

# MENTOR SENIOR CENTER

*September - December 2025* keep until December



Registration for ALL Fall (Sept-Dec)  
Classes will begin August 4th for  
Mentor Residents and August 5th for  
Non-Residents.

*Trips - See pages 20 & 21 for details*

## MENTOR SENIOR CENTER NEWSLETTER

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

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**2025 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: Bradford Brinizer, Joan Calderone, Herman "Bud" Eppich, Donald Feldkamp, Andrea Gerich, Philomena Ippolito, Eugene Kekelis, James Koerner, Beverly Maki, Sylvia Marquez, Joan Murzynsky, Jim Rosipko. Their presence and contributions will be deeply missed, and our thoughts are with all who are mourning their loss.

## COORDINATOR'S CORNER

As the air turns crisp and the days grow shorter, there's something special about this season—cozy moments, fresh starts, and the joy of being together. We've got a lot to look forward to in the coming months!

We're excited to welcome back our Handmade Arts & Crafts Sale on Saturday, November 15th from 9 AM to 3 PM. This is a wonderful time to support local crafters and pick up thoughtful, handmade gifts for the holidays. If you're interested in being a vendor, don't forget to register during our regular registration period (dates on the front cover).

We'll also be closing out the year with our always-popular Noon Year's Eve celebration on Wednesday, December 31 from 11:30 AM to 1:30 PM! Join us for music, appetizers, fun games, and an early countdown to 2026—it's a great way to ring in the new year a little early and a lot of fun. Pre-registration is required. As we begin new sessions of classes and activities, let's all remember to extend a warm welcome to new members. A simple smile or helping hand can make a big difference. And as one class finishes and another begins, a little patience during those room transitions helps keep things running smoothly for everyone.

And since it's the season to cozy up with a good book, don't forget—our library is full of great reads and puzzles just waiting to be enjoyed. Feel free to stop by and borrow something new for a quiet afternoon at home. We're so grateful to share this season with all of you, and we're looking forward to all the joy, connection, and community still to come.

Warmly,  
*Dave, Renee & Colleen*

## SENIOR CENTER INFORMATION

### Senior Center Website

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

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

### Donations

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

### Volunteers

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



## MEET OUR NEW STAFF



**Robinn Steenberg**

Robinn grew up in Mentor and graduated from Mentor High School and Kent State University. After living for many years in the Hudson area and raising her family there, she returned to Mentor in 2017. Robinn retired from a full-time career as an insurance adjuster in 2024 and is now looking forward to part-time work and spending more time with friends and family, including her two daughters and grandchildren. An avid enthusiast of art and photography, she proudly identifies as a Wordle and Letter Boxed addict. She enjoys the challenge of games and cards, loves to travel, and always appreciates a good book. We are excited to welcome her to the front desk!



**Kim Martin**

Meet Kim, the newest addition to the office staff at the Senior Center. She brings enthusiasm and a love for community connection to her role. In her free time, Kim enjoys tending to her flower beds, watching HGTV, reading recipes, and trying out new dishes. A devoted Cleveland Guardians fan, she even knows how to keep the official score of a baseball game. Kim has a unique passion for organizing drawers and cupboards—something she perfected while running her own cleaning business. She and her husband have four grown children, all of whom live nearby. Kim is excited to meet everyone and looks forward to helping members enjoy all the wonderful benefits the Senior Center has to offer.

## COMMUNITY RESOURCES

*Frequently used numbers:*

**"211"** - call for help program  
Provides access to information and services regarding healthcare and human service agencies.

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

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

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

Laketrans Dial-a-Ride Service - **440-354-6100**  
Free transportation to and from the Mentor Senior Center for Seniors who are 60+.

Lake County Council on Aging -  
Mentor - **440-205-8111**  
Service, programs, information, and referrals.

Mentor Fire Department  
Lock Box program - **440- 974-5768**

Veterans Services Commission of  
Lake County - **440-350-2567**  
Assistance is available to those who have honorably served their country.

Western Reserve Grief Services (Hospice) -  
**800-707-8922**, Hospice provides bereavement and support services.

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 Low Impact Aerobics
9:00 Low Impact Aerobics	9:00 Aqua Hiit at MCRC	9:00 SS Yoga	9:00 Low Impact Aerobics	10:00 SS Classic
10:00 Shallow/Deep Water at MCRC	9:00 Low Impact Aerobics	10:00 Shallow/Deep Water at MCRC	9:00 Aqua Hiit at MCRC	10:00 Samba
10:00 SS Classic	9:00 Quilting	10:00 SS Classic	10:00 Weight Training	10:00 AquaLates at MCRC
10:30 Needlecrafters Club	9:00 Piano	10:00 Hand, Knee & Foot	10:00 All Media Painting	11:00 SS Yoga
11:00 SS Stability	10:00 Pickleball Inter MCRC	10:00 Creative Ceramics	10:00 Stretch and Tone	12:00 SS Stability
12:00 SS Yoga	10:00 Weight Training	10:00 Music Makers	Water Ex at MCRC	12:30 Wii Bowling
12:00 Hand, Knee, Foot	10:00 Stretch and Tone	11:00 SS Circuit	11:00 Stretch and Balance	12:30 Duplicate Bridge
12:30 Mahjong	Water Ex at MCRC	12:00 Special Elders	Virtual/InPerson	1:00 Chair Volleyball
1:00 Chair Volleyball	11:00 Stretch and Balance	SS Classic	12:00 SS Stability	2:45 Ping Pong
1:00 Bingo	Virtual/InPerson	Chair Volleyball	12:30 Wii Bowling	
3:00 Mat Yoga	11:30 Pickleball Intro MCRC	1:00 Rummikub	1:00 SS Classic	
4:00 SS Boom Muscle	12:00 Am Sign Language	1:00 Parkinson's Exercise	1:00 Cribbage	
5:30 Quilting	12:00 Pinochle	3:00 SS - BOOM MIND	2:00 SS Circuit	
	12:00 SS Stability	4:00 Creative Ceramics	2:00 Canasta	
	12:00 Hand, Knee, Foot	5:30 Line Dance	2:00 Sr. Water Ex at MCRC	
	12:30 Pickleball Inter MCRC	6:00 Cornhole	3:00 SS Yoga	
	12:30 Duplicate Bridge	6:45 Line Dance Adv	4:00 SS EnerChi	
	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			
	7:15 Move & Groove Water Ex at MCRC			

**SS=SilverSneakers**

## MEMBERSHIP AND HOURS

Mentor Senior Center, administered by the City of Mentor, is a thriving meeting place with over 4000 members. The center is open Mon and Wed from 8 a.m.- 8 p.m. and Tues, Thurs, and Fri from 8 a.m. - 5 p.m. Membership is available to anyone 55 years old or older. Membership is required to participate in Senior Center activities. **Registration for 2025 membership began January 2.** Membership fees are \$10 for Mentor residents and \$15 for nonresidents. Silver Sneaker memberships are also available for those who are eligible.

