



# THE Harbor Connection

SERVING LAKE COUNTY SENIORS

FAIRPORT SENIOR CENTER

AUGUST 2023 VOL. 6, ISSUE 8

## WHAT'S INSIDE

Members.....	Pg 2
Weekly/Monthly Activities.....	Pg 3
Dinners/Arts/Crafts/Sewing.....	Pg 4
Health & Wellness/Support.....	Pgs 5, 12
Cards & Games/Music.....	Pg 6
Exercise Programs.....	Pg 7
Trips.....	Pgs 8-10
Happenings.....	Pgs 10-11
Chris' Corner.....	Pg 12
Misc/Food Resources....	Pgs 11, 13-14, 16
Center Guidelines.....	Pg 14
Mbrship Form.....	Pgs 15-16
BD/Ann.....	Pg 17
Advertisers.....	Pgs 18-20



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](#).



## 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:* Marty O’Gara & Connie Pachete  
*Secretary:* Dusty Staudt  
*Senior Ctr. Director:* Chris Yano  
*Trustees:* Joel Guthleben,  
 Lois Orosz, Charlie Palumbo,  
 and Chip Saalfeld

## 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](http://www.fairportseniorcenter.com)  
[www.mycommunityonline.com](http://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\*\*\*****231 NEW MEMBERS FOR 2023**

David Bartee  
Chuck Bennett  
Heidi Bernacki  
Susan Brainard  
Judith Cottle  
Debbie Doles  
Debera Douglas  
Ron Gliebe  
Donald Lombardy  
Mary Jane Lombardy  
Patti Lombardy  
Nancy Martin

Robin McNaught  
Dennis Measor  
Bob Myotte  
Gloria Roseman  
Robert Roseman  
William Schneeberger  
Jeanette Thompson  
Kathy Widner  
Sharon Zakrajsek

**GET WELL WISHES & THINKING OF YOU**

Dorothy Bowman  
John Burry  
Betty Caruso  
Norma Crissey  
Linda Daly  
Karen DeCola  
Pat Cool  
Judy Dolan  
Ann Fairchild  
Roseann Firestone  
Dan Fredrick  
Janice Hennessey  
Gail Hreha  
Jon Jacobson  
Helen Johnke  
Bob Jones  
Jack Karako  
June Karako  
Debbie King  
Eleanor Kinklaar  
Aileen Lampella  
Joan Lograsso  
John Lonczak  
Janice Martin  
Marie Martin  
Donna Mason

John Murphy  
Greg Nimmo  
Don Oinonen  
Lou Pachete  
Sharon Pealer  
Phyllis Petkosek  
Gerry Phillips  
James Reho  
Roger Renpro  
Art Root  
Grace Shupp  
Marilyn Simko  
Dee Tarantino  
Jane Voelker  
Minnie Walker  
Philomena Wheeler  
Sam Wright  
Linda Zapp  
Donna Zimnicki

**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.



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 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:**

Frank Arndt, Mary Bittner,  
Genevieve Borcas,  
Barbara Oresko, and Jerry Pollack

# WEEKLY & MONTHLY ACTIVITIES FOR AUGUST

3

## WEEKLY ONGOING ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY
Fitness Room 8:00am-5:00pm Watercolors 9:30am Arthritis Exercise 10:00am Golf Varies Beginning Drawing Class NOON Bingo 12:30pm Card Bingo 3:30pm Intermediate Drawing Class 4:00pm Line Dancing 6, 7 & 8pm	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 ( <i>Aug 2, 16, 23 &amp; 30</i> ) 9:30am Balance Class ( <i>Aug 9</i> ) 9:30am Hiking 10:30am Arthritis Exercise ( <i>Aug 2, 9, 16 &amp; 30</i> ) 11:00am Balance Class ( <i>Aug 23</i> ) 11:00am LCR & 31 12:15pm Bridge & Pinochle 12:30pm Stretching 5:00pm Bingo 5:30pm
THURSDAY	FRIDAY	SATURDAY
Fitness Room 8:00am-5:00pm Sewing 9:00am Tai Chi 9:00am Chair Yoga 10:15am Weights & Bands NOON Cribbage / Poker 1:00pm Euchre 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 Knitting NOON-2:00pm Mah Jongg NOON-4:00pm  <i>Office closed at 1:00 pm on Fridays</i>	

## MONTHLY ACTIVITIES

**ATTORNEY - DEBORAH LOUGHNER.....AUG. 28**  
**at 8:30am** (*4th Mon. of the month*) Attorney Loughner will now meet with you to discuss your legal needs such as a will, a trust, an estate, etc. An appointment is a must!

