



THE Harbor Connection

SERVING LAKE COUNTY SENIORS

FAIRPORT SENIOR CENTER

JANUARY 2022 VOL. 5, ISSUE 1

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Center will be closed

***Jan. 17
For
MLK Day***



**Programs and Services are funded through
Lake County Senior Services Levy**

Become a "Friend" and "Like" us on Facebook at
Fairport Harbor Senior Center

MISSION STATEMENT

"Improving the lives of adults (55+) through caring service with opportunities for social interaction recreation, basic support, programs, education, volunteering and community support."

SENIOR CENTER BOARD MBRS.

President: Sid Rose
Vice President: Lois Orosz
Treasurer: Connie Pachete
Secretary: Denise Duncan
Senior Ctr. Director: Chris Yano
Trustees: Joel Guthleben, Jan Merrick,
 Dusty Staudt, Charlie Palumbo,
 and Chip Saalfield

FAIRPORT SENIOR CENTER

1380 East Street
 Fairport Harbor, OH 44077
 Phone (440) 354-3674
 Fax (440) 354-3786
 Facebook - "Fairport Harbor Senior Center"
www.fairportseiorcenter.com
www.mycommunityonline.com
 Center has Wi-Fi

Office Hours

Mon thru Thurs 7:00am-4:00pm
 Friday 7:00am-Noon
 Saturday & Sunday CLOSED

Fitness Center Hours

Mon thru Thurs 8:00am-3:00pm
 Friday 8:00am-Noon
 Saturday & Sunday CLOSED



FAIRPORT SENIOR CENTER MEMBERSHIP:*****JOIN OR RENEW TODAY*******Annual Fee: \$12 for 55 or older and \$15 for under 55**

Participants who attend the Fairport Senior Center activities, groups who use our services and those who otherwise use the facility several times a year or more are encouraged to become members. Membership is open to anyone age 55 or older and runs from January through December each year. Spouses of those 55 or older (and spouse is not 55) may become members with a joint membership at an annual cost of \$12 per person.

In addition, memberships are available for anyone under 55 at an annual cost of \$15 per person. These members may take part in all activities, except the weight room.

**16 NEW MEMBERS FOR 2022**

William Potts
Kathy Remias
Cathy Robbins
Elizabeth Rohm
Kathy Sekki
Michael Sekki

Tim Balogh
Michelle Bracco
Tom Bracco
Rio DeGennaro
Tammy Dragas
Gloria Fakult
Patricia Gerson
Marvin Latva
Gertrude Morabit
Ronald Morrison

**GET WELL WISHES**

Mary Jo Bertone
Jim Bissett
Devon Brown
John Burry
Janice Clingerman
Connie Coffman
Jane Conley
Johanna Cornell
Marge Dennison
Joanne Dumke
Denise Duncan
Roseann Firestone
Joel Guthleben
Donna Hauser
Jon Jacobson
Joan Lagrasso
Aileen Lampella
Bob Manross
Bernie Marteney
Bob McKnight
Doc Lee

Virginia Meivogal
Ralph Meivogel
Joe Pappalardo
Vicki Pavicic
Sharon Pealer
Rich Peters
Lou Reho
Lynn Reho
Linda Rigby
Dick Rodstrom
John Sarosy
Bill Secrist
Jim Senter
Ken Sevits
Arlene Silbaugh
Inez Stockdale
Debbie Strohl
Carol Tidy
Flora Tuisku
Pat Varner
Jane Voelker

When you enter the senior center, one of our volunteers will sign you in and check the classes that you will be attending. Please continue to practice social distancing and be patient.

GET WELL, THINKING OF YOU, AND SYMPATHY

We will gladly send a card to a member who is recovering, feeling down or just needs a little sunshine in their lives. Let us know and we'll send a card.

VOLUNTEER OPPORTUNITIES

Want to make a difference and feel good about yourself at the same time? Please consider volunteering at our Center. It's a great way to make new friends and keep our Center vibrant. We're always looking for volunteers to help make cabbage rolls, answer phones in the morning, help clean up, and assist with fundraisers and potlucks among other activities. There's something for everyone!

Please contact the Center's office at 440-354-3674 and let Chris know that you're willing to help.

"NOBODY CAN DO EVERYTHING, BUT EVERYONE CAN DO SOMETHING." ~AUTHOR UNKNOWN

SYMPATHY CARDS WERE SENT TO THE FAMILY OF MEMBERS:

Robert Betram, Ed Bihary, Jim Campbell, Joyce Jeavons (*son*), The Klawon Family, John & Bonnie Leskovec (*granddaughter*), Tim O'Conner, Richard Searles, Patricia Szeker, and Glen Wright

WEEKLY ONGOING ACTIVITIES

MONDAY		TUESDAY		WEDNESDAY	
Arthritis Exercise	9:30am	Hand & Foot	9:30am	Arthritis Exercise	9:30am
Watercolors	9:30am	Darts / Yoga	10:00am	Hiking (1/5 & 1/19)	10:00am
Arthritis Exercise	11:00am	Weights & Bands	NOON	Arthritis Exercise	11:00am
Bingo	12:30pm	Mah Jongg	1:00pm	31 & LCR	12:30pm
Card Bingo	3:30pm	Knitting & Crocheting	1:00pm	Bridge & Pinochle	12:30pm
Fitness Room	8:00am-3:00pm	Line Dancing	1:15pm	Line Dancing	4:30pm
<i>Center closed: 1/17 for MLK Day</i>		Fitness Room	8:00am-3:00pm	Bingo	6:00pm
				Fitness Room	8:00am-3:00pm
THURSDAY		FRIDAY		SATURDAY	
Tia Chi	9:00am	Fitness Room	8:00am-Noon		
Sewing	10:00am	Office Open	7:00am-Noon		
Weights & Bands	NOON	<i>Closed at Noon on Fridays</i>			
Chair Volleyball	1:15-3:00pm				
Poker	1:15pm				
Line Dancing	4:30pm				
TOPS	5:15pm				
Fitness Room	8:00am-3:00pm				