### Membership Renewal Reminder:

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

### Holiday Hours:

We are closed for Labor Day Sept 1st, Veterans Day Nov 11, Thanksgiving Nov 27 and 28th, Christmas Dec 25, and we will be closing early Dec 24 and Dec 31st.

## ADVISORY BOARD

### Supporting Our Center

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

### Advisory Board Meetings

Meetings are on the **2nd Monday of each month at 12:30 PM.** All Senior Center members are welcome! On Sept 15 from 12:30 - 2 pm the Board meeting will be held in the Great Room giving our members the opportunity to sit in on the meeting to observe all the great things the Board has to offer and share any ideas they may have.

### Annual Meeting

The annual Board meeting will be held just prior to the October celebration luncheon. This year the Board will present updated by-laws for membership approval.

**Location: Senior Center Great Room**

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

### Pizza and Trivia with the Board

Enjoy delicious pizza, followed by some friendly trivia competition. *Reservation deadline September 23.*

**Location: Senior Center Great Room**

date	day	time
Oct 1	Wednesday	4 - 6:00 p.m.

### Dishwashing Heroes Needed

Step up as our dishwashing dynamo and take charge of our super speedy industrial dishwasher. Just load, press a button and BAM, sparkling clean dishes in no time. Stop by the front desk to complete volunteer form.

## SENIOR CENTER AWARDS

### Jack Hines - Mentor Senior Center Volunteer of the Year

If you've visited the Mentor Senior Center, you've likely been greeted by Jack—known for his warm welcome, cheerful attitude, and incredible dedication. A true ambassador for the Center, Jack volunteers in many roles including kitchen cashier, event helper, produce distributor, and Greeter Coordinator, where he trains and supports a team of volunteer greeters. His positivity, leadership, and commitment to making everyone feel like family have made a lasting impact, earning him the well-deserved title of Volunteer of the Year.



### Julia Parker - Lake County Volunteer Network Outstanding Senior

Julia Parker, recipient of the Lake County Volunteer Network Outstanding Senior Award, is a compassionate and dedicated volunteer. Since 2018, she's served as a Phone Pal, building strong bonds through weekly calls with isolated seniors. She also contributed to the Music & Memory program, bringing comfort to dementia patients and their caregivers through music. Whether supporting others with a kind word or organizing donated greeting cards at the Mentor Senior Center, Julia's warmth and selflessness leave a lasting impact on everyone she meets.





SEPTEMBER CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED LABOR DAY</b> <b>1</b>	<b>2</b> Pasta & Meat Sauce	<b>3</b> Sausage Potato Casserole  Hearing 10 a.m. Bingo 1 p.m.	<b>4</b> Chicken Salad Croissants  Newcomers 3 - 4 p.m.	<b>5</b> Ham Steak
<b>8</b> Tuna Salad Platter  Lake County Council on Aging (LCCOA) 12 p.m.	<b>9</b> Breaded Pork Chops  Lunch & Learn 10 a.m.	<b>10</b> Macaroni & Cheese	<b>11</b> Volunteer Lunch: Olive Garden, Invite only-Pre-registration required KITCHEN CLOSED	<b>12</b> Cook's Choice
<b>15</b> Chicken Parmesan  Produce 10 a.m.	<b>16</b> Chef's Salad	<b>17</b> Meatloaf & Mashed Potatoes w/Gravy Attorney 1 p.m. Coffee with Fireman (pre-register) 10 a.m.	<b>18</b> Pulled Pork Platter  Social Worker 11 a.m. Maple Health 10 a.m.	<b>19</b> Honey Garlic Chicken  Chronic Pain Class 9 a.m.
<b>22</b> Salisbury Steak	<b>23</b> Orange Chicken	<b>24</b> Chili Dogs	<b>25</b> <b>Celebration:</b> Clam Bake Pre-Registration Required	<b>26</b> Cook's Choice
<b>29</b> City Chicken	<b>30</b> Cabbage Noodles & Kielbasa	<b>Daily lunches are cash ONLY</b>		
OCTOBER CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Sheperd's Pie  Hearing 10 a.m. Bingo 1 p.m. Pizza & Trivia w/Board 4 p.m.	<b>2</b> Breakfast Casserole w/Fruit  Elder Law 8:30 a.m.	<b>3</b> Johnny Marzetti
<b>6</b> Grilled Cheese & Soup  Lake County Council on Aging - Medicare 101	<b>7</b> Pasta & Meatballs	<b>8</b> Chicken Marsala  Coffee w/Cops K9 10 a.m. (pre-register)	<b>9</b> <b>90+ Celebration:</b> Chicken Cordon Bleu, Mashed Potatoes, Veggies & Choc Chip Cheesecake Medicare 2026 Changes 10 a.m.	<b>10</b> Taco Salad
<b>13</b> Cheeseburgers  AARP Driver Safety 10 a.m.	<b>14</b> Roasted Pork Loin	<b>15</b> Chicken Ceasar Salad Step Strong: Preventing Falls 10 a.m. Attorney 1 p.m. Nick Costa 7 - 9 p.m.	<b>16</b> Salisbury Steak  Social Workers 11 a.m.	<b>17</b> Pasta & Meat Sauce
<b>20</b> Italian Sausage & Peppers  Produce 10 a.m.	<b>21</b> Chicken Pot Pie	<b>22</b> Meatball Subs	<b>23</b> Chili Cook-Off 11:30 a.m. - 12:30 p.m.  Health Fair 9:30 - 11:15 a.m.	<b>24</b> Macaroni & Cheese
<b>27</b> <b>Break Week</b>  Honey Lime Chicken	<b>28</b> <b>Break Week</b>  Tuna Noodle Casserole Supporting Independence 10 a.m.	<b>29</b> <b>Break Week</b>  Sweet & Sour Pork	<b>30</b> <b>Break Week Celebration:</b> Scratch Stuffed Peppers, Mashed Potatoes w/Red Sauce, & Dirt Pudding	<b>31</b> <b>Break Week</b>  Chef's Choice