**FAIRPORT VILLAGE COUNCIL MTING.....AUG. 15**  
**AT 6:30PM** (*3rd Tues. of the month*)  
 Council meetings are open to everyone.



**BOARD MEETING.....AUG. 11**  
**at 10:00am** (*2nd Fri. of the month*) Board meetings are open to all members of the Center. Everyone is welcome to attend.

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

08/07 - Ham & Scalloped Potatoes  
 08/14 - Goulash  
 08/21 - Creamed Chicken over Biscuits  
 08/28 - Hot Dogs & Macaroni Salad

*All lunches include chips & a drink unless otherwise noted.*

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

**COFFEE WITH THE COPS.....AUG. 2**  
**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.

**COMPUTERS & TECH.....10:00AM..... TBD**  
 (*4th Sat. of the month*) Manav and Leena will be here for the last time to offer help with your iPad, laptops and cell phones. Manav leaves for college on August 9. Please call to make an appointment.

*Visits are scheduled every half hour.*

**RISQ TRIVIA.....AUG. 7**  
**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.



## DINNERS

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

♦ **PULLED PORK.....5-7PM.....AUG. 8**

This month we'll be having pulled pork, Marconi salad, baked beans, dessert and beverage. Entertainment will be provided by *The Big North Band* featuring *Highway Bill*. Tickets will be available July 12 & must be purchased by Aug. 4.

♦ **FRIED CHICKEN....5-7PM.....SEPT. 12**

The menu will be Fried Chicken, potato salad, corn, rolls, dessert & beverage along with entertainment. After dinner, if you would like to stay, we'll play card bingo. Tickets will be available Aug. 9 & must be purchased by **Sept. 1**. Please note that due to the holiday and other events, we must call our dinner order in early (*Sept. 1*).

## ARTS

**DRAWING/ART CLASS..... \$40 PER MONTH FOR 3 MONTHS**

➔ **Beginners - Mondays from Noon-2:00pm** (*started June 5*)

➔ **Intermediate - Mondays from 4:00-6:00pm** (*started June 5*)

*Please note that this class is not for beginners. Instructor: Len Thomas*

Each class will run for 3 months. Cost per month is \$40 & you must pay for classes monthly. Classes are limited to 10 students, so please sign up & pay when you register. A list of supplies for each class is available at the Center's office.

**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 &amp; SEW FORTH

**CRAFT-A-CARD (2nd Mon. of the month)**

**Aug. 14 from 12:00 - 2:00pm - [new time] \$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)**

**Aug. 22 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 1:00 - 4:00pm**

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.

**Fridays from Noon to 2:00pm**

Always wanted to learn to knit? Come in and join this fun group. Bring to class 1 skein of 4 ply yarn and a pair of #8 knitting needles and start knitting. Instructor: Nancy Brosokas

**SCRAPBOOKING****No Fee****Aug. 2 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****No Fee****Thursdays from 9:00am - NOON**

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.

