



# MENTOR SENIOR CENTER

January - April 2025

**Don't miss out!**  
**Sign up early for your favorite winter classes!**  
**Registration for ALL winter/spring (Jan-Apr)**  
**classes, programs, events, will begin on**  
**December 2 for Mentor Residents and**  
**December 3 for Non-Residents**

*Registration for our 22 passenger bus trips taking place Jan-June will start on Dec 2-3*



**Alaska**



**Ark Encounter**



**Portage Lakes**

## MENTOR SENIOR CENTER NEWSLETTER

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

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

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

**Jan-Apr  
2025**

**Keep until April**

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### SENIOR CENTER WEBSITE

#### [www.mentorseniorcenter.com](http://www.mentorseniorcenter.com)

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

#### How Do I Download the Latest Newsletter:

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

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

**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.**

## DIRECTORS' CORNER

### REMARKS FROM RENEE



Happy New Year! We are looking forward to a great new year with new activities, new programs and new adventures. Join us for our annual travel meeting where you will learn about exciting new trips for 2025 and have the opportunity to register for trips for the year (preregistration is required). For our early risers we now offer group fitness classes at 8:00 including SilverSneakers Classic, as well as SilverSneakers Boom Muscle. We also added a second day of mat yoga. We offer 9 water exercise classes as well as Pickleball Drills

and Play at the Mentor Community Recreation Center.

Membership renewal will begin Thursday, January 2 at 8:00 a.m. in person, as well as over the phone with a credit card.

### DAVE DISCUSSES

January is always the busiest month as everyone hurries in to renew their membership. Please allow extra time to renew upon entrance before rushing off to your classes or programs. I am excited to add a new program for Retired Older Men Eating Out (ROMEO). Folks can join us for good food and good conversation as we visit local restaurants. Complete details under Games and Clubs in the newsletter. It is a new year and a great time to try something new for 2025. Take a look at all the great programs and events we offer and sign up for something different to expand your horizons. I am looking forward to another great year at the Senior Center!



### MEET

#### Nancy Mooney

Nancy, originally from Willoughby Hills, recently moved back to Mentor with her two rescue dogs after 40 years in Columbus. Her diverse career includes roles in financial technology at JP Morgan Chase and Government Relations at the American Motorcyclist Association, along with a Master's degree and various technical certifications. A self-proclaimed nerd, she enjoys Star Trek cruises, jazz and progressive rock music, riding Kawasaki motorcycles, and everything related to Lord of the Rings.



### MEET Colleen Higgins



Colleen is thrilled to join the senior center team, as a recreation coordinator, after working at the Ice Arena just across the street. A former competitive figure skater, she has a lifelong connection to the ice. Nowadays, she enjoys spending her free time reading, sewing, and exploring her passion for photography. She looks forward to becoming part of the Senior Center community and sharing in the fun and camaraderie with everyone here.

## MSC ADVISORY BOARD

### The MSC Advisory Board Scholarship Program Financial Assistance

The Scholarship Program is designed to provide funds for programs and services to those members who find it financially difficult to participate. Financial assistance is available for payment of membership, exercise classes, fitness studio orientation, arts and crafts classes, monthly celebration luncheons and special events.

The current maximum income requirement is \$30,120 for a household of 1 and \$40,880 for a household of 2. Extenuating financial circumstances will be considered. Complete an application available at the front desk by the next deadline of Mar 3 for May - Aug 2025 programs.

### Send a Card

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

### Advisory Board Meetings

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

## IN MEMORIAM

We extend our condolences to the families of our members that passed away recently. Judy Covert, Flo Geiger and Jean Negrelli.

## REGISTRATION PROCESS

### Senior Center Membership

Membership is required for all classes, activities, and programs. Winter/spring registration for Mentor residents opens Monday, December 2 at 8 a.m.; non-residents can register starting Tuesday, December 3 at 8 a.m. Note: Mentor residents cannot register non-resident friends on resident-only registration day.

### Registration Options:

**Online:** Quick and convenient. Set up an account at the front desk for access. New memberships and bus trips require in-person registration. Training is available in November.

**In Person:** Staff assistance available. Cash, check, or credit accepted.

**By Phone:** Limited on the first two days. Voicemails returned after noon. Payment required to confirm.

### Refund Policy:

\* No refunds within 1 week of start.

\* \$10 change fee per class (\$25 for trips).

\* Medical refunds need a doctor's note. Decisions within 5-10 days.

## Movie Update

Due to low attendance we will no longer be showing movies

### MONDAY

8:10 SS BOOM Muscle  
9:00 Low Impact Aerobics  
10:00 Shallow/Deep Water Class at MCRC  
10:00 SS Classic  
10:30 Needlecrafters  
11:00 SS Stability  
12:00 SS Yoga  
12:30 Mahjong  
1:00 Chair Volleyball  
1:00 Bingo  
3:00 Mat Yoga  
4:00 SS Boom Move  
6:00 Hiking starts in April

### TUESDAY

8:10 SS Classic  
9:00 Pickleball Intro MCRC  
9:00 Aqua Hiit at MCRC  
9:00 Low Impact Aerobics  
9:00 Piano  
10:00 Pickleball Inter MCRC  
10:00 Weight Training  
10:00 Stretch and Tone Water Ex at MCRC  
11:00 Stretch & Balance Virtual/InPerson  
12:00 Amer Sign Language  
12:00 Pinochle  
12:00 SS Stability  
12:30 Duplicate Bridge  
1:00 Chess  
1:00 SS Classic  
2:00 SS Circuit  
2:00 Woodcarving  
2:00 Sr. Water Ex at MCRC

### WEDNESDAY

8:10 SS BOOM Muscle  
9:00 SS Yoga  
10:00 Shallow/Deep Water Class at MCRC  
10:00 SS Classic  
10:00 Hand, Knee & Foot  
10:00 Cycling Starts April  
10:00 Creative Ceramics  
10:00 Music Makers - starts in March  
11:00 SS Circuit  
12:00 Special Elders SS Classic  
1:00 Chair Volleyball  
3:00 Parkinson's Exercise  
4:00 Mat Yoga  
5:45, 6:45 Line Dance  
6:00 Cornhole  
6:45 Follies Dancers - starts in Feb

### THURSDAY

8:10 SS Classic  
9:00 Low Impact Aerobics  
9:00 Aqua Hiit at MCRC  
10:00 Weight Training  
10:00 All Media Painting  
10:00 Stretch and Tone Water Ex at MCRC  
11:00 Stretch & Balance Virtual/In Person  
12:00 SS Stability  
12:30 Wii Bowling  
1:00 SS Classic  
2:00 SS Circuit  
2:00 Sr. Water Ex at MCRC  
3:00 SS Yoga  
4:00 SS EnerChi

### FRIDAY

9:00 Move and Groove at MCRC  
9:00 Low Impact Aerobics  
10:00 SS Classic  
10:00 Samba  
10:00 AquaLates at MCRC  
11:00 SS Yoga  
12:00 SS Stability  
12:30 Wii Bowling  
12:30 Duplicate Bridge  
1:00 Chair Volleyball  
2:45 Ping Pong

## SS=SilverSneakers Classes

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Closed New Year's Day	Special: Salisbury Steak	Special: Taco Salad
6	7	8	9	10
12:00 LCCOA 3:30 Cooking Class Special: Chicken Marsala	Special: Breaded Pork Chop	10:00 Hearing Screening 1:00 Bingo 4:00 Parkinson's Support Special: Meat Lasagna	1:00 Alzheimer's Support Special: Pulled Pork Sandwich	Special: Meatloaf & Mashed Potatoes
13	14	15	16	17
12:30 Board Meeting Special: Baked Chicken	Special: Johnny Marzetti	8:30 Tech Help 1:30 Book Club Special: Teriyaki Chicken	11:00 Social Worker Special: Swedish Meatballs	11:30 OTL Redhawk Grill Special: Sausage Hoagie w/Peppers & Onions
20	21	22	23	24
Closed M. L. King Day	Special: Stuffed Shells	1:00 Bingo 2:00 Visionaries Special: Sweet & Sour Meatballs	Special: Chicken Pot Pie	Special: Grilled Cheese & Tomato Soup
27	28	29	30	31
10:00 Sr Produce Market 3:30 Cook Book Club Special: Spaghetti & Meatballs	Special: Chicken Cordon Bleu	Special: Italian Sausage & Potato Casserole	11:30 Celebration Lunch: Stuffed Pork Chops, Mashed Potatoes, Green Beans, Chocolate Mousse	Special: Cook's Choice

