

# MAR - APR 2022



## Mentor Senior Center Hours

8 a.m.-5 p.m.  
Tue, Thu, and Fri  
8 a.m.-8 p.m.  
Mon. and Wed.



### Guardians Opening Day Party

Can't get to the ballpark on Opening Day? Come to our 9th annual Opening Day Party and watch the Guardians take on the Kansas City Royals. During the game, enjoy complimentary ballpark snacks including ice cream, popcorn, peanuts, Cracker Jacks, and more. Snacks and give-aways provided by local senior services agencies. Game time is TBA. Concessions are open from TBA.

**PRE-REGISTRATION IS REQUIRED, THIS EVENT ALWAYS SELLS OUT EARLY!**

Location: Great Room Mar 31 Thu Time TBA Doors Open  
Resident/Nonresident: Item for food bank

### Together, we FEED Lake County!

We are collecting food for the United Way Feed Lake County food drive. For FREE admission to the Opening Day event bring a food item:

Canned veggies, canned fruits, canned meats, peanut butter and jelly, breakfast foods, boxed meals, soups and stews, pasta, and sauce.

**Please check expiration dates.**



## MENTOR SENIOR CENTER NEWSLETTER

8484 Munson Road, Mentor, OH 44060

Phone: 440-974-5725 440-255-1100

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

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**We are a membership based facility. Membership Cards are required to enter the building.**

**REGISTRATION IS REQUIRED FOR ALL PROGRAMS. REGISTRATION DEADLINE IS 5 BUSINESS DAYS PRIOR TO THE CLASS START DATE. THANK YOU!**

# Thank You

**To Our Valued Advertisers:** we would like to thank you for your continued support of the monthly Newsletter. Together, your advertising with Mentor Senior Center is reaching more people than ever and that is important to us.

**To Our Members:** please continue supporting the sponsors of the newsletter. They help to make this publication possible. If you're interested in advertising in our newsletter, please contact our publishing partner LPI at [www.4lpi.com](http://www.4lpi.com). Thank You.

### The MSC Advisory Board Scholarship Program Financial Assistance

The Mentor Senior Center Board graciously offers financial assistance for those with a demonstrated financial need. Financial Assistance is available for classes, special events, and monthly celebration lunches.

To apply, just complete an application from the desk by the next deadline of July 1, 2022 for Sep - Dec programs.

### 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. It's that easy!!

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 bi-monthly newsletter straight to your inbox.

## YOUR MEMBERSHIP MATTERS

### Membership 2022

Please note: All SilverSneakers members need to renew every year. Membership is required to participate at the Mentor Senior Center. All memberships expire Dec 31 of each year regardless of when the membership began. You may renew in person at the desk, on the phone with a credit card, or through the mail with a check or credit card. Anyone 55 or older can join the Senior Center with full privileges. \$7 residents, \$10 non-residents.

## Senior Services Information

### Frequently used numbers:

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

### LC Gen Health District

**Painesville** 440-350-2543

**Laketrans** (Call before 3 pm) - 440-354-6100. One business day is required for reservations. Free ride to the Lake County Senior Centers.

**Medicare** - 1-800-633-4227

### Senior Center Website

Information can be found at [www.mentorseniorcenter.com](http://www.mentorseniorcenter.com)

### Lake County Council On Aging

The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, Meals On Wheels, nutrition services, in home safety, homemaker services, Medicare help, Information referral, and much more. Call 440-205-8111 for more info or visit [www.lcco.org](http://www.lcco.org)

### Veteran Services Commission of Lake County

Assistance is available to the men and women who have honorably served their country. Our Veteran members AND their eligible surviving spouses seeking guidance and assistance navigating health coverage, home care, transportation, and discounts available, call 440-350-2567.

### For emergencies at home,

Please dial 9-1-1. To report police matters, call the Mentor Police Department non-emergency number 440-255-1234. To report a power outage call the First Energy outage reporting line at 888-544-4877 or Customer Service 800-736-3401.

### "2-1-1 Call For Help Program"

This is a 24-hour free and confidential service, providing access to information and

services regarding healthcare and human service agencies.

### Senior Services page on the Lake County Commissioners

website <http://www.lakecountyohio.gov/commissioners-Office/senior-services/>

### Home Maintenance, Modification and Repair

If you live in Lake County and are 60 or older, you may be eligible for assistance. The Western Reserve Community Development Corporation (WRCDC) has received funding from the Lake County Senior Services Levy. This program may assist with critical emergency repairs and accessibility modifications. Contact WRCDC at 440-357-4400 to see if you are eligible.

**Lock Boxes** are available through most of our local Fire Departments for a small fee. This prevents damage to your property and saves time for our paramedics when trying to gain access into your home in an emergency.

### Adult Protective Services

The Lake County Department of Job and Family Services is fortunate to have a dedicated unit of social workers who investigate elder abuse and neglect. Anyone who suspects an elderly individual in our community is being abused, neglected or exploited should contact our agency to report their concerns.

"Elder abuse is a crime. If you see something, say something," said Commissioner Ron Young.

"This is a good reminder to check in with your older neighbors, family members, and friends to see how they are doing and if there is anything they need."

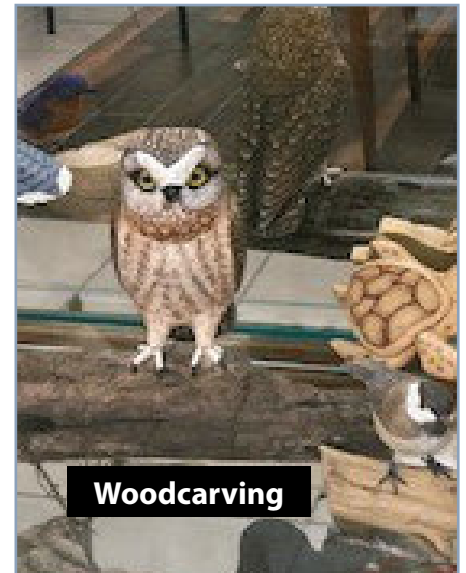
For more information, or to report concerns of abuse, neglect or exploitation, contact the Lake County Department of Job and Family Services, Adult Protective Services Division at 440-350-4000.

## SENIOR CENTER WEBSITE

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

Our new website is up and running. It is easy to find and easy to navigate. The main page has quick links to the newsletter, lunch menu, COVID-19 updates and online registration. It has information about all of our programs and activities and facility information such as rentals and hours of operation. A news column has current articles pertaining to the Senior Center, City of Mentor, and other helpful information for Lake County seniors.

## LOBBY DISPLAY CASES



Our two beautiful cabinets in the Lobby are available to display your favorite collections. Sign up at the front desk and reserve a month of your choosing to share your hobby or collectibles.

## Director's Corner

### REMARKS FROM RENEE



We are excited to welcome Dana Rini as a new fitness instructor teaching our Parkinson's Fitness class on Wednesdays at 3:00. We also welcome back Pam Benko in June with Country Heat. Check out these new classes.

We continue to follow changing guidelines from the CDC and the Lake County Health District to keep our seniors safe in the time of COVID 19. Masks are strongly recommended at the Mentor Senior Center. The CDC recommends wearing masks indoors in public in areas of high transmission, regardless of vaccination status. We have set up our rooms and programs to encourage social distancing. Thank you

### DAVE DISCUSSES

After a 2 year hiatus I am looking forward to the Cleveland Guardians home opener event on Thursday, March 31.

While the time has not been announced, the event will feature a variety of ballpark snacks provided by several sponsors. While the event is free, we do ask you to register and bring can goods for the United Way Feed Lake County Food Drive. We are also bringing back our small bus trips that include our out to lunch bunch, Cleveland Guardians games and other local destinations. See the travel section for complete details.



### Movies

Movies are at 12:30p.m. on Thursdays and 5p.m. on Mondays in the Great Room. No popcorn or drinks will be available.