**No Class Aug. 24 due to Book Club meeting here!**

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

**Cost is \$120/pp. New class starting August 19** which is designed to teach you straight cuts, inside & outside curved cut, grinding, foiling, soldering, & framing. Fee includes: instruction, use of specialized tools, practice glass, project glass, & a materials kit. Students must bring: scissors, a black & a silver sharpie, small needle-nose pliers, small wire cutter, a terry cloth dish towel, and 12" pizza box. Minimum 2; maximum 4. **Please pay \$50 when signing up to help with the cost of supplies. Make your check out to your instructor, Dusty Staudt.** **ONE opening available.**

*[Intermediate classes are available. Please call the Center for details.]*



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

## YOUR HEALTH

**BLOOD PRESSURE SCREENINGS.....10AM.....AUG. 16***(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.....AUG. 1**

*(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 - My Hearing Ctr. (Formerly Holly's Hearing) NO FEE****Oct. 11 from 10am-Noon****April 3 & Aug. 7, 2024**

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****Aug. 11 & 25 from 11am-2pm** *(the 2nd & 4th Fri. of the month)*

Our Massage Therapist is back for table massages!

Please pay when you sign up for your 15- or 30-minute session.

**PODIATRISTS**

**Dr. Ben** Aug. 9; Sept. 13 **\$25.00**  
Appointments start at 9:00am.

**Dr. Kelly** Aug. 23; Sept. 27 **\$25.00**  
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 Donna Bly at 440-567-0063 for more information.

**COUNCIL ON AGING'S COMMUNITY OUTREACH SOCIAL WORKER.....10:00-11:00AM.....AUG. 9**

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 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)*



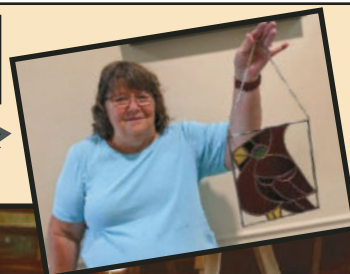
This month's Showcase  
Display courtesy of  
Knova Wooten



New masterpieces!

Another stained glass  
graduate, Josie Katler!

Recent wine trip



## CARD &amp; 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 5:30 - 8:15pm**

**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 - 4:00pm**

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.....MONDAYS

We'll meet at the locations below:

Aug. 7 @ 10:00am - Madison C.C.

Aug. 14 @ 10:00am - Erie Shores

Aug. 21 @ 10:00am - Green Ridge

Aug. 28 @ 10:00am - Pine Ridge



Please let Dusty know by prior Friday if you can't make it to Monday's game so that the rosters will be right and we can get started on time.

## 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 1:00 - 4:45pm**

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 &amp; 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**



The Fall league will start the week of September 11 and will cost \$10.00/pp. Teams are forming now. Please sign up to be put on a team or make your own 2-person team. If you have never tried it, come in, and someone here is always willing to teach you how to play. Keep practicing!

## WII GOLF

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

**Fridays - Closed for cleaning**

CORNHOLE (*NEW*).....DAILY

The weather is nice so come on out and try your hand at a game or two. We have everything for you to play.

## 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 @ 10:00 - 11:00am [One class only—new time]****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 Aug. 9 from 9:30-10:30am to teach different exercises for balance. He will also be here on Aug. 23 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. Instructors: Dick Rodstrom, Monday & Wednesday's early class; Bob Wayner, Wednesday's 11:00am class.

## 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**

Meet at the site below at 10:30am. We'll usually be walking in the woods for 45 minutes to 1 hour for 1-2 miles on uneven terrain, so make sure you dress accordingly (*comfortable shoes*), use bug spray, and bring water. In case of inclement weather, call the Center to see if the hike is cancelled. Please sign up at the Center.

**Aug. 2, 9, 16, 23 & 30 - Lakeshore Reservation, Perry***Please call the Center if you need directions.*

## 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 &amp; 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. Instructors: Dale Kerver on Thursdays & Nick Vaccariello on Tuesdays.

## 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

#### Coming in 2024

**Funny Girl (Connor) .....March 2024**

**Company-Smash Hit (Connor) ..... April/May 2024**

**Michael Jackson Musical (Connor) .....July/Aug. 2024**

#### More information to come!

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



### LANCASTER SHOW GETAWAY.....AUG. 2-4

**Cost is \$539.00/pp or until sold out.** Trip includes RT transportation; 2 nights stay in Lancaster, 5 meals, 3 shows—"MOSES" at the one-of-a-kind *Sight & Sound Theatre*, "Magic & Wonder Show" and "Jukebox Jive," ride on the Strausberg railroad with lunch in the dinner train. Don't miss out on the *Bird-In-Hand* market & so much more. For more information & reservations, please call John Roberts at 440-346-6060.