NOVEMBER CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pulled Pork Soft Tacos <b>3</b> Lake County Council on Aging - Homemaker Program 12 p.m.	Lasagna <b>4</b>	Chicken Teriyaki <b>5</b> Lunch & Learn - Safety in Winter 10 a.m. Hearing 10 a.m. Bingo 1 p.m.	<b>Veteran's Breakfast:</b> <b>6</b> Pancakes, Eggs & Sausage (pre-register required)	Ravioli <b>7</b>
Chicken Paprikash <b>10</b>	<b>CLOSED VETERAN'S DAY</b> <b>11</b>	Chef's Salad <b>12</b> Emergency Preparedness 10 a.m. Attorney 1 p.m.	Meatloaf <b>13</b>	Orange Chicken <b>14</b>
Fettucine Alfredo <b>17</b> Produce 10 a.m.	Chicken Parmesan Sandwich <b>18</b> Lunch & Learn 10 a.m.	Roasted Pork Loin <b>19</b>	<b>Celebration:</b> <b>20</b> Turkey Dinner Social Worker 11 a.m.	Cook's Choice <b>21</b>
Honey Garlic Chicken <b>24</b>	Pasta & Meatballs <b>25</b>	Tuna Melt <b>26</b>	<b>CLOSED THANKSGIVING DAY</b> <b>27</b>	<b>CLOSED</b> <b>28</b>
DECEMBER CALENDAR - LUNCH SERVED 11:30 AM - 12:15 PM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chili Dogs <b>1</b> Resident Register Lake County Council on Aging - Non-Medical In Home Care 12 p.m.	Stuffed Shells <b>2</b> Non-Resident Register	Shepherd's Pie <b>3</b> Hearing 10 a.m. Bingo 1 p.m. Hillcrest Band 7 p.m.	Chicken Salad <b>4</b>	Italian Sausage Casserole <b>5</b>
Breaded Pork Chops <b>8</b>	Chicken Paprikash <b>9</b>	Cheeseburgers <b>10</b>	Pasta & Meat Sauce <b>11</b>	Honey Garlic Chicken <b>12</b>
Johnny Marzetti <b>15</b> Produce 10 a.m.	Chicken Caesar Salad <b>16</b>	Pulled Pork <b>17</b> Attorney 1 p.m.	<b>Celebration:</b> Beef <b>18</b> Stew & Dumplings, Bread Pudding Social Worker 11 a.m.	Cook's Choice <b>19</b>
Honey Lime Chicken <b>22</b>	Meatloaf <b>23</b>	<b>Break Week</b> <b>24</b> Tuna Noodle Casserole <b>Closing Early at 2 p.m.</b>	<b>CLOSED CHRISTMAS DAY</b> <b>25</b>	<b>Break Week</b> <b>26</b> Cook's Choice
<b>Break Week</b> <b>29</b> Swedish Meatballs	<b>Break Week</b> <b>30</b> Pork Tacos	<b>Break Week</b> <b>31</b> <b>Noon Year's Eve Event:</b> Appetizers, Charcuterie Board, Buckeyes, Mini Cheesecake <b>Closing Early at 2 p.m.</b>		



## REGISTRATION

### Important Registration Update

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

### Fall Class Registration

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

Mentor Residents: Monday, August 4 | Non-Residents: Tuesday, August 5

### 3 Ways to Register

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

### Refund Policy Highlights

- No refunds within 1 week of the program start.
- \$10 fee per class/per person (\$25 for camps/trips) for changes or cancellations.
- Doctor's note required for medical refunds. Decisions within 5-10 days.

**Choose programs carefully to avoid fees.**

## ● 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 4 - Oct 23, Nov 6 - Dec 18

**\*\* (no class Nov 27) \*\***

### 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. Students may register for either the morning or early evening class, not both. If space is still available in the opposite session, registration will open for a second class two weeks prior to the start date.

**Registration deadline Aug 27 and Oct 29.**

**Instructor: Sharon Williams**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
Sept 3 - Oct 22	Wednesday	10 a.m. - 12 p.m.
Sept 3 - Oct 22	Wednesday	5:30 - 7:30 p.m.
Nov 5 - Dec 17	Wednesday	10 a.m. - 12 p.m.
Nov 5 - Dec 17	Wednesday	5:30 - 7:30 p.m.

### Quilting

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

**Instructor: Teri Bittner**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
Sept 8 - Oct 20	Monday	5:30 - 7:30 p.m.
Sept 2 - Oct 21	Tuesday	9 - 11 a.m.
Nov 3 - Dec 22	Monday	5:30 - 7:30 p.m.
Nov 4 - Dec 23	Tuesday	9 - 11 a.m.

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

### 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 2 - Dec 23	Tuesday	2 - 4 p.m.

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

## ● CONTINUING EDUCATION

### AARP Driver Safety Course

Licensed drivers 55 or older can take this class designed to refine existing skills as well as develop new, safe defensive driving techniques. You may earn a certificate and possibly qualify for a lower auto insurance rate (check with your agent). Bring your driver's license and AARP card to the class. Cost: \$20 for AARP members, \$25 for non-AARP members, check or money orders made payable to AARP is due upon registration. Lunch is on your own.

**Instructor: AARP Instructor**

**Location: Senior Center Cultural Arts Room**

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

date	day	time
Oct 13	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 Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Sept 2 - Dec 30	Tuesday	12 - 1 p.m.

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

### Book Club

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

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

dates	day	time
Sept 17	Wednesday	1:30 - 3 p.m.

*The Great Gatsby*

by F. Scott Fitzgerald (100th Anniversary)

Oct 15	Wednesday	1:30 - 3 p.m.
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*The Mayor of Maxwell Street* by Avery Cunningham

Nov 19	Wednesday	1:30 - 3 p.m.
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*Hidden Valley Road* by Robert Kolker

Dec 17	Wednesday	1:30 - 3 p.m.
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*The Lost Girls of Willowbrook*

by Ellen Marie Wiseman

### Medicare 2026 Changes

Learn about any Medicare changes in 2026 and how to ensure that your Medicare health plan is still best for you in 2026! Presentation provided by Lauren Fenton of Fenton Financial.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Oct 9	Thursday	10 - 11 a.m.

### 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, whom 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 19 - Oct 24	Friday	9 - 11:30 a.m.



### Coffee with the Cops - K9 Demonstration

Officer Bill Mackey will do a K9 demonstration showcasing the skills and training of Bak (MPD K9). It will include obedience drills, scent detection exercises, and apprehension techniques. The audience can see how Bak can track suspects, locate drugs, and assist officers in various situations. The demonstration will highlight the strong bond between handler and dog, emphasizing the discipline, intelligence, and effectiveness of K9 units in police work.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

date	day	time
Oct 8	Wednesday	10 - 11 a.m.

### Coffee with the Firemen - Including Hands Free CPR

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Sept 17	Wednesday	10 - 11:30 a.m.

### Supporting Independence

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support in balancing safety and independence while managing expectations. Presentation provided by the Alzheimer's Association.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Oct 28	Tuesday	10 - 11 a.m.



