



THE Harbor Connection

SERVING LAKE COUNTY SENIORS

FAIRPORT SENIOR CENTER

JANUARY 2023 VOL. 6, ISSUE 1

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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 Fairport Harbor Senior Center.



Center will be closed

Jan. 2 for New Years
and Jan. 16
for MLK Day

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,
Lois Orosz, Charlie Palumbo, Chip
Saalfeld, and Marti O'Gara

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 8:00am-5:00pm

Friday 8:00am-Noon

Saturday & Sunday 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***]**

**17 NEW MEMBERS FOR 2023**

Ann Marie Armaro
Lois Box
Debbi Davis
Susan Gladding
Louis Grund, Jr.
Margaret Hennessey
Richard Hibyan
Dan Laux
Joan Laux

Sherry Miller
Loretta Powers
Janet Shostrand
Albert Snyder
Mary Alice Snyder
Laurie Sreberack
Ronald Swain
Bonnie Thompson

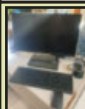
**GET WELL WISHES & THINKING OF YOU**

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

Bob McNight
Carol McNight
Ralph Meivogel
Virginia Meivogel
Glen Miller
Gertrude Morabito
John Murphy
Ken Mussig
Barb Oresko
Dan Orosz
Lou Pachete
Connie Pasko
Rich Peters
Gerry Phillips
Rose Pike
James Reho
Linda Schulz
Jim Senter
Grace Shupp
Irez Stockdale
Dee Tarantino
Tom Thompson
Flora Tuisku
Jane Voelker
Bob Wayner
Gloria White
June Wooding
Sam Wright
Donna Zimmicki

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

SYMPATHY CARDS WERE SENT TO THE FAMILY OF MEMBERS:

Robert Dodd, Ruth Drawta,
Maureen Fliter, Elnora Lynch,
Irene Mason, Kelly Peine (*sister*),
Bill Secrist, and Pat Varner

WEEKLY ONGOING ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY
Fitness Room 8:00am-5:00pm Arthritis Exercise 9:30am Watercolors 9:30am Arthritis Exercise 11:00am Bingo 12:30pm Card Bingo 3:30pm Senior Drawing Class 4:00pm Line Dancing 6, 7 & 8pm <i>Center closed: Jan. 2 & 16</i>	Fitness Room 8:00am-5:00pm Hand & Foot 9:00am Darts / Yoga 10:00am Weights & Bands NOON Mah Jongg 1:00pm Knitting & Crocheting 1:00pm Line Dancing 1:15pm	Fitness Room 8:00am-5:00pm Arthritis Exercise 9:30am Hiking See you in the Spring Arthritis Exercise 11:00am LCR & 31 12:15pm Bridge & Pinochle 12:30pm Stretching 5:00pm Bingo 6:00pm
THURSDAY	FRIDAY	SATURDAY
Fitness Room 8:00am-5:00pm Tai Chi 9:00am Sewing 10:00am Chair Yoga 10:15am Weights & Bands NOON Cribbage 1:00pm Euchre / Poker 1:15pm Line Dancing 4:30pm TOPS 5:15pm Country Music 6:00pm	Fitness Room 8:00am-Noon Office Open 7:00am-Noon Hand & Foot 9:00am-NOON Chair Volleyball 11:00am Mah Jongg NOON-4:00pm <i>Closed at 1:00 pm on Fridays</i>	 <i>Please check with your instructor about their holiday scheduling of classes.</i>

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!

BOARD MEETING.....JAN. 13
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.....JAN. 4
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.....OFFSITE.....JAN. 9
at 6:30pm (2nd Mon. of the month) **[NEW]**
The Coin Club will now meet at the
Hungarian Reformed Church in Fairport
Harbor starting January 9.

COMPUTERS & TECH.....10:00AM..... TBD
 (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....JAN. 17
AT 6:30PM (3rd Tues. of the month)
 Council meetings are open to everyone.



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

01/02 - No lunch - Holiday
 01/09 - Sloppy Joes
 01/16 - No lunch - Holiday
 01/23 - Stuffed Peppers w/mashed potatoes
 01/30 - Chili & cornbread

All lunches include chips & a drink unless otherwise noted.