MONTHLY ACTIVITIES

ATTORNEY - GEOFF HANAHAN.....JAN. 20
at 8:30am (3rd Thurs. of the month)
 Attorney Hanahan will meet with you to discuss your legal needs such as a will, a trust, an estate, etc. An appointment is a must!

BOARD MEETING.....JAN. 14
at 10:00am (2nd Fri. of the month)
 Board meetings are open to all members of the Center. Everyone is welcome to attend.

COMPUTERS & TECH.....9:30AM.....JAN. 11
 (2nd Tues. of the month) Mike will be available to help you on Jan. 11 with your Apple products only (ex. iMac, iPad, iPhones, etc.).

COMPUTERS & TECH....4:30PM.....JAN. 28
 (4th Fri. of the month) Manav and Leena will be here on Jan. 28 to offer help with your iPad, laptops and cell phones. *[Visits are now on Fridays]*

Must sign up for either dates! Visits are scheduled every half hour.



FAIRPORT VILLAGE COUNCIL MEETING.....
JAN. 18 at 6:30pm (3rd Tues. of the month)
 Council meetings are open to everyone.



MEET & GREET
 There will be no "Meet & Greet" this month. Please check next month's newsletter.

RISQ TRIVIA.....JAN. 3
AT 1:00PM (1ST MON. OF THE MONTH)
 Let's play trivia! Come have fun while exercising your brain! We'll have lots of interesting categories. Call Dusty at 440-357-9115 for more details.

COIN CLUB.....JAN. 10
at 7pm (2nd Mon. of the month)
 If you have coins or an interest in coins, please plan to join this group.



If you order on Amazon, check out AmazonSmile.
 Cut & paste the link below into your browser & then sign in with your Amazon credentials.
<https://smile.amazon.com/gp/chpf/homepage?orig=%F>
 Then select "Fairport Harbor Senior Center, Fairport, Ohio" (not Fairport, NY) as your charity organization & shop as usual. Eligible purchases will result in a donation to our Center.

DINNERS

*Catered dinners are the 2nd Tues. of the month & are \$12/pp (unless otherwise noted).
Tickets must be purchased in advance.*

PORK.....5-7PM.....JAN. 11

This month we'll dine on Pork, kraut, potatoes, vegetable, dessert and beverage. Tickets will be available Dec. 15. After dinner, if you would like to stay and play card bingo, bring 3 nickels, 3 dimes, 5 quarters, and 1 dollar bill.

FRIED CHICKEN.....5-7PM..... FEB. 8

The menu will be Fried Chicken, potato salad, vegetable, rolls, dessert & beverage along with entertainment. Tickets will be available soon.

ARTS

WATERCOLORS (Beginners to Advanced)

Mondays from 9:30-11:30am \$40.00 for 4 classes
Bring to class the following items: one flat 1", 1/2" and 1/4" brushes; round brushes #10 and #7; wash brush 2"; watercolor paper 140 Cold Press and watercolor pallet. A list is available at the Center. Instructor: Connie Adams.

CRAFTS/QUILTING & SEW FORTH

CRAFT-A-CARD \$5.00 per class

Jan. 10 from 12:30 - 2:30pm (2nd Mon. of the month)
Make and take three (3) cards. You MUST PAY when you sign up, so that there are enough supplies for everyone.

Teachers: Sandy Guthleben and Jane Conley

Evening class (4th Tues. of the month)

Jan. 25 from 6:00 - 8:00pm \$5.00 per class
Make and take three (3) cards. There are only 20 spots available, so you MUST PAY when signing up.

Basic Supply Kits, (if you want your own): double sided tape or glue stick; scissors; tweezers; baby wet wipes from Dollar Tree; pop ups; and colored pencils.

FLEECE CRAFT No Fee**TBD**

You will need 2 yards of solid color fleece, 2 yards of printed fleece and a good pair of scissors. Your instructor will assist with putting your blanket together. Baby blankets are 1-1/2 yards each. These make great gifts!

KNITTING & CROCHETING**No Fee****Tuesdays from 1-4pm**

This group works cooperatively each week. Do you have a project that you would like to start or finish? Need help? Then this group is for you. Do you want to learn to knit? Bring to class 1 skein of 4 ply yarn and a pair of #8 knitting needles and start knitting.



These are the rocks that we're hiding this month!
Be on the lookout for them.

SCRAPBOOKING**No Fee****Jan. 5 from 11:00am - 2:00pm (1st Wed. of the month)**

Are your pictures in a box? Would you like to organize them and make a beautiful scrapbook? This is the class for you! Gather your pictures, scrapbook, and colorful paper. Lots of ideas are offered.

SEWING**\$5.00 per class****Thursdays from 10:00am - 2:00pm****Free class on 2nd & 4th Thursdays each month.**

If you have a sewing project that you have started and not finished, join our sewing class on the FREE Thursdays of each month.