Thu	Mar 3	Joe Bell
R		Biography/Drama
Mon/Thu	Mar 7/10	No Time to Die
PG-13		Action/Adventure
Mon/Thu	Mar 14/17	Many Saints of Newark
R		Crime/Drama
Mon/Thu	Mar 21	Cry Macho
PG-13		Drama/Western
Mon	Mar 28	Joe Bell
PG-13		Biography/Drama
Mon/Thu	Apr 4/7	Deadlock
R		Action/Thriller
Mon/Thu	Apr 11/14	Respect
PG-13		Biography/Drama
Mon/Thu	Apr 18/21	Ford vs Ferrari
PG-13		Drama/Action
Mon	Apr 25	Jungle Cruise
PG-13		Comedy/Adventure

**Resident/Nonresident: FREE**

## REGULAR SCHEDULED ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Low Impact Aerobics	9:00 Low Impact Aerobics	Podiatrist	9:00 Low Impact Aerobics	9:00 Low Impact Aerobics
10:00 SilverSneakers Classic	9:00 Tuesday Quilters	9:00 Silver SneakersYoga	10:00 Weight Training	9:00 Piano
10:30 Needlecrafters	10:00 Weight Training	10:00 SilverSneakers Classic	10:00 All Media Painting	10:00 SilverSneakers Classic
11:00 SilverSneakers Stability	10:00 Harmonica begins in April	10:00 Creative Ceramics	10:30 Water Exercise Heisley	11:00 SilverSneakers Yoga
12:00 SilverSneakers Yoga	10:30 Water Exercise Heisley	11:00 SilverSneakers Circuit	11:00 Stretch & Balance Virtual/In Person	12:00 SilverSneakers Stability
12:30 MahJongg	11:00 Stretch & Balance Virtual/InPerson	1:00 Chair Volleyball	12:30 Wii Bowling	12:30 Wii Bowling
1:00 Chair Volleyball	12:00 American Sign Language	5:45, 6:45 Line Dance	4:00 Silver Sneakers EnerChi	12:30 Duplicate Bridge
1:00 Bingo	12:00 Pinochle	5:00 Creative Ceramics		
5:30 Quilting	12:30 Duplicate Bridge	6:00 Cornhole		2:45 Ping Pong
	2:00 Woodcarving	6:45 Follies Dancers		

**Class Registration is Apr 4 for Mentor residents and Apr 5 for nonresidents**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Laptop Help <b>Special: Teriyaki Chicken and Rice</b>	2 9:00 Tech Help 4:00 Parkinsons Support <b>Special: Cabbage and Noodles</b>	3 9-2 AARP Tax Help 12:30 Movie 12:30 Stamping <b>Special: Pasta with Meat Sauce</b>	4 <b>Special: Vegetable Lasagna</b>
7 10:00 German Group 12:00 LCCOA 5:00 Movie <b>Special: Chicken Marsala</b>	8 9:00 Laptop Help <b>Special: Stuffed Pork Chop</b>	9 1:00 Secret Pals at Ridgewood <b>Special: Stuffed Green Pepper</b>	10 9-2 AARP Tax Help 12:30 Movie <b>Special: Chicken Alfredo</b>	11 <b>Special: Grilled Cheese and Tomato Soup</b>
14 9:00 Veteran's Group 5:00 Movie <b>Special: Chicken Cordon Bleu</b>	15 <b>Special: Breaded Pork Chop</b>	16 1:30 Book Club <b>Special: Baked Ranch Chicken</b>	17 9-2 AARP Tax Help 12:30 Movie <b>Special: Chicken Piccata</b>	18 <b>Special: Tuna Noodle Casserole</b>
21 10:00 Senior Produce Market 5:00 Movie <b>Special: Chicken Paprikash</b>	22 <b>Special: Roast Pork Loin</b>	23 12:00 City Manager Ken Filipiak Talk 2:00 Visionaries 3:00 Tech Help <b>Special: Meatloaf with Mashed Potatoes</b>	24 9-2 AARP Tax Help <b>11:30 Celebration Lunch Stuffed Cabbage, Mashed Potatoes and Chocolate Mousse</b>	25 <b>Special: Stuffed Shells</b>
28 5:00 Movie <b>Special: Swedish Meatballs</b>	29 <b>Special: Sweet and Sour Chicken and Rice</b>	30 10:30 Sec Pals Coffee Club <b>Special: Roast Pork</b>	31 9-2 AARP Tax Help 12:30 Guardians Opening Day Party <b>Special: Chicken Parmesan with Spaghetti</b>	<b>Happy Birthday to members born in March and April</b>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Made From Scratch Lunch Monday - Friday, 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, salads, soup, and desserts at reasonable prices. A daily special costs \$5. Daily homemade soup and sandwiches also available.				1 <b>Special: Vegetable Lasagna</b>
4 10:00 German Group 12:00 LCCOA 5:00 Movie <b>Special: Ham and Scaloped Potatoes</b>	5 <b>Special: Baked Ranch Chicken</b>	6 9:00 Tech Help 4:00 Parkinsons Support <b>Special: Stuffed Green Pepper</b>	7 9-2 AARP Tax Help 12:30 Movie 12:30 Stamping 3:00 Newcomers <b>Special: BBQ Pork Sandwich</b>	8 <b>Special: Broccoli Alfredo</b>
11 9:00 Veteran's Group 12:30 Board Meeting 5:00 Movie <b>Special: Chicken Marsala</b>	12 9:00 Laptop Help <b>Special: Stuffed Pork Chop</b>	13 1:00 Secret Pals at The Spot on Lakeshore <b>Special: Chili and Cornbread</b>	14 9-2 AARP Tax Help 12:30 Movie <b>Special: Roasted Chicken</b>	15 <b>Special: Pierogi with Sour Cream and Applesauce</b>
18 10:00 Senior Produce Market 5:00 Movie <b>Special: Salisbury Steak and Mashed Potatoes</b>	19 9:00 Laptop Help <b>Special: Chicken Piccata</b>	20 1:30 Book Club <b>Special: Stuffed Cabbage and Mashed Potatoes</b>	21 12:30 Movie <b>Special: Chicken Salad Wrap</b>	22 <b>Special: Johnny Marzetti</b>
25 5:00 Movie <b>Special: Sweet and Sour Chicken with Rice</b>	26 <b>Special: Swedish Meatballs</b>	27 10:30 Sec Pals Coffee Club 2:00 Visionaries <b>Special: Cabbage and Noodles</b>	28 <b>11:30 Celebration Lunch: Chicken Parmesan, Pasta, Vegetable and Brownie Dessert</b>	29 <b>Special: Meat Lasagna</b>

## REMAINING SPRING CLASSES (see registration & refund guidelines on pg 17)

### **Line Dancing Location: Studio**

Mar 2 - Apr 20 Wed 5:45-6:45 p.m.- Beg  
Mar 2 - Apr 20 Wed 6:45-7:45 p.m.- Adv Beg  
Resident: \$18/Nonresident: \$23

### **Low Impact Aerobics Location: Studio**

Mar 7 - Apr 18 Mon 9-9:45 a.m.  
Mar 2 - Apr 19 Tue 9-9:45 a.m.  
Mar 3 - Apr 21 Thu 9-9:45 a.m.  
Mar 4 - Apr 22 Fri 9-9:45 a.m.  
Resident: \$19/Nonresident: \$24

### **Stretch and Balance Location: Studio or Virtual**

Mar 1 - Apr 19 Tue 11-11:45 a.m.  
Mar 3 - Apr 21 Thu 11-11:45 a.m.  
Resident: \$19/Nonresident: \$24

### **Water Exercise at Heisley**

Mar 1 - Apr 26 Tue 10:30-11:15 a.m.  
Mar 3 - Apr 28 Thu 10:30-11:15 a.m.  
Resident: \$38 /Nonresident: \$48

### **Weight Training Location: Studio**

Mar 1 - Apr 19 Tue 10-10:45 a.m.  
Mar 3 - Apr 21 Thu 10-10:45 a.m.  
Resident: \$19/Nonresident: \$24

### **SilverSneakers® Circuit Location: Studio**

Mar 2 - Apr 20 Wed 11:00 -11:45 a.m.  
Resident: \$19/Nonresident: \$24  
Silver Sneakers Member: Free

### **SilverSneakers® Classic Location: Studio**

Mar 7 - Apr 18 Mon 10:00 - 10:45 a.m.  
Mar 2 - Apr 20 Wed 10:00 - 10:45 a.m.  
Mar 4 - Apr 22 Fri 10:00 - 10:45 a.m.  
Resident: \$19/Nonresident: \$24  
Silver Sneakers Member: Free

