

Harbor Connection

SERVING LAKE COUNTY SENIORS

FAIRPORT SENIOR CENTER

DECEMBER 2022 VOL. 5, ISSUE 12

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Programs and Services are funded through the *Lake County Senior Services Levy*. Become a "Friend" and "Like" us on Facebook at <u>Fairport Harbor Senior Center</u>.

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



Center will be closed

Dec. 23 thru 26 &

Dec. 30 thru Jan. 2 for

Christmas & New Year's

FAIRPORT SENIOR CENTER

1380 East Street

Fairport Harbor, OH 44077

Phone (440) 354-3674 Fax (440) 354-3786

Facebook - "Fairport Harbor Senior Center"
www.fairportseniorcenter.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
Friday
Saturday & Sunday

8:00am-5:00pm 8:00am-Noon CLOSED



FAIRPORT SENIOR CENTER MEMBERSHIP:

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.

[***Join or Renew Today***]



268 NEW MEMBERS FOR 2022

David Doman
Sally Doman
Erna Hammond
Kevin Hayenga
Vicki Hayenga
Jerry Hughes
Mae Hughes
Selene Lam
Christine Lundt

Colleen Moran
Burton Schwartz
Joyce Schwartz
David Sechnick
Tim Swit
Anna Marie Turick
Brancel Wagner

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.

[NEW] Please remember to sign in whenever you enter the Center by swiping your new key card. We are a membership-based facility, and our funds come

through the *Lake County Senior Services Levy*; therefore, you must be a current member of *Fairport Senior Center* to participate in programs, cards, games, classes, trips, and the use of the exercise equipment. Membership cards are now required to enter the Center. Thank you!

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



GET WELL
WISHES &
THINKING OF
YOU

Bob Baker Albie Barbosky Dorothy Bowman Devon Brown John Burry Johanna Cornell Mark Elsing Ann Fairchild Roseann Firestone Ed Hayes Jon Jacobson Bob Jones Jack Karako June Karako Debbie King Eleanor Kinklaar Aileen Lampella Joan Lograsso Eva March Janice Martin Marie Martin Dave Mason Donna Mason Bob McNight

Ralph Meivogel Virginia Meivogel Gertrude Morabito John Murphy Ken Mussig Barb Oresko Lou Pachete Connie Pasko Rich Peters Gerry Phillips James Reho Linda Schulz Bill Secrist Jim Senter Grace Shupp Irez Stockdale Dee Tarantino Tom Thompson Flora Tuisku Pat Varner Jane Voelker Bob Wavner Gloria White June Wooding Sam Wright Donna Zimnicki

Carol McNight

SYMPATHY CARDS WERE SENT TO THE FAMILY OF MEMBERS:

Marie Bonczek, Mary Ann Gavelda,
Liz & Val Gavlick (daughter), Fannie Hyde,
Howard Ivary, Irene Kovach, Jack Kovach,
Bonnie Leskovec (sister), Mary Lette & Tom Zmeck
(brother), David Rittenhouse, Doug Settler (brother),
Marie Vano (mother), Buddy Wayner, Jane White,
and Maria Zampini (husband)

WEEKLY & MONTHLY ACTIVITIES FOR DECEMBER

WEEKLY ONGOING ACTIVITIES								
Monda	ΛΥ	Tuesd	AY	WEDNESDAY				
Fitness Room Arthritis Exercise Watercolors Arthritis Exercise Bingo	8:00am-5:00pm 9:30am 9:30am 11:00am 12:30pm	Fitness Room Hand & Foot Darts / Yoga Weights & Bands Mah Jongg	8:00am-5:00pm 9:00am 10:00am NOON 1:00pm	Fitness Room Arthritis Exercise Hiking Arthritis Exercise LCR & 31	8:00am-5:00pm 9:30am See you in the Spring 11:00am 12:15pm			
Card Bingo Senior Drawing [new wkly] *Line Dancing	3:30pm 4:00pm 6, 7 & 8pm	Knitting & Crocheting Line Dancing	1:00pm 1:15pm	Bridge & Pinochle Stretching Bingo	12:30pm 5:00pm 6:00pm			
THURSD	AY	FRIDA	ΔY	SA	TURDAY			
Fitness Room	8:00am-5:00pm 9:00am	Fitness Room	8:00am-Noon	dia r				

THURSI	DAY	FRII	DAY	Saturday
Fitness Room Tai Chi Sewing Chair Yoga Weights & Bands Cribbage Euchre / Poker Line Dancing TOPS Country Music	8:00am-5:00pm 9:00am 10:00am 10:15am NOON 1:00pm 1:15pm 4:30pm 5:15pm 6:00pm	Fitness Room Office Open Hand & Foot Chair Volleyball Mah Jongg	8:00am-Noon 7:00am-Noon 9:00am-NOON 11:00am NOON-4:00pm pm on Fridays	*No classes on the 2nd Monday Please check with your instructor about their holiday scheduling of classes. Center is closed Dec. 23-26 & Dec. 30-Jan. 2

MONTHLY ACTIVITIES

ATTORNEY - GEOFF HANAHAN.....JAN. 19

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! No visit in Dec.

