Monday	4:00 - 4:45 p.m.
Sept 2 - Oct 21	Wednesday	8:05 - 8:50 a.m.
Nov 2 - Dec 21	Monday	8:05 - 8:50 a.m.
Nov 2 - Dec 21	Monday	4:00 - 4:45 p.m.
Nov 4 - Dec 23**	Wednesday	8:05 - 8:50 a.m.

**** (no class Sept 7, Nov 11)****

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: Sept 3 - Oct 22, Nov 5 - Dec 31**

**** (no class Nov 26, Dec 24)****

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
Sept 14 - Oct 26**	Monday	11 - 11:45 a.m.
Sept 1 - Oct 20	Tuesday	12 - 12:45 p.m.
Sept 4 - Oct 23	Friday	12 - 12:45 p.m.
Nov 2 - Dec 21	Monday	11 - 11:45 a.m.
Nov 3 - Dec 22	Tuesday	12 - 12:45 p.m.
Nov 6 - Dec 18**	Friday	12 - 12:45 p.m.

**** (no class Sept 7, Nov 27, Dec 25)****

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
Sept 14 - Oct 26**	Monday	12 - 12:45 p.m.
Sept 2 - Oct 21	Wednesday	9 - 9:45 a.m.
Sept 3 - Oct 22	Thursday	3 - 3:45 p.m.
Sept 4 - Oct 23	Friday	11 - 11:45 a.m.
Nov 2 - Dec 21	Monday	12 - 12:45 p.m.
Nov 4 - Dec 23**	Wednesday	9 - 9:45 a.m.
Nov 5 - Dec 31**	Thursday	3 - 3:45 p.m.
Nov 6 - Dec 18**	Friday	11 - 11:45 a.m.

**** (no class Sept 7, Nov 11, 26, 27, Dec 24, 25)****

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
Sept 1 - Oct 20	Tuesday	2 - 2:45 p.m.
Sept 2 - Oct 21	Wednesday	11 - 11:45 a.m.
Sept 3 - Oct 22	Thursday	2 - 2:45 p.m.
Nov 3 - Dec 22	Tuesday	2 - 2:45 p.m.
Nov 4 - Dec 23**	Wednesday	11 - 11:45 a.m.
Nov 5 - Dec 31**	Thursday	2 - 2:45 p.m.

**** (no class Nov 11, 26, Dec 24)****

Stretch and Balance

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

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

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

dates: Sept 1 - Oct 20, Nov 3 - Dec 22

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

dates: Sept 3 - Oct 22, Nov 5 - Dec 31**

**** (no class Nov 26, Dec 24)****

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.

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.

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: Sept 1 - Oct 20, Nov 3 - Dec 22

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

*dates: Sept 3 - Oct 22, Nov 5 - Dec 31***

**** (no class Nov 26, Dec 24)****

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.***

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.

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.

Senior Water Exercise at MCRC

A combination of toning, stretching and light cardio geared toward seniors. Experience improved range of motion, pain relief and stress relief with socializing with friends in this fun water exercise class.

<i>dates</i>	<i>day</i>	<i>time</i>	<i>rate</i>
Sept 1 - 29	Tues	9 - 9:50 a.m.	\$25
Sept 3 - 24	Thur	9 - 9:50 a.m.	\$20
Oct 6 - 27	Tues	9 - 9:50 a.m.	\$20
Oct 1 - 29	Thur	9 - 9:50 a.m.	\$25
Nov 3 - 24	Tues	9 - 9:50 a.m.	\$20
Nov 5 - 19**	Thur	9 - 9:50 a.m.	\$15
Dec 1 - 29	Tues	9 - 9:50 a.m.	\$25
Dec 3 - 17**	Thur	9 - 9:50 a.m.	\$15

**** (no class Nov 26, Dec 24, 31)****

Shallow/Deep Water Exercise Class at MCRC

A combination of shallow and deep water exercises to tone your body while getting your heart pumping. Jump in and make a splash, you won't want to miss this dynamic cardiovascular workout that tones the full body.