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00 International Club 12:00 LCCOA 3:30 Cooking Class Special: Honey Lime Chicken	Special: Ravioli	10:00 Hearing Screening 1:00 Bingo 4:00 Parkinson's Support Special: Chicken Marsala	9:00 AARP Tax Assistance 3:00 Newcomers Special: 2 Soft Tacos	Special: Breaded Pork Chops
10	11	12	13	14
12:30 Board Meeting Special: Sweet & Sour Chicken	Special: Shepherd's Pie	8:30 Tech Help Special: Chicken Salad Wrap	9:00 AARP Tax Assistance 1:00 Alzheimer's Support Special: Taco Salad	Special: Meatless Pierogies
17	18	19	20	21
Closed President's Day	Special: Meatloaf & Mashed Potatoes	1:00 Bingo 1:30 Book Club Special: Tuna Noodle Casserole	9:00 AARP Tax Assistance 11:00 Social Worker Special: Pork Loin & Mashed Potatoes	11:15 OTL Briquettes Special: Baked Breaded Chicken
24	25	26	27	28
10:00 Sr Produce Market 3:30 Cook Book Club Special: Cheeseburger	Special: Meatless Stuffed Shells	2:00 Visionaries Special: Chicken Piccata	9:00 AARP Tax Assistance 11:30 Celebration Lunch: Ham Steak, Scalloped Potatoes, California Vegetable Mix, Chocolate Cupcake	Special: Cook's Choice

Daily Made From Scratch Lunch Monday - Friday, 11:30 a.m. - 12:15 p.m.

A featured daily Cook's Special is available 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. No reservation or pre-ordering. Simply place your order in person and pay the cashier, pick up your meal at the kitchen window and enjoy.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 International Club <b>3</b> 12:00 LCCOA 3:30 Cooking Class  <b>Special: Chicken Paprikash</b>	<b>4</b>  <b>Special: Pulled Pork &amp; Cheesy Potatoes</b>	8:30 Tech Help <b>5</b> 10:00 Hearing Screening 1:00 Bingo 4:00 Parkinson's Support  <b>Special: Garlic Noodles w/ Broccoli</b>	9:00 AARP Tax Assistance <b>6</b> <b>Special: Meat Lasagna</b>	<b>7</b>  <b>Special: Tuna Noodle Casserole</b>
12:30 Board Meeting <b>10</b>  <b>Special: Sweet &amp; Sour Pork</b>	<b>11</b>  <b>Special: Cheeseburger</b>	<b>12</b>  <b>Special: Chicken Marsala</b>	9:00 AARP Tax Assistance <b>13</b> 1:00 Alzheimer's Support <b>11:30 St. Paddy's Day Corned Beef &amp; Cabbage, Potatoes, Yellow Cupcake w/Buttercream Frosting</b>	<b>14</b>  <b>Special: Meatless Pierogies</b>
10:00 Sr Produce Market <b>17</b> 3:30 Cook Book Club <b>Special: Meatball Sub</b>	<b>18</b>  <b>Special: Pork Chop &amp; Scalloped Potatoes</b>	10:00 Coffee with the Cops <b>19</b> 1:30 Book Club  <b>Special: Honey Lime Chicken</b>	9:00 AARP Tax Assistance <b>20</b> 11:00 Social Worker  <b>Special: Salisbury Steak</b>	11:15 OTL Harbor Halcyon <b>21</b>  <b>Special: Grilled Cheese &amp; Soup</b>
<b>24</b>  <b>Special: Roast Pork Loin &amp; Mashed Potatoes</b>	<b>25</b>  <b>Special: Pasta w/Meat Sauce</b>	2:00 Visionaries <b>26</b> 4:00 E. J. Thomas Hall Trip <b>Special: Chicken Piccata</b>	9:00 AARP Tax Assistance <b>27</b>  <b>11:30 Celebration Lunch: Stuffed Shells, Salad, Garlic Toast, Lemon Cupcake</b>	<b>28</b>  <b>Special: Cook's Choice</b>
<b>31</b>  <b>Special: Swedish Meatballs</b>	<b>Daily Lunch is Cash only</b> <b>Due to rising food costs, our lunch prices will increase starting January 2, 2025.</b> <b>Special: \$6.00                      Celebration Lunches: \$11.00</b>			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <b>Special: Pulled Pork Taco</b>	8:30 Tech Help <b>2</b> 10:00 Hearing Screening 1:00 Bingo 4:00 Parkinson's Support <b>Special: Sweet &amp; Sour Chicken</b>	9:00 AARP Tax Assistance <b>3</b>  <b>Special: Chicken Marsala</b>	<b>4</b>  <b>Special: Stuffed Shells</b>
9:00 Laptop Help <b>7</b> 10:00 International Club 12:00 LCCOA 3:30 Cooking Class <b>Special: Shepherd's Pie</b>	<b>8</b> TBA: Guardians Opening Day  <b>Special: Tuna Salad Platter</b>	<b>9</b>  <b>Special: Lasagna</b>	9:00 AARP Tax Assistance <b>10</b> 1:00 Alzheimer's Support  <b>Special: Breaded Pork Chops</b>	<b>11</b>  <b>Special: Pierogies</b>
9:00 Laptop Help <b>14</b> 12:30 Board Meeting <b>Special: Stuffed Pork Chop</b>	Hollywood Casino Trip <b>15</b>  <b>Special: Baked Breaded Chicken</b>	9:00 Burton Trip <b>16</b> 1:30 Book Club  <b>Special: Pasta &amp; Meat Sauce</b>	11:00 Social Worker <b>17</b>  <b>Special: Salisbury Steak</b>	11:30 OTL Brown Barn <b>18</b>  <b>Special: Grilled Cheese &amp; Soup</b>
10:00 Sr Produce Market <b>21</b> 3:30 Cook Book Club <b>Special: Swedish Meatballs</b>	<b>22</b>  <b>Special: Pulled Pork Sandwich</b>	2:00 Visionaries <b>23</b>  <b>Special: Taco Salad</b>	<b>11:30 Celebration Lunch: Turkey, Mashed Potatoes, Stuffing, Green Bean Casserole, Gooey Pumpkin Bars</b> <b>24</b>	<b>25</b>  <b>Special: Cook's Choice</b>
<b>28</b>  <b>Special: Sweet &amp; Sour Pork</b>	<b>29</b>  <b>Special: Chicken Teriyaki</b>	<b>30</b>  <b>Special: Hot Dog &amp; Macaroni Salad</b>	<b>Happy Birthday to members born in January, February, March, April</b>	

## ARTS AND CRAFTS

### All Media Painting

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

**Instructor: Ginny Mancini**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
Jan 2 - Feb 20	Thursday	10 a.m. - 12 p.m.
Mar 6 - Apr 17	Thursday	10 a.m. - 12 p.m.

### Creative Ceramics

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

**Instructor: Sharon Williams**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
Jan 8 - Feb 19	Wednesday	10 a.m. - 12 p.m.
Mar 5 - Apr 23	Wednesday	10 a.m. - 12 p.m.

### Quilting - Off until July

**Instructor: Teri Bittner**

**Location: Senior Center Cultural Arts Room**

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

### 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
Jan 7 - Apr 29	Tuesday	2 - 4 p.m.

## CONTINUING EDUCATION

### AARP Driver Safety Course

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

**Instructor: AARP Instructor**

**Location: Senior Center Cultural Arts Room**

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

dates	day	time
Apr 14	Monday	10 a.m. - 2:30 p.m.

### American Sign Language Club

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

**Volunteer Instructor: Sharon House**

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

dates	day	time
Jan 7 - Apr 29	Tuesday	12 - 1 p.m.