### **SilverSneakers® Yoga Location: Studio**

Mar 7 - Apr 18 Mon 12-12:45 a.m.  
Mar 2 - Apr 20 Wed 9:00 - 9:45 a.m.  
Mar 4 - Apr 22 Fri 11:00 - 11:45 a.m.  
Resident: \$19/Nonresident: \$24  
Silver Sneakers Member: Free

### **SilverSneakers Stability Location: Studio**

Mar 7 - Apr 18 Mon 11-11:45 a.m.  
Mar 4 - Apr 22 Fri 12-12:45 p.m.  
Resident: \$19/Nonresident: \$24  
Silver Sneakers Member: Free

### **SilverSneakers Enerchi Location: Studio**

Mar 3 - Apr 21 Thu 4-4:45 p.m.  
Resident: \$19/Nonresident: \$24  
Silver Sneakers Member: Free

### **Fitness Orientation - Strength**

#### **Required to use fitness equipment**

Call to schedule Tues 12-12:50 p.m.  
Mon 6:30-7:20p.m.  
Resident: \$12.50/Nonresident: \$15

### **Fitness Orientation - Cardio**

#### **Required to use fitness equipment**

Call to schedule Tues 12-12:50 p.m.  
Resident: \$12.50/Nonresident: \$15  
Silver Sneakers Member: Free

### **All Media Painting Location: Cultural Arts Room**

Mar 3 - Apr 21 Thu 10 am -12 p.m.  
Resident: \$39/Nonresident: \$49

### **Stamping Location: Cultural Arts Room**

Mar 3, Apr 7 Thu 12:30 - 2:30 p.m.  
Resident/Nonresident: \$7

### **Creative Ceramics Location: Cultural Arts Room**

Mar 2 - Apr 20 Wed 10 am - 12 p.m.  
Mar 2 - Apr 20 Wed 5:30 - 7:30 p.m.  
Resident: \$49/Nonresident: \$59

### **Quilters Location: Cultural Arts Room**

Mar 7 - Apr 18 Mon 5:30 - 7:30 p.m.  
Mar 1 - Apr 19 Tue 9-11:00 a.m.  
Resident: \$39/Nonresident: \$49

### **Book Club Location: Cultural Arts Room**

Mar 16 Wed 1:30 - 3:00 p.m.  
Apr 20 Wed 1:30 - 3:00 p.m.  
Resident/Nonresident: Free

### **Piano Lessons Location: Stage**

Mar 4 - Apr 22 Fri 9-11:30 a.m.  
Resident: \$70/Nonresident: \$87

### **Harmonica Location: Stage**

Apr 5 - 26 Tue 10 - 11 a.m.  
Resident/Nonresident: \$6/month

### **Laptop Help Location: Great Room**

Mar 1, 8 Apr 12, 19 Tue 9 - 11 a.m.  
Resident/Nonresident: Free

### **Wii Bowling Location: Cardinal Room**

Jan 6 - Mar 10 Thu 12:30-3p.m.  
Jan 14 - Mar 18 Fri 12:30-3p.m.  
Resident/Nonresident: \$6

**REGISTRATION**

Registration for our May/Aug programs begins Mon Apr 4, for residents at 8:00a.m., and Tue Apr 5, at 8a.m. for nonresidents.

You can register online by creating an account (see directions below) or calling the center at 440-974-5725.

**Senior Center membership is required to participate in all programs.**

Please register at least 1 week prior to the start of your class. The City of Mentor accepts cash, check, Visa, Discover and MasterCard. When registering online American Express may also be used.

**REFUND GUIDELINES**

Please choose your classes carefully. Full refunds will only be granted if a class is canceled by the Senior Center. There is a \$10 administrative fee for classes canceled or changed by the member. Refunds will only be granted for medical reasons and will require a doctor's note. No refunds will be granted less than 1 week prior to the start of the program. Participants assume risk of change in personal affairs or health.

**ONLINE REGISTRATION**



**Creating an Account**

You must call the Senior Center to create an account. If you already have an account, remember that your username is your complete email address and you must enter in your password. Your password must contain at least 8 characters, 3 of the following: upper case letter, lower case letter, number or special character.

**Registration required for all Senior Adult Programs**

**Registering Online**

Once you have an account set up, go to www.mentorseniorcenter.com. Select "Get in on the Fun", then Select "Register Now". Once you see the catalog, log into your account before selecting any programs. Once you are done selecting your programs, finish and enter payment. If you need help registering online, please give us a call, or see directions located on the Senior Center website.



**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: Jennifer Theil  
 Location: Cultural Arts Room  
 May 5–Jun 23 Thu 10a.m-12p.m.  
 Jul-Aug Off  
 Resident: \$39/Nonresident: \$49

**Arts & Crafts – Stamping**

Create seasonal and special event cards under the guidance of an experienced teacher.

Preregistration is required.  
 Instructor: Ann Fairchild  
 Location: Cultural Arts Room  
 May 5 Thu 12:30–2:30p.m.  
 Jun 2 Thu 12:30–2:30p.m.  
 Jul 7 Thu 12:30–2:30p.m.  
 Aug 4 Thu 12:30–2:30p.m.  
 Resident/Nonresident: \$7 per class

**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: Cultural Arts Room  
 May 4–Jun 22 Wed 10a.m.-12p.m.  
 Jul 6–Aug 24 Wed 10a.m.-12p.m.  
 May 4–Jun 22 Wed 5-7p.m.  
 Jul 6–Aug 24 Wed 5-7p.m.  
 Resident: \$49/Nonresident: \$59

**Quilters**

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 are provided for your convenience. Morning class is for the confident beginner to intermediate/advanced and the evening class is for the beginner to confident beginner.

Instructor: Teri Bittner  
 Location: Cultural Arts Room  
 May 2–Jun 20 Mon 5:30-7:30p.m.  
 Jul–Aug Off  
 May 3-Jun 21 Tue 9-11a.m.  
 Jul-Aug Off  
 Resident: \$39/Nonresident: \$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: Cultural Arts Room  
 May - Aug Tue 2 – 4p.m.  
 Resident/Nonresident: Free

**CONTINUING EDUCATION**

**American Sign Language Club**

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

Volunteer Instructor: Sharon House  
Location: Lobby  
May-Aug Tue 12-1p.m.  
Resident/Nonresident: Free

**Book Club**

Join Mentor librarian Cailey to discuss popular reads each month. Call (440) 255-8811, ext. 247 to arrange pick up at the drive thru. Personal copies may also be used. For more information, email cailey.williams@mentorpl.org To register, call the Senior Center at 440/974-5725.

Location: Cultural Arts Room  
Mar 16 Wed 1:30 - 3 p.m.  
The Thursday Murder Club by Richard Osman  
Apr 20 Wed 1:30 - 3 p.m.  
Ginny Moon by Benjamin Ludwig  
May 18 Wed 1:30 - 3 p.m.  
The Sweeney Sisters by Lian Dolan  
June 15 Wed 1:30 - 3 p.m.  
The Song of the Jade Lily by Kirsty Manning  
Aug 17 Wed 1:30 - 3 p.m.  
The Guest List by Lucy Foley  
Resident/Nonresident: Free

**What is the Kinship Navigator Program?**

A brief introduction of Kinship Care and the Lake County Lifeline Kinship Navigator Program. A program to support family or friends raising children not their own, through information and referral services, information sessions, newsletters, and peer support groups. Q and A to follow.

Location: Cardinal Room  
May 19 Thu 10-11a.m.  
Resident/Nonresident: Free

**Konversation with Ken**

Join City Manager Ken Filipiak for an update on what's happening at the City of Mentor at the Senior Center. There will be a Q&A time

following the presentation.  
Location: Lobby  
Mar 23 Wed 12-1p.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.  
Location: Cultural Arts Room  
Jun 3-Jul 22 Fri 9:30-11:30a.m.  
Resident/Nonresident: Free  
Registration deadline is May 26. Space is limited!