<i>dates</i>	<i>day</i>	<i>time</i>	<i>rate</i>
Sept 14 - 28**	Mon	9 - 9:50 a.m.	\$15
Sept 14 - 28**	Mon	10 - 10:50 a.m.	\$15
Sept 2 - 30	Wed	10 - 10:50 a.m.	\$25
Oct 5 - 26	Mon	9 - 9:50 a.m.	\$20
Oct 5 - 26	Mon	10 - 10:50 a.m.	\$20
Oct 7 - 28	Wed	10 - 10:50 a.m.	\$20
Nov 2 - 30	Mon	9 - 9:50 a.m.	\$25
Nov 2 - 30	Mon	10 - 10:50 a.m.	\$25
Nov 4 - 18**	Wed	10 - 10:50 a.m.	\$15
Dec 7 - 28	Mon	9 - 9:50 a.m.	\$20
Dec 7 - 28	Mon	10 - 10:50 a.m.	\$20
Dec 2 - 30	Wed	10 - 10:50 a.m.	\$25

**** (no class Sept 7, Nov 25)****

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

<i>dates</i>	<i>day</i>	<i>time</i>	<i>rate</i>
Sept 1 - 29	Tues	10 - 10:50 a.m.	\$25
Sept 3 - 24	Thur	10 - 10:50 a.m.	\$20
Oct 6 - 27	Tues	10 - 10:50 a.m.	\$20
Oct 1 - 29	Thur	10 - 10:50 a.m.	\$25
Nov 3 - 24	Tues	10 - 10:50 a.m.	\$20
Nov 5 - 19**	Thur	10 - 10:50 a.m.	\$15
Dec 1 - 29	Tues	10 - 10:50 a.m.	\$25
Dec 3 - 17**	Thur	10 - 10:50 a.m.	\$15

**** (no class Nov 26, Dec 24, 31)****

Aqua HIIT Water Exercise at MCRC

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

dates	day	time	rate
Sept 1 - 29	Tues	9 - 9:50 a.m.	\$25
Sept 3 - 24	Thur	9 - 9:50 a.m.	\$20
Oct 6 - 27	Tues	9 - 9:50 a.m.	\$20
Oct 1 - 29	Thur	9 - 9:50 a.m.	\$25
Nov 3 - 24	Tues	9 - 9:50 a.m.	\$20
Nov 5 - 19	Thur	9 - 9:50 a.m.	\$15
Dec 1 - 29	Tues	9 - 9:50 a.m.	\$25
Dec 3 - 17**	Thur	9 - 9:50 a.m.	\$15

**** (no class Nov 26, Dec 24, 31)****

Cardio Splash Water Exercise at MCRC

A splash of Fun! This class is a combination of Cardio exercises, toning with weights and water resistance, some Pilates moves and stretching. A low-impact workout that people of all fitness levels can do. This class combines an aerobic workout with strength and endurance that improves coordination and stamina.

Intensity: Medium

dates	day	time	rate
Sept 4 - 25	Fri	10 - 10:50 a.m.	\$20
Oct 2 - 30	Fri	10 - 10:50 a.m.	\$25
Nov 6 - 27	Fri	10 - 10:50 a.m.	\$20
Dec 4 - 18**	Fri	10 - 10:50 a.m.	\$15

**** (no class Dec 25)****

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: Sept 15 - Oct 6, Oct 20 - Nov 10

Nov 24 - Dec 15

Thursday(s), 9 - 10 a.m.

dates: Sept 17 - Oct 8, Oct 22 - Nov 12

Nov 19 - Dec 17** **** (no class Nov 26)****

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 - 1:30 p.m.

dates: Sept 15 - Oct 6, Oct 20 - Nov 10

Nov 24 - Dec 15

Thursday(s), 10 - 11 a.m.

dates: Sept 17 - Oct 8, Oct 22 - Nov 12

Nov 19 - Dec 17** **** (no class Nov 26)****

● GAMES/CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Hand, Knee & Foot 12:30 Mahjong 1:00 Bingo 1:00 Chair Volleyball 1:00 Scrabble	12:00 Hand, Knee & Foot 12:00 Pinochle* 12:30 Duplicate Bridge* 1:00 Chess	10:00 Hand, Knee & Foot 12:00 Hand, Knee & Foot 1:00 Bingo (1st Wed of the month only) 1:00 Chair Volleyball 1:00 Euchre 1:00 Rummikub 6:00 Cornhole	1:00 Cribbage 2:00 Canasta	10:00 Samba Card Game 12:30 Duplicate Bridge* 1:00 Chair Volleyball 2:45 Ping Pong*

ONGOING

Billards Room

Puzzle Table

(open play with Senior Center membership)

***Experience required.**

New participants are always welcome!