BOARD MEETING......Dec. 9

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

COFFEE WITH THE COPS.......DEC. 7

from 8:30 - 9:30am (1st Wed. of the month) Stop in for a cup of coffee and meet some of Fairport's police officers.

COIN CLUB......DEC. 12

at 6:30pm (2nd Mon. of the month)

If you have coins or an interest in coins, please plan to join this group. They will be having their annual Christmas this month.

COMPUTERS & TECH......10:00AM....... <u>TBD</u>

(4th Sat. of the month) Manav and Leena will be here to offer help with your iPad, laptops and cell phones. Please sign up with your phone number, so that you can be notified in case the date & time changes.

Visits are scheduled every half hour.

FAIRPORT VILLAGE COUNCIL MTING... DEC. 20

AT 6:30PM (3RD TUES. OF THE MONTH)

Council meetings are open to everyone.

LUNCHES FROM 11:00AM - NOON......\$5.00/PP

12/05 - Goulash

12/12 - Chili Dogs

12/19 - Egg Salad & Soup

12/26 - No lunch - Holiday

All lunches include chips & a drink unless otherwise noted.

Must sign up as only a limited number of meals will be made.

RISQ TRIVIA......DEC. 5

at **2:00pm** (1st Mon. of the month) Let's play trivia! Come have fun while exercising your brain! We'll have lots of interesting categories along with monthly prizes. Call Dusty at 440-357-9115 for more details.

Please check with your instructor about their holiday scheduling of classes.

DINNERS

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

CHRISTMAS........5-7PM..........DEC. 13

We'll feast on Chicken Marsala, Roast Beef, mashed potatoes, veggie, dessert and beverage along with entertainment by Dennis Ford. Tickets are \$20.00/pp and will be available Nov. 9 & must

be purchased by noon Dec. 9.

PORK......JAN. 10 This month we'll dine on Pork, sauerkraut, potatoes, vegetable, dessert and beverage. Tickets are \$12/pp and will be available Dec. 14 & must be purchased by Jan. 6. After dinner if you would like to stay and play card bingo bring 3 nickels, 3 dimes, 5 quarters, and 1 dollar.

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

Dec. 12 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 every-

Evening class (4th Tues. of the month)

No Dec. class 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.

Teacher: Jane Conley

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 TBD

No Fee

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 some of the rocks that we're hiding this month in memory of Buddy Wayner, aka The Rock Man.

SCRAPBOOKING

No Fee

Dec. 7 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

If you have a sewing project that you have started or a pattern you are stuck on and have not finished, or have any ideas or tips on sewing to share with the sewing group, join our sewing class on Thursdays. You may bring your lunch with you. Instructor: Connie Pasko.

BASIC STAINED GLASS....10AM-12:30PM....SATURDAYS Cost is \$100/pp. New class will be starting January 7. 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 needlenose pliers, small wire cutter, a terry cloth dish towel, and 12" pizza box. Minimum 2; maximum 4. Please pay half when signing up. Instructor: Dusty Staudt. [Intermediate classes are available. Please call the Center for details.]



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!



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

YOUR HEALTH

BLOOD PRESSURE SCREENINGS......10AM.......DEC. 21 (the 3rd Wed. of the month) - The Fairport Fire **Department** will be here to offer free blood pressure screenings each month. Please sign up today.

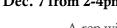


Brain Health & Wellness...4:00-5:00PM...Jan. 3, 2023 (2nd Tues. of the month, except July) Join us in a monthly discussion on how the brain works, the aging process and how New to maintain mental health and wellness. This will

not be a substitute for counseling. We will discuss topics to increase your understanding of memory, stress, anxiety, depression, and other topics related to promote mental wellbeing. Anna Tyrrell, a mental health counselor, will lead these discussions. Please sign up. (No fee)

HEARING - Holly's Hearing Dec. 7 from 2-4pm

No Fee





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

PODIATRISTS

Dr. Ben Dec. 14; Jan. 11, 2023 \$25 Appointments start at 9:00am.