We will be making a door hanger during our regular classes. Stop in on Thursday during class for your supply list. Please bring your lunch with you.

Instructor: Connie Pasko.

BASIC STAINED GLASS...10AM-12:30PM...SATURDAYS

Cost is \$100/pp. This is an 8-week class where you will learn to make stained glass art. The project is designed to teach you straight cuts, inside & outside curved cut, grinding, foiling, soldering, & framing. Fee includes: instruction, use of specialized tools, practice glass, project glass, & a materials kit. Students must bring: scissors, a black & a silver sharpie, small needle-nose pliers, small wire cutter, & a (non-microfiber) dish towel. Minimum 2; maximum 4. Please pay when signing up. Instructor: Dusty Staudt. **[Intermediate classes are available. Please call the Center for details.]**



YOUR HEALTH

HEARING - *Holly's Hearing* No Fee
March 2; June 1 from 10am - Noon
Sept. 7; Dec. 7 from 2-4pm



A rep will be here to screen and to clean your hearing aids. Please sign up if you are interested in a hearing test and/or cleaning.

PODIATRISTS

Dr. Ben Jan. 12; Feb. 9 \$25
Appointments start at 9am.

Dr. Kelly Jan. 26; Feb. 23 \$25
Appointments start at 10:30am.



You may make your appointment when you visit the Center, or you can also call 440-354-3674 & leave a message for your appointment. We will call you back to schedule your time.

Both physicians do not bill Medicare.
Private pay only.

★ NOTARY services are now available.
Please call the Center for an appointment.

TOPS (TAKE OFF POUNDS SENSIBLY).....FEE

Thursdays starting at 5:15-6:15pm



Want to lose weight? We have started a TOPS program here at the Center. If interested, please call Carolyn at 440-867-2393 for more information.

Council on Aging's Community Outreach Social Worker.....10:00-11:00am.....Jan. 12

Terri Orosz will be here (*the 2nd Wed. of the month*) to answer questions, provide information, and make sure that your needs are being met. Should you have a concern or problem that you are facing, assistance is available to help you problem solve and come up with a solution. This could include information and assistance 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. Please sign up to meet with her one on one.

SUPPORT GROUPS

LOSS/GRIEF SUPPORT.....11:00AM.....TBA

Lisa from Hospice will be back soon to offer support, comfort, and information to those struggling with loss. This program is also for caregivers, friends, and family members. *No Fee*

GREAT VOLUNTEER OPPORTUNITY!



The Center is looking for someone to assist with our monthly newsletter Use what you know or learn something new to keep your brain active. See Chris at the Center.



Glasses painted by the Acrylic Paint class.



Check out the Christmas display on your next visit to the Center courtesy of Palma Bunting!



CARD & GAMES

BINGO

Mondays at 12:30 - 3:00pm
(5¢ per Bingo Square & 10¢ Jackpot fill up)

Pease wipe down your table when you are done.

*****MUST have own CHANGE*****

Wednesdays at 6:00 - 8:30pm

Please DO NOT arrive too early due to class before!



CARD BINGO

Mondays at 3:30 - 4:30pm

To play card bingo you will need 3 nickels, 3 dimes, 5 quarters and 1 dollar. **Also, please wipe down your table when you are done.**

CARD GAMES

Hand & Foot

Tuesdays from 9:30am - 12:30pm

31, LCR & a variety of different card games

Wednesdays from 12:30pm - 2:00pm

Come join in the fun! Everyone is welcome!!



DARTS

Tuesdays from 10:00 - 11:00pm

If you are interested in playing, please come in or call the Center to sign up. Come on out and try your hand at it.



EUCHRE

TBA

We are looking to start a group. Come join in the fun! If interested, please call the Center.

GOLDEN GOLFERS GROUP...2PM.....MAY 2



We are setting up locations at several courses where we'll play on Monday mornings. If interested, please plan to attend this meeting to go over the final schedule and rules. Keep watching this space for when to sign-up.



DID YOU KNOW...."January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one. The Roman New Year festival was called the Calends, and people decorated their homes and gave each other gifts." ~ *New Year's Customs*



MAH JONGG

Tuesdays at 1:00 - 3:00pm

Fridays at 11:00am - 1:00pm

Mah Jongg originated in China and is played with tiles representing Chinese symbols & characters. Always wanted to learn...or want to learn something new? Meet with this fun group.

PENNY-ANTE POKER PARTY

Thursdays from 1:15 - 3:45pm

Do you know when to hold'em and when to fold'em? Put your poker face on and come out and join the fun. Please sign up at the Center.



PINOCHLE & BRIDGE

Wednesdays from 12:30 - 4pm

POOL ROOM

Mondays thru Thursdays

from 8:00am - 3:00pm

Fridays - Closed for cleaning



WII BOWLING

Mondays thru Thursdays

from 8:00am - 3:00pm

Fridays - Closed for cleaning

If you have never tried it, come in and let someone teach you how to play. Please sign up today to be put on a team.