### Book Club

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

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

date	day	time
Jan 15	Wednesday	1:30 - 3 p.m.
<i>The Lincoln Conspiracy</i> by Brad Meltzer		
Feb 19	Wednesday	1:30 - 3 p.m.
<i>Daisy Darker</i> by Alice Feeney		
Mar 19	Wednesday	1:30 - 3 p.m.
<i>The Mystery of Mrs. Christie</i> by Marie Benedict		
Apr 16	Wednesday	1:30 - 3 p.m.
<i>Cleopatra: A Life</i> by Stacy Schiff		

### Coffee with the Cops

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

**Location: Senior Center Great Room 10 - 11 a.m.**

**Resident | Non-Resident: Free**

dates	day	topic
Mar 19	Wednesday	Open Discussion

### Community Outreach Social Worker

Lake County Council on Aging has a Community Outreach Social Worker who will be onsite to answer questions, provide information, and to make sure that your needs are being met. Assistance is available to help you with: In-home care, Home Safety, Health Insurance, Prescription Assistance, Legal and Financial Issues, HEAP, Food Resources, Housing, Medicaid, Food Stamps, Mental Health, Hygiene, Health and Wellness, etc.

**Licensed Social Worker: Connie Brocone**

**Location: Senior Center Lobby**

**Resident/Nonresident: Free**

dates	day	time
Jan 16, Feb 20, Mar 20, Apr 17	Thursday	11 a.m.-12 p.m.

### Cook Book Club

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

**Instructor: LaDonna**

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 27, Feb 24, Mar 17, Apr 21	Monday	3:30-5 p.m.

### Cooking Classes

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

**Instructor: LaDonna**

**Ethiopian Wild Rice Pilaf** A unique blend of warm spices to create a wild rice pilaf.

<i>date</i>	<i>day</i>	<i>time</i>
Jan 6	Monday	3:30-5 p.m.

**Smoky White Bean Chili** A smoky white bean chili with a secret ingredient that adds a little zest.

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

**Creamy Tomato Chickpeas** An irresistible creamy and flavorful tomato sauce with chickpeas.

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

**Jamaican Rasta Pasta** - A vegan cream sauce pasta featuring jerk seasoning.

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

**Location: Senior Center Cardinal Room**

**Resident \$25 | Nonresident: \$31.25 each class**

### Konversation with Ken



Join City Manager Ken Filipiak for an informative update on what's happening in the City of Mentor. Questions and answers will follow the presentation.

**Location: Senior Center Great Room**

**Resident | Nonresident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Apr 23	Wednesday	12 - 1 p.m.

### Creative Journaling for the Writer, Thinker, and Artist

In this six-week workshop, attendees will learn generative, reflective, and exploratory journaling techniques meant to help those who wish to write in nearly any genre, think more deeply, and use the physical world as a form of expression. There may be reading assignments of fiction,

poetry, and nonfiction, which will be supplied by the facilitator. Each participant needs only a journal, pen, and perhaps a story to tell. No class Feb 17.

Facilitator: Dr Mitch James of the Write Methods, LLC

**Location: Senior Center Cardinal Room**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 27 - Mar 10	Monday	10 - 11 a.m.

### Lake County Council on Aging

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

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

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>topic</i>
Jan 6	Monday	Non-Medical Care Program
Feb 3	Monday	Aging and Disability Resource Center (ADRC)
Mar 3	Monday	LCCOA Resources
Apr 7	Monday	Vial of Life

### 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. If you have a mobile device (cell phone, iPad, laptop), please bring it with you. Registration starts October 28.

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

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Nov 25, 2024	Monday	10 - 11 a.m.
Nov 26, 2024	Tuesday	10 - 11 a.m.

### Matter of Balance

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

**Facilitator: WRAAA**

**Location: Senior Center Cultural Arts Room**

**Resident/Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Mar 7 - Apr 25	Fri	9 - 11 a.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.

**Facilitator: WRAAA**

**Location: Senior Center Cultural Arts Room**

**Resident/Non-Resident: Free**

dates	day	time
May 2 – Jun 6	Fri	9 – 11 a.m.

### FITNESS/WELLNESS INDOORS at MENTER SENIOR CENTER FITNESS STUDIO

#### Line Dancing Basic Beginner

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

**Instructor: Tina**

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

date	day	time
Jan 8 – Feb 19	Wednesday	5:45 – 6:45 p.m.
Mar 5 – Apr 30	Wednesday	5:45 – 6:45 p.m.

(no class Apr 23)

#### Line Dancing Advanced Beginner/Improver

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

**Instructor: Tina**

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

dates	day	time
Jan 8 – Feb 19	Wednesday	6:45 – 7:45 p.m.
Mar 5 – Apr 30	Wednesday	6:45 – 7:45 p.m.

(no class Apr 23)

#### Low Impact Aerobics

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

**Instructor: Sharon**

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

dates	day	time
Jan 6 - Feb 24	Monday	9 – 9:45 a.m.

(no class Jan 20, Feb 17)

Jan 7 – Feb 18	Tuesday	9 – 9:45 a.m.
Jan 2 – Feb 20	Thursday	9 – 9:45 a.m.

Jan 3 – Feb 21	Friday	9 – 9:45 a.m.
Mar 3 – Apr 21	Monday	9 – 9:45 a.m.
Mar 4 – Apr 22	Tuesday	9 – 9:45 a.m.
Mar 6 – Apr 17	Thursday	9 – 9:45 a.m.
Mar 7 – Apr 18	Friday	9 – 9:45 a.m.

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

dates	day	time
Jan 6 – Feb 24	Monday	3 - 3:45 p.m.

(no class Jan 20, Feb 17)

Jan 8 - Feb 19	Wednesday	4 - 4:45 p.m.
Mar 3 – Apr 21	Monday	3 - 3:45 p.m.
Mar 5 - Apr 23	Wednesday	4 - 4:45 p.m.

#### Parkinson's Exercise

This fitness program is designed to empower people with Parkinson's disease by optimizing their physical function and helping delay the progression of symptoms. These classes focus on Parkinson's specific exercises that help fight the symptoms of the disease. No equipment or expertise is necessary; just participate at your own level of ability.

**Instructor: Dana, Sharon, Pat**

**Resident | Non-Resident: Free**

dates	day	time
Jan 8 – Feb 19	Wednesday	3 – 3:45 p.m.
Mar 5 – Apr 23	Wednesday	3 – 3:45 p.m.

#### 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. Intermediate to advanced.

**Instructor: Joy**

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

**Silver Sneakers Members: Free**

dates	day	time
Jan 6 – Feb 24	Monday	8:10 – 8:50 a.m.

(no class Jan 20, Feb 17)

Jan 8 – Feb 19	Wednesday	8:10 – 8:50 a.m.
Mar 3 – Apr 21	Monday	8:10 – 8:50 a.m.
Mar 5 – Apr 23	Wednesday	8:10 – 8:50 a.m.

#### SilverSneakers BOOM™ MOVE

A dance inspired workout to challenge fitness with easy to follow movement patterns

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

**Silver Sneakers Members: Free**

**Instructor: Pam**



<i>dates</i>	<i>day</i>	<i>time</i>
Jan 6 – Feb 24	Monday	4-4:45 p.m.
March 3- April 21	Monday	4-4:45 p.m.

### SilverSneakers® Circuit

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

**Instructor: Sue Tuesday/Thursday, Pat Wednesday**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 7 – Feb 18	Tuesday	2 – 2:45 p.m.
Jan 8 – Feb 19	Wednesday	11 – 11:45 a.m.
Jan 2 – Feb 20	Thursday	2 – 2:45 p.m.
Mar 4 – Apr 22	Tuesday	2 – 2:45 p.m.
Mar 5 – Apr 23	Wednesday	11 – 11:45 a.m.
Mar 6 – Apr 17	Thursday	2 – 2:45 p.m.