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

RISQ TRIVIA.....FEB. 6
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. **[No Jan. meeting]**

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.*

PORK.....5-7PM.....JAN. 10

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

FRIED CHICKEN.....5-7PM.....FEB. 14

The menu will be Fried Chicken, mashed potatoes, salad, vegetable, rolls, dessert & beverage. Tickets will be available January 11 and must be purchased by February 9. *Happy*

Valentine's Day!!

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 palette. A list is available at the Center. Instructor: Connie Adams.

CRAFTS/QUILTING & SEW FORTH**CRAFT-A-CARD (2nd Mon. of the month)**

Jan. 9 from 12:30 - 2:30pm \$5.00 per class
Make and take three (3) cards. You MUST PAY when you sign up, so that there are enough supplies for everyone.

Evening class (4th Tues. of the month)

Jan. 24 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

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.

SCRAPBOOKING

No Fee

Jan. 4 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.

SENIOR DRAWING CLASS...4:00-6:00PM.... MONDAYS

(weekly) This class is now weekly & will teach you how to draw. There are only 10 spots available, so please sign up. 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)* Class is currently full, but a waiting list is available.

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 needle-nose 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!

YOUR HEALTH

BLOOD PRESSURE SCREENINGS.....10AM.....JAN. 18

(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**

(1st Tues. of the month, except July) Join us in a monthly discussion on how the brain works, the aging process and how 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 well-being. Anna Tyrrell, a mental health counselor, will lead these discussions. Please sign up. (No fee)

HEARING - Holly's Hearing**NO FEE****April 12 & Oct. 11 from 10am-Noon**

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.

Massages (Table)**\$1.00 per minute****Jan. 6 & 20 from 11am-2pm** (the 1st & 3rd Fri. of the month)

New Our Massage Therapist is back for table massages! Please pay when you sign up for your 15- or 30-minute session.

PODIATRISTS

Dr. Ben Jan. 11; Feb. 8; Mar. 8 **\$25**
Appointments start at 9:00am.

Dr. Kelly Jan. 25; Feb. 22; Mar. 22 **\$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.....JAN. 11

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



Samples from our Senior Drawing class



Finished Acrylic Paintings

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

LCR (3 games) & then 31

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**

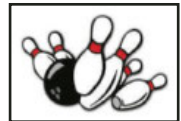
Wednesdays from 12:30 - 4pm

POOL ROOMMondays 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



The 10-week Spring Session is scheduled to begin the week of January 15th and will end the week of March 19th. The Spring Session will be a continuation of the Fall Session currently underway. Averages will be carried over from the Fall to the Spring; however, the Standings will start over for the Spring. Thus, we will have a Fall Champion & a Spring Champion. An overall winner will be determined by a roll-off of the Champions in late March.

If you have never tried it, come in, and someone here is always willing to teach you how to play.

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 than 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 Jan. 11 from 9:30-10:30am to teach different exercises for balance. He will also be here on Jan. 25 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 **NO FEE**Fridays from 11:00am - NOON

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** **(Classes every Monday now)**⇒ 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⇒ Experienced from 4:30 - 5:30pm

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

**HIKING GROUP (everyone is welcome)****NO FEE**

Wednesdays from 10:30 - 11:30am

We had another great season of hiking!

See you in the Spring!!**Jan. 16, 2023****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!**

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 - 2023

Hamilton (Connor).....\$121.50/ pp..... Jan. 11

The bus will leave the Center at 12:15pm. The play starts at 1:30pm. A waiting list is available.

Tina the Musical (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.

Ain't Misbehavin (Hanna).....\$33.00/ pp..... May 9

The bus will leave the Center at 10:30am. Lunch will be on your own prior to the 1:30pm show. Maximum of 18 tickets only!

Moulin Rouge (State).....\$93.50/ pp.....June 15

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

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



CASINO TRIPS

\$20.00/ pp



***Jack Thistledown**.....Jan. 18

MGM..... Feb. 15

*(*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

Trattoria's in Little Italy.....Jan. 25

The bus will leave the Center at 11:00am.