Feel free to stop by and check out any group that interests you. Most activities welcome drop-in participants, and it's a great way to meet new people and learn more about the group.

Fees & Memberships: Senior Center membership is required for all activities.

Chair Volleyball is \$10/year for residents and \$12/year for non-residents.

Duplicate Bridge is \$1 at the door. Bingo is \$.25 per card (maximum 4 cards)

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 440-920-6665 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	event
Sept 14	Picnic at Veteran's Park
Oct	Trip - TBA
Nov 2	
Dec 7	Holiday Party

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
Sept 8	Longhorn's Steakhouse
Oct 13	Hooley House
Nov 10	Kearney's Public House
Dec 8	Ridgewood Kitchen

NEW! Ukelele Club

If you are interested in joining a ukelele club, register at the front desk. If you have played one before great, if you are new and want to learn, that is also ok. If we can get enough interest, we will meet and determine a set day and time to play.

● 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: Sept 23, Oct 28, Nov 18, Dec 16

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: Sept 10, Oct 8, Nov 12, Dec 10

NEW! Caregiver Support

Our Caregiver Support Program is a 12-week series for adults age 60+ designed to provide guidance, connection, and practical tools for those caring for loved ones. The program explores a wide range of topics, including accessing community resources, managing emotional demands, and navigating the challenges of caregiving. In partnership with Family Pride of Northeast Ohio and offered alongside our Special Elders program, this supportive space encourages shared experiences and mutual learning. Funded through the Lake County Levy Grant.

Registration deadline: Aug 31.

Instructor: Lisa Demeter, LISW-S, ACSW

Location: Senior Center Cultural Arts Room

Resident | Non-Resident: FREE

Monday(s), 12:45 - 2 p.m.

dates: Sept 14 - Dec 7** ***(No session Sept 28)****

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 \$31,920 for a household of 1 and \$43,280 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: Sept 21, Oct 19, Nov 16, Dec 21

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: Oct 7, Dec 2 (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

Wednesday(s), 4 - 5:30 p.m.

dates: Sept 2, Oct 7, Nov 4, Dec 2



Special Elders

The Special Elders Program offers light support to help seniors fully enjoy their time at the center. Our compassionate staff provide 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. Caregivers check out our New Caregiver Support session.

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 - 10:50 a.m.	Submit lunch orders
11:00 - 12:45 a.m.	Lunch/Socialization
1:00 - 2:00 p.m.	BINGO \$.25 per card

Wednesday

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

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: Sept 23, Oct 28, Nov 18, Dec 16

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: Sept 9 - Oct 21, Nov 4 - Dec 23**

****(no class Nov 11)****

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.

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.

SPECIAL LUNCHEONS

Pre registration required



Ninety Plus Celebration Luncheon

Join us for our 90+ Celebration Luncheon, Heirloom: What We Treasure, What We Pass On, as we honor members who have reached this remarkable milestone. This special gathering celebrates the stories, traditions, and experiences that shape a lifetime and continue to inspire generations. Guests will enjoy a delicious lunch featuring chicken piccata and a classic poke cake dessert, while sharing in a meaningful and memorable celebration. 90+ members will be asked: What heirloom or treasured item has been passed down to you, and what story does it carry? Entertainment is Bent String Band.

Registration deadline is Sept 24.

Location: Senior Center Great Room

Resident | Non-Resident: 90+ FREE, \$11 for guest

date	day	time
Oct 8	Thursday	11:30 a.m. - 1 p.m.

Thank you to our Sponsors for helping make this event a success.

Brunner Sanden Deitrick Funeral Home

Heirloom Display

As part of this year's 90+ celebration, our Heirloom Display will feature personal items shared by our 90+ honorees. Each piece represents a meaningful story, memory, or tradition from their lives. From treasured keepsakes to simple mementos, these items offer a glimpse into the experiences and legacies that have been carried through the years. We invite you to take part by sharing a small heirloom that tells your story.