### SilverSneakers® Classic

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

**Instructor: Sharon, Monday/Friday, Joy, Tuesday/Thursday am, Sue, Tuesday/Thursday pm, Pat, Wednesday**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 6 – Feb 24 (no class Jan 20, Feb 17)	Monday	10 – 10:45 a.m.
Jan 7 – Feb 18	Tuesday	8:10 – 8:50 a.m.
Jan 7 – Feb 18	Tuesday	1 – 1:45 p.m.
Jan 8 – Feb 19	Wednesday	10 – 10:45 a.m.
Jan 2 – Feb 20	Thursday	8:10 – 8:50 a.m.
Jan 2 – Feb 20	Thursday	1 – 1:45 p.m.
Jan 3 – Feb 21	Friday	10 – 10:45 a.m.
Mar 3 – Apr 21	Monday	10 – 10:45 a.m.
Mar 4 – Apr 22	Tuesday	8:10 – 8:50 a.m.
Mar 4 – Apr 22	Tuesday	1 – 1:45 p.m.
Mar 5 – Apr 23	Wednesday	10 – 10:45 a.m.
Mar 6 – Apr 17	Thursday	8:10 – 8:50 a.m.
Mar 6 – Apr 17	Thursday	1 – 1:45 p.m.
Mar 7 – Apr 18	Friday	10 – 10:45 a.m.

### SilverSneakers® EnerChi

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

**Instructor: Denise**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 2 - Feb 20	Thursday	4 - 4:45 p.m.
Mar 6 - Apr 17	Thursday	4 - 4:45 p.m.

### SilverSneakers® Stability

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

**Instructor: - Sharon, Monday/Friday, Pam/Joy, Tuesday/Thursday**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 6 – Feb 24 (no class Jan 20, Feb 17)	Monday	11 - 11:45 a.m.
Jan 7 – Feb 18	Tuesday	12 - 12:45 p.m.
Jan 2 – Feb 20	Thursday	12 - 12:45 p.m.
Jan 3 – Feb 21	Friday	12 - 12 :45 p.m.
Mar 3 – Apr 21	Monday	11 - 11:45 a.m.
Mar 4 – Apr 22	Tuesday	12 - 12:45 p.m.
Mar 6 – Apr 17	Thursday	12 - 12:45 p.m.
Mar 7 – Apr 18	Friday	12 - 12:45 p.m.

### SilverSneakers® YOGA

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

**Instructor: Denise, Monday/Thursday, Pat, Wednesday, Sharon, Friday**

**Location: Senior Center Fitness Studio**

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

**Silver Sneakers Members: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 6 – Feb 24 (no class Jan 20, Feb 17)	Monday	12 - 12:45 p.m.
Jan 8 – Feb 19	Wednesday	9 – 9:45 a.m.
Jan 2 – Feb 20	Thursday	3 – 3:45 p.m.
Jan 3 – Feb 21	Friday	11 – 11:45 a.m.
Mar 3 – Apr 21	Monday	12 - 12:45 p.m.
Mar 5 – Apr 23	Wednesday	9 – 9:45 a.m.
Mar 6 – Apr 17	Thursday	3 – 3:45 p.m.
Mar 7 – Apr 18	Friday	11 – 11:45 a.m.

### 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**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 7 - Feb 18	Tuesday	11 – 11:45 a.m.
Jan 2 - Feb 20	Thursday	11 – 11:45 a.m.
Mar 4 - Apr 22	Tuesday	11 – 11:45 a.m.
Mar 6 - Apr 17	Thursday	11 – 11:45 a.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**

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

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 7 – Feb 18	Tuesday	10 – 10:45 a.m.
Jan 2 – Feb 20	Thursday	10 – 10:45 a.m.
Mar 4 – Apr 22	Tuesday	10 – 10:45 a.m.
Mar 6 – Apr 17	Thursday	10 – 10:45 a.m.

## Fitness Center

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

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

## Fitness Orientation – Cardio Training

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

**Location: Senior Center Fitness Center**

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

**Silver Sneakers Members: Free**

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

## Fitness Orientation – Strength Training

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

**Location: Senior Center Fitness Center**

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

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

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. **Don't wait to start feeling great** - schedule your appointment today!

**Location: Senior Center Fitness Center**

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

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

**If a class is cancelled due to instructor illness you will be notified by email and text. If you do not have these technologies, please have a class buddy call you.**

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

## Exercise Classes at Mentor Community Recreation Center

**6000 Heisley Rd., Mentor**

**Senior Center Member rates listed below.**

### Pickleball

#### Beginner Pickleball - Seniors

**Adults 55+**

This class is for novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduced 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 date \$48 per session**

dates	day	time
Jan 7 - Jan 28	Tuesday	9 – 10 a.m.
Feb 4 - Feb 25	Tuesday	9 – 10 a.m.
Mar 4 - Mar 25	Tuesday	9 – 10 a.m.
Apr 8 - Apr 29	Tuesday	9 – 10 a.m.

#### Intermediate Pickleball - Seniors Adults 55+

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 date \$48 per session**

Jan 7 – Jan 28	Tuesday	10 – 11 a.m.
Feb 4 – Feb 25	Tuesday	10 – 11 a.m.
Mar 4 – Mar 25	Tuesday	10 – 11 a.m.
Apr 8 – Apr 29	Tuesday	10 – 11 a.m.

### 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.**



### Aqua HIIT

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

**Instructor: MaryBeth**

dates	day	time	rate
Jan 7 – Jan 28	Tuesday	9 – 9:50 a.m.	\$20
Jan 2 – Jan 30	Thursday	9 – 9:50 a.m.	\$25
Feb 4 – Feb 25	Tuesday	9 – 9:50 a.m.	\$20
Feb 6 – Feb 27	Thursday	9 – 9:50 a.m.	\$20
Mar 4 – Mar 25	Tuesday	9 – 9:50 a.m.	\$20
Mar 6 – Mar 27	Thursday	9 – 9:50 a.m.	\$20
Apr 1 – Apr 29	Tuesday	9 – 9:50 a.m.	\$25
Apr 3 – Apr 24	Thursday	9 – 9:50 a.m.	\$20

### 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
Jan 3 – Jan 31	Friday	10 – 10:50 a.m.	\$25
Feb 7 – Feb 28	Friday	10 – 10:50 a.m.	\$20
<i>(no March classes)</i>			
Apr 4 – Apr 25	Friday	10 – 10:50 a.m.	\$20

### Senior Water Exercise at MCRC

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

**Instructor: Vicki, Tuesday/MaryBeth, Thursday**

dates	day	time	rate
Jan 7 – Jan 28	Tuesday	2 – 2:50 p.m.	\$20
Jan 2 – Jan 30	Thursday	2 – 2:50 p.m.	\$25
Feb 4 – Feb 25	Tuesday	2 – 2:50 p.m.	\$20
Feb 6 – Feb 27	Thursday	2 – 2:50 p.m.	\$20
Mar 4 – Mar 25	Tuesday	2 – 2:50 p.m.	\$20
Mar 6 – Mar 27	Thursday	2 – 2:50 p.m.	\$20
Apr 1 – Apr 29	Tuesday	2 – 2:50 p.m.	\$25
Apr 3 – Apr 24	Thursday	2 – 2:50 p.m.	\$20

### Shallow/Deep Water Class

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

**Instructor: Vicki**

dates	day	time	rate
Jan 6 – Jan 27	Monday	10 – 10:50 a.m.	\$15
<i>(no class Jan 20)</i>			
Jan 8 – Jan 29	Wednesday	10 – 10:50 a.m.	\$20
Feb 3 – Feb 24	Monday	10 – 10:50 a.m.	\$15
<i>(no class Feb 17)</i>			
Feb 5 – Feb 26	Wednesday	10 – 10:50 a.m.	\$20
Mar 3 – Mar 31	Monday	10 – 10:50 a.m.	\$25
Mar 5 – Mar 26	Wednesday	10 – 10:50 a.m.	\$20
Apr 7 – Apr 28	Monday	10 – 10:50 a.m.	\$20
Apr 2 – Apr 30	Wednesday	10 – 10:50 a.m.	\$25

### Stretch and Tone Water Exercise

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

Intensity Low:

**Instructor: MaryBeth**

dates	day	time	rate
Jan 7 – Jan 28	Tuesday	10 – 10:50 a.m.	\$20
Jan 2 – Jan 30	Thursday	10 – 10:50 a.m.	\$25
Feb 4 – Feb 25	Tuesday	10 – 10:50 a.m.	\$20
Feb 6 – Feb 27	Thursday	10 – 10:50 a.m.	\$20
Mar 4 – Mar 25	Tuesday	10 – 10:50 a.m.	\$20
Mar 6 – Mar 27	Thursday	10 – 10:50 a.m.	\$20
Apr 1 – Apr 29	Tuesday	10 – 10:50 a.m.	\$25
Apr 3 – Apr 24	Thursday	10 – 10:50 a.m.	\$20

## FITNESS/WELLNESS OUTDOORS

### Cycling Club

The cycling club begins its 13th season on April 2. 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 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. Hikes are at the various parks in Lake County. You can join the club and hike at any time. Please call the Senior Center at 440-974-5725 to register or if you have any questions. Hiking locations will be emailed to everyone registered for the club.