Hofbräuhaus in Cleveland.....Feb. 22

PJ McIntyre in Cleveland.....Mar. TBA

More information to come.

*Lunches are on your own for all wine trips.
All trips are \$10/ pp (unless otherwise noted) and
must be paid when signing up.*

Wine trips fill up fast, so sign up & pay early!



CAVS GAME.....JAN. 16

Cost is \$98.00/ 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 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.

CLE HOME & GARDEN SHOW.....FEB. 9

Cost is \$20.00/ pp or until sold out. The bus will leave the Center at 9:00am; arrive at the show at 10:00am; and return by 3:00pm. Lunch will be on your own. Please pay when signing up to reserve your seat. Make your check out to **Fairport Harbor Senior Center**.

SAN ANTONIO, TX.....WITH DIAMOND TOURS.....

.....MAR. 18-26

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. **Full payment is due Jan. 11. Please make your check out to Diamond Tours.** Travel insurance is available and recommended. Flyers available at the Center.

CHARLESTON, SC.....W/JOHN ROBERTS.... MAR. 27-APR. 1

Cost is \$819.00/ pp (dbl. occ.) or until sold out. Trip includes RT transportation; 5 nights lodging; 8 meals; a guided tour of

(Continued on page 9)

(Continued from page 8)

Charleston; harbor cruise; visit to *The Historic Charleston City Market* & the *Famous & Historic Middleton Place*; tour a *Historic Charleston Home*; and a guided tour of a *Historic Charleston Plantation*. For information and reservations please contact John Roberts at 440-346-6060.

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).

2023 SENECA ALLEGHENY & SHOW W/PALLADIN

THE GAMBLER RETURNS.....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.

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 are available at the Center.

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

Cost is \$4,499/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 are available at the Center. Please sign up. *More information to come.*

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



Oglebay
Lights trip
with visit to
Steubenville



Visit from Santa & Sparky



HAPPENINGS

BRAIN HEALTH & WELLNESS.....4:00-5:00PM..... JAN. 3

New (1st Tues. of the month, except July) - See page 5 for more information.

**MEDICARE/MEDICAID CKUP....10:00AM-2:00PM....
..... JAN. 4, 11, 18, & 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.*

**ACRYLIC PAINT CLASS AT THE FAIRPORT SENIOR
CENTER.....5:00PM.....(2nd Tues. of the month)JAN. 10**

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. Instructor: Connie Adams

**CRAFT CLASS.....6:00PM.....NO JAN. CLASS**

Cost is \$25.00/pp. This month's project TBD and will include all supplies. You **MUST PAY** when you sign up, so that there are enough supplies for everyone. Limit of 10 people.

BINGO BASH.....1PM.....JAN. 22

The Fairport Senior Center will be holding a Bingo Bash here at the Center. 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. Tickets are available now.

BOOK CLUB.....10:30-11:30AM.....JAN. 23

(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.....JAN. 24**

(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.

LONDON & PARIS PRESENTATION.....4:00PM.....JAN. 24

A Collette rep will be here to talk about and answer any questions you might have about this trip. Brochures will be available. Please sign up.

INCOME TAX ASSISTANCE..9AM-2:30PM...STARTING FEB. 3

AARP Tax Preparer Volunteers will be here starting February 3 (for EZ Form filers only this week) to April 14 from 9am to 2:30pm, **FRIDAYS only**. They will assist you in preparing your 2022 tax returns at no cost to you. **Appointments are a must & you may SIGN UP STARTING JAN. 3.** Please bring with you all your W-2's, 1099's, all forms indicating federal income tax paid, previous tax return 2021, and photo ID. If you are expecting a refund, you must have a voided blank check with account information. **If you need to cancel, please call in advance as we always have a waiting list.**



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

FAT TUESDAY DONUT DAY..... FEB. 21

Stop in for paczki to celebrate Fat Tuesday!

2023 MIND CHALLENGE TRIVIA TOURNAMENT

May 8-June 14, 2023..... 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!**



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

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



Christmas
2022





Happy New Year as we look forward to 2023!! It's all of you that make my job coming to work every-day so enjoyable. From my volunteers to everyone that walks in through the door, I thank you!