Participants are asked to pre-register to be part of the display. Items should be small enough to fit safely within a glass display case. Please plan to drop off your item the week of August 31, with pick-up the week of October 26. More information will be provided after registration.



Noon Years Eve

Join us as we ring in the New Year at noon! There will be amazing appetizers, charcuterie board, buckeyes, and mini cheesecake. Don't miss out on all the fun - dancing to tunes spun by the DJ, fun games, a ball drop and a New Year's Eve toast.

Registration deadline is Dec 18.

Location: Senior Center Great Room

Resident | Non-Resident: \$15

date	day	time
Dec 31	Thursday	11 a.m. - 1 p.m.

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

date	day	time
Oct 15	Thursday	11:30 a.m. - 12:30 p.m.



Veteran's Breakfast

To all who've worn the uniform – from land, sea, air, and beyond – we invite you to gather in honor and gratitude. Service members from the Army, Navy, Air Force, Marine Corps, Coast Guard, and Space Force – this day is for you. Join us at the Mentor Senior Center for the 15th Annual Veterans Appreciation Breakfast, featuring a hearty spread of pancakes, eggs, and sausage, proudly co-sponsored by Perkins Pancake House. Entertainment will be a presentation "Cradle to Grave," – Presented by Tim Garfield (President Garfield's Great, Great Grandson)

Registration deadline is Oct 29.

Location: Senior Center Great Room

Resident | Non-Resident: \$15

date	day	time
Nov 12	Thursday	11:30 a.m. - 1 p.m.

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! **Regular lunch not available during celebrations.**

Location: Senior Center Great Room

Resident | Non-Resident: \$11

(unless otherwise noted)

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

Sept 24 Celebration

Join us on the patio for a good old fashioned clam bake. Meal includes clam chowder, a dozen clams, half a chicken, corn on the cob, sweet potatoes, coleslaw, roll and butter. *Reservation deadline is Sept 10.*

Location: Senior Center Patio

Resident | Non-Resident: \$39

Oct 29 Celebration -

Advisory Board of Elections 11am

Made from scratch stuffed peppers, mashed potatoes with red sauce and dirt pudding for dessert. The Aaron Dussing Trio bring the old-world music of Europe to audiences of all ages. Though they specialize in polkas and waltzes, they also play a variety of swing, oldies, Latin, and other favorites. *Reservation deadline is Oct 16.*

Nov 19 Celebration

Turkey dinner with all the fixings, including mashed potatoes, stuffing, green bean casserole. Save room for a yummy pumpkin bar. Entertainment is Dom Noce, a dynamic singer performing music from the 60s, 70s and 80's. *Reservation deadline is Nov 6.*

Dec 17 Celebration

Garlic chicken thigh, rice, mixed vegetables and bread pudding. The Mentor Follies Dancers will deliver a holiday inspired performance for all to enjoy. *Reservation deadline is Dec 4.*

MUSIC & THEATER

Nick Costa Concert

Singing sensation Nick Costa brings his Las Vegas style show to the Senior Center Stage for a legendary performance singing the classics of yesterday, today and forever! The show features the classics such as Sinatra, Martin, Sammy Davis Jr, Manilow, Elvis and more. The show also features a Tom Jones Tribute that will have you dancing in your seats! The 7-piece band features horns, guitar, and keys to make it an unforgettable night! And bring your dancing shoes, there will be plenty of music to dance to!

Location: Senior Center Stage

Resident: | Non-Resident: \$15

date	day	time
Oct 14	Wednesday	7 - 9 p.m.

*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.*



Mentor High School Top 25 Show Choir Performance

Mentor High School's nationally recognized Top 25 show choir is back for a special holiday performance! Join us for an evening featuring selections from their award-winning show along with festive holiday favorites sure to get everyone in the spirit of the season. This event is free to attend, but pre-registration is required.

Location: Senior Center Great Room

Resident | Non-Resident: FREE

date	day	time
Dec 7	Monday	6 - 6:30 p.m.

Hillcrest Concert Band Holiday Concert

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

Location: Senior Center Great Room

Resident | Non-Resident: \$4

date	day	time
Dec 2	Wednesday	7 - 8 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 Syroney

Location: Senior Center Stage

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

Tuesday(s), 9 a.m. - 12:30 p.m.

dates: Sept 1 - Oct 20, Nov 3 - Dec 22

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: Sept 2 - Dec 16 ** (no class Nov 11)****

SPECIAL EVENTS

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, please call (440) 974-5725.