## Cooking Classes

Join us as LaDonna from Let's Cook brings in her mobile kitchens and turns you into the chef. Each participant will make their own dish from scratch. Please be sure to bring your own container to take leftovers home in! **Registration deadline is one week prior to class date to allow for food purchasing.**

**Instructor: LaDonna**

**Location: Senior Center Cardinal Room**

**Resident: \$25 | Non-Resident: \$31.25 each class  
Monday(s), 3:30 - 5:00 p.m.**

### Sept 8: Spicy Sweet & Sour Eggplant

Eggplant and bell peppers are cooked in a spicy pineapple sweet and sour sauce to create a dish that will have you coming back for seconds. Please bring a container for leftovers.

### Oct 6: Butternut Squash Chili

If you are looking for a comfort meal to warm you up on a chilly day, this is it. Sweet butternut squash comes together with black beans, corn, kidney beans and tomatoes to create this perfectly sweet and spicy chili. Please bring a large container to class for leftovers.

### Nov 3: Creamy Butter Beans & Mushrooms

Protein packed beans, sauteed mushrooms and French flavors make up this creamy, quick meal ready to whip up any evening. Bring a container for your leftovers.

## 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 will all borrow the same cookbook to try for a month. At the next meeting members will return their book and bring a dish from the book to share in a potluck lunch. During the lunch members will chat about what we liked or didn't like about the book as well as any other recipes they may have tried during the month. **Registration deadline is August 21 for the Sept - Dec fall session.**

**Instructor: LaDonna**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free  
Monday(s), 3:30 - 5 p.m.**

### Sept 15: The Apple Cookbook - 125 Freshly Picked Recipes

From sweet to savory and breakfast to bedtime, this book puts apples center stage. Ranging from traditional favorites to the wildly unexpected as well as gluten free options.

### Oct 20: The Complete Autumn & Winter Cookbook

Celebrate the season with this treasure trove of cozy cooking and baking recipes. From soul-warming soups and simple dinners to show stoppers and weekend projects.

### Nov 17: Good and Cheap: Eat well on \$4/day

Kitchen skill, not budget, is the key to great food. If you're living on a tight budget this book will show you how to maximize every ingredient and gives you tips on economical cooking methods, shopping and kitchen equipment.

### Dec 1: 5 Spice Peanut Chickpeas

Spicy, salty and sweet are the perfect way to explain these 5 spice peanut chickpeas. We will mix together peppers, broccoli and chickpeas with peanut butter, Chinese five spice and a few other ingredients to create this one of a kind dish served over rice. Bring a container to take leftovers home.

### Dec 15:

Cookbook club Holiday Party! Everybody bring your favorite holiday appetizer to share. We will also be having our cookie exchange for those who choose to participate.

## Community Outreach Social Worker

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

**Presented by:**

**Licensed Social Worker Connie Brocone**

**Location: Senior Center Lobby**

**Res | Non-Res: Free, Thursday(s), 11 a.m. - 12 p.m.  
dates: Sept 18, Oct 16, Nov 20, Dec 18**

## 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.

**Locations:**

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

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

**Resident | Non-Resident: Free**

**dates day topic**

Sept 8 Mon Health Equipment Lending Program

Oct 6 Mon Medicare 101

Nov 3 Mon Homemaker Program

Dec 1 Mon Non-Medical In-Home Care Program

## 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." Register early; the program will sell out quickly since breakfast is included. **Registration deadline September 17.** Presenters: Lauren Liberatore, 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; Jerry Kotlarsic, Owner of The Junkluggers of Cleveland, Mentor & Solon; Susan Priest Richlak, Esq. Law offices of Susan Priest Richlak.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Oct 2	Thursday	8:30 - 10:30 a.m.

## Lunch and Learn - Balance & Safety During the Winter Months

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Nov 5	Wednesday	10 - 11:30 a.m.

## Lunch and Learn - Medicare ABC's & D!

Are you approaching age 65 or already on Medicare and need a refresher on Medicare basics? Learn the differences between Original Medicare, Supplements, Advantage Plans and how Medicare works. Changes are expected for 2026. This is a perfect time to get a clear understanding of all things Medicare! **Presentation and lunch provided by June Sladek of Advanced Insurance Solutions.**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

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

**dates: Sept 9, Nov 18**

## Maple Health Direct Primary Care

We are a private primary care practice offering patient-centered, personalized family health care services in a membership-based structure. We offer many benefits for the senior population that include same-day or next day appointments guaranteed, ample appointment times up to one hour, no long waits, direct communication to your provider via call, text or email, and the ability to see the same provider each visit for continuity of care. We also have on-site lab services and discount pharmacy. Our patient-centered approach and open communication offers seniors confidence that their care is top priority.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Sept 18	Thursday	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 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 July 7.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

dates	day	time
Jul 28	Monday	10 - 11 a.m.
Jul 30	Wednesday	10 - 11 a.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)

## Step Strong: Preventing Falls Through Foot Health

Falls are a leading cause of injury among seniors, and foot health plays a crucial role in balance and stability. This seminar will cover how foot problems like neuropathy and deformities increase risk fall, exercises to strengthen feet and improve balance, the impact of footwear on stability and how to select appropriate shoes and when to seek professional help for foot-related issues. Presentation provided by Ohio Foot and Ankle Specialists.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

date	day	time
Oct 15	Wednesday	10 - 11 a.m.



## ● FITNESS/WELLNESS

### Cycling Club

The cycling club is wrapping up its 13th season at the end of 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. New riders are welcome. Rides start on Wednesdays in April and continue through October. Contact Arnie Zvejnieks at 440-525-0293 for information or to be added to the mailing list.

### Hiking Club

Monday evening hikes usually begin at 6 p.m. and are scheduled from April through October. October hikes 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 8 - Oct 20	Monday	9 - 9:45 a.m.
Sept 2 - Oct 21	Tuesday	9 - 9:45 a.m.
Sept 4 - Oct 23	Thursday	9 - 9:45 a.m.
Sept 5 - Oct 24	Friday	9 - 9:45 a.m.
Nov 3 - Dec 22	Monday	9 - 9:45 a.m.
Nov 4 - Dec 23	Tuesday	9 - 9:45 a.m.
Nov 6 - Dec 18	Thursday	9 - 9:45 a.m.
Nov 7 - Dec 26	Friday	9 - 9:45 a.m.

**\*\* (no classes Nov 11, 27 & 28) \*\***

### 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 3 - Oct 22, Nov 5 - Dec 17**

### Line Dancing Basic Beginner

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

**Instructor: Tina**

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

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

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

### Line Dancing Basic Beginner/Improver

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

**Instructor: Tina**

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

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

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

### 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 8 - Oct 20, Nov 3 - Dec 22**



**\*\*Silver Sneakers Members = SSMembers**

### 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 8 - Oct 20	Monday	8:10 - 8:50 a.m.
Sept 8 - Oct 20	Monday	4:00 - 4:50 p.m.
Sept 3 - Oct 22	Wednesday	8:10 - 8:50 a.m.
Nov 3 - Dec 22	Monday	8:10 - 8:50 a.m.
Nov 3 - Dec 22	Monday	4:00 - 4:50 p.m.
Nov 5 - Dec 17	Wednesday	8:10 - 8:50 a.m.