## GAMES/CLUBS

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

### Billiards

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

**Location: Senior Center Billiards Room**

**Resident | Non-Resident: Free**

### Bingo

Join us for a lively game of BINGO, complete with friends, guest callers, a variety of games and prizes. Cards are \$.25 each, maximum of 4 per person. No Bingo on Jan 20 and Feb 17 due to the holidays, but will be rescheduled for Jan 22 and Feb 19.

**Location: Senior Center Cardinal Room**

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

<i>day</i>	<i>date</i>	<i>time</i>
Monday	Jan 6 - Apr 28 (no Bingo Jan 20, Feb 17)	1 - 2 p.m.
Wednesday	Jan 8, Jan 22, Feb 5, Feb 19, Mar 5, Apr 2	1 - 2 p.m.

### Canasta \*\*NEW\*\*

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Thursday	2 - 4 p.m.

### Chair Volleyball

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

**Leader: Carol Snively**

**Location: Senior Center Fitness Studio**

**Resident \$10/year | Non-Resident: \$12/year**

<i>day</i>	<i>time</i>
Monday/Wednesday/Friday	1 - 2:30 p.m.

### Chess Club

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Tuesday	1 - 2:30 p.m.

### Cornhole

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

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Wednesday	6 - 7:30 p.m.

### Cribbage \*\*NEW\*\*

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Thursday	1 - 3:00 p.m.

### Duplicate Bridge

For more info, or need assistance contact Donna Waggle at (440) 951-5389 or donna1438@aol.com.

**Location: Senior Center Cardinal Room**

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

<i>days</i>	<i>time</i>
Tuesday, Friday	12:30 p.m.

### Footloose OWLS (Older Wiser Livelier Seniors)

Looking for new friends and activities? We are "single seniors" that want to enjoy life and continue to be socially active. A monthly newsletter is provided with all the planned events. It is NOT a dating club. Please contact Alice at 440-255-7965 for more information.

### Hand Knee and Foot

New players are welcome, no experience needed.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Wednesday	10 a.m.

### International Culture Club

Our informal social club talks about different cultures and current events and don't worry, everything is in English! We have a picnic in September, plan a trip annually, and have a splendid holiday party in December. New members are always welcome and we always serve coffee and desserts. For more details contact Lee at 440-463-9013 or Fran at 440-382-2981. Meets on the 1st Monday of each month at 10 a.m. unless noted below.

**Location: Senior Center Cardinal Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 6	Off	
Feb 3	Monday	10 - 11:30 a.m.
Mar 3	Monday	10 - 11:30 a.m.
Apr 7	Monday	10 - 11:30 a.m.

### Mahjong

A popular Chinese game played with sets of tiles.

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

<i>day</i>	<i>time</i>
Monday	12:30 – 4 p.m.

### Needlecrafters

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

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

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

### Ping Pong

Open play is available.

**Location: Senior Center Fitness Studio**

**Resident | Non-Resident: Free**

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

### Pinochle

All players must be experienced.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

### Puzzle Table

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

**Location: Senior Center Lobby**

**Resident | Non-Resident: Free**

### Retired Older Men Eating Out (ROME) \*\*NEW\*\*

Join this new group to make friends, socialize, and enjoy the opportunity to try 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**

date	day	time	location
Jan 14	Tuesday	1 - 2:30 p.m.	Ridgewood Tavern, Mentor
Feb 11	Tuesday	1 - 2:30 p.m.	Smoke BBQ, Painesville
Mar 11	Tuesday	1 - 2:30 p.m.	Burgers 2 Beer, Concord
*Apr 15	Tuesday	1 - 2:30 p.m.	Panini's Concord (3rd Tues)

### Rummikub \*\*NEW\*\*

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

Wed	12 – 2 p.m.
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### Scrabble

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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

### Samba Card Game

Samba is a rummy style game.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

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



## HEALTH SERVICES

### Alzheimer's Association Caregiver Support Group

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

**Location: Senior Center Cultural Arts Room**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 9, Feb 13, Mar 13, Apr 10	Thursday	1 – 2:30 p.m.

### Attorney Gary Rosenthal

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

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

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 15, Feb 12, Mar 12, Apr 16	Wednesday	1 – 2 p.m.

### Hearing Screenings

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

Please call for an appointment.

**Location: Senior Center Conference Room 2**

**Resident | Non-Resident: Free**

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8, Mar 5	Wednesday	10 a.m. – 12 p.m. (Amanda's Family Hearing)
Feb 5, Apr 2	Wednesday	10 a.m. – 12 p.m. (Reserve Hearing Center)

### Income Tax Assistance with AARP Volunteers

Trained volunteers will assist in the completion of state and federal income tax forms. The volunteers do not assist with city tax forms. Pick-up and complete AARP tax packet before appointment, packets will be available at the front desk the second week in January.

Bring these items:

- Copy of last year's income tax return(s) Federal and Ohio
- W-2 forms from each employer; forms SSA-1099, 1099-INT, 1099-DIV, 1099-R, 1099-MISC, etc.
- 1095 form (if you have one)
- W-2G gambling winnings
- Brokerage statements (1099-B)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions
- List of medical expenses
- Social security cards for everyone included on return
- Spouse must be present if filing jointly
- Government issued photo ID for taxpayer and spouse

**Location: Senior Center Cardinal Room (Register in advance)**

**Resident/ Non Resident: Free**

dates	day	time
Feb 6 - Apr 10	Thursday	9 a.m. – 2 p.m.

### 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**

dates	day	time
Jan 8, Feb 5, Mar 5, Apr 2	Wednesday	4 – 5:30 p.m.

### 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. 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.

**Resident | Non-Resident: Free**

**Location: Senior Center Great Room**

dates	day	time
Jan 27, Feb 24, Mar 17, Apr 21	Monday	10 – 11 a.m.

(Jan and Feb dates are the fourth Monday due to Holiday closures)

### 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**

dates	day	time
Jan 22, Feb 26, Mar 26, Apr 23	Wednesday	2 – 4 p.m.

### Special Elders

Do you need assistance to participate at the Senior Center? The Special Elders staff provides seniors the support and assistance they need to more fully participate in activities. This program provides socialization, assistance with carrying lunch trays for those with physical limitations, assistance with program registration and directing to activities for those with memory issues. (Note this program is not designed for individuals with moderate-severe assistance needs, unless accompanied by a caregiver.) 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)**

days	time
Monday, Wednesday	10:30 a.m. – 2 p.m.

Schedule of Activities

*Monday*

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

*Wednesday*

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

### Special Elders SilverSneakers® Classic

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

**Instructor: Pat**

**Location: Senior Center Fitness Studio**

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

**Silver Sneaker Members: Free**

dates	day	time
Jan 8 – Feb 19	Wednesday	12 - 12:45 p.m.
Mar 5 – Apr 23	Wednesday	12 - 12:45 p.m.

### MEALS - CELEBRATION LUNCHES

#### Daily Made from Scratch Lunch

Mon-Fri 11:30 a.m. - 12:15 p.m.

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

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 in the lobby flyer tower, in the monthly newsletter and online at [www.mentorseniorcenter.com](http://www.mentorseniorcenter.com).