### PITTSBURGH TOUR.....AUG. 10

**Cost is \$142.00/pp (tip is included) or until sold out.** Ride the incline; have lunch (included) at the 5-star *LeMont Restaurant* atop Mt. Washington; & take a sightseeing riverboat cruise. Please sign up now & **select your choice of meal.** Make your check out to **Great Day! Tours.** The bus will leave the Center at 8:30am and return approximately 7:15pm.

### THE LINCOLN HIGHWAY/BUY-WAY GARAGE SALE.....AUG. 11

**Cost is \$49.00/pp or until sold out.** Calling all "Yard and Garage Sale" enthusiasts to see The World's Longest Garage Sale as it passes through OHIO! What makes this trip so fun is the Treasure Hunt and in not knowing what you will find that you can't live without! We'll work our way searching sales yards, churches, community parks, town centers, and more. We'll wander from one place to the next, and we'll stop for lunch (on our own) near Wooster, OH. *This trip is best for people who are REALLY FLEXIBLE in a group setting.* We'll depart the Center at 7:00am. **Please make your check out to JKL Tours.** (Strenuous walking)

### FLIGHT 93 NAT'L MEM. EXPERIENCE.....AUG. 23

**Cost is \$49.00/pp or until sold out.** We'll visit the site of the *Flight 93 National Memorial* in central PA. Please sign up now and make your check out to **JKL Tours.** This trip will go with *Mayfield Village.* The bus will leave the Center at TBD.  
**[6 or more people are needed in order for this trip to go. Pls sign up ASAP.]** (moderate to strenuous walking)

### CASINO TRIPS

**\$20.00/pp**



**\*MGM in Northfield.....Aug. 9**

*\*( \$20 Slot play & \$5 food, if 20 or more)*

**Jacks Casino Downtown.....Sept. 13**

*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](http://www.beforeyoubet.org))*

### MEN & WOMEN WHO WINE

**Michael Angelo's Winery in Richfield.....Wed. Aug. 16**

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

**Harbor Halycon in Ashtabula Harbor.....Wed. Sept. 20**

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

*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!***





**CLEVELAND GUARDIANS.....AUG. 24**

**Cost is \$49.00/pp or until sold out.** Come cheer on the  *Cleveland Guardians* vs the *LA Dodgers* at Progressive Field with your friends from the Senior Center! Price includes a ticket, transportation, & a box lunch (*hot dog, chips & drink—subject to change*). Please pay when signing up. The bus will leave the Center at 11:30am. Make your check out to **Fairport Senior Center**.


**MALTZ MUSEUM.....AUG. 31**

**Cost is \$20.00/pp or until sold out.** Holocaust Survivor Stanley Bernath will come to life again on the museum's stage. In this intimate and unique experience, you will hear his story and be able to ask questions which will be answered through artificial intelligence. Afterwards we'll have a self-guided tour of the *Maltz Museum*, learning of Jewish history and heritage. Lunch (*on your own*) will be at *Corky & Lennys* after the tour. We'll depart the Center at 9:00am. **Please make your check out to Fairport Senior Center.**

**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. Make your check out to **Diamond Tours**.

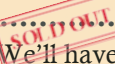
**The balance of the trip is due now.**

 **The trip meeting will be held on August 25 at 9:00am. Please plan to attend this important meeting to receive your itinerary and luggage tags. If you are unable to attend, please make other arrangements.**

**MYSTERY TRIP #3 (NEW).....SEPT. 6**

**Cost is \$99.00/pp or until sold out.** We'll visit an out-of-the-way area that has a lot to offer with surprising history, secrets & charm. You will need a sense of adventure, a good sense of humor, and very comfortable walking shoes. Lunch is included. Please sign up now and make your check out to **JKL Tours**. This trip will go with *Mayfield Village*. Please see notice below about pickup. (*moderate walking*)

**LADY CAROLINE LUNCH CRUISE.....SEPT. 22**

**Cost is \$55.00/pp or until sold out.**  We'll have a lunch cruise on Lake Erie while aboard the new ship "Lady Caroline". Limited seating, so please sign up early. When signing up you must pay to hold your seat. We'll depart from the Center at 10:15am. Steps are required on the ship. Make your check out the **Fairport Senior Center**.