Dr. Kelly Dec. - No visit; Jan. 25, 2023 \$25 Appointments start at 10:30am.

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

Both physicians do not bill Medicare. Private pay only.

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......DEC. 14

A rep 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 them one-on-one.

SUPPORT GROUP

LOSS/GRIEF SUPPORT.....11:00-NOON......TBA Lisa from *Hospice of the Western Reserve* 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. Please sign up. (No Fee)



This month's showcase display courtesy of Palma Bunting



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

CARD & GAMES

BINGO

Mondays from 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 from 6:00 - 8:30pm

Please DO NOT arrive too early due to class before!

CARD BINGO

Mondays from 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 9:00am - 12:30pm Fridays from 9am - NOON



<u>LCR</u> (3 games) & then <u>31</u> Wednesdays from 12:15 - 2:00pm

Both games are played with quarters. We will help you learn to play, if you are interested in joining.

CRIBBAGE

Thursdays from 1:00-3:00pm

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.

DARTS

Tuesdays from 10:00 - 11:00am

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

Thursdays from 1:15 - 4:00pm

Come and join this fun group. Please make sure we have your phone number when you sign up.



GOLDEN GOLFERS GROUP

Our first golf season ended for the season. See you in the spring!

MAH JONGG

Tuesdays from 1:00 - 3:00pm Fridays from NOON - 4:00pm

Mah Jongg originated in China and is played with tiles representing Chinese symbols & characters. Always wanted to learn...or want to learn something new? Come and 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 someone here is always willing to teach you how to play. The fall league started Sept. 12 and only costs \$10.00/pp.

WII GOLF

Mondays thru Thursdays from 8:00am - 3:00pm Fridays - Closed for cleaning

MUSIC

CLASSIC COUNTRY MUSIC.....THURSDAYS

All members of the Center are invited to come in and listen to classic country music once again. Not a member? No problem...an application is included in this newsletter or you can come to the Center and sign up. Membership is only \$12.00 per year and includes all membership benefits. Please DO NOT arrive any earlier that 5:45pm as we have a class in the banquet hall that ends at 5:30pm. Thank you for your understanding and for supporting our Senior Center.

(No Fee, but Must Be a Member)









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. Aaron Cook, owner of *Fysical Therapy & Balance Center*, will be here on Dec. 14 from 9:30-10:30am to teach different exercises for balance. He will also be here on Dec. 28 from 11am-NOON and he will teach balance exercises. These classes will be in place of our regular arthritis exercise class on both days. You are welcome to join either or both classes.

CHAIR VOLLEYBALL Fridays from 11:00am - NOON

No Fee

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

\$3 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

⇒ Intermediate from 1:15 - 2:15pm

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

THURSDAYS

⇒ <u>Experienced from 4:30 - 5:30pm</u> Tina will teach you the advanced steps to line dancing! Join the fun!



HIKING GROUP (everyone is welcome) Wednesdays from 10:30 - 11:30am We had another great season of hiking!

See you in the Spring!!

No Fee



STRETCHING CLASS

No Fee

Wednesdays from 5 - 6pm

Please bring your own mat to class and wear comfortable clothes. We will also be including floor exercises.

Tai Chi

\$4 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 Stropkey.



CHAIR YOGA

\$8 PER CLASS

Thursdays from 10:15 - 11:15am

This class is for all levels of chair yoga. Nurture your joints, take care of your spine, learn to breathe deeply and practice deep relaxation. No experience necessary. There will be options to stand & get down on the ground if you choose. Please sign up today. Instructor: Lyndsey Stropkey.

Fitness Center Hours

Mon-Thurs 8:00am to 5:00pm 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!

<u>Don't forget!</u> Please park in the back overflow lot (northeast of building) for ALL trips!! Remember...space is at a minimum. Thank you!



CLEVELAND PLAYHOUSE - 2023

<u>Tina the Musical</u> (*Connor*).....\$86.50/pp.......May 4
The bus will leave the Center at 4:30pm. Dinner will be on your own prior to the show.

The bus will leave the Center at 4:30pm. Dinner will be on your own prior to the show.

<u>Please pay when signing up to ensure your seat.</u> Make your check out to "Fairport Senior Center"

(*If 20+ persons, each will receive \$10 in slot play for this casino trip only)

All departure times on casino trips are 9:00am unless otherwise noted. Must pay when you sign up!
Leave casino at 3:00pm. No incentives unless listed.
(Gambling Problem? 1-440-255-0678 or www.beforeyoubet.org)

MEN & WOMEN WHO WINE

More information to come.