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

### CELEBRATION LUNCHEONS

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**

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

#### January 30 Celebration

Stuffed pork chop, mashed potatoes with gravy and green beans. Finish lunch with chocolate mousse for dessert. Dennis Ford will provide entertainment.

Reservation deadline is January 17.

#### February 27 Celebration

Ham steak, scalloped potatoes, California mixed vegetables and chocolate cupcake for dessert.

Entertainment is Dom Noce.

Reservation deadline is February 14.

#### March 27 Celebration

Stuffed shells with Italian meat sauce, tossed salad, garlic toast and a lemon cupcake for dessert. Engaging Dennis Sutcliffe returns, and this time he's bringing a Trivia Party! Registration deadline is March 14.

#### April 24 Celebration

Turkey with mashed potatoes and gravy, stuffing, green bean casserole and pumpkin bars for dessert. Talented violinist Mary Beth Ions from the Cleveland Pops Orchestra is back to play for us and she surely has some more stories to share. Reservation deadline is April 11.

#### St Patrick's Day Luncheon

Corned beef, cabbage, potatoes, and carrots followed by a yellow cupcake with buttercream frosting for dessert.

One man band Tot Todd will perform with an Irish Twist!

Reservation deadline is Feb 28.

**Location: Senior Center Great Room**

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

<i>date</i>	<i>day</i>	<i>time</i>
Mar 13	Thursday	11:30 a.m.

## SPECIAL EVENTS

### Garage Sale

Join us for this HUGE annual garage sale where you may find some wonderful treasures. For vendors interested in purchasing a space, cost is \$25 for a 6-ft table and \$20 for a 5-ft table. Registration begins December 2 for resident seniors and December 3 for nonresident seniors. If space permits, non-seniors may register beginning March 1. Please register for a table by calling the Mentor Senior Center at 440-974-5725.

**Location: Senior Center**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 26	Saturday	9 a.m. – 3 p.m.

### Guardians Opening Day Party

Can't get to the ballpark on Opening Day? Come to our 12th annual Opening Day Party and watch the Guardians take on the Chicago White Sox. During the game, enjoy complimentary ballpark snacks including ice cream, popcorn, peanuts, Cracker Jacks, and more. Snacks provided by local senior services agencies. Game time and concessions TBA. Preregistration is required.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Donate Items for United Way Food Drive**

<i>date</i>	<i>day</i>	<i>time</i>
Apr 8	Tuesday	TBA

### Newcomers

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

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Feb 6	Thursday	3 – 4 p.m.

### Northeast Ohio Mind Challenge

The Mind Challenge is back for its 7th year. This mind stimulating event grows each year. We will be forming teams in May, individuals and teams are welcome. Please spread the word, recruit family and friends and get ready for some exciting mind challenging trivia! Please register in advance.

**Location: Willowick Senior Center**

**Resident | Nonresident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
May 1	Thursday	1 – 2 p.m.
Team Formation and Practice Round		
May 8, 15, 22	Thursday	1 – 3 p.m.
Knockout Rounds		
May 28, 29	TBD	TBD
Semifinals and Finals – Parma Smallwood Center		

## MUSIC, DANCE AND THEATER

### 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**

dates	day	time
Jan	Off	
Feb 5 - Apr 30	Wednesday	6:45 – 7:45 p.m.

### Mentor Music Makers

Director Maria Voljin is a degreed professional and is a musician, soloist and accompanist. The group practices weekly and performs in many of the Senior Living facilities in the areas making this perfect for any senior who enjoys singing, camaraderie and performing.

**Instructor: Maria Voljin**

**Location: Senior Center Stage**

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

dates	day	time
Jan- Feb	Off	
Mar 5- Apr 23	Wednesday	6:45 – 7:45 p.m.

### Piano Lessons

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

**Instructor: Marge Syrone**

**Location: Senior Center Stage**

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

dates	day	time
Jan-Feb	Off	
Mar 4 - Apr 22	Tuesday	9:00 a.m. - 12:00 p.m.



## TECHNOLOGY

**Volunteer needed to help members with their basic smart phone questions; if you would like to volunteer, please see Dave for more details.**

### 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**

dates	day	time
Jan – Mar	off	
Apr 7 and 14	Monday	9 – 11 a.m.

### 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**

dates	day	time
Jan 15	Wednesday	8:30 – 9:30 a.m.
Feb 12	Wednesday	8:30 – 9:30 a.m.
Mar 5	Wednesday	8:30 – 9:30 a.m.
Apr 9	Wednesday	8:30 – 9:30 a.m.

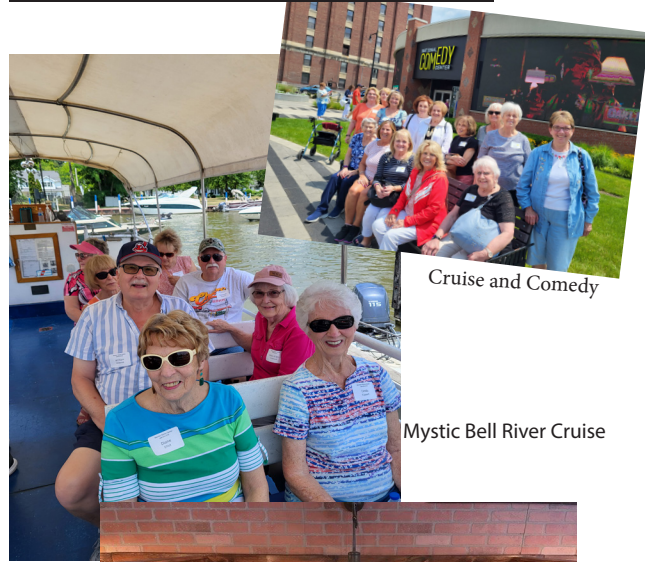




## Mentor Senior Center 2025 Special Events

Jan	16	Trip Promotional Meeting	1 p.m. - 3 p.m.
	30	Monthly Celebration	11:30 a.m. - 1 p.m.
Feb	27	Monthly Celebration	11:30 a.m. - 1 p.m.
March	13	St. Patrick's Day Luncheon	1:30 a.m. - 1 p.m.
	27	Monthly Celebration	11:30 a.m. - 1 p.m.
April	8	Guardians Event	TBA - First Pitch
	24	Monthly Celebration	11:30 a.m. - 1 p.m.
	26	Garage Sale	9 a.m. - 3 p.m.
May	15	Picnic on the Patio	11:30 a.m. - 1 p.m.
	20	Senior Day at the Mall	9 a.m. - 2 p.m.
	29	Monthly Celebration	11:30 a.m. - 1 p.m.
June	12	Picnic on the Patio	11:30 a.m. - 1 p.m.
	26	Monthly Celebration	11:30 a.m. - 1 p.m.
July	10	Picnic on the Patio	11:30 a.m. - 1 p.m.
	23	Ice Cream Social MSC Board	1 p.m. - 2 p.m.
	25	Lake County Fair - Senior Day	TBA
	31	Monthly Celebration	11:30 a.m. - 1 p.m.
Aug	14	Picnic on the Patio	11:30 a.m. - 1 p.m.
	15-16	Mentor CityFest	5 - 11 p.m. / 12 - 11 p.m.
	TBA	Hillcrest Summer Concert	7 - 8 p.m.
	28	Monthly Celebration	11:30 a.m. - 1:30 p.m.
Sept	TBA	Volunteer Appreciation Lunch	11:30 - 1 p.m.
	7	Pancake Breakfast for Senior Levy (at Wickliffe)	TBA
	11	90 + Lunch	11:30 a.m. - 1 p.m.
	25	Monthly Celebration	11:30 a.m. - 1 p.m.
Oct	30	Monthly Celebration	11:30 a.m. - 1 p.m.
Nov	6	Veteran's Breakfast	11:30 a.m. - 1 p.m.
	TBA	Arts n Crafts Sale	9 a.m. - 3 p.m.
	20	Thanksgiving Celebration	11:30 a.m. - 1:30 p.m.
Dec	TBA	Hillcrest Band Holiday Concert	7 - 9 p.m.
	18	Monthly Celebration, Christmas	11:30 a.m. - 1 p.m.
	31	Noon Year's Eve Event	11:30 a.m. - 1:30 p.m.