WII GOLF

Mondays thru Thursdays from 8:00am - 3:00pm

Fridays - Closed for cleaning

8	5	7	2	9	6	3	1
2	9	1	6	9	3	5	8
6	7	3	5	1	8	2	4
4	2	8	9	5	3	6	1
5	9	7	2	6	1	8	4
3	1	6	7	8	4	9	2
9	7	4	1	3	2	5	8
8	5	3	4	7	6	2	9
2	6	1	5	9	8	7	3

Answer to Sudoku

EXERCISE



ARTHRITIS EXERCISE **NO FEE**
Mondays @ 9:30 - 10:30am; & 11:00am - Noon
Wednesdays @ 9:30 - 10:30am; & 11:00am - Noon
 This program works muscles & joints to encourage strength & balance. Masks are to be worn into the Center & social distancing must be practiced. **Chairs are NOT to be moved.**

CHAIR VOLLEYBALL **NO FEE**
Thursdays from 1:15 - 3:00pm
 Chair volleyball allows those with physical limitations to participate in this fun game played weekly. Come on out and try this fun class! No experience necessary. **Please sign up as teams are being formed now! Must have a minimum of 10 to play.**

LINE DANCING **\$2 per class paid to instructor**

MONDAYS *(except the 2nd Monday of the month)*

◇ **Basic Beginner from 6-7pm**
 Learn the basics of line dancing along with the steps, terminology, and different dance rhythms. Wear shoes with a slick bottom that can't be kicked off. Please "no slip-on sandals/flip flops" or "high-heels" for your safety. Instructor: Tina Foster

◇ **Beginner/Improver from 7-8pm**
 After 6-months of a basic beginner class, you're ready to take line dancing to the next level. Instructor: Tina Foster

◇ **Intermediate from 8-9pm**
 This class is for those who wish to challenge their dance skills with more dancing and less learning time. Instructor: Tina Foster

TUESDAYS from 1:15-2:15pm

◇ **Intermediate**
 Lynn will teach you the intermediate steps to line dancing! Join the fun!

THURSDAYS from 4:30-5:30pm

◇ **Experienced**
 Tina will teach you the advanced steps to line dancing! Join the fun!



[New class days & times]

HIKING CLUB **NO FEE**
1st & 3rd Wednesdays from 10 - 11am
 Meet at the sites below at 10:00am. We'll usually be walking in the woods for 45 minutes to 1 hour for 1-2 miles on uneven terrain, so make sure you dress accordingly (*comfortable shoes*), use bug spray, and bring water. In case of inclement weather, call the Center to see if the hike is cancelled. Please sign up at the Center.

1/5 - TBD

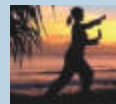
1/19 - TBD

We will keep meeting as the weather permits.
Contact the Center for more information.

STRETCHING CLASS **NO FEE**
TBA

Please bring a mat to class and wear comfortable clothes.

TAI CHI **\$3 PER CLASS**
Thursdays from 9-10am *[Minimum 5 students]*



This class is gentle and not strenuous and can be done seated. It has been shown to have a positive effect on muscle strength, flexibility, and balance. It is an activity that is widely endorsed by the medical profession as being of great value to people as they age. Instructor: Denise Molesch

WEIGHTS & BANDS ADVANCED **NO FEE**
Tuesdays & Thursdays from NOON - 1pm

This is an advanced class that uses weights and bands to achieve strength and tone muscles. Please wear comfortable clothes.

YOGA **\$8 PER CLASS**

Tuesdays from 10 - 11:30am
 Stretch and relax. Wear comfortable clothing and bring a mat. Please sign up today.
 Instructor: Lyndsey.



Fitness Center Hours

Mon-Thurs	8:00am to 3:00pm
Friday	8:00am to Noon
Saturday	Closed

We ask that you bring clean, dry shoes so that the dirt doesn't damage the equipment. Please wipe down equipment after usage. Thank you!

BUS TRIP GUIDELINES: When signing up for a trip, you must be able to climb the three bus steps on your own without assistance to ride the bus. Please know your limits. If you rely on a wheelchair, or feel you need any assistance physically or cognitively, you must have your own able bodied caregiver for all trips.

- ◆ **Please pay for all trips when signing up & write a separate check for each trip.**
- ◆ **Refund:** If you must cancel a trip, we will attempt to sell your seat when possible so that you can be refunded.
- ◆ **Trip Insurance:** Please inquire about insurance when booking a trip.
- ◆ **A complete list of trip policies & procedures is available at the Center's office. Please pick up your copy today.**

➔ NEW POLICY: Please arrive 30 minutes before the bus is to depart!

Don't forget! Please park in the back overflow lot (northeast of building) for ALL trips!!

Remember...space is at a minimum. Thank you!



CLEVELAND PLAYHOUSE

Jesus Christ Superstar (Connor)...\$77.50/pp.....Feb. 10

We will leave the Center at 4:30pm to arrive downtown for dinner (*on your own*) & then walk through the building to the theater. **Must have a mask, photo ID & vaccination card or negative covid test within past 72 hours before the play.*

Ain't Misbehavin' (Hanna).....\$30.00/pp.....Feb. 16

The bus will leave the Center at 11:00 with lunch on your own.

Much Ado About Nothing (Hanna)...\$30.00/pp...Mar. 23

The bus will leave the Center at 9:00am with lunch on your own.

39 Steps-an Alfred Hitchcock Play (Hanna)....\$30.00/pp.. May 11

[Replaces - The Marvelous Wonderettes]

My Fair Lady (State).....\$77.50/ pp.....June 16

Please pay when signing up to ensure your seat.