Lunches are on your own for all wine trips.

<u>All trips are \$10/pp (unless otherwise noted) and</u>

<u>must be paid when signing up.</u>



*U.S.O. Show...*It's sure to get even "Scrooge" in the holiday spirit! Make your check out to "Fairport Harbor Senior Center." Please pay when signing up. The bus will leave the Center at 9:30am.

New YEAR'S EVE "EVE" AT NOON w/JKL....DEC. 30

New Cost is \$79.00/pp or until sold out. We'll have lunch at the Annunciation Greek Grand Ballroom in Tremont. There'll be contests & prizes for the most festive costumes & other categories with entertainment by "The Pop Tarts." Please pay when signing up. Make your check (Continued on page 9)

(Continued from page 8)

out to JKL Tours. The bus will leave the Center TBD. Please note that JKL trips will no longer include the \$2 tip, so plan accordingly. (Mild walking)

TRIPS COMING IN 2023

CAVS GAME......JAN. 16

Cost is \$98.00/pp or until sold out. Price includes transportation and ticket to game. Please pay when signing up & make your check out to Fairport Harbor Senior Center. The bus will leave the Center at 1:00pm. [Please note that the Center is closed this day for MLK Day.]

CAVS GAME.....FEB. 8

Cost is \$89.00/pp or until sold out. Price includes transportation and ticket to game. Only 35 tickets are available. Please pay when signing up & make your check out to Fairport Harbor Senior Center. The bus will leave the Center at 5:30pm.

Cost is \$955.00/pp (dbl. occ.) or until sold out. Trip includes RT transportation; 8 nights lodging; 14 meals; a guided tour of San Antonio; cruise at San Antonio's famous River Walk District; visit the Alamo & see the IMAX Theater presentation; visit the Institute of Texan Cultures & San Antonio Missions; and tour the LBJ ranch. You may sign up now. Deposit of \$75.00 is due Dec. 28 to hold your seat. Final balance is due Jan. 11. Travel insurance is available and recommended. Flyers available at the Center.

SEVERANCE HALL CONCERT......MAR. 31 Cost is \$45.00/pp or until sold out. We'll hear the *Cleveland*

Orchestra Inspiration: The Tempest. Please pay when signing up & make your check out to Fairport Harbor Senior Center. The bus will leave the Center at 9:30am & will stop for lunch afterwards TBA (on your own).

ATLANTIC CITY, CAPE MAY & PHILADELPHIA......
WITH DIAMOND TOURS.....SEPT. 4-8

Cost is \$739.00/pp (dbl. occ.) or until sold out. Trip includes RT transportation; 4 nights lodging; 8 meals; casino bonus; a guided tour of Philadelphia; trolley tour of Cape May with a tour of a historic Victorian home; guided tours of Cape May Point & Lighthouse; and free time to enjoy the famous Atlantic City Boardwalk. You may sign up now. Travel insurance is available and recommended. Flyers available at the Center.

2023 SENECA ALLEGHENY & SHOW W/PALLADIN

<u>THE GAMBLER RETURNS.</u> JUNE 27 Cost is \$63.00/pp or until sold out. See the ultimate

Kenny Rogers tribute band perform.

THE POWER OF LOVESEPT. 19

Cost is \$63.00/pp or until sold out. The Celine Dion tribute band performs.

For each show, you will also receive \$20/slot play, \$10 food credit & a ticket to the 2:00pm show. Make your check(s) out to **Fairport Harbor Senior Center.** The bus will leave the Center at 7:00am.

LONDON & PARIS......Oct. 4-12

Cost is \$4,649/pp (dbl. occ.) or until sold out. A Collette rep will be here January 24 at 4:00pm to talk about & answer any questions you may have about this trip.

Brochures will be available. Please sign up. More

Brochures will be available. Please sign up. *More information to come.*

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

Sudoku

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

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

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DIFFICULTY: ★★☆☆

10 HAPPENINGS

HAPPENINGS



Don't forget to vote for Trustee. Your ballot was in the November newsletter and is <u>due</u> by Noon on December 9. Place your completed ballot in the ballot box

located at the Center.



BLIZZARD BAG DRIVE: We are collecting canned and non-perishable goods for our 2022 Annual Blizzard Bag for Seniors from November 17 to December 13. Please bring such items as peanut butter, pasta, canned fruits, etc. to the Center. Every item can make a big difference in someone's life. Thank you!