**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: Cardinal Room  
12 - 12:30p.m.  
Mar 7 Mon Options Counseling  
Apr 4 Mon Meals on Wheels  
May 2 Mon Vial of Life  
Jun 6 Mon Non-med Home Care  
Jul 11 Mon Homemaker Program  
Aug 1 Mon Benefits: Medicare, HEAP, SNAP  
Resident/Nonresident: Free

**FITNESS/WELLNESS**

**Cycling Club**

All rides are weather permitting and ride cancellations will be done via email. There will be a ride make-up on Friday, of the same week if Wednesdays ride is canceled. All rides start at 10 a.m. unless designated otherwise. Optional lunch afterwards. Bicycle helmets are required. New riders are welcome. Contact Arnie Zvejnieks at 440-525-0293, for further information.

Apr 6 Senior Center to Lagoons and Veteran's Park  
Apr 13 N Chagrin Reservation Strawberry Lane Parking Lot  
Apr 20 Mountain Run in Chardon Maple Highlands Trail

Apr 27 Western Reserve Greenway Trail - 165 Penniman Rd in Orwell

**Country Heat**



Step right into this easy-to-follow, completely exhilarating, country dance inspired workout! No complicated moves. No memorizing routines.

Just simply follow along to enjoy the low-impact, high energy dance class set to the hottest country hits. Instructor: Pam Benko  
Location: Studio  
Jun 6-27 Tue 12-12:45p.m.  
Jun 2-23 Thu 12-12:45p.m.  
Resident: \$10 Nonresident: \$12

**Line Dancing Basic Beginner**

This class is to teach you the basics of line dancing. You will learn the steps and terminology, 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.



Location: Studio

May 4–Jun 22 Wed 5:45-6:45p.m.

Jul 6–Aug 24 Wed 5:45-6:45p.m.

Resident: \$18/Nonresident: \$23

### Line Dancing

#### Advanced Beginner

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.

Instructor: Tina Foster

Location: Studio

May 4–Jun 22 Wed 6:45-7:45p.m.

Jul 6–Aug 24 Wed 6:45-7:45p.m.

Resident: \$18/Nonresident: \$23

### Low Impact Aerobics

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

Instructor: Sharon Benner

May 2–Jun 20 Mon 9–9:45a.m.

May 3–Jun 21 Tue 9–9:45a.m.

May 5–Jun 23 Thu 9–9:45a.m.

May 6–Jun 17 Fri 9–9:45a.m.

Jul 11–Aug 29 Mon 9–9:45a.m.  
(No class Jul 18)

Jul 5–Aug 30 Tue 9–9:45a.m.  
(No class Jul 19)

Jul 7–Aug 25 Thu 9–9:45a.m.  
(No class Jul 21)

Jul 1–Aug 26 Fri 9–9:45a.m.  
(No class Jul 22)

Resident: \$19/Nonresident: \$24

### 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. The 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.

Location: Studio

May 4–Jun 22 Wed 3–3:45p.m.

Jul 6–Aug 24 Wed 3–3:45p.m.

Resident: \$34/Nonresident: \$43

### SilverSneakers® Circuit

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

Instructor: Pat Talladino

May 4–Jun 22 Wed 11–11:45a.m.

Jul 6–Aug 24 Wed 11–11:45a.m.

Resident: \$19/Nonresident: \$24

Silver Sneakers Members: Free

### SilverSneakers® Classic

Increase your 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: Mon/Fri - Sharon Benner,

Wed - Pat Talladino

May 2–Jun 20 Mon 10-10:45a.m.

May 4–Jun 22 Wed 10-10:45a.m.

May 6–Jun 17 Fri 10-10:45a.m.

Jul 11–Aug 29 Mon 10-10:45a.m.  
(No class Jul 18)

Jul 6–Aug 24 Wed 10-10:45a.m.

Jul 1–Aug 26 Fri 10-10:45a.m.  
(No class Jul 22)

Resident: \$19/Nonresident: \$24

Silver Sneakers Members: Free

### Silver Sneakers® Enerchi

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

Instructor: Denise Molesch

May 5–Jun 23 Thu 4–4:45 p.m.

Jul 7–Aug 18 Thu 4–4:45 p.m.

Resident: \$19/Nonresident: \$24

Silver Sneakers Members: Free

### SilverSneakers® Stability

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

Instructor: Mon - Sharon Benner;  
Fri - Denise Molesch

May 2–Jun 20 Mon 11–11:45a.m.

May 6–Jun 17 Fri 12–12:45a.m.

Jul 11–Aug 29 Mon 11–11:45a.m.  
(No class Jul 18)

Jul 1–Aug 19 Fri 12–12:45a.m.

Resident: \$19/Nonresident: \$24

Silver Sneakers Members: Free

### SilverSneakers® YOGA

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

Instructor: Wed - Pat Talladino,  
Mon/Fri – Denise Molesch

May 2–Jun 20 Mon 12–12:45p.m.

May 4–Jun 22 Wed 9–9:45a.m.

May 6–Jun 17 Fri 11–11:45a.m.

Jul 11–Aug 22 Mon 12–12:45p.m.

Jul 6–Aug 24 Wed 9–9:45a.m.

Jul 1–Aug 19 Fri 11–11:45a.m.

Resident: \$19/Nonresident: \$24

Silver Sneakers Members: Free

### Stretch and Balance Virtual

Seated and standing exercises focus on isolating to improve balance, flexibility, and to increase mobility.

Instructor: Sharon Benner

May 3–Jun 21 Tue 11–11:45a.m.

May 5–Jun 23 Thu 11–11:45a.m.

Jul 5–Aug 30 Tue 11–11:45a.m.  
(No class Jul 19)

Jul 7–Aug 25 Thu 11–11:45a.m.  
(No class Jul 21)

Resident: \$19/Nonresident: \$24

### Stretch and Balance in Person

Seated and standing exercises focus on isolating to improve balance, flexibility, and to increase mobility.

Instructor: Sharon Benner

May 3–Jun 21 Tue 11–11:45a.m.

May 5–Jun 23 Thu 11–11:45a.m.

Jul 5–Aug 30 Tue 11–11:45a.m.  
(No class Jul 19)

Jul 7–Aug 25 Thu 11–11:45a.m.  
(No class Jul 21)

Resident: \$19/Nonresident: \$24

### Weight Training

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

Instructor: Sharon Benner

May 3–Jun 21 Tue 10–10:45a.m.

May 5–Jun 23 Thu 10–10:45a.m.

Jul 5–Aug 23 Tue 10–10:45a.m.  
(No class Jul 19)

Jul 7–Aug 25 Thu 10–10:45a.m.  
(No class Jul 21)

Resident: \$19/Nonresident: \$24

**Fitness Orientation – Cardio Training**

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

Tue 12–12:50p.m.

Mon 6:30-7:20p.m.

Location: Fitness Center

Resident: \$12.50/Nonresident: \$15

Call to schedule appointment.

Silver Sneakers Members: Free

**Fitness Orientation – Strength Training**

Learn how to operate fundamental strength training machines focused on large muscle groups (such as chest, upper back, and hamstrings/quadriceps leg muscles) 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.

Tue 12–12:50p.m.

Location: Fitness Center

Resident: \$12.50/Nonresident: \$15

Call to schedule an appointment.

**Personal Training**

Are you feeling tired and out of shape after all those months at home? Get up and get moving with personal training at the Senior Center! 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!

Tue, Thu and Fri afternoons

Resident/Nonresident: \$40 for 60 minute session

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

**GAMES/CLUBS**

Advance yearly registration is requested for Games/Clubs when no fee is required to participate

**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.

Mon 1 – 2p.m.

**Chair Volleyball**

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

Leader: Carol Snively

Location: Fitness Studio

Mon Wed 1- 2:30p.m.

Resident/Nonresident: \$10/year

**Cornhole**

Drop in on Wednesday and join in a fun game of cornhole. Please register annually so we can track who's playing.

Location: Cardinal Room

Wed 6 – 7:30p.m.

Resident/Nonresident: Free

**Duplicate Bridge**

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

Location: Cardinal Room

Tue and Fri 12:30p.m.

Resident/Nonresident: \$1 at the door

**Footloose OWLS (Older Wiser Livelier Seniors)**

The club is for single seniors who are 60 years or older. All are invited to join, get together to laugh, and share similar ideas and interests. Please contact Alice at 440/255-7965 for more information.

**German Culture Group**

Contact Mike Bauer at 352-6495 or Heidi 209-0363 for information.

Location: Cardinal Room

Mar 7 Mon 10–11:30a.m.

Apr 4 Mon 10–11:30a.m.