Make your check out to "Fairport Senior Center"

***As of Sept. 10, masks are required along with photo ID & proof of vaccination or negative COVID-19 test.**



MEN & WOMEN WHO WINE

Mario Fazio's in Willoughby Hills.....Jan. 26

Pre-pay \$10/ pp. The bus will leave the Center at 11:30am.

Coopers Hawk in Orange.....Feb. 23

Pre-pay \$10/ pp. TBA when the bus will leave the Center.

PJ McIntyre's Irish Pub in Cleveland..... Mar. 30

Pre-pay \$10/ pp. TBA when the bus will leave the Center.

Watch for more information to come!

Lunches are on your own for all wine trips.

Must pay when you sign up.



CASINO TRIPS

\$20.00/PP



Thistledown.....Jan. 19

Jack's in CLE.....Feb. 9

*All departure times on casino trips are 9:00am unless otherwise noted. **Must pay when you sign up!** Leave casino at 2:30pm. No incentives unless listed.*

(Gambling Problem? 1-440-255-0678 or www.beforeyoubet.org)

SOARING EAGLE CASINO w/J. ROBERTS....MAR 16-18

Cost is \$298.00/pp (dbl. occ.) or until sold out. Trip includes RT transportation by motorcoach, 2 nights stay at *Soaring Eagle Casino* with casino bonus of \$60 in slot play & \$60 in food credit & \$25 in casino from *Firekeepers* (pending approval). Please contact John Roberts at 440-346-6060 for reservations or additional information.

Washington DC w/J. Roberts.....April 8-12

Cost is \$639/ pp (dbl. occ.) Contact John Roberts at 440-639-9111 for more information and reservations.

2022 SLOT & SHOW GETAWAY w/J. ROBERTS....APRIL 26

Cost is \$88.00/pp or until sold out. Trip includes RT transportation by motorcoach to *Seneca Allegheny Casino*, \$10 meal ticket, \$20 slot play, and show ticket for "Oh What A Night" musical revue. Please contact John Roberts at 440-346-6060 for reservations or additional information.

TRIPS CONTINUED

CLEVELAND GUARDIANS.....JUNE 1

Cost is \$45.00/pp or until sold out. Come cheer on the Cleveland Guardians vs the Kansas City Royals at Progressive Field with your friends from the Senior Center! Price includes a ticket, transportation, a box lunch (*hot dog, chips & drink—subject to change*). Please pay when signing up.



JKL NOTICE— Until further notice, ALL travelers will be required to show their Vaccine Card at the time of boarding. If you do not have a Vaccine Card or if you forget your Vaccine Card, the JKL Tours Escort will hand you a mask to wear at all times, except when eating. They are doing everything that they can to protect and keep safe everyone who chooses to travel with them.

NOTICE: Please understand that trips, prices, and dates are subject to change due to unforeseen circumstances. With 6+ paid customers, JKL Tours will pick up at the Center; otherwise, pick up will be at **St. Bartholomew Episcopal Church, 435 SOM Center Rd., Cleveland, OH**. Thank you for your understanding!

UPCOMING TRIPS W/DIAMOND TOURS

- ◆ Colorado Springs..... May 14-22
Cost is \$955/pp (*dbl. occ.*) Flyers available at the Center.
- ◆ Cape Cod, Martha's Vineyard, & Plymouth.....Sept. 25-Oct. 1
Cost is \$649/pp (*dbl. occ.*) Flyers available at the Center.
You may sign up now. No deposits are due at this time.
Travel insurance is available & recommended.
[Please see Diamond's announcement below]

JKL is working on some exciting trips for us in 2022.

Watch the newsletter for more information.

Chris is also planning some new trips for us.

More details to follow.

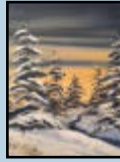
ANNOUNCEMENT FROM DIAMOND TOURS

Everyone taking a *Diamond Tours* trip is no longer required to have a COVID-19 vaccination; however, everyone will be required to sign a "COVID-19 Release of Liability & Waiver" form prior to trip departure.

Erie Station Theater



ACRYLIC PAINT CLASS AT THE FAIRPORT SENIOR CENTER.....5PM....(2nd Tues. of the month)JAN. 11
Cost is \$25/pp. You will be provided with everything to complete your masterpiece. Must pay when signing up. Instructor: Connie Adams.



SENIOR DISCOUNT PROGRAMS.....11:00AM...JAN. 21
 Michael Zuren, PhD, Lake County Treasurer, will be here to discuss the following discount programs for seniors: Homestead Exemption discount; Veterans' benefits; Water & Sewer bill discounts; Home maintenance modification & repair; emergency rental assistance; and, Covid assistance among other programs. He'll explain each program and help you apply, if you qualify. Sign up to attend this very informative talk. (No fee)

JEWELRY MAKING CLASS...2:15PM..... JAN. 25
 (4th Tues. of the month) This month we'll be making a necklace. Cost is \$10.00 which will include all supplies. You **MUST PAY** when you sign up, so that there are enough supplies for everyone.



BOOK CLUB.....10:30-11:30AM.....JAN. 27
 (4th Thurs. of the month) The Fairport Harbor Library is hosting a monthly book club for seniors at our Center. If interested, please call the Center & leave a message, so that someone can call you back.



INCOME TAX ASSISTANCE.....PENDING.....FRIDAYS
 The Center is finalizing the plans for *AARP Tax Preparer Volunteers* to provide income tax assistance starting in February 2022. They are still looking for volunteers. **If you are interested in volunteering, please call Chris at the Center at 440-354-3674.** More information to come.