MEDICARE CHECKUP...10am......DEC. 2

Vesna from *HAAS Healthcare Solutions* is available for a oneon-one private 1-hour review of your current Medicare plan or assistance if you're new to Medicare. Please call the Center to schedule your appointment. Don't forget to bring a list of your medications, Medicare and/or insurance cards with you to your appointment. *No fee*.

SENIOR DRAWING.....4:00-6:00PM....... MONDAYS (weekly) This class is now weekly & will teach you how to draw. There are only 10 spots available, so sign up soon to be included in this class. Free supplies are handed out for new students. If you do not plan to continue, please return the supplies so that someone else can use them. Thank you. (No fee)

MEDICARE/MEDICAID CKUP....10:00AM-2:00PM....

WEDNESDAYS ONLY.......THRU JAN. 25

If you need help with your Medicare/Medicaid plans, Lorna Curtiss from *OSHIP* will be here to meet with you individually for one hour. You must sign up. Please call the Center to set up your appointment ASAP. *No fee.*

MACRAME POT HANGER.....10AM-1PM...... DEC. 10 Cost is \$15.00/pp which will include all supplies. Learn basic knots & create a pot hanger to take home. You MUST PAY when you sign up, so that there are enough supplies for everyone. Instructor: Dusty Staudt

ACRYLIC PAINT CLASS AT THE FAIRPORT SENIOR CENTER.....5:00PM.....(2nd Tues. of the month) DEC. 13 Cost is \$25.00/pp. You will be provided with everything

to complete your masterpiece. You MUST PAY when you sign up, so that there are enough supplies for everyone. We're going to do pour painting. Please bring gloves, a box to carry your canvas (11x14) home (it will be wet) & yogurt containers or something to lift it up. Instructor: Connie Adams.

BOOK CLUB......10:30-11:30AM......DEC. 22

(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.

JEWELRY MAKING CLASS.....2:15PM...No Dec. class (4th Tues. of the month) Join this fun class and make a piece of jewelry. Cost is \$10.00 which will include all supplies. You MUST PAY when you sign up, so that there are enough supplies for everyone.

"Noon New Year's Eve" Party...11AM-4PM.. Dec. 31 Cost is \$25.00/pp or until sold out. Tickets are on sale now



for our *Noon Year's Eve Party*. Don't miss out as we are only selling 125 tickets. Your ticket includes a dinner of Wiener Schnitzel, Mashed Potatoes,

Veggie, Bread and Dessert. We'll have a champagne toast at noon, along with party hats & door prizes. Music will be provided by *Tom Todd...*the one-man band. Doors open at 11:30am. Buy your tickets early before they're gone!

Brain Health & Wellness...4:00-5:00PM...Jan. 3, 2023



(2nd Tues. of the month, except July) - See page 5 for more information.

LONDON & PARIS PRESENTATION...4:00pm....Jan. 24 A Collette rep will be here be to talk about and answer any questions you might have about this trip. Brochures will be available. Please sign up.

The "Matter of Balance" classes will be coming back in 2023.

INCOME TAX ASSISTANCE......PENDING......FRIDAYS

The Center is finalizing the plans for AARP Tax Preparer Volunteers to provide income tax assistance starting in February 2023. To volunteer or for more info, please go to "AARPfoundation.org/taxaidevolunteer" & click on the gold "Volunteer" button. More information to come later this month.

2023 MIND CHALLENGE TRIVIA TOURNAMENT

May 8-June 14, 2023

ASAP to sign up!

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

MIND CHALLENGE

Our 2022 Craft Fair & Chinese Auction was a HUGE



success! Thank you to everyone who volunteered their time... from donating items and gift cards for

the **Chinese Auction** gift baskets, making up the baskets, setting up & cleaning up (and everything in between), and for the delicious donated baked goods, along with our kitchen help. A big thank you to our craft vendors for selling their talented wares! Everyone had a great time! Make sure to check out the photos below!

Thank you to all who paid your dues for 2022! We are now collecting dues for 2023. Your dues will help pay for expenses that we have running the Senior Center including the monthly newsletter. The dues are still \$12.00 per person, and we thank you for understanding.

The Senior Center Board

"The best way to spread Christmas cheer is singing loud for all to hear." — Will Ferrell, "Elf"



Once again, our Craft Fair & Basket Auction was a HUGE success! Thank you to all the people that worked many hours making our baskets so beautiful, and also everyone who helped in the kitchen, baked for our bake sale, sold tickets, donated items & gift cards, purchased tickets, & to all that helped to clean up. This is one of our largest fundraisers. A big thank you to our craft vendors —everyone had beautiful items for sale—and we thank you for your continuous support purchasing tables. THANK YOU!