## NEW!

### 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 3 - Oct 22, Nov 5 - Dec 17

### 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 8 - Oct 20	Monday	11 - 11:45 a.m.
Sept 2 - Oct 21	Tuesday	12 - 12:45 p.m.
Sept 5 - Oct 24	Friday	12 - 12:45 p.m.
Nov 3 - Dec 22	Monday	11 - 11:45 a.m.
Nov 4 - Dec 23	Tuesday	12 - 12:45 p.m.
Nov 7 - Dec 26	Friday	12 - 12:45 p.m.

**\*\*(no classes Sept 1, Nov 11, 27 & 28)\*\***

### 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 8 - Oct 27	Monday	12 - 12:45 p.m.
Sept 3 - Oct 22	Wednesday	9 - 9:45 a.m.
Sept 4 - Oct 23	Thursday	3 - 3:45 p.m.
Sept 5 - Oct 24	Friday	11 - 11:45 a.m.
Nov 3 - Dec 22	Monday	12 - 12:45 p.m.
Nov 5 - Dec 17	Wednesday	9 - 9:45 a.m.
Nov 6 - Dec 18	Thursday	3 - 3:45 p.m.
Nov 7 - Dec 26	Friday	11 - 11:45 a.m.

**\*\*(no classes Sept 1 & 29, Nov 27 & 28)\*\***

### 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 4 - Oct 30, Nov 6 - Dec 18

**\*\*(no classes Oct 2 & Nov 27)\*\***

### 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 8 - Oct 20	Monday	10 - 10:45 a.m.
Sept 2 - Oct 21	Tuesday	8:10 - 8:50 a.m.
<b>**(no class Sept 16 - make-up Oct 28)**</b>		
Sept 2 - Oct 21	Tuesday	1 - 1:45 p.m.
Sept 3 - Oct 22	Wednesday	10 - 10:45 a.m.
Sept 4 - Oct 23	Thursday	8:10 - 8:50 a.m.
Sept 4 - Oct 23	Thursday	1 - 1:45 p.m.
Sept 5 - Oct 24	Friday	10 - 10:45 a.m.
Nov 3 - Dec 22	Monday	10 - 10:45 a.m.
Nov 4 - Dec 23	Tuesday	8:10 - 8:50 a.m.
Nov 4 - Dec 23	Tuesday	1 - 1:45 p.m.
Nov 5 - Dec 17	Wednesday	10 - 10:45 a.m.
Nov 6 - Dec 18	Thursday	8:10 - 8:50 a.m.
Nov 6 - Dec 18	Thursday	1 - 1:45 p.m.
Nov 7 - Dec 26	Friday	10 - 10:45 a.m.

**\*\*(no classes Nov 11, 27 & 28)\*\***

### 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 2 - Oct 21	Tuesday	2 - 2:45 p.m.
Sept 3 - Oct 22	Wednesday	11 - 11:45 a.m.
Sept 4 - Oct 23	Thursday	2 - 2:45 p.m.
Nov 4 - Dec 23	Tuesday	2 - 2:45 p.m.
Nov 5 - Dec 17	Wednesday	11 - 11:45 a.m.
Nov 6 - Dec 18	Thursday	2 - 2:45 p.m.

**\*\*(no classes Nov 11 & 27)\*\***

### 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 2 - Oct 21, Nov 4 - Dec 23

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

**dates:** Sept 4 - Oct 23, Nov 6 - Dec 18

**\*\*(no classes Nov 11 & 27)\*\***

### 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 2 - Oct 21, Nov 4 - Dec 23

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

**dates:** Sept 4 - Oct 23, Nov 6 - Dec 18

**\*\*(no classes Nov 11 & 27)\*\***



## Senior Center Fitness Center

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

## Fitness Orientation - 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**

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

## Fitness Orientation - Cardio Training

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

**Location: Senior Center Fitness Center**

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

## Personal Training

***Don't wait to start feeling great!*** Schedule an appointment now to get back on the road to health and fitness! You will find that regular exercise will help you feel less stiff, stronger, and more energetic throughout the day. Every step of the way you'll be guided by a passionate personal trainer committed to your safety and wellness.

**Tuesday, Thursday, and Friday afternoons**

**Location: Senior Center Fitness Center**

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

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

## EXERCISE CLASSES at MENTOR COMMUNITY RECREATION CENTER

**Location: MCRC 6000 Heisley Rd., Mentor**

**Mentor Senior Center Member rates listed below.**

## PICKLEBALL

### Beginner Pickleball - Seniors

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

**Instructor: MCRC Staff**

**Senior Center Member rate \$48 per session**

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

**dates: Sept 9 - 30, Oct 14 - Nov 4, Nov 18 - Dec 9**

**\*\* (no classes Nov 11) \*\***

### 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 (but paddles are provided) and a water bottle to each class.

**Instructor: MCRC Staff**

**Senior Center Member rate \$48 per session**

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

**dates: Sept 9 - 30, Oct 14 - Nov 4, Nov 18 - Dec 9**

**\*\* (no classes Nov 11) \*\***

## 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.***

## Move and Groove Water Exercise at MCRC

Energetic cardio moves set to fun upbeat music... "A Pool Fitness Party."

**Intensity: Medium | Instructor: Connie**

dates	day	time	rate
Sept 2 - Sept 30	Tues	7:15 - 8:05 p.m.	\$25
Oct 7 - Oct 28	Tues	7:15 - 8:05 p.m.	\$20
Nov 4 - Nov 25	Tues	7:15 - 8:05 p.m.	\$20
Dec 2 - Dec 30	Tues	7:15 - 8:05 p.m.	\$25

## 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 2 - Sept 30	Tues	9 - 9:50 a.m.	\$25
Sept 4 - Sept 25	Thur	9 - 9:50 a.m.	\$20
Oct 7 - Oct 28	Tues	9 - 9:50 a.m.	\$20
Oct 2 - Oct 30	Thur	9 - 9:50 a.m.	\$25
Nov 4 - Nov 25	Tues	9 - 9:50 a.m.	\$20
Nov 6 - Nov 20	Thur	9 - 9:50 a.m.	\$15
Dec 2 - Dec 30	Tues	9 - 9:50 a.m.	\$25
Dec 4 - Dec 18	Thur	9 - 9:50 a.m.	\$15

**\*\*(no classes Nov 27 & Dec 25)\*\***

## AquaLates Water Exercise at MCRC

A full body dynamic Pilates class of strength and stretching.