May 2 Mon 10–11:30a.m.

Jun 6 Mon 10–11:30a.m.

Resident/Nonresident: Free

**Mahjong**

Location: Lobby

Mon 12:30 – 4p.m.

Resident/Nonresident: Free

**Needlecrafters**

Location: Cultural Arts Room

Mon 10:30a.m. - 12:00 p.m.

Resident/Nonresident: Free

**Ping Pong**

Open play is available on Fridays from 2:45 – 4:45p.m.

Location: Fitness Studio

Resident/Nonresident: Free

**Pinochle**

All players must be experienced.

Location: Great Room

Tue 12–3:15p.m.

Resident/Nonresident: Free

**Secret Pals**

This fun group goes to lunch monthly and has informal coffee club months. If you are interested in joining our group please call Renee at 440/974-5725

**Mar 9** Wed 1–2:30p.m.

Ridgewood Kitchen

9853 Johnnycake Ridge Rd, Concord

**Apr 13** Wed 1–2:30p.m.

The Spot on Lakeshore

7272 Lakeshore Blvd, Mentor

**May 11** Wed 1–2:30p.m.

Tuscan Italian Restaurant

30601 Lakeshore Blvd, Willowick

**Jun 8** Wed 1–2:30p.m.

Redhawk Patio 7481 Auburn Rd,

Painesville

**Jul 13** Wed 1–2:30p.m.

Pettis Pizza 29303 Euclid Avenue,

Wickliffe

**Aug 10** Wed 1–2:30p.m.

Hellriegel's Patio 1840 Mentor Ave,

Painesville

Register at the desk at least one week in advance for each luncheon so we have an accurate reservation.

**Veteran's Group**

Receive updates on current veteran affairs and watch a movie.

Volunteer Leader: Dennis Brandt

Location: Cardinal Room

Mar 14, Apr 11 Mon 9-10:30a.m..

Resident/Nonresident: Free

**Wii Bowling**

Times vary each week.  
 Location: Cardinal Room  
 Apr 7–Jun 9 Thu 12:30–3p.m.  
 Location: Cultural Arts Room  
 Apr 8–Jun 10 Fri 12:30–3p.m.  
 (subs needed on Fridays)  
 Resident/Nonresident: \$6

**HEALTH SERVICES**

**Income Tax Assistance with trained AARP Volunteers**

Trained volunteers will assist in the completion of state and federal income tax forms (no city tax forms). Masks are required when meeting with AARP volunteers.

Bring these items:

- Copy of last year’s income tax return(s) – both 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
  - Government issued photo ID for tax payer and spouse
- Location: Stage (Register in advance)  
 Feb 3 - Apr 14 Thu 9a.m.-2p.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: Phyllis Hinkel  
 Location: Cardinal Room  
 Mar 2, Apr 6 Wed 4 – 5:30p.m.  
 Resident/Nonresident: Free

**Podiatrist**

Podiatry services are available at the Senior Center. Call the doctor directly to make an appointment, please do not call the center.

To reschedule or cancel an appointment, call the doctor.

Location: Stage  
 Dr. Del Prince 440-228-0778  
 Dr. Spivack 440-487-3947  
 Wed Afternoons  
 Resident/Nonresident:\$25 fee paid directly to the doctor.

**Produce Distribution**

In conjunction with the Cleveland Food Bank we offer produce distribution for limited income seniors the third Monday of the month from 10–11a.m. No reservations are needed, but please bring a drivers license, as all participants will be registered on site. Participants must certify annual gross household income is at or below \$25,759 for a household of 1 and \$34,839 for a household of 2. Income is self-declared, verification is not required. First come, first served. No advance registration; bring photo ID for onsite registration.  
 Location: Outside Drive Up  
 Mar 21 Mon 10-11a.m. Curbside  
 Apr 18 Mon 10-11a.m. Curbside

**Special Elders**

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

socialization, assistance with carrying lunch trays for those with physical limitations and assistance with program registration and directing to activities for those with memory issues.

Mon Wed 10:30a.m. – 2p.m.  
 Contact the front desk to schedule an enrollment appointment to meet with Special Elders staff.  
 Resident/Nonresident: \$20 annual fee

**Visionaries Support Group**

If you suffer from vision impairment, plan to attend these free meetings. Facilitator: Licensed Optician Debbie Kogler  
 Location: Cultural Arts Room  
 Mar 23, Apr 27, May 25, Jun 22  
 Wed 2-4p.m.  
 Resident/Nonresident: Free

**IN MEMORIAM**

We extend our condolences to the families of our members that passed away.

Our thoughts are with you during this difficult time.

With sadness we have recently lost the following members: Robert Betz, Howard Siegler, Edward Bihary, Kimi Schmidt, and the daughter of Jen Thiel, our All Media Art Instructor.

**RIP**

**MEALS**

**March Celebration**

We’re serving up a crowd favorite. Don’t miss our homemade stuffed cabbage, mashed potatoes, and chocolate mousse. The Flashbaxx duo will provide the entertainment with classic oldies. They both provide vocals, he plays the guitar and harmonica and she keeps the beat going with tamborines. Please call 974-5725 with your credit card or visit the reception desk to make reservations by Mar 15. This fills quickly.

Location: Great Room  
 Mar 24 Thu 11:30 a.m.  
 Resident/Nonresident: \$8



## MEALS, cont'd

**Please call 974-5725 with your credit card or visit the reception desk to make reservations for all of the monthly celebrations.**

### April Celebration

Chicken parmesan, penne pasta, vegetable, and home baked brownie. One of the most requested voices, and entertainers is back. Dennis Ford returns to entertain us with his amazing voice.

Reservation deadline is Apr 21.

Location: Great Room

Apr 28 Thu 11:30a.m.

Resident/Nonresident: \$8

### May Celebration

Grilled chicken with cucumber salad and macaroni salad. Save room for a lemon cupcake for dessert. The amazing Tom Todd will entertain us with several different instruments. He's no doubt an awesome One-Man Band! Reservation deadline is May 17.

Location: Great Room

May 26 Thu 11:30a.m.

Resident/Nonresident: \$8

### June Celebration

Quarter pound all beef hot dog, pasta salad and strawberry jello delight for dessert. Cruizin Crooners, a talented duo will take us back in time with songs by Patsy Cline, Dean Martin, Engelbert Humperdinck, Diamonds, Elvis, Fats Dominoe and more.

Reservation deadline is Jun 21.

Location: Great Room

Jun 30 Thur 11:30a.m.

Resident/Nonresident: \$8

### July Celebration

Chicken salad croissant with broccoli salad and a homemade monster cookie for dessert. Shane Philips provides the entertainment. Shane has performed on many cruise ships and plays the guitar and sings.

Reservation deadline is Jul 19.

Location: Great Room

Jul 28 Thu 11:30a.m.

Resident/Nonresident: \$8

## Aug Celebration

Pork loin with roasted potatoes, corn and homebaked banana cake with cream cheese frosting. Enjoy the smooth velvety sounds of singer Bill Newman (a.k.a. The Cleveland Crooner). Reservation deadline is Aug 16.

Location: Great Room

Aug 25 Thu 11:30a.m.

Resident/Nonresident: \$8



## Daily Made From Scratch Lunch Monday - Friday

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

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, salads, soup, and desserts at reasonable prices. A daily cook's special features a meat or other high protein dish, vegetable, and usually a starch or bread product at a cost of \$5. Daily homemade soup and sandwiches are also available. Homemade cookies finish off the meal. Drinks include coffee, tea, milk, 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).

Reservations are not required. Simply place your order and pay the cashier, pick up your meal at the kitchen window, and enjoy. To go orders are also available. Please bus your table when done eating.

## MUSIC AND THEATER

### Harmonica

Beginner lessons. No experience needed. Music provided.

Location: Stage 10-11a.m.

Instructor: Harold Lavelle

April 5-26 May 3-24

Jun 7-28 Jul 5-26

Aug 2-23

Resident/Nonresident: \$6/month

### Mentor Follies Dancers

Join us for exercise, dance and fun.

Director: Rena Ellwanger

Location: Stage

Wed 6:45 - 7:45p.m.

Resident/Nonresident: Free

### Piano Lessons

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

Instructor: Marge Syroney

Location: Stage

May 6-Jun 17 Fri 9a.m. - 11a.m.