## 2024 - A Year in Photos



Cruise and Comedy

Mystic Bell River Cruise



OTL



Alaska

Ark Encounter



Euclid Gardens



Maine



Station Dinner Theatre



# Come Travel with Us!

## MENTOR SENIOR CENTER TRAVEL QUEST

# 2025

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

### ACTIVITY LEVELS

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

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

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

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

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

### Trips

**Registration for charter bus trips for the entire year always starts in January and will continue until the posted registration trip deadline. Some of the popular trips will sell out quickly so don't hesitate to register. Registration starts Dec 2-3 for small bus trips that take place January- June.**

The Senior Center offers local, day, and overnight trips to exciting destinations. Over 60 trips are offered annually either on a charter motorcoach or our own 22 passenger bus. For complete details on all our trips visit [mentorseniorcenter.com](http://mentorseniorcenter.com) or grab a flyer at the center.

**Please pay close attention to trip registration dates that are posted in the newsletter throughout the entire calendar year. Membership is required for any trip.**

### Trip Promotional Meeting

The trip promotional meeting is Thursday, January 16 at 1 p.m. The tour operators will be presenting all the charter bus trips for 2025 to give you great insight on what the trips are all about. If you plan to join us for charter bus trips, you should sign-up for the meeting. Your registration for the meeting determines your place or # in line to register for trips on January 16. Registration for the meeting starts December 2 for residents, and December 3 for non-residents.

**Location: Senior Center Great Room**

**Resident | Non-Resident: Free**

<i>date</i>	<i>day</i>	<i>time</i>
Jan 16	Thursday	1 - 3 p.m.

**The following three pages offer a sneak peek to all the great trips being offered in 2025.**

**Details, dates, and times will be published in the Travel Quest brochure available on Trip Sign Up Day, January 16 at 1 p.m.**

## 2025 OVER NIGHT TRIPS

When booking a triple or quad room on any overnight trip please note that there will only be 2 beds in the room. Travel insurance is available and recommended on overnight trips.

### Reflections of Italy May 21-30, 2025

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

Deposit of \$698 is required upon registration.

Final payment is due February 20, 2025.

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

Activity Level: Strenuous

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

### Kentucky Bourbon Trail

Trip highlights: Learn all about bourbon and how it is only produced in Kentucky, admission to the "Bourbon experience" and dinner at the Old Talbot Tavern, Show at Derby Dinner Playhouse, tour of Churchill Downs – the home of the Kentucky Derby including dinner and Mint Julep, admission to Federal Hill and Steven Foster's "My Old Kentucky Home," admission to Louisville Slugger Factory and Museum, admission to Frazier History Center with fascinating displays, a visit to a distillery and tasting in Bardstown.

<i>date</i>	<i>day</i>	<i>time</i>
June 25-28	Wed-Sat	TBA

### Cape Cod

Trip highlights: Visit to East Aurora NY, home of President Fillmore and Vidler's Five and Dime, shopping stop at Made in America Store, rooms enroute at Turning Stone Casino, "photo op" at Plymouth Rock, three nights in Hyannis, the "Capital of the Cape," boat cruise to Nantucket, admission to island museum and time to explore and grab lunch, guided tour of Provincetown, lobster/steak dinner, and Boston tour.

<i>date</i>	<i>day</i>	<i>time</i>
July 14-19	Mon-Sun	TBA

### Niagara on the Lake

Trip highlights: 2 nights of rooms in Niagara Falls with evening gaming time at the Fallsview Casino, five meals including a dinner overlooking the falls, a dinner at the Historic Pillar & Post Inn or Prince of Wales Hotel, and an upscale luncheon at the Niagara Falls (NY) Supper Club, a visit to the Niagara Power Vista, time to explore Clifton Hill, wine tasting, time to shop in downtown Niagara-on-the-Lake, tickets to a Shaw Festival Performance, and a visit to the St. Catharines Museum & Welland Canals Centre.

<i>date</i>	<i>day</i>	<i>time</i>
Aug 5-7	Tues-Thu	TBA

### Chicago

Trip highlights: start with a hit of history as you see cars and carriages from the late 1800s, dinner and entertainment at Medieval Times, guided tour of Chicago, dinner at Maggiano's Little Italy Grand, time at Navy Pier to shop and browse, architectural cruise, 360 Chicago, Observation Deck, admission to the Center of Science and Industry, dinner in Amish Country on the way home.

<i>date</i>	<i>day</i>	<i>time</i>
Aug 18-20	Mon-Wed	TBA

### Washington D.C.

Trip highlights: guided tour of Washington D.C., touring of the monuments and museums including Smithsonian Eternal Flame at Kennedy Gravesite, tram transportation at Arlington Cemetery, changing of the Guard at the Tomb of the Unknown Soldier, cruise and docking at Tony and Joe's Restaurant in Georgetown, dinner in DC-

<i>date</i>	<i>day</i>	<i>time</i>
Sept 15-17	Mon-Wed	TBA

### Mississippi River Cruise

Trip highlights: two days of cruising on the Victorian-themed Riverboat Twilight, five meals served onboard plus plenty of snacks, entertainment during the day and a "photo-op" including a chance to have a photo taken with the Captain, two nights at the Bally's Casino Hotel in the Quad Cities, dinner and casino bonus included, Amish lunch enroute home and more.

<i>date</i>	<i>day</i>	<i>time</i>
Sept 29-Oct 2	Mon-Thu	TBA

## 2025 One Day Coach Trips

### Hollywood Casino at the Meadows

Trip highlights: One of the largest casino floors on the east coast with over 1,900 slot machines, 65 tables games and much more. Bonus included.

<i>date</i>	<i>day</i>	<i>time</i>
April 15	Tuesday	TBA

### Amish Country Mystery Treasure Bag

Trip highlights: Taste samples & shop at a cheese house, visit a country market stocked with seasonal fruits and vegetables and greenhouse plants, purchase some goodies to take home from a local bakery, stop by the oldest operating general store in Ohio, browse through the area's newest bulk food and hardware store, and enjoy an authentic Amish meal.

<i>date</i>	<i>day</i>	<i>time</i>
May 13	Tuesday	TBA

### Pittsburgh Cruise With Lunch at Grand Concourse

Trip highlights: Cruise on Gateway Clipper, lunch at Grand Concourse Restaurant, and ride on Duquesne Incline

<i>date</i>	<i>day</i>	<i>time</i>
June 11	Wednesday	TBA

### Rabbit Run

Trip highlights: Anastasia the Musical and pre-show dinner.

<i>date</i>	<i>day</i>	<i>time</i>
June 19	Thursday	TBA

### Canal Boat and Draft Horses on the Ohio and Erie Canal

Trip highlights: Guided tour of Roscoe Village, canal boat ride, lunch at Steak N' Stein Warehouse and treat on the way home.

<i>date</i>	<i>day</i>	<i>time</i>
July 8	Tuesday	TBA

### Ohio State Reformatory

Trip Highlights: Tour of the Ohio State Reformatory, lunch at the Blueberry Patch, Richland Carousel Park and time to shop at Swavory for sweet and savory selections.

<i>date</i>	<i>day</i>	<i>time</i>
July 29	Tuesday	TBA

### Ohio Star Theater

Trip highlights: Neil Diamond Tribute and lunch at Dutch Valley Restaurant

<i>date</i>	<i>day</i>	<i>time</i>
Aug 22	Friday	TBA

### Corkscrews and Carafes

Trip highlights: Guided tour of local covered bridges, lunch and tastings at Grand River Cellars, Debonne, and Ferrante Winery

<i>date</i>	<i>day</i>	<i>time</i>
Sept 24	Wednesday	TBA

### Oglebay Festival of Lights With Dinner

Trip highlights: Guided tour of Mansion Museum, time to shop at the Hilltop Shops, admission to Winter Fantasy at the Good Zoo, dinner at Wilson Lodge, and guided tour of the Festival of Lights.