I appreciate the wonderful Christmas presents that I've received this month. Your generosity makes me feel so special. Thank you!

We had a wonderful turnout for our annual Christmas party. **Flavors on the Square** served a delicious meal, the entertainment was fantastic, and the company was the best.

In 2023 new classes will be added to our already busy schedule. This year we will have the **AARP Tax Preparation** back on Fridays at our Center to help you with your taxes. Sign-up begins on January 3. We are also offering a **Brain Health** class on the first Tuesday of each month (*except July*) starting January 3. Please sign up and take advantage of what these classes and others have to offer you.

Thank you to everyone that has paid their dues for 2023. I look forward to seeing you soon.

Love to all,

Chris



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 qualify 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 qualify.

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.

Lifeline 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.

Lifeline 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 Center if you are a Lake County resident & age 60 or older. 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. Laketran will NOT drive thru for the produce pickup.



CONGRATULATIONS to our new 2023 Board Members:**Dusty Staudt - Lois Orosz - Marti O'Gara**

Thank you to all who serve or have served on the Board, and for your dedication to the Senior Center.

Purple Heart Recipients...the *National Purple Heart Hall*

of Honor is pleased to provide you with information regarding enrollment in the *Roll of Honor* database. This database provides information about each Purple Heart recipient's story 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 Mike Haas for
Winning November's 50/50.

December'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:

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.

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.



Station Dinner
Theater



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.

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:

Jan. 23; Feb. 27

Mar. 27; Apr 24

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.



Greater Cleveland
Food Bank



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

NEW YEARS RESOLUTIONS TO TRY FOR 2023

1. Focus on a Passion, not the way you look
2. Work out to feel good, not thinner
3. Stop gossiping
4. Give one compliment a day
5. Go a whole day without checking your email
6. Do random Acts of Kindness
7. Read a book a month
8. Go someplace you've never been
9. Clear out the clutter
10. Reduce your waste
11. Volunteer
12. Write down one thing you're grateful for every night
13. Drink more water
14. Talk to yourself with kindness
15. Start a new hobby

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.

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
 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: _____

Please Print all Information

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

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**

Liles, Bernadine
Molesch, Denise
Pennock, Jean
Ricketts, Mary Ann

01/02

Bartone, Merle
Komendat, Ronald
LaBonne, Feroza
Mullen, Dale
Williams, David

01/03

Neroda, Ruth
Oberturf, Shirley
Sinn, Shirley
Smith, Sandy

01/04

Nied, Theodore
Pappalardo, Tena
Wayner, David

01/05

Bowling, Ruby
Brothag, Steve
Fix, Corrine
French, Janet
Landgraf, Sharon
Major, Greg
Polzer, Ruth
Prezioso, Joseph

01/06

Bockoff, Peggy
Greer, Helen
Keller, Brian
Major, Gladys
Mummey, Emily
Smith, Angela

01/07

Beno, Jean
Fielder, Tammy
Robb, Merle
Sarga, Eva

01/08

Defreeze, Delores
Goetz, Valerie
Hennessey, Sue

Salcius, Judy

01/09

Barbosky, Jeannie
Bracco, Tom
Mott, Jane
Roberts, John
Shook, Sheree
Takacs, Frank

01/10

Delzoppo, Elaine
Haase, Susan
Hamrick, Linda
Luthanen, Barry

01/11

Biller, Mary
Brys, Joe
Szollosi-Carsuo, Betty
Traffis, Brenda

01/12

Cleary, David
Fries, Shari
Gregory, Rachel
Kinkelaar, Elinor
Martin, Tom
Plageman, Daniel

01/13

Claar, Barbara
Crissey, Angela
Daly, Linda
Dimmick, Kirk
Dolan, Judy
Kolling, Patricia
Plageman, Judy