Location: Senior Center Cardinal Room

Resident | Non-Resident: FREE

date	day	time
Oct 15	Thursday	9:30 - 11:15 a.m.



Handmade Arts and Crafts Sale

Get ready to shop unique treasures at our Annual Handmade Arts & Crafts Sale, where a wide variety of handcrafted items will be available for purchase! If you're an artist or crafter looking to showcase your creations, table spaces are available for \$25 (6 ft) and \$20 (5 ft). Senior Center members can begin registering on Aug 3 (Mentor residents) and Aug 4 (non-residents). Non-members may register starting Sept 1. Don't miss this chance to find one-of-a-kind gifts and support local talent!

Location: Senior Center

date	day	time
Nov 14	Saturday	9 a.m. - 3 p.m.

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

date	day	time
Sept 17	Thursday	3 - 4 p.m.



Pizza and Trivia with the Board

Enjoy delicious pizza, followed by some friendly trivia competition. *Reservation deadline Sept 20.*

Location: Senior Center Great Room

Resident | Non-Resident: FREE

date	day	time
Sept 30	Wednesday	4 - 6 p.m.

TECHNOLOGY

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

Wednesday(s), 12 - 2 p.m.

dates: Sept 2 and 16, Oct 14 and 28
Nov 9 and 18 (Mon & Wed), Dec 2 and 16

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: Sept 14 and 21, Oct 5 and 12
Nov 2 and 9, off Dec

Tech Help w/High School Students

Got questions about your tablet, iPad, or smart-phone? Tech-savvy students from Mentor High School are ready to help you learn new skills, solve problems, and get more from your devices. Bring your questions and your curiosity for this fun, hands-on tech session! *Registration closes 7 days before the program date.*

Location: Senior Center Great Room

Resident | Non-Resident: FREE

dates	day	time
Sept 9	Wednesday	12 - 1 p.m.
Oct 8	Thursday	8:30 - 9:30 a.m.
Nov 4	Wednesday	12 - 1 p.m.
Dec 3	Thursday	8:30 - 9:30 a.m.

TRIPS

MSC Small Bus & Laketran Trips

Stan Hywet Ohio Mart (Laketran)

Ohio Mart features over 140 juried artists of all mediums, as well as entertainment, food vendors, stitchery displays and more, all on the magnificent historic grounds of Stan Hywet. In addition, Stan Hywet Hall will be open for self-guided tours. Lunch is on your own at the Stan Hywet Ohio Mart. **Registration/refund date is Sept 4.**

Activity Level: Mild/Moderate

Resident | Non-Resident: \$45

date	day	time
Oct 2	Friday	10 a.m. - 4:45 p.m.

Solar Tour...Energy Independence! (MSC Small Bus)

Sign up for this bus tour and be part of the American Solar Energy Society's National Solar Tour ! With the price of electricity rising and expected to rise even more in the near future, here is your chance to learn how to get a step ahead ! The Mentor bus will take you to renewable energy sites in the Mentor area that are harvesting FREE, clean electricity from the sun. You'll get the chance to view and discuss home and business solar applications, battery-backup systems, electric cars and energy efficiency. Find out how those near you (including many seniors) have taken advantage of the surprisingly low solar panel prices to achieve energy independence. Lunch is included, tour sponsored by the American Solar Energy Society. **Registration/refund date is Sept 28.**

Activity Level: Mild

Resident | Non-Resident: FREE

date	day	time
Oct 3	Saturday	9 a.m. - 2 p.m.

West Side Market Tour and Lunch (MSC Small Bus)

The West Side Market is the oldest operating indoor/outdoor market space in Cleveland and in 1973 was added to the National Register of historic places. We will have a tour of the market and then enjoy time on our own to shop and have lunch (on your own). **Registration/refund date is Sept 16.**

Activity Level: Moderate

Resident | Non-Resident: \$29

date	day	time
Oct 14	Wednesday	10 a.m. - 3 p.m.