I would also like to thank all the volunteers that continue to help run the Senior Center. Every day volunteers come in to answer phones, teach classes, work in the kitchen, clean the Center, shop, help with the produce market *(even during rain & snow)*, help with the newsletters, help with fundraisers, order items, call Bingo, and so much, much more. THANK YOU! Your contributions make our Center a great place for everyone!

I hope you have a chance to stop at the Center to see our beautiful new floors. Thank you to the *Lake Count Commissioners* for your generous grant this year. Our floors needed replaced & this was the perfect opportunity to get it done.

As we start 2023, we are looking forward to providing even more classes for our seniors. Trips are now being planned for 2023. We hope you will take advantage of some of these wonderful trips & classes that our Center offers.

Remember to pay your dues in January. It's still only \$12.00! Your dues help keep the Center running.

(Continued on page 13)

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. You may also be eligible for a free efficient replacement refrigerator. To quality your income must be \$27,180 for one; \$36,620 for two; etc. Applications for both programs are available at the Center. Please check to see if you quality.

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.

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.

<u>Lifeline</u> offers a *Prescription Assistance Program* which can assist with meds (30-day supply) up to \$400 ONCE per year per HOUSEHOLD. Medications must be ready to be refilled within a few days' time.

<u>Lifeline</u> also offers a *Diabetes Assistance Program* which can assist diabetics with medication and/or supplies up to twice annually. Each voucher can assist with up to \$100.

Requirements for both programs: Must be a Lake County resident whose household meets income guidelines of 175% of the federal poverty guideline.

Lifeline is also looking for volunteers.

For more information, please contact Jason Shaw,
Program Coordinator, at 440-354-2148 x201.

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.

NEED A "FREE" RIDE TO THE CENTER?

The Senior Levy will now pay for trips to/from the Lake



to qualify for this subsidy, you must be a Lake County resident & age 60 or older. When you call

<u>Laketran's Dial-a-Ride service at 440-354-6100</u> 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.

Misc. 13

(Continued from page 12)

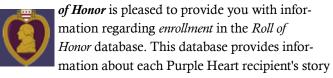
Tickets are still available for our Christmas Dinner & "Noon Year's Eve" Party.

Wishing everyone a very Merry Christmas & Happy New Year!!

Chris



Purple Heart Recipients the National Purple Heart Hall



and it can include photographs and scanned documents which have been provided to us that help enrich/enhance his or her record.

The *Hall of Honor* is the nation's *sole* repository dedicated to the preservation and collection of the stories of Purple Heart recipients. The mission of the *Hall of Honor* is to collect, preserve and share the stories of Purple Heart recipients in all branches of service and for all conflicts for which the award has been available. Please visit their website for enrollment:

https://www.thepurpleheart.com/enrollment/

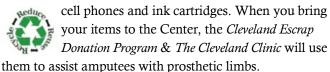
50/50 Raffle Tickets are on sale Mon-Thurs from 8am until 4pm. See the sales desk in the lobby. Tickets are six (6) for \$5.00 or \$1.00 each. A ticket will be drawn for the winner on the first Monday of each month.

Congratulations to Elda Pillar for Winning October's 50/50.

November's 50/50 raffle tickets are on sale now.

Lake County Dept. of Utilities has a 25% Water & Sewer Fee Discount for Seniors (65+) with owner-occupied residences who meet the limited income threshold set forth by the **Ohio Homestead Means Testing**. Please call the **Lake County Dept. of Utilities** at 440-350-2070 for more information and an application.

WE ARE RECYCLING the following items:



The cardboard recycling at the Center is no longer available at the Center. The Center was providing this as a service to the community, but problems arose with the pickup of the containers and it became quite messy at times. We are sorry to any inconvenience this may cause people.