BINGO BASH.....1 - 3:30PM..... MARCH 13
The Fairport Senior Center will be holding a Bingo Bash. Doors will open at Noon. Tickets are \$10 and includes bingo cards for 20 games and dauber. Extra sets are \$10. Refreshments will be available for purchase. Avoid waiting in line—tickets will be available at the Center soon!



2022 MIND CHALLENGE TRIVIA TOURNAMENT
May 9-June 17, 2022 **No Cost to Play**
 Teams of 4 to 6 compete against teams from other cities all across NE Ohio. No limit to how many teams can represent a city; Senior friendly questions; Fun & exciting-team concept—like a game show, but not like Jeopardy. Prize money to the final 4 teams' Senior Centers. Play for pride! Play for enjoyment! **If interested in representing our Center, please call the Center ASAP to sign up!**



THE CARE CLOSET: We are still collecting new boys' and girls' underwear along with personal care items for "The Care Closet" at the Fairport Harbor High School. This closet provides students with items that they need, but can't afford, with no questions asked. Please bring your items to the Center for distribution. Thank you for your support for this worthy cause.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

2			5			3		
			4			9		
					2	8	6	
3		6						
5	9			6				
		8					1	
6		2			5			
	8		3		9			2
		9				4		



We would like to thank our advertisers for your continued support of our monthly Newsletter. Together, your Advertising with *Fairport Harbor Senior Center* is reaching more people than ever and that is important to us.

Thank you to our Members for continuing to support the sponsors of our newsletter. You help to make this newsletter possible.

If you're interested in advertising in our newsletter, please contact Chris at 440-354-3674.



Jan. 17, 2021

PLEASE NOTE: Call the Center first to see if an outing and/or trip has been cancelled due to inclement weather.



If you need help changing the batteries in your watch, call the Center and someone will change it for you.



Don't forget...we're a warming center! So come in from the cold, sit by the fireplace, read a book or just enjoy the company of friends...we're here to keep you warm!

Fairport Senior Center Guidelines (updated)

1. When you enter the senior center, one of our volunteers will sign you in. Please be patient and practice social distancing!
2. We now have coffee available. Our new touchless drinking fountain has been installed. Please bring a water bottle to fill. We will also have water available to purchase.
3. The fitness room & pool room are now open Monday thru Thursday from 8am until 3pm. The fitness room will also be open on Friday from 8m until noon.
4. We will have hand sanitizer stations throughout the Center. Please use often. We also encourage you to wash your hands often.
5. We are encouraging you to use our outdoor pavilion and benches during the warm weather. The outside of the Center is beautiful, and we encourage you to enjoy the benches.
6. We ask that after all exercise or other classes that you wipe down your table, chair, exercise equipment, etc. We will have wipes in and around the Center.
7. If you are at high risk, we ask that you wait until it is safe for you to return.
8. If you are experiencing any COVID related symptoms (cough, shortness of breath or difficulty breathing or any two of these symptoms: fever, chills, muscle pains, headache, sore throat or new loss of sense of smell or taste) OR have had contact with a person with COVID in the last 14 days, PLEASE DO NOT ENTER THE SENIOR CENTER.
9. PLEASE REMEMBER...we are trying to keep you, our volunteers and our employees safe!

As the State of Ohio continues to monitor for new COVID outbreaks, we will do everything we can to keep you safe.

Chris



Can you believe that it is 2022 already? The Senior Center Board would like to wish each of you a very Happy and Healthy New Year.

Due to time constraints and medical issues, we are losing two appreciated and admired board members. Cheryl Parker and Lou Pachete will be retiring from the Board effective January 2022. We thank them for their support and dedication; and we will miss their wisdom and leadership.

We would like to welcome two new board members— Charlie Polumbo and Chip Saalfield. They have some big shoes to fill, but I’m sure they are up to it.

I would like to tell you my New Year’s resolution, but since I never seem to be able to keep them, I just skipped it for 2022. I decided to make some resolutions for all the Senior Center members instead (lol): BE KIND to one another; BE HELPFUL to your fellow members; EXERCISE more; PRAY a lot; GIVE thanks; and VOLUNTEER.

Sid



Home Weatherization Assistance Programs are back!

Applications are being accepted by ACCAA. For more information or an application, call 440-997-5957 ext. 553 or 554 or visit www.accaa.org to see if you qualify. Applications are also available at the Center.



Are you a senior citizen (or over 55) with vision loss?

Independent Living is a FREE program that can help you improve your quality of life. You’ll receive training in low-vision/vision rehabilitation aids, and will also be provided with a customized recommendation for specific aids that will benefit you. For questions or to start the process, please call Bryan Manthey at 216-658-8746.



Golden Buckeye Cards

If you are over 60 and need a replacement card, please call 1-866-301-6446. If you want to apply for a *Golden Buckeye Card*, the Center has applications. Call the Center to make an appointment to come in to complete your application.



SENIOR STAR PROGRAM

This program provides rental assistance to seniors with first month’s rent and utility deposits along with short-term rental subsidy. Applications available at www.FHRC.org or contact 440-392-0147 for an application to be emailed or mailed to you directly.

ARE YOU HAVING PROBLEMS AFFORDING YOUR PRESCRIPTIONS?

Is your annual income below \$35,640 for one or \$48,060 for two? If so, then you may qualify for the *Lake County Prescription Assistance Program*. Stop in at the Fairport Senior Center and pick up an enrollment form.