"Clue" at Playhouse Square (LakeTran)

Enjoy dinner at Arrabiata's (on your own) before the Playhouse Square production of "CLUE" where murder and blackmail are on the menu. Six mysterious guests assemble at Boddy Manor for a night they'll never forget! Based on the fan-favorite 1985 Paramount Pictures movie and inspired by the classic Hasbro board game, Clue is the ultimate whodunit that will leave you dying of laughter and keep you guessing until the final twist. **Registration/refund date is Oct 6.**

Activity Level: Mild

Resident | Non-Resident: \$110

date	day	time
Nov 17	Tuesday	3:30 - 10 p.m.

Cleveland Pops Holiday Concert (LakeTran)

The Cleveland Pops Orchestra will present "Jingle Bell Pops" on Sunday, November 29, at Playhouse Square, featuring holiday favorites, the Pops Chorus, and dancing Santas. Dinner following the show will be at Arrabiata's (on your own). Ticket information should be available in mid-July. Registration begins Aug 3 and 4. **Registration/refund date is Oct 5.**

Activity Level: Mild

Resident | Non-Resident: TBA

date	day	time
Nov 29	Sunday	12:30 - 7:15 p.m.

Steele Mansion Holiday Lunch and Tour (LakeTran)

Join us for lunch, presentation of the Steele Mansion story, and a complete top to bottom tour of the building. The Mansion will be all dressed for the holidays! Lunch is a Turkey Sub Sandwich on a Croissant, served with home-made soup, non-alcoholic beverage and a Holiday Surprise Dessert! **Registration/refund date is Nov 10.**

Activity Level: Mild/Moderate

Resident | Non-Resident: \$69

date	day	time
Dec 8	Tuesday	11:15 a.m. - 3 p.m.

Out to Lunch Bunch (MSC Bus)

All Activity Levels: Mild

Resident | Non-Resident: \$40

Lucky's Café in Cleveland

Lucky's has been featured on Guy Fieri's "Diners, Drive-Ins, & Dives" and Michael Symons "The Best Thing I ever Ate." Lunch choices are: Curried Chicken Salad served on house-made Como Bread with mixed lettuce and chips; Grilled Cheese Surprise served with homemade tomato bisque; or Gingerbread Waffles topped with warm maple roasted apples, honey infused whip cream, house made caramel drizzle, sprinkled with cinnamon sugar. Lunch includes non-alcoholic drinks and dessert. **Registration/refund date is Oct 8.**

date	day	time
Oct 16	Friday	11:30 a.m. - 2:45 p.m.

Balaton Hungarian Restaurant in Chagrin Falls

Balaton Hungarian Restaurant will be 65 this autumn and they have been featured in many magazines, newspapers and news programs. Lunch choices are: Stuffed Cabbage; Chicken Paprikash; Chicken Schnitzel; and Vegetarian Mushroom Paprikash. Lunch includes a house salad, bread, strudel for dessert and nonalcoholic beverages. **Registration/refund deadline is Nov 12.**

date	day	time
Nov 20	Friday	11:15 a.m. - 2:45 p.m.

Brew Garden in Strongsville

"Let it Snow," is the theme for off the hook holiday decorations that add to the spirit of the season. Lunch choices are: Cleveland Press Sandwich, shaved red wine braised beef, caramelized onions, mushrooms, Boursin cheese, Mozzarella on a Hoagie roll served with house chips; Street Tacos with Cilantro-lime rice, roasted corn, queso fresco, pico de gallo, cilantro aioli, served with a side of chips and salsa; or Salmon served with brussel sprouts and sweet potatoes. Non-alcoholic beverage and ice cream for dessert. **Registration/refund deadline is Dec 3.**

date	day	time
Dec 11	Friday	11:15 a.m. - 2:45 p.m.

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do it yourself!**

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**The Senior Center will be closed the following: Sept 7: Labor Day |
Nov 11: Veteran's Day | Nov 26-27: Thanksgiving | Dec 25: Christmas
We will be closing at 2pm on Dec 24, and Dec 31.**

Admin and City Staff

Phone number to Senior Center: 440-974-5725

Senior Center Manager

Renee Ochaya
ochaya@cityofmentor.com

Recreation Coordinator

Dave Duricky
duricky@cityofmentor.com

Recreation Coordinator

Colleen Higgins
higgins@cityofmentor.com

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

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