Winter Wonderland																	
E	F	R	В	Y	R	E	P	P	I	L	S	C	H	I	L	L	Y
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S	0	Т	T	I	N	S	Y	В	S	L	E	Y	Y	D	N	I	W
т	z	N	R	0	N	L	E	С	Α	L	P	E	R	I	F	0	I
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В	I	Т	z	0	W	С	D	Y	R	E	T	S	U	L	В	N	S
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С	С	В	Н	s	K	A	N	W	U	U	L	z	T	0	Α	С	N
I	Α	s	т	I	J	I	0	I	A	F	z	S	T	K	T	S	G
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Word List: BELOWZERO BLANKET BOOTS CABINFEVER COCOA COLD FIREPLACE FLURRIES FROZEN GLOVES HIBERNATE ICICLE JACKFROST MITTENS SHIVER SHOVEL SLED SLIPPERY					EAR FRO HAT ICY PLO	MUFFS STY W TING				BLUS COAT FEBR FROS HEAT JANU SCAR SKII SNOW	S UARY TY ER ARY F						
SNOWST	ORM			SN	OWSUI	T			WIN	DY				WINT	ER		

WELFARE CHECKS - As of January 2022, the *Fairport Harbor Police Auxiliary Unit* has been conducting weekly welfare checks on our most vulnerable senior citizens. This could include seniors with long distance family contact or limited mobility. The program is available as a public service and consists of an *Auxiliary Police Officer* coming to the door as a friendly visit and making sure everything is okay. They will not enter the home *(unless under certain circumstances)* due to COVID-19 restrictions. You must live in Fairport Harbor. If you, or a family on behalf of our seniors wish to sign up, please contact the Police Department at 440-352-3150.

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.

If you want to receive your newsletter via email, please provide the Center with your email.

Free Fresh Produce

at Fairport Senior Center

1380 East St., Fairport Harbor, OH

The **Fairport Senior Center** will continue teaming up with the **Greater Cleveland Foodbank** to provide fresh, nutritious bulk produce and other items to Lake County seniors. The Senior Market is normally available the 4th Monday of each month from 11:30am until 1:00pm, but the schedule is subject to change. Here are some upcoming dates:

Dec. 19, 2022; Jan. 23, 2023 Feb. 27, 2023; Mar. 27, 2023

This is first come, first served. No reservations are needed, but please bring your photo ID for onsite registration along with bags for produce. Please have your trunk empty and open. 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. One box per household.





Please make sure that the Center has your current address, email, phone number, etc.
You can either call the Center or stop in.

3	2	L	Þ	7	8	9	9	6
•	9	8	6	1	9	7	7	3
_	9	6	3	9	2	1	8	7
)	6	Þ	8	3	L	7	2	9
	L	3	9	6	7	8	7	9
_	1	G	2	7	9	6	3	1
_	b	9	7	8	6	ω	1	2
U	3	7	9	7	7	9	6	8
6	8	7	1	9	3	7	9	7

Answer to Sudoku

If you order on Amazon, check out

<u>AmazonSmile</u>. 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.

Fairport Senior Center Guidelines (updated 8/16/2022)

- 1. When you enter the senior center, one of our volunteers will help you sign in. Please be patient!
- 2. The fitness room & pool room are now open Monday thru Thursday from 8am until 5pm. The fitness room will also be open on Friday from 8m until Noon.
- 3. We will have hand sanitizer stations throughout the Center. Please use often. We also encourage you to wash your hands often.
- 4. 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.
- 5. We ask that after all exercise or other classes that you wipe down your exercise equipment. We will have wipes in and around the Center.
- 6. If you are at high risk, we ask that you wait until it is safe for you to return.
- 7. 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 5 days, PLEASE WEAR A MASK AT THE CENTER for 5 days to protect your fellow members.
- 8. PLEASE REMEMBER...we are trying to keep you, our volunteers and our employees safe!

Chris

Please Print all Information



Fairport Harbor Senior Citizens Center Membership Form for the Year 2023

New Member ☐ Renewal Membership Dues: Resident/Non-Resident - \$12.00

Personal Information							
Name:							
(First) (M.)	(Last)						
Address:							
City, State, Zip:							
Telephone:	Cell Phone:						
Birthday Date:	Anniversary Date:						
Email Address:							
Spouse/Partner:							
Emerg	ency Contact						
Name:	Relationship:						
Address:	City, State, Zip:						
Telephone:	Cell Phone:						
Dues Payment							
Check No. & Amount:	Cash Amount: \$						
Any Special Needs:							
Participation Waiver and Agreement Please read and sign							
do hereby acknowledge that I am voluntarily participatin risks of injury to myself. I declare that my health and phy activities, programs, and trips in which I participate. 2. I agree to hold the Fairport Senior Center, their respective companies and agencies harmless and indemnify them for by myself or for any and all injuries sustained by me duriting a lagree to obey and abide by the rules and regulations of	 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. 						
Please Print all Information	For officer user only: D/B Label						

Page 1 of 2 09/13/2022 MUST SIGN BOTH PAGES

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 CEN- TER,** including all related events and activities, the undersigned acknowledges, appreciates and agrees that:

- 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 AGREE-MENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUN-TARILY WITHOUT ANY INDUCEMENT.