FAIRPORT RESIDENTS

If you are interested in a lockbox for your home, the cost is \$30.00. Please call the *Fairport Fire Department* at 440-352-6922 for more information.

If you do not live in Fairport, please call your city Fire Department for information.

NEED A “FREE” RIDE TO THE CENTER?

The Senior Levy will now pay for trips to/from the *Lake County Mobile Food Pantry* at the Center. In order to qualify for this subsidy, you must be a Lake County resident & age 60 or older. When you call Laketran’s Dial-a-Ride service at 440-354-6100 to reserve your trip to the Center, Laketran will directly bill the Senior Services Levy. You will not have to get off the bus when picking up your produce.



Now and then it is good to pause in our pursuit of happiness and just be happy.
~ Anonymous

WINTER WELLNESS

TIPS FOR WINTER WELLNESS

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

GET UP & MOVING

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

ADD HERBAL SUPPLEMENTS

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

GET AMPLE REST

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

BOOST IMMUNITY

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

MAINTAIN SKIN HEALTH

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)

2022 Membership Renewal

It's time to renew your **2022 Fairport Senior Center membership**. Cost is \$12.00 per person (55+) and \$15.00 per person (under 55). Those members under 55 may take part in all activities, except the weight room. Please see someone in the office to renew your membership today.

- ◆ **If your newsletter label says 2021, then you should pay your dues for 2022.**

IF you wish to have your birthday and anniversary listed in our newsletter, please make sure that we have your up-to-date information. You can either call the Center or stop in.

WE ARE RECYCLING the following items:

cell phones and ink cartridges. When you bring your items to the Center, the *Cleveland Escrap Donation Program* & *The Cleveland Clinic* will use them to assist amputees with prosthetic limbs.



You may also drop off your newspapers, cardboard, phone books, magazines, junk mail, etc. in the containers located in the side lot. **Please breakdown cardboard when placing in receptacle!** Also, please, **NO PLASTIC BAGS**. Thank you!

50/50 Raffle Tickets are on sale Mon-Thurs from 8am until 4pm. See the sales desk in the lobby. Tickets are six (6) for \$5.00 or \$1.00 each. A ticket will be drawn for the winner on the first Monday of each month.

★ **Congratulations to Terry Wodarski for winning the November 50/50:**

There will be no 50/50 in December. The raffle will be a gift card basket worth \$150. We will draw the winner on Dec. 17.

STAY CONNECTED

Now more than ever, it's important to stay connected within your community. You can stay in touch by going to www.mycommunityonline.com (formerly ourseniorcenter.com) to sign up to receive our monthly newsletter delivered straight to your inbox. Just search for our center's name and click **Subscribe**.

Updated

**1380 East Street
Fairport Harbor, OH**

FREE

Fresh Produce



The **Fairport Senior Center** will continue teaming up with the Greater Cleveland Foodbank to provide fresh, nutritious produce and other items to Lake County seniors. The Senior Market is normally available the 4th Monday of each month, but schedule is subject to change.

Bulk Produce Market Dates:

~~Monday, Dec. 27, 2021~~

Monday, Jan. 24, 2022

Monday, Feb. 28, 2022

Monday, Mar. 28, 2022

Monday, Apr. 25, 2022

Monday, May 23, 2022

(11:30 a.m. - 1:00 p.m.)

First Come, First Served

Please bring ID and bags for produce

Please have trunk empty & open

*Participants must certify annual gross household income is at or below \$24,119 for household of 1 or \$32,479 for a household of 2. Income is self-declared; verification is not required; **one box per household.***



**Greater Cleveland
Food Bank**





Fairport Harbor Senior Citizens Center Membership Form for the Year 2022

Membership Dues: Resident/Non-Resident - \$12.00

New Member
 Renewal

Personal Information

Name:

(First)

(M.)

(Last)

Address:

City, State, Zip:

Telephone:

Cell Phone:

Birthday Date:

Anniversary Date:

Email Address:

Spouse/Partner:

Emergency Contact

Name:

Relationship:

Address:

City, State, Zip:

Telephone:

Cell Phone:

Dues Payment

Check No. & Amount:

Cash Amount: \$

Your Interests:

Any Special Needs:

Participation Waiver and Agreement Please read and sign

1. I, _____, a participant in activities, programs, and trips sponsored by Fairport Senior Center, do hereby acknowledge that I am voluntarily participating. I recognize that in any activity program or trip, there are certain risks of injury to myself. I declare that my health and physical condition is adequate to meet the physical requirements of activities, programs, and trips in which I participate.
2. I agree to hold the Fairport Senior Center, their respective agents, representatives, instructors, volunteers, and participating companies and agencies harmless and indemnify them from any and all claims for damages to persons and property caused by myself or for any and all injuries sustained by me during my activities, programs and trips.
3. I agree to obey and abide by the rules and regulations of the Fairport Senior Center and to follow said instructions of same.
4. I further acknowledge the I am becoming a registered member of the Fairport Senior Center in reliance upon this waiver of liability.