Jul 1-Aug 19 Fri 9a.m. - 11a.m.

Resident \$70/Nonresident: \$87

## TECHNOLOGY

### Laptop Help

Volunteer Nick Ajdinovich is available to help you with your laptop questions. Whether you have a Mac or Microsoft computer, you'll get valuable help.

Location: Great Room

Mar 1 and 8 Apr 12 and 19

May 3 and 17 Jun 7 and 14

July 5 Aug 2 and 9

Tue 9-11a.m.

Resident/Nonresident: Free

### Tech Help

Mentor High School students on hand to help with your tablet, iPad, and smart phone questions. Bring your questions and your gadgets.

Location: Great Room

Mar 2 Wed 9-10a.m.

Mar 23 Wed 3-4p.m.

Apr 6 Wed 9-10a.m.

May 4 Wed 9-10a.m.

May 25 Wed 3-4p.m.

Resident/Nonresident: Free

## SPECIAL EVENTS

### Newcomers

Meet other new members and learn about all the awesome programs your 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: Great Room

Apr 7 Thu 3-4p.m.

Resident/Nonresident: Free

### Northeast Ohio Mind Challenge

The Mind Challenge is back for it's 4th year. The mind stimulating event grows each year. There will be regional trivia competitions leading to elimination rounds and the finals. We will be forming teams May 16. 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: Cardinal Room

May 16 Mon 9a.m.

Team Formation

May 23 Mon 9:30a.m.

Regional Competition at Kirtland Senior Center

May 31 Tue 9:30a.m.

Regional Competition at Kirtland Senior Center

Jun 10 Fri

Elevated Eight at Kirtland Senior Center

Jun 14 Tue

Semi-finals 9:30a.m./1p.m.

Location TBA

Jun 15 Wed

Finals at 11a.m. - Location TBA

Resident/Nonresident: Free

### Senior Day at The Mall: Age My Way

SAVE THE DATE for this annual event filled with vendors, activity stations, lots of senior specific information. There will be great entertainment and presentation of the 2022 Seniors of the Year.

Location: Great Lakes Mall

May Tue 24 9a.m.-2p.m.

## VOLUNTEERS

### Kitchen

The Senior Center kitchen is looking for a dishwasher on Mondays and a prep person/server on Tuesdays.

### Decorating Committee

Assist with decorating the facility on a regular basis including special events.

### Greeter - Host/Hostess

Friendly smiling faces needed to welcome members and help with check in.

### Technology Help Needed

Although many of our seniors are quite tech savvy, we have many who would love assistance with their iPads and smart phones.

### Historian

The Senior Center Board is looking to fill the vacant Historian position. The Historian is needed to develop and maintain pictures, articles, and records of special events in a scrapbook to be displayed at the center. If you are interested, please inquire at the front desk for all of the above.



# 2022

# Come Travel with Us!

## MENTOR SENIOR CENTER TRAVEL QUEST

**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.

### TRIP REFUND POLICY

**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 City of Mentor. An administrative fee of \$10 for day trips and \$25 for overnight trips will be assessed per person per trip for any changes made to trip registrations. Changes will include participant cancellations, refund requests, transfers and/or room changes. No changes will be made/granted after the advertised deadline. Participants assume risk of change in personal affairs or health. For overnight trips, travel insurance is available and recommended.

## 2022 One Day Trips

### Historic Churches of Cleveland

**April 8 Fri 8:15 a.m. – 5 p.m.**

Come join us to see the amazing religious heritage of the Greater Cleveland area, as we will visit churches and temples we have not seen previously. Cleveland hosts a number of museum quality worship areas built by Cleveland's ethnic groups in the late 1800s and early 1900s! Our planned list is St. Aloysius, Trinity Cathedral Episcopal, Pilgrim Congregational, and The Amistad Chapel. Plus, we'll enjoy an elegant lunch at Pier W on Cleveland's shoreline.

Registration/refund/transfer deadline is March 8.

Activity Level: Moderate

Resident/Nonresident: \$93

### Ohio's Amish Country with lunch in an Amish Home

**Jun 7 Tue 7:30 a.m. – 7:30 p.m.**

We've packed a lot into this whirlwind tour starting at Quailcrest Farms of Wooster, well known throughout Ohio for their herbs, perennials, scented geraniums, displays and gardening ideas. We'll visit the Ashery Country Store where the Amish shop for bulk foods and fresh Ohio produce. Our unique tour includes a delicious lunch at an authentic Amish Home. The whole family pitches in to help and we'll be served family-style so no one leaves hungry. Everything is made fresh from scratch and includes salad, rolls and butter, two different meats, plenty of sides and fabulous desserts. We'll have a chance to learn about our hosts who talk about how the Amish live and their culture. After lunch, we'll visit The David Warther Carving Museum. Based on the time available, we will visit the delightful, little Shops of Berlin, Oh.

Registration/refund/transfer deadline is May 7.

Activity Level: Moderate

Resident/Nonresident: \$93

### Titanic at the Rabbit Run Theater with Dinner at Steele Mansion

**Jun 30 Thu 4 p.m. – 10:45 p.m.**

The dinner and the show are attractions in themselves. Dinner (featuring Chicken Piccata served with roasted red-skin potatoes, vegetable and dessert) is at the Steele Mansion which has been restored to its 1870's grandeur. Following dinner, you can take a self-guided tour through this spectacular French Second Empire mansion. Then we travel to the Rabbit

Run Theater for the show. Registration/refund/transfer deadline is May 23.

Activity Level: Mild

Resident/Nonresident: \$99

### Hidden Cleveland

**Jul 1 Fri 8:30 a.m. – 5 p.m.**

This is an all-new Cleveland trip that is part history and part mystery, seeing little-known sites like the Cleveland Fire Boat that put out the famous river fire of 1969! We'll enjoy a surprising 10th floor lookout from a downtown government building and travel along Euclid Avenue to see the remaining Mansions from when it was Millionaire's Row. We've included a delicious lunch at a classic 1950's Diner inside a Harley Davidson Motorcycle Emporium, where the walls are decorated with Euclid Beach and motorcycle memorabilia. We'll learn the surprising history of East Cleveland and the French Norman village of Forest Hills. As always, we'll include surprises that you will enjoy!

NOTE: Our diner meal choices are chicken sandwich, steak-burger sandwich, or Philly cheese steak.

Registration/refund/transfer deadline is June 1.

Activity Level: Moderate

Resident/Nonresident: \$93

### Summer Mystery Surprise #4

**Jul 6 Wed 8 a.m. – 5:30 p.m.**

Based on the tremendous success of our JKL TOUR Mystery Trips, we are creating another day full of surprises that combine unique areas, sites and attractions. You will need a sense of adventure, a good sense of humor and comfortable walking shoes.

Lunch is included. Please know that all our mystery trips are to smaller, unique areas that we don't visit on any of our regular destination trips. This Summer Mystery trip was last done in 2011 for the Mentor Senior Center. Registration/refund/transfer deadline is June 6.

Activity Level: Moderate

Resident/Nonresident: \$93

### Rivers Casino with River Cruise

**Jul 13 Wed 7:30 a.m. – 8:15 p.m.**

There is no better way to see one of America's most livable cities than from the decks of a riverboat. Enjoy



the Captain's expert narration on all things Pittsburgh – past and present during this one-hour cruise. You will be amazed by all the fascinating facts that you didn't know about the three rivers, the city and its history. Then try your luck at the Rivers Casino which features over 3000 state-of-the-art slots, video poker, exciting progressives and over 100 table games. The gaming bonus (provided by the casino) is \$20 and a \$5 dining credit. Registration/refund/transfer deadline is June 13.

Activity Level: Mild

Resident/Nonresident: \$72

### Sauder Farm Tour

**Aug 10 Wed 7 a.m.–8:15 p.m.**

Experience history up close as the costumed staff leads many activities and demonstrations of daily rural life in the 19th century. Depending on the day and season, your visit may include hymn singing, demonstrations of old printing techniques, samples of a 19th century recipe or a chance to taste a homemade pickle or help with food preparation. Visit craft buildings, enjoy



lunch at the Barn Restaurant in Sauder Village (included) and learn how we developed into the nation we are today. Then travel to Toledo and board the MV Sandpiper for a cruise on the Maumee River, seeing the sights of the Toledo area.