<i>date</i>	<i>day</i>	<i>time</i>
Dec 2	Tuesday	TBA

## MSC Small Bus Trips

### Jersey Boys

Enjoy an elegant and award winning brunch at Beau's on the River with stunning views of the river rapids and falls. After brunch, The Weathervane Theater is presenting JERSEY BOYS, the international musical phenomenon that takes you behind the scenes – and behind the music of Frankie Valli and The Four Seasons. Registration/refund deadline is February 3.

Activity Level: Mild

Resident | Non-Resident \$75

<i>date</i>	<i>day</i>	<i>time</i>
Mar 2	Sunday	9:30 a.m. – 6:30 p.m.

### Come From Away - EJ Thomas Hall

Enjoy dinner at the Spaghetti Warehouse (on your own). After dinner, EJ Thomas Hall is presenting Come From Away, a remarkable story of 7,000 stranded passengers based on real events that followed the September 11 attacks and the small town of Gander, Newfoundland that welcomed them. Registration/refund date is February 5.

Activity Level: Mild

Resident | Non-Resident \$71

<i>date</i>	<i>day</i>	<i>time</i>
March 26	Wednesday	4:00 – 10:30 p.m.

### Burton Trip

Explore Burton's Century Village and its history with our personal guide. Following our tour, enjoy lunch at The Spirited Kitchen (on your own). After lunch visit "End of Commons" for dessert or to browse this general store. It has a little bit of everything! Registration/refund deadline is April 2.

Activity Level: Moderate

Resident | Non-Resident : \$23

<i>date</i>	<i>day</i>	<i>time</i>
April 16	Wednesday	9:00 a.m. – 4:00 p.m.

### Railroad Museum

We begin with lunch (on your own) at The Grand Slam Restaurant, noted for great food, good prices and friendly service. Following lunch, we will proceed to The Western Reserve Railroad Association (dba The Painesville Railroad Museum). They are dedicated to the restoration of the NYC Painesville Depot, preserving railroad history, and promoting model railroading. There is a main museum and other buildings and railroad cars to explore.

Activity Level: Mild/Moderate

Resident | Non-Resident \$6

<i>date</i>	<i>day</i>	<i>time</i>
May 30	Friday	11:00 a.m. – 3:00 p.m.

### Mystic Belle River Cruise

Aboard the Mystic Belle, you'll see the maritime industry in Vermilion in action and learn about its storied history. You'll see and learn about the natural wildlife that call the beautiful shores home. You'll also have the exclusive chance to see some of Vermilion's most beautiful waterfront homes. After cruising, enjoy a meal at The Martino's International Café. It is an enduring, low-key outpost with a menu of global eats (on your own). Registration/refund deadline is May 23.

Activity Level: Mild

Resident | Non-Resident: \$24

<i>date</i>	<i>day</i>	<i>time</i>
June 7	Saturday	12:30 – 6:00 p.m.

## OTL Lunch Bunch Bus Trips

### Red Hawk Grill

Visit this comfortable, cozy restaurant. Lunch includes bread service and choice of non-alcoholic beverage. Main entrée selections include: Fish and Chips served with fries, tartar sauce and coleslaw; Mediterranean Rice Bowl, shaved brussel sprouts, roasted tomato, red pepper and caramelized onions over rice; or Greek Grilled Chicken Salad, mixed greens, olives, cucumber, tomato, red onion and feta cheese topped with chargrilled chicken and Athenian dressing. Dessert is ice cream.

Registration/refund deadline is January 9.

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

<i>date</i>	<i>day</i>	<i>time</i>
Jan 17	Friday	11:30 a.m. – 2:30 p.m.

### Briquettes Smokehouse

In early 2009, the founders opened Briquettes Smokehouse in a small 14-seat dining room in the heart of Ashtabula Harbor. Lunch includes a non-alcoholic beverage and Pecan Pie for dessert. Choices for main course are: Two Meat Combo (Chicken and Pork) with Mac and cheese and coleslaw; 1/3 rack of ribs with mac and cheese and coleslaw; or cod sandwich with fries. Registration/refund deadline is February 13.

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

<i>date</i>	<i>day</i>	<i>time</i>
Feb 21	Friday	11:15 a.m. – 2:45 p.m.

### Harbor Halcyon

Halcyon offers a cozy, fun atmosphere. Side salad and non-alcoholic beverage begin your lunch. Meal choices are: Vegetable Linguini Med Style, linguini, sun dried tomatoes, Hungarian hot peppers, spinach, garlic, extra virgin olive oil; fried shrimp basket, with fries, lemon and cocktail sauce; or Halcyon burger, quarter pound of angus beef, with greens, tomato, onion and cheese. Pie for dessert. Registration/refund deadline is March 14.

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

<i>date</i>	<i>day</i>	<i>time</i>
Mar 21	Friday	11:15 a.m. – 2:45 p.m.

### Brown Barn Tavern

The Brown Barn Tavern celebrates all things local and authentic. Meal choices are: Barn Pulled BBQ Pork Sandwich, sharp cheddar, apple jalapeno slaw on a brioche; Barn Honey Grilled Chicken Sandwich, applewood smoked bacon, provolone, avocado salsa, house honey mustard, shredded lettuce, tomato, on a brioche bun; or Tavern Patty Melt, 7 oz. angus steak burger, swiss, grilled red onions, bistro sauce on marble rye. Non-alcoholic drink and cheesecake for dessert. Registration/refund deadline is April 10.

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

<i>date</i>	<i>day</i>	<i>time</i>
Apr 18	Friday	11:30 a.m. – 2:30 p.m.

### Welshfield Inn

The Welshfield Inn is located in the heart of Burton, Ohio's Amish country. Lunch begins with bread service of white rolls or cinnamon rolls. Meal choices are: Chicken Piccata in a chardonnay lemon and butter sauce with ancient grains and asparagus; Welshfield Chopped Salad with romaine, blue cheese, bell pepper, cucumber, tomato, egg, bacon, red onion, oregano vinaigrette with grilled chicken; Bacon and Cheddar Omelette served with rosemary roasted potatoes, fresh fruit and English muffin; or The Welshfield Cheeseburger on a Brioche bun, prepared medium well, with lettuce, tomato, pickle and French fries. Dessert is a mixed berry crisp alamode. Your choice of soft drink, iced tea or coffee. Registration/refund deadline is May 8.

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

<i>date</i>	<i>day</i>	<i>time</i>
May 16	Friday	11:15 a.m. – 2:45 p.m.

### Punderson Manor

This beautiful Tudor-style Manor is part of Ohio history. Lunch choices are Fish and Chips, served with fresh cut fries, tarter sauce and house-made signature malt vinegar; Tomato Pesto Pasta (Gluten-free pasta), sundried tomato and portabella mushroom tossed in a tomato pesto sauce; or Turkey Pot Pie, Turkey, carrots, celery, onions and peas in a creamy filling and topped with a flaky pie crust. Lunch includes soft drinks.

Registration/refund deadline is June 13.

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

<i>date</i>	<i>day</i>	<i>time</i>
June 20	Friday	11:15 a.m. – 2:45 p.m.



Maine 2024





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**  
 Scott J. Marn - **Council at Large**  
**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



**Disco Express Band and "Just Whitney"**

Disco Express is an exciting band both in look and sound that performs all your favorite disco hits from the top artists of the disco era. "Just Whitney the Tribute" is an exciting tribute band celebrating and performing the music of Whitney Houston. This event features two great acts all on one special night.

**Location: Senior Center Great Room**

**Resident | Non-Resident: \$12**

dates	day	time
Apr 16	Wednesday	7:00- 9:30 p.m.



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

**Wednesday, Jan 1**  
**New Years Day**

**Monday, Jan 20**  
**Martin Luther King Day**

**Monday, Feb 17,**  
**Presidents Day**

President.....John Mazor  
 Vice President .....Sandy Liptak  
 Treasurer .....Donna Waggle  
 Recording Sect'y.....Dee Groynom  
 Corresponding Secretary .....Jackie Willis

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

Library Chair.....Joan Cardillo  
 Volunteer Chair ...Debbie Higginbotham

**MENTOR SENIOR CENTER**