Name of Participant	
Signature of Participant	X
Date Signed:	



12/01

Dudich, Kathy Hodgson, William Leimbach, Richard Porter, Yvonne

Wagner, Mollie

12/02

Cornell, Johanna Kocsis, Don Lucha, Kathy Pillar, Andy Wheeler, Robert

12/03

Ernst, Laurelle Fredricks, Pauline Ivary, Judy

Wuchte, Kathleen

12/04

Butler, Bill Caley, Kathy Milavec, Patricia Orosz, Lois

12/05

Gormley, Dolores Hearn, Robby Miller, Mary Mussig, Ken Simko, Tom 12/06

Bearer, Loretta Haase, James Hammrick, David Konjicija, Marla Ortega, Maria Summers, Scott

12/07

Assel, Nancy Crofoot, Tom Enos, Jay Kerver, Dale Popp, Madeline Simko, Chris

12/08

Murton, Marlene

12/09

Brown, Devon Hiltunen, Jane Jackson, Simone Samples, Anna Sarosy, Frank Smith, Helen Strobel, Stacey

Underwood, Barbara 12/11 Callaghan, Lynne

Champa, Mary Ann Harris, Rita Pizzi. Denise Thompson, Gary

12/12

Horrigan, Gayle Magill, Paul

12/13 Allee, Susan Rigby, Skip 12/14

Bracale, Deborah Buckels, Yolly

12/15

Mackey, Alberta Pachete, Krissy Zuzek, Linda

12/16

Carlson, Wendy Kocevar, Sherry Loth, Mary Ann

12/17

Martin, Gloria Ponder, Gayle Underwood, Leon

12/18

Cunningham, Kathy Mackey, Karen

12/19

Herroon, Elaine Hietanen, Jack Lehman, Nicholas Ortman, Michael

12/20

Bittner, Grant Crouse, Leona Irvin, John Lewis, Nancy Safick, Rick

Safick, Jeanne Ward, Brian

12/21

Konarsh-Hamilton. Eva

Kulma, Raymond Lausin, Pam McGuire, Heide Parker, Cheryl Yeager, Claudia

12/22

Hanes, Thomas Kidder, Anita Luthanen, Mark Perkins, Connie Square, Cindy Tolvonen, Brenda

12/23

Ambrochowicz, Steven Beck, Kathy Hale, Stephanie Kallio, Eva Logan, Larry Wuchte, Janet

12/24 Senter, Jim

12/25 Balog, Jim Gandee, Geri Jones, Jan

Romeo, Natalie Valentino, Ruth Vrabel, John

12/26

Orozco, Carole Wayner, Louise

12/27

Brainard, Wallace Greig, Mary Hall, Don O'Gara, Marty Roddy, Amy 12/28

King, Lonnie Manross, Faye Pazicni, Sharri Sarosy, Karen Sines, Robert

Thompson, Ellen Vormelker, Melba

12/29

Balogh, Dorothy Morse, James Rogers, Debbie Rossley, Thomas Safranko, Joseph Schrott, Nancy

12/30

Davis, Sandra Hunter, Faith Richman, Lonnie Stephens, Tim Weber, David 12/31

Bissett, Jim Joseph, Douglas 12/18

Hannah & Gary Fairbanks

12/19

Sharon & Richard Landgraf

12/20

Barb & Jack Petroff Susie & Brian Telling 12/21

Loretta & Alfred Bearer

Rita & Tom Stoyle

12/24

Linda & Joe Kallay, Jr. Cheryl & Rick Lytle

12/26

Ellen & Guy Brown Barbara & Chuck Vild



12/03

JoAnn & Bob Lindsco Edilla & Neil Myers

12/04

Deborah Carder-Serra & Brian Serra

12/05

Gail & Michael Hreha

12/10

Mary & Mark Elsing Molly & Doug Wilhelm Nancy & Robert

Wrana

12/11

Faith & Robert Hunter

Mary Ann & Robert Kuhn

12/14

Tina & Irvin Foster

12/15

Vicki & Kevin Hayenga

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Fairport Senior Citizens Ctr. 1380 East Street Fairport Harbor, OH 44077

REFERENCE PHONE NUMBERS

Fairport Police (Non-Emergency) 354-3434
Fairport Village Hall 352-3620
General Health District 350-2543
Lake County Council on Aging 205-8111
Laketran 354-6100
Social Security 1-800-772-1213
Veterans Concerns 350-2567



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Or Current Resident

Mailing Label