Registration/refund/transfer deadline is July 10.

Activity Level: Mild

Resident/Nonresident: \$95

### **World's Longest Garage Sale**

**Aug 12 Fri 7:45 a.m. – 5:30 p.m.**

Calling all yard and garage sale enthusiasts! Come "saleing" with us as we bargain hunt along the historic Lincoln Highway-Rte. 30. (This yard sale is patterned after the World's Largest Garage Sale that travels from Alabama to Michigan!) We'll depart early and work our way searching sales in community parking lots, church basements, people's yards, county fairgrounds and more. We'll meander from one sale to the next, enjoying beautiful rural areas with scenic vistas throughout central Ohio. We will stop for lunch on your own near Wooster, Ohio. This trip is best for people who are really flexible in a group setting. Registration/refund/transfer deadline is July 12.

Activity Level: Strenuous

Resident/Nonresident: \$52

### **Jaws with Paws, Vineyards and Horses' Around**

**Sept 15 Thu 8:15 a.m. – 6:15 p.m.**

This tour includes a variety of stops. Begin with the Jaws with Paws, Enforcing Laws Experience where you learn how amazing K-9 dogs are and see how they are trained for law enforcement and the military. A "farm fresh" lunch is included in a beautiful barn setting. Then visit a horse farm and tour the barn and get to see many beautiful Belgian Horses. The trainer will explain how they raise, train and show these beauties at fairs and festivals. Finish the day at a beautiful countryside winery (with samples) while listening to the owners tell their personal stories of the winery business.

Registration/refund/transfer deadline is August 15.

Activity Level: Mild

Resident/Nonresident: \$89

### **Mystery Trip#12**

**Sep 27 Tue 8 a.m. – 6:30 p.m.**

Would you like to swing on a Star and carry Moonbeams home in a Jar?

Then come join us as this is a mystery

where no one knows, and the bus will go anywhere it goes.

We might find gold in an Ohio stream or visit a factory where they make ice cream.

So, you see it is all up to you. You can be better than you are, you could be swinging on a star!

We can promise you that JKL Tours

Mystery trips go to interesting and smaller, out of the way places you didn't know existed.

Registration/refund/transfer deadline is August 27.

Activity Level: Moderate

Resident/Nonresident: \$99

### **Lunch with a President Tour**

**Oct 4 Tue 8:30 a.m. – 5:45 p.m.**

The luncheon experience is one-of-a-kind as you are joined by a Presidential Historian and a First Lady Historian. These living historians are more than impersonators or re-enactors, they are serious portrayals of the U.S. Presidents and First Ladies. While you are enjoying your luncheon at Yours Truly Restaurant in Hudson, they go table to table and talk with each of you. Following lunch, they will answer questions from the group. In keeping with the theme of the tour, we will also visit the National First Ladies Library & Museum which is devoted to educating people about the contribution of First Ladies and other notable women in history. We will also visit the McKinley Presidential Library & Museum which chronicles the life and career of the 25th President from his birth to his death at the hands of an assassin. Finish the day with an ice cream cone at Rosati's Frozen Custard.

Registration/refund/transfer deadline is September 4.

Activity Level: Mild

Resident/Nonresident: \$95

### **Chocolate and Wine – An Autumn Adventure**

**Oct 6 Thu 8 a.m. – 6 p.m.**

Chocolate and Wine are now considered health food - if you have the right kind and in moderation! We'll start by visiting Harry London Chocolates, learning their history, enjoying free samples and learning about their line of artisan chocolates. Next, we'll have tastings and lunch at the amazing Gervasi Winery. This Tuscan-like village has an outstanding reputation in Northeast Ohio for both its wine and ambience. Our visit there will include a walking tour of their lush gardens and grounds in beautiful fall splendor. We'll visit the charming boutique win-

ery, Cherry Road Winery in Massillon for samples before we stop into Hartville Chocolates, where their specialty is Chocolate-covered Strawberries.

We'll complete our day at a turn-of-the-century barn at the delightful Maize Valley Winery & Farm Market. Our hosts will provide a presentation and sampling of 4 of their most popular wines.

Registration/refund/transfer deadline is September 6.

Activity Level: Moderate

Resident/Nonresident: \$99

### **Canton Christmas Spectacular**

**Nov 12 Sat 8:30 a.m. – 6 p.m.**

This holiday tour package takes you to the beautifully restored Canton Palace Theatre. It originally opened in 1926 as a million dollar "jewel in the crown". The day will begin with some holiday shopping at Hartville Collectibles and lunch at Hartville Kitchen. Then we have reserved seats for the Christmas Spectacular Show at the Canton Palace Theater. This two-hour musical showcase features choral groups, comedy skits and lots of great holiday cheer. This show will bring back memories of the variety holiday shows of Bob Hope, Perry Como and Carol Burnett.

Registration/refund/transfer deadline is October 12.

Activity Level: Mild

Resident/Nonresident: \$110

### **Very Merry Pops**

**Nov 27 Sun 12 – 7:15 p.m.**

Be a part of this annual Mentor holiday tradition and enjoy a wonderful afternoon seeing and hearing The Cleveland Pops Orchestra at the Connor Palace Theatre in Playhouse Square as they kick-off your Holiday Season with a POP! We'll have time to enjoy the elegant lobby of the Connor Palace, restored to its gorgeous 1920's grandeur or walk over to the lobby of the Ohio and see the Festival of Trees, decorated in holiday attire. In addition to the instrumentalists, the Pops vocal chorus will raise their voices along with our yuletide spirits. We have reserved main floor seats at the Palace Theatre. We'll have a post-show, plated dinner at the Windows on the River, offering spectacular riverfront views of the Cleveland skyline. On our way home, we'll view the twinkling lights of Cleveland.

Registration/refund/transfer deadline is October 27.

Activity Level: Moderate

Resident/Nonresident: \$104

**Dueling Piano's Christmas Party  
Dec 14 Wed 11 a.m. – 4 p.m.**

Kick off your start to the Christmas season with our JKL Tours Christmas Party at Windows on the River. After a wonderful plated lunch, we'll take in the high-energy fun of The Dueling Piano Christmas Party, provided by Todd and Andy. These two amazing pianists play their pianos (in addition to a trumpet and harmonica) in a fast-paced 90 minutes of fun. These master piano artists take requests and there is lots of audience participation so come ready and prepared to sing along. Plus, we'll have party games with an Ugly Sweater, Most Holiday Spirit and Biggest Grinch Costume contests! Registration/refund/transfer deadline is November 14.

Activity Level: Moderate  
Resident/Nonresident: \$93

**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.

**2022 Overnight Trips**

**Rhode Island – Indulge in the Elegance**

**Jun 5 - 9 Sunday - Thursday**

Tour the Beautiful State of Rhode Island. See the historic capital city of Providence, tour the mansions of Newport, ride the rails on the Narragansett Bay Railroad, set sail for a sightseeing cruise and visit the famed Brick marketplace.

Deposit of \$150 due by March 5 and is required upon registration. Final payment is due April 5. Registration/refund/transfer deadline is May 5.

Activity Level: Moderate  
Resident/Nonresident: \$775 per person double, \$1015 per person single

**Magnificent Michigan**

**Sep 7 – 9 Wednesday – Friday**

Here is your chance to kick-off your Autumn with a fun and exciting adventure. We'll head for the luxurious Soaring Eagle Resort, in the rustic area of central Michigan and upon arrival the greeter will tell us about the property and provide everyone a \$40 food credit and a \$60 casino bonus. We'll have plenty of time to discover their many restaurants and amenities. On Thursday, we'll depart early for the

ride over The Mackinac Bridge to St. Ignace and take the comfortable, high-speed Starline ferry to Mackinac Island. The horse-drawn carriages will carry us to a marvelous buffet lunch at the famous Grand Hotel. After lunch, we'll have time to sit on the porch and take in the fabulous view. Next, we'll take a horse-drawn carriage with plenty of time to visit the charming shops of the village before we take the Starline ferry to the mainland and return to our resort.

After we depart on Friday morning, we will visit the unique and famous Cops and Donuts bakery. Enroute home, we'll stop for lunch at The Bavarian Inn, in charming Frankenmuth! We'll have a guided tour of the town including time to shop and an optional visit to Bronner's Christmas Wonderland.