Signature: _____

Date: _____

For office use only: D/B Label
 Ann BD Address

Waiver/Release for Communicable Diseases Including COVID-19

ASSUMPTION OF RISK/WAIVER OF LIABILITY/INDEMNIFICATION AGREEMENT

In consideration of membership in **THE FAIRPORT HARBOR SENIOR CITIZENS CENTER**, including all related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce the risk of contracting any of the foregoing diseases, the risk of serious illness and death does exist; and
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated and customary terms and conditions for participation with regard to protection against such infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and
4. For myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS **THE FAIRPORT HARBOR SENIOR CITIZENS CENTER**, together with any other officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct and event ("RELEASEES"), with respect to any and all illness, disability, death or loss or damage to person or property, whether arising from the negligence of RELEASEES or otherwise, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Participant _____

Signature of Participant X _____

Date Signed: _____



01/01

Bernadine Lyles
Denise Molesch
Jean Pennock
Mary Ann Ricketts
Margot Roper

01/02

Merle Bartone
Ron Komendat
Feroza LaBonne
David Williams

01/03

Shirley Overturf
LuAnn Rossley
Shirley Sinn
Sandy Smith
Mimi Widmar
Ruth Neroda

01/04

David Wayner
Tena Pappalardo

01/05

Ruby Bowling
Steve Bothag
Janet French
Sharon Landgraf
Greg Major
Ruth Polzer

01/06

Joe Prezioso
Helen Greer
Gladys Major
Emily Mummey
Brian Keller
Angela Smith

01/07

Jean Beno
Tammy Fielder
Merle Robb
Eva Sarga

01/08

Delores DeFreeze
Valerie Goetz

Judy Salius
Shirley Smith
Jeannie Barbosky
Jane Mott
John Roberts
Frank Takacs
Leonard Weber

01/10

Elaine Haase
Barry Luthanen

01/11

Mary Biller
Joe Brys
Michael Flynt
Betty Szzollosi-
Caruso

Brenda Traffis

01/12

David Cleary
Robert Doff
Sharon Fries
Elinor Kinkelaar
Tom Martin
Maryann
Mildenberger

Daniel Plageman

01/13

Angela Crissey
Kirk Dimmick
Judy Dolan

01/14

Millie Beahon
Alberta Compton
Sharon Kish
Tom Thompson

01/15

Doug Leikala
Laurel Pike

01/16

Kathy Dascoli
Jeff Kinsey
Janine LaBounty
Donna Martin

Barbara Meabs

01/17

Nanette Baldauf

Bernard Lindon
Diane Torkko
Fred Trouten
Geri Voss
Suzanne Aufdenberg
Marion Brennan
Sharon Cross

Annikki Tompkins

01/19

Tony Bertone
Joe Campbell
Linda Nowosadzki
Phyllis Petosek
Michael Sekki
Mary Kay Soptich
John Wainio

01/20

Gary Fairbanks
Tom Furmanek
Sally Malone
Dale Mullins
Eleanor Myers
Imogene Simmons

01/21

Lee Cecil
Leslie Orosz
Donna Stroth

01/22

Bob McFarland
Rita Nucciarone
Lindsay Olix

Ralph Meivogel
Erick Rudd

01/23

George Andrews
Joe Lombardo
Helen Pappalardo
William Slenski

01/24

John Kovach

01/25

Sandra Grisez
Sharon Hanna
Mary Hayden
Sally Shelby

01/26

Stanley Fazekas
Marion Hanna
Paula LaGanke
Robert McCoy
Mae Williams

01/27

Janette
Bohnenstengel

Connie Karchefsky

Dorothy Morris
Becky Stubblebine

01/28

Ray Collins
Diane Karosy
Linda McCullough
Buzzie Mio
Joan Pouewells

01/29

Bob Adkins
Dan Brown
Jerry Hausch
Karen Karbacka
Mary Lou
McNaughton

Rudy Perdan

01/30

Jim Kapostasy
John Roberts
Mike Thomas
Mary Jane
Thompson
Liz Wise



01/02

Donna & Don Hall
Mary Pat & John
Wainio

01/04

Denise & Joe
Harding
Sandy & Roger
Haynes
Judy & Ron Brunsky

01/10

Paula & Kenneth Lee
01/15

Donna & Fletcher
Milan

01/16

Joni & Richard
Frank

Greta & Richard
Machus

01/17

Sherry & Willard
Hatford

Penny & Don
Johnson

01/18

Corrine & David Klie
01/19

Marie Vanjo & Kevin
Jones

01/20

Elizabeth & James
McNaughton

01/21

Darlene & Warren
Davidson

01/23

Janice & Tom Martin
01/25

Barb & Ron Warren
01/27

Jane Kihorany & Jim
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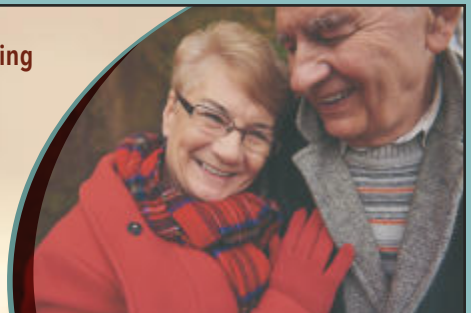
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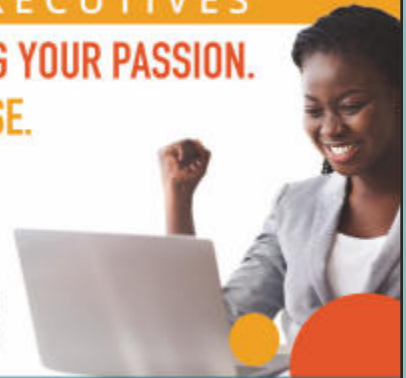
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