01/14

Beahon, Millie
Compton, Alberta
Herman, Janet
Kish, Sharon
Thompson, Tom

01/15

Leikala, Doug
Perz, Donna
Pike, Laurel
Zimmerman, Eva

01/16

Dascoll, Kathy
Kinsey, Jeffrey
LaBounty, Janine
Mason, Donna

Schwartz, Burton

01/17

Baldauf, Nanette
Jedd, Denise
Lindon, Bernard
Torkko, Diane

01/18

Aufdenberg, Suzanne
Brennan, Marian
Cross, Sharon
Hehr, Bruce
Tompkins, Annikki

01/19

Bertone, Tony
Petkosek, Phyllis
Sekki, Michael
Soptich, Mary Kay
Wainio, John

01/20

Fairbanks, Gary
Furmanek, Tom
Malone, Sally
Myers, Eleanor
Simmons, Jean

01/21

Cecil, Lee
Crissey, Norma
Orosz, Leslie
Stroth, Donna
Wuchte, Auggie

01/22

Balogh, Tim
Meivogel, Ralph
Nucciarone, Rita

Olix, Lindsay
Rudd, Eric

01/23

Andrews, George
Pappalardo, Helen
Slenski, William

01/24

Kovach, John
Randolph, Diana
Sechnick, David

01/25

Grisez, Sandra
Hanna, Sharon
Shelby, Sally

01/26

Cope, Diane

Fazekas, Stanley
Hanna, Marion
LaGanke, Paula
McCoy, Robert
Williams, Mae

01/27

Karchefsky, Connie
Saluk, Kathy

01/28

Blansett, Dee
Hammond, Erna
Karosy, Diane
McCullough, Linda
Mio, Buzzie
Pouewells, Joan
Slavick, Ed
Yeager, Bob

01/29

Adkins, Robert
Brown, Dan
Farrier, Loretta
Frey, Connie
McNaughton, Elizabeth
Perdan, Rudy

01/30

Box, Lois
Hewitt, Mary
Thomas, Mike
Wise, Liz

01/31

Kapostasy, Jim
Roberts, John

01/04

Denise & Joe Harding

01/08

Judy & Ron Brunsky
Sandy Cobb-Haynes
& Roger Haynes

01/10

Paula & Kenneth Lee

01/15

Donna & Fletcher
Milan

01/16

Joni & Richard Frank
Greta & Richard
Marchus

Joyce & Burton
Schwartz

Corrine & David Kile
Brenda & Ronald
Sessler

01/19

Marie Vanjo &
Kevin Jones

01/20

Elizabeth & James
McNaughton

01/21

Anna & Phil Almas
Darlène & Warren
Davidson

01/23

Janice & Tom Martin

01/27

Jane Kihorany &
Jim Luster

01/29

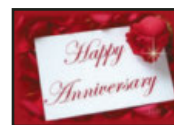
Susan & James Haase
Gail & James Lash

01/30

Darlène & Sid Rose

01/31

Kathy & Bob Morgan

**01/01**

Geri & Steve Wallace

01/02

Donna & Don Hall
Mary Pat & John
Wainio

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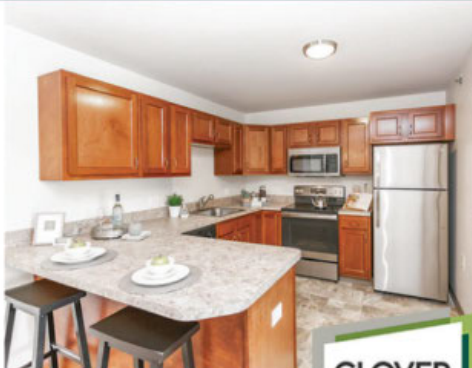
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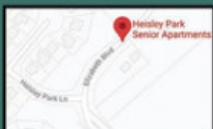
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14-1616

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1380 East Street
Fairport Harbor, OH 44077

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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

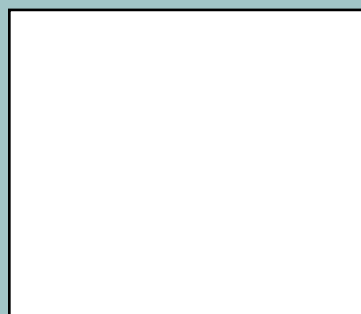
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