Deposit of \$150 due by May 27 and is required upon registration. Final payment is due July 27. Registration/refund/transfer deadline is July 27.

Activity Level: Moderate  
Resident/Nonresident: \$524 per person double, \$624 per person single, \$494 per person triple/quad

**Hudson Valley Tour**

**Sep 19 - 23 Monday – Friday**

The Hudson Valley is a New York State region that stretches along the Hudson River. This package features a Tour of the US Military Academy in West Point, cruise on the Hudson River, tour of the Culinary Institute of America with an upscale dinner in one of their restaurants,

tour the Vanderbilt Mansion and a tour of Olana, the estate of Frederic Edwin Church with a spectacular view of the Hudson River Valley. We also spend one day at the Roosevelt National Historic Site which features the visitors center, a tour of the Franklin D. Roosevelt home and a self-guided tour of the library and museum plus Val-Kill Cottage (the only place that Eleanor Roosevelt ever called her own). This package includes ten total meals. Deposit of \$150 due by May 19 and is required upon registration. Final payment is due July 19.

Registration/refund/transfer deadline is July 19.  
Activity Level: Moderate  
Resident/Nonresident: \$1207 per person double, \$1522 per person single, \$1102 per person triple, \$1049 per person quad

**New York City Autumn Adventure  
Oct 25-28 Tuesday – Friday**



Come join us for a great time in The City That Doesn't Sleep! We'll travel on our first day, arriving at Carmine's Upper West Side Italian Feast, for dinner. We'll check in to the Quality ALL-Suite Hotel in North Bergen, NJ., where the rooms are big, the area is quiet, the breakfast is great and there is a shuttle from the city for those that want to explore more. On day two, we'll start at the inspirational area of the 911 World Trade Center site and then go up to the One World 101st Floor Observatory for a spectacular view. Next, we'll tour the 911 National Memorial Museum, an inspirational and emotional site. In late afternoon, we'll travel to Times Square with free time to explore this unique area. We'll meet at our Times Square restaurant for dinner (included) before we see "JERSEY BOYS!" at the Dodger Theatre. This All-American story of Four Guys from New Jersey is the perfect NYC show. Thursday is a unique day as we'll start by taking the scenic Roosevelt Island Tram Ride over the East River, with spectacular views of the city. Our Island Guide will show us Roosevelt Island to learn the charm and secrets of this hidden gem. Next, we'll ride the local ferry back to the mainland with skyline views and where our motorcoach will be waiting for us. We'll travel to the United Nations complex for lunch (included) at the UN DELEGATE Dining Room. After lunch, we'll take a docent-led tour of the United Nations building seeing this notable world-famous site. We'll continue on to Lower Manhattan to explore Chinatown and its neighbor, Little Italy, for dinner on your own. Both areas provide unique shopping and sightseeing experiences with the hustle and bustle of NYC. We'll head back to our hotel, or you can stay in



the city to soak up the nightlife and take the hotel shuttle on your own. (Or take in another Broadway show!) Wear your best smile on Friday, to show all the folks back home as we try to get on TV with Savannah, Hoda and Al at the Today Show. Explore Rockefeller Center or go around the corner to St. Patrick's Cathedral which sits right on famous FIFTH Avenue. After our brush with fame, we'll take in the NBC Studio Tour and learn the history of this iconic American media giant. We'll head home filled with great memories of our NYC Autumn Adventure. Deposit of \$150 due by May 30 and is required upon registration. Final payment is due July 31. Registration/refund/transfer deadline is August 25. Activity Level: Moderate Resident/Nonresident: \$939 per person double, \$1159 per person single, \$889 per person triple/quad

### MSC Small Bus Trips

**Grand River Cellars**  
**Fri Apr 29 11:30a.m.-3:30p.m.**  
**Cost \$25**

Common interests-Grapes and Wine-motivated the purchase of Grand River Cellars in 2005. Restoring it and returning it back to the winery it once was in 1976 with some additions was the goal. The wines boast a remarkable list of international awards and the business itself has been chosen as Business of the Year and Best of the East. Enjoy a 3 sample wine tasting. Next, lunch choices include chicken sandwich, pulled pork sandwich, or a club wrap followed by an hour of Bingo. Bingo prizes come straight from the gift shop! Activity Level: Mild Refund deadline: Apr 15



**Cleveland Guardians Game**  
**Tue May 17 4:30-10p.m.**  
 Refund deadline: Apr 17  
**Wed Jun 29 5:30-11p.m.**  
 Refund deadline: May 29  
**Cost \$32**  
 Join us to cheer on the Cleveland Guardians at Progressive Field (food is on your own). Seats are in section 130. Activity Level: Moderate

**Victorian Princess, Erie PA**  
**Fri Jun 10 9:30a.m.-3:30p.m.**  
**Cost \$48**  
 The Victorian Princess is an authentic paddle wheel boat cruising beautiful Presque Isle Bay. The Victorian Princess is a unique and premier event enjoyed by Erie locals and travelers alike. The Victorian Princess was built in La Crosse, Wisconsin in 1986. Take in the beautiful scenery of Presque Isle Bay as you enjoy a delicious buffet meal! Stop for ice cream on the way back. Activity Level: Mild Refund deadline: May 27

### Out to Lunch Bunch Trips

**Hudson's**  
**Fri Apr 22 11:15a.m.-2:45p.m.**  
**Cost \$35**  
 A visit to Hudson's historic downtown Main Street walking district is like wrapping up in a warm blanket of charm, surrounded by a thriving business community. The location offers a unique blend of New England-style elegance and small-town hospitality. Main course choices are: French Chicken Sandwich (Grilled all natural chicken breast with Swiss cheese and French mayonnaise on a French baguette), Hudson Burger (1/2# burger patty, topped with lettuce, tomato & onion served on a brioche bun), or Lake Erie Walleye sandwich (served on a brioche bun with lettuce, tomato, onion and tartar sauce.) The sandwiches are served with fries and includes the choice of coffee, tea or soft drink. Dessert is a brownie with whipped cream and a strawberry. Activity Level: Mild Refund deadline: Apr 14

**Bonefish Grill**  
**Fri May 20 11a.m.-4p.m.**  
**Cost: \$35**  
 Step into Bonefish Grill and you're stepping into a truly unique experience. With a mix of big city vibe and a touch of nature, the vibrant, comfortable, and conversational atmosphere is the perfect backdrop for any occasion. Their menu is inspired with one person in mind - you. Your lunch begins with a house salad. Meal choices are: Blackened Baja Fish Tacos (Alaskan Cod with warm tortillas, mango salsa, lime crema and shredded lettuce) served with Crispy French Fries; Half-Pound American Angus Beef Burger on a toasted brioche bun, fully dressed with sharp cheddar and special sauce and served with French Fries; or Cod Fish and Chips. Choice of coffee, tea or soft drinks and cookies for dessert. After lunch enjoy an hour of shopping at Crocker Park. Activity Level: Mild Refund deadline: May 12

**Matteo's**  
**Fri Jun 17 11a.m.-4 p.m.**  
**Cost: \$35**  
 The Matteo family originated in the Abruzzo region near Rome, which boasts the best cuisine found in Italy. Grandma Matteo's original recipes have been enriched to create an exclusive variety of dishes. Matteo's presents a little bit of home in every bite! They are pleased to share their tradition of family, good friends and great cuisine with the Historic Grand Pacific Junction and Olmsted Falls Community. Your lunch will begin with a plated salad. Entrée choices include; Lemon Chicken with linguini; Eggplant Parmesan with spaghetti; Lasagna; or Fettuccini Alfredo. Dessert choices are cannoli or gelato. Non-alcoholic beverages are included. You will have an hour after lunch to browse the quaint shops at Grand Junction or enjoy a cup of coffee with your friends. Activity Level: Mild Refund deadline: Jun 9

Bus seats are not assigned for these trips. There is no restroom on the Senior Center Bus. Our bus is wheelchair accessible, but we need to know in advance if you will be using a wheelchair on the trip because it reduces the number of seats available on the bus. Please let the desk staff know when you register if you need this accommodation.



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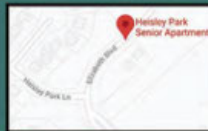
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