**Intensity: Low to medium | Instructor: Georgina**

dates	day	time	rate
Sept 5 - Sept 26	Fri	10 - 10:50 a.m.	\$20
Oct 3 - Oct 31	Fri	10 - 10:50 a.m.	\$25
Nov 21 - Nov 28	Fri	10 - 10:50 a.m.	\$10
Dec 5 - Dec 26	Fri	10 - 10:50 a.m.	\$20

## Senior Water Exercise at MCRC

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

**Instructor: Vicki - Tues, Marybeth - Thurs**

dates	day	time	rate
Sept 2 - Sept 30	Tues	2 - 2:50 p.m.	\$25
Sept 4 - Sept 25	Thur	2 - 2:50 p.m.	\$20
Oct 7 - Oct 28	Tues	2 - 2:50 p.m.	\$20
Oct 2 - Oct 30	Thur	2 - 2:50 p.m.	\$25
Nov 4 - Nov 25	Tues	2 - 2:50 p.m.	\$20
Nov 6 - Nov 20	Thur	2 - 2:50 p.m.	\$15
Dec 2 - Dec 30	Tues	2 - 2:50 p.m.	\$25
Dec 4 - Dec 18	Thur	2 - 2:50 p.m.	\$15

**\*\*(no classes Nov 27 & Dec 25)\*\***

## Shallow/Deep Water Exercise Class at MCRC

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

**Instructor: Vicki**

dates	day	time	rate
Sept 8 - Sept 29	Mon	10 - 10:50 a.m.	\$20
Sept 3 - Sept 24	Wed	10 - 10:50 a.m.	\$20
Oct 6 - Oct 27	Mon	10 - 10:50 a.m.	\$20
Oct 1 - Oct 29	Wed	10 - 10:50 a.m.	\$25
Nov 3 - Nov 24	Mon	10 - 10:50 a.m.	\$20
Nov 5 - Nov 26	Wed	10 - 10:50 a.m.	\$20
Dec 1 - Dec 29	Mon	10 - 10:50 a.m.	\$25
Dec 3 - Dec 17	Wed	10 - 10:50 a.m.	\$15

## 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 2 - Sept 30	Tues	10 - 10:50 a.m.	\$25
Sept 4 - Sept 25	Thur	10 - 10:50 a.m.	\$20
Oct 7 - Oct 28	Tues	10 - 10:50 a.m.	\$20
Oct 2 - Oct 30	Thur	10 - 10:50 a.m.	\$25
Nov 4 - Nov 25	Tues	10 - 10:50 a.m.	\$20
Nov 6 - Nov 20	Thur	10 - 10:50 a.m.	\$15
Dec 2 - Dec 30	Tues	10 - 10:50 a.m.	\$25
Dec 4 - Dec 18	Thur	10 - 10:50 a.m.	\$15

**\*\*(no class Nov 27 & Dec 25)\*\***

*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.*

## ● 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.*



## Bingo

Join us for a lively game of BINGO, complete with friends, guest callers, and a variety of games and prizes. Cards are \$.25 each, max of 4 per person.

**Location: Senior Center Cardinal Room**

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

dates	day	time
Sept 8 - Dec 29	Mon	1 - 2:00 p.m.
Sept 3, Oct 1, Nov 5, Dec 3	Wed	1 - 2:00 p.m.

**\*\*(no Bingo Sept 1)\*\***

## Billiards

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

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

## Canasta

New players are welcome to this group that just started in the fall of 2024.

**Location: Senior Center Great Room**  
**Resident | Non-Resident: Free**  
day: Thursday time: 2 - 4:00 p.m.

## Cornhole

Drop in on Wednesdays for a fun game of cornhole.

**Location: Senior Center Great Room**  
**Resident | Non-Resident: Free**  
day: Wednesday time: 6 - 7:30 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)



## Chair Volleyball

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

**Leader: Carol Snively**  
**Location: Senior Center Fitness Studio**  
**Resident: \$10/year | Non-Resident: \$12/year**  
day: Mon, Wed, Fri time: 1 - 2:30 p.m.

## Chess Club

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

**Location: Senior Center Great Room**  
**Resident | Non-Resident: Free**  
day: Tuesday time: 1 - 2:30 p.m.

## Cribbage

New players are welcome to this group that just started in the fall of 2024.

**Location: Senior Center Great Room**  
**Resident | Non-Resident: Free**  
day: Thursday time: 1 - 3:00 p.m.

## Duplicate Bridge

All players must be experienced. For more info, or assistance, contact Donna Waggle at 440-951-5389 or donna1438@aol.com.

**Location: Senior Center Cardinal Room**  
**Resident | Non-Resident: \$1 at the door**  
day: Tuesday, Friday time: 12:30 p.m.

## Euchre

We are still looking for interested players to form a Euchre group. Please register at the front desk. Once enough people are registered, we will meet to decide when we want to play.

## Footloose OWLS (Older Wiser Livelier Seniors)

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

## Hand Knee and Foot

New players are welcome, no experience needed.

**Location: Senior Center Great Room**  
**Resident | Non-Resident: Free**  
day: Mon, Tue, Wed time: 12 p.m.  
day: Wed time: 10 a.m.  
\*NEW DATES AND TIMES FOR FALL\*

## 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 at 10 a.m. unless noted below.**

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

dates	day	time
Sept 8	Mon	12 - 2 p.m. Picnic at Veteran's Park
Oct 7	Tue	Trip - Time TBD
Nov 3	Mon	10 - 11:30 a.m.
Dec 1	Mon	1 - 3 p.m. Christmas Party



## Mahjong

A popular Chinese game played with sets of tiles.

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

day: Monday time: 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**

day: Monday time: 10:30 a.m. - 12 p.m.

## Ping Pong

Open play is available.

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: Free**

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

## Pinochle

All players must be experienced.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

day: Tuesday time: 12 - 3:15 p.m.

## Puzzle Table

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

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

## Scrabble

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

## 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

Sept 16 (3rd Tue)

Oct 14

Nov 18 (3rd Tue)

Dec 9

location

Happy Moose

Compadres

Red Hawk

Zappitelli's

## Rummikub

New players are welcome to this group that just started in the fall of 2024.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

## Samba Card Game

Samba is a rummy style game. Try it out!

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

day: Friday time: 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**

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

dates: Sept 11, Oct 9, Nov 13, Dec 11

### 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 17, Oct 15, Nov 12, Dec 17

### 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**

**Res | Non-Res: Free, Wed(s), 10 a.m. - 12 p.m.**

dates

Sept 3, Nov 5 (Amanda's Family Hearing)

Oct 1, Dec 3 (Reserve Hearing Center)

### 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.

**Location: Senior Center Cardinal Room**

**Res | Non-Res: Free, Wednesday(s), 4 - 5:30 p.m.**

dates: Sept 3, Oct 1, Nov 5, Dec 3



## 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.) Laketran 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)**  
**Monday(s), Wednesday(s), 10:30 a.m. - 2 p.m.**

### Schedule of Activities

#### Monday

10:30 - 11:50 a.m.	Submit lunch orders
11 - 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 - 11:50 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.	Crafts, games or parties

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

(New memberships must be done in person)

## 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**

**Wednesday(s), 2 - 4:00 p.m.**

**dates:** Sept 24, Oct 22, Nov 12, Dec 10

## 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 \$30,120 for a household of 1 and \$40,880 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 15, Oct 20, Nov 17, Dec 15

## 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.

**Location:** Senior Center Fitness Studio

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

**Wednesday(s), 12 - 12:45 p.m.**

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

## MEALS

### Daily Made From Scratch Lunch

**(Cash Only) Mon - Fri 11:30 a.m. - 12:15 p.m.**

Stop by for the best deal in town! Mentor Senior Center's talented kitchen staff and volunteers prepare delicious, freshly made entrees, sandwiches, soup, and desserts at reasonable prices, for dine in or carry out. A daily Cook's Special features a meat or other high protein dish, and a vegetable at a cost of \$6.00. Daily homemade soup and sandwiches are also available. Homemade cookies finish off the meal. Drinks include coffee, tea, milk, lemonade, and soda. The monthly menu is available at the Senior Center front desk, in the monthly newsletter and online at [www.mentorseniorcenter.com](http://www.mentorseniorcenter.com).

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

## SPECIAL LUNCHEONS

### Ninety Plus Celebration Luncheon

Join us for a joyful Ninety Plus Celebration Luncheon as we honor our amazing members aged 90 and up! This special day features a delicious meal of chicken cordon bleu and cheesecake, and a walk down memory lane with the Western Reserve Historical Society. Inspired by the classic TV show "This Is Your Life," we'll celebrate the decades with music, memories, and a whole lot of heart. Don't miss this heartfelt tribute! Registration question for 90+ participants: Is there a moment in history that really resonates with you personally? Entertainment is the Western Reserve Historical Society Historian Mary Manning.

**Reservation deadline is Sept 25.**

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$11 - 90+ member Free**

date	day	time
Oct 9	Thursday	11:30 a.m. - 1:00 p.m.

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

Amanda's Family Hearing  
Brunner Sanden Deitrick Funeral Home  
Comfort Keepers  
Kemper House - Highland Heights  
Lake County Council on Aging  
Seniors Helping Seniors

### 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 23	Thursday	11:30 a.m. - 12:30 p.m.

### 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.

**Reservation deadline is Dec 19.**

**Location: Senior Center Great Room**

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

date	day	time
Dec 31	Wednesday	11:30 a.m. - 1:30 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 14th Annual Veterans Appreciation Breakfast, featuring a hearty spread of pancakes, eggs, and sausage, proudly co-sponsored by Perkins Pancake House. The morning will include a color guard ceremony and uplifting entertainment as we salute your service and celebrate your sacrifice. Entertainment: The Lake County Historical Society presentation "In the Trenches". **Reservation deadline is Oct 27.**

**Location: Senior Center Great Room**

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

date	day	time
Nov 6	Thursday	11:30 a.m. - 1 p.m.

## 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: \$11**

**(unless otherwise noted)**

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

### September 25 Celebration, Clam Bake

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 12.*

**Location: Senior Center Patio, Res | Non-Res: \$34**

### October 30 Celebration

Scratch made stuffed peppers, mashed potatoes with red sauce and dirt pudding for dessert. Fan favorite Elvis is back in the building! *Reservation deadline is October 17.*

### November 20 Celebration

Turkey dinner with all the fixings, including mashed potatoes, stuffing, green bean casserole. Save room for a yummy pumpkin bar. Paul Orlousky will be here to share the stories behind the news - from 50 years on Cleveland TV. Paul was an investigative reporter for WKYC and WOIO. *Reservation deadline is Nov 7.*

### December 18 Celebration

Beef stew, dinner roll and bread pudding. The Mentor Follies Dancers and the Mentor Music Makers Chorus will deliver holiday-inspired performances for all to enjoy. *Reservation deadline is December 5.*



## ● MUSIC, DANCE & 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.

**Location:** Senior Center Great Room

**Resident | Non-Resident: \$4**

date	day	time
Dec 3	Wednesday	7 - 8:00 p.m.

### Mentor Follies Dancers

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

**Director:** Rena Ellwanger

**Location:** Senior Center Stage, Res | Non-Res: Free

dates	day	time
Sept 3 - Dec 17	Wed	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

**Res: \$30 | Non-Res: \$38, Wed(s), 10 - 11:30 a.m.**

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

### 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 15	Wednesday	7 - 9 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

**Res: \$80 | Non-Res: \$97, Tues(s), 9 a.m. - 12 p.m.**

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

## ● 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 23	Thursday	9:30 - 11:15 a.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 4	Thursday	3 - 4 p.m.

### Pizza and Trivia with the Board

Enjoy delicious pizza, followed by some friendly trivia competition. *Reservation deadline September 23.*

**Location:** Senior Center Great Room

**Resident | Non-Resident: Free**

date	day	time
Oct 1	Wednesday	4 - 6 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)



## 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 August 4 (Mentor residents) and August 5 (non-residents). Non-members may register starting September 1. Don't miss this chance to find one-of-a-kind gifts and support local talent!

**Location: Senior Center**

<i>date</i>	<i>day</i>	<i>time</i>
Nov 15	Saturday	9 a.m. - 3 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**

**Monday(s), 1 - 3 p.m.**

*dates:* Sept 15 and 29, Oct 13 and 27  
Nov 10 and 24, Dec 8 and 22

### 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**

**Res | Non-Res: Free, Monday(s), 9 - 11:00 a.m.**

*dates:* Sept 8 and 15, Oct 6 and 20,  
Nov 3 and 10

## Tech Help

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

*dates:* Sept 11, Oct 2, Nov 6, Dec 4

## 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 with the topic is needed. Bring your own device to follow along during the class.

**Location: Senior Center Cardinal Room**

**Res | Non-Res: Free, Tuesday(s), 10 - 11:00 a.m.**

<i>date</i>	<i>topic</i>
Sept 9	EBooks and More
Oct 14	No More Cable-How to stream TV & movies

## TRIPS

### Sold Out Trips

The following trips are currently sold-out, but you are encouraged to sign up for the wait list as we often have cancellations and need to call the wait list.

**"A Neil Diamond Tribute" at Ohio Star Theater**  
**Washington DC Tour**  
**Ashtabula County Covered Bridges Wine Trail**  
**Cruising the Mississippi River Overnight Trip**  
**Small Town Christmas in Sandusky County**

### One Day Trips

#### Oglebay Festival of Lights Tour

The Festival of Lights features 300 acres of twinkling lights and over 100 lighted attractions along a 6-mile drive! Receive the full Oglebay experience with a self-guided tour of the Mansion Museum, visit the animals during the Winter Fantasy at The Good Zoo, and enjoy a holiday dinner at the Wilson Lodge before climbing back aboard the coach with a local guide who will narrate and describe the light show to its fullest extent. *Registration/refund deadline is November 2.*

**Activity Level: Moderate, Res | Non-Res: \$163**

<i>date</i>	<i>day</i>	<i>time</i>
Dec 2	Tuesday	9:45 a.m. - 10:30 p.m.



## Overnight Trips

\*per person = pp

### Ultimate Chicago Tour

This package offers multiple ways to see the Windy City in style with a City Highlights Guided Driving Tour, Lake & River Architecture Cruise, & access to the observation deck at 360 Chicago. Also included are admissions to the largest science center in the Western Hemisphere, time to explore Navy Pier, & a visit to the Studebaker National Museum on the way into the city. Be prepared to savor the flavors of Chi-Town with the five included meals, featuring an upgraded dinner at Maggiano's Clark & Grand & lunch in Indiana's Amish Country on the way home. Deposit of \$150 is required upon registration. *Final payment/registration/refund deadline is June 18.*

**Activity Level: Moderate, Res | Non-Res: \$859 (pp) single; \$716 (pp) double; \$668 (pp) triple**

dates	days	time
Aug 18 - 20	Mon - Wed	9:00 a.m. - 9:30 p.m.

## Small Bus Trips & Laketrans Trips

### Medina Trip - Castle Noel, Miss Molly's & Shopping on the Square

A day in Medina for some holiday cheer! We begin with a tour of Castle Noel. Lunch follows at Miss Molly's Tea Room (on your own). Shopping on the square after lunch. *Registration/refund date is Tuesday, November 4.*

**Activity Level: Moderate, Res | Non-Res: \$47**

date	day	time
Nov 18	Tuesday	8:45 a.m. - 4:45 p.m.

### Laketrans Trip

#### Cleveland Keys Dueling Pianos

Cleveland Keys Dueling Pianos delivers an electrifying musical experience rooted in Cleveland, offering a thrilling blend of interactive piano performances. Crafted by skilled pianists united by their passion for entertainment, the act seamlessly intertwines music, humor and audience participation. Includes shopping at Hartville Market place, and lunch at Hartville Kitchen.

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

date	day	time
Nov 13	Thursday	8 a.m. - 4:15 p.m.

### The Nutcracker Ballet

The beloved holiday tradition, The Nutcracker returns to Playhouse Square's Conner Palace! Cleveland Ballet promises to enchant and inspire audiences of all ages with this magical production. *Registration/refund deadline is Friday, October 17.*

**Activity Level: Mild**

**Resident | Non-Resident: \$110**

date	day	time
Dec 13	Saturday	11:45 a.m. - 3:30 p.m.

### Steele Mansion and Holiday Lunch

We start our day visiting Steele Mansion for an informational walking tour and viewing of the holiday decorations. Then prepare yourself for fun, festive decorations and lunch (on your own) at Debonne Vineyards. The "Rudolf's Revenge" theme includes choices like "Sleigh Team Sausage" and "Clarice's Sparkling Wine Cocktail". *Registration/refund date is Wednesday, November 26.*

**Activity Level: Moderate**

**Resident | Non-Resident: \$47**

date	day	time
Dec 11	Thursday	10 a.m. - 2:30 p.m.

## Out to Lunch Bunch

**All Activity Levels: Mild**

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

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

### Clementine's

Enjoy lunch at a quaint country kitchen with a bakery serving old-school American food. Lunch choices are: Vegetarian Bake, homemade Ricotta Cheese combined with sauteed leeks, spinach, and sundried tomatoes wrapped in puff pastry and served with a side salad; Beef Pot Pie, topped with puff pastry and served with tea bread and fresh fruit; or Broccoli Quiche, made with a special hash browned crust and served with tea bread and fresh fruit. Cake for dessert and non-alcoholic beverages are included. *Registration/refund deadline is Thursday, November 13.*

*date: Nov 21*

### Grand River Cellars Holiday Lunch

Enjoy lunch among holiday decorations. Meal choices are: Grilled Chicken Sandwich with pesto or bourbon sauce; Yuengling Fish Sandwich; or Veggie Burger. Lunch includes a non-alcoholic beverage and finishes with a festive holiday dessert! *Registration/refund deadline is Thursday, December 11.*

*date: Dec 19*



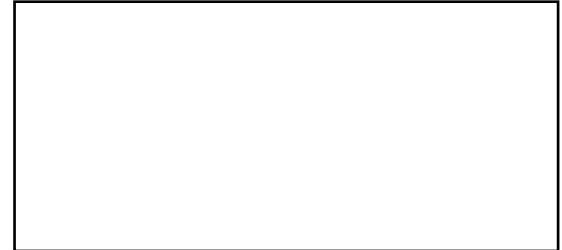
## DATED MATERIAL



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:



### Senior Center Manager

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

### Recreation Coordinator

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

### Recreation Coordinator

Colleen Higgins  
higgins@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

**Council at Large** Scott J. Marn  
**Council Ward 2** Matt Donovan  
**Council Ward 3** Mark Freeman  
**Council Ward 4** John Krueger  
**Council at Large** Ray Kirchner  
**Council at Large** Janet Dowling

**City Manager** Ken Filipiak

**Asst. City Manager** Robert Fowler

**Dir of Parks & Rec** Kenn Kaminski

**Supt of Recreation** Nita Justice

## Memership Renewal Reminder

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

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

## The Senior Center will be closed the following:

**Monday, Sept 1, Labor Day**

**Tuesday, Nov 11, Veteran's Day**

**Thur, Fri, Nov 27 & 28, Thanksgiving**

**Thursday, Dec 25, Christmas**

**Closing Early: Dec 24 & Dec 31 at 2:00 p.m.**

**President** John Mazor

**Vice President** Sandy Liptak

**Treasurer** Donna Waggle

**Recording Sect'y** Dee Groynom

**Corresponding Secretary** Jackie Willis

**Decorations Chair** Connie Karchefsky

**Historian** Vacant

**Hospitality Chari** Jack Hines

**Library Chair** Joan Cardillo

**Volunteer Chair** Debbie Higginbotham

# MENTOR SENIOR CENTER