**MODEL RR MUSEUM & TRADING POST.....SEPT. 28**

**Cost is \$15.00/pp or until sold out.** We'll head to Middlefield to visit the largest family-owned 3-rail layout in the US; afterwards, we'll have lunch (*on your own*) at 2pm at *Mary Yoder's*. Please sign up now and make your check out to **Fairport Senior Center**. Board at Fairport 10:30am & Madison at 11:00am. Limit of 10 spaces per Center.

**LONDON & PARIS.....w/ Collette Tours.....Oct. 4-12**

**Cost is \$4,499/pp (dbl. occ.) or until sold out.** Five more seats have been added. Brochures are available at the Center.

**WORKING AMISH FARM LUNCHEON..... OCT. 6**

**Cost is \$30.00/pp or until sold out.** We'll visit the Miller Residence in Burton, Ohio for an Amish lunch. Please sign up now and make your check out to **Fairport Senior Center**. Board at Fairport 10:30am & Madison at 11:00am. Limit of 10 spaces per Center.


**CLE MUSEUM OF NATURAL HISTORY.....OCT. 25**

**Cost is \$17.00/pp or until sold out.** We'll visit the *Natural History Museum* and you can walk over to the (*free*) *CLE Art Museum* time permitting. The bus will leave the Center at 9:15am and will pickup at 2:00pm to return to the Center. Lunch will be on your own. You may sign up now. Make your check out to **Fairport Senior Center**.

**NAT'L VETERANS MEMORIAL & MUSEUM, MOTTS MILITARY MUSEUM..... OCT. 26**

**Cost is \$123.00/pp or until sold out.** We'll visit the *Nat'l Veterans Memorial & Museum*; lunch (*included*) at *Schmidt's Restaurant* in German Village; & visit *Mott's Museum*. Please sign up now and make your check out to **Great Day! Tours**.



 **NOTICE:** With 10+ paid customers, *JKL Tours* will pick up at the Center; otherwise, pick up will be at **St. Bartholomew Episcopal Church, 435 SOM Center Rd., Cleveland, OH.** Thank you for your understanding!

**"A VERY MERRY POPS" CHRISTMAS CONCERT  
With JKL.....Nov. 26**

**Cost \$104.00/pp or until sold out.** Kick-off your holiday season with the annual Christmas concert performed by the *CLE Pops Orchestra* at the *Connor Palace*. Afterwards, we'll have dinner at the historic *Windows on the River*. This trip has become an annual tradition for many and sells out quickly, so sign up and pay today to reserve your seat. Please make your check out to JKL Tours. The bus will leave the Center at 12:30pm and return about 7:00pm.

**JOHN ROBERTS' TRIPS**

16th Annual Slot & Show Day Getaway.....Aug. 16  
Atlantic City Summertime Fling.....Sept. 18-21  
Alaska Cruise.....Sept. 30-Oct. 8  
Biloxi & New Orleans.....Nov. 12-18  
A Michael Buble Christmas Show.....Nov. 29  
Nashville Holiday Getaway.....Dec. 4-9  
Seneca Allegheny Holiday Casino Getaway.....Dec. 12-14  
Caribbean Cruise.....Jan. 28-Feb. 9, 2024

*For information and reservations,  
please contact John Roberts at 440-346-6060.*

**2024 TRIPS**

**MEMPHIS W/DIAMOND TOURS.....APRIL 29-MAY 4, 2024**

**Cost is \$840.00/pp (dbl. occ.) or until sold out.** Trip includes RT motorcoach; 6 days & 4 nights lodging; 8 meals; admission to *Graceland* (home, airplanes & car museum); guided tour of Memphis; free time on *Beale Street*; admission to *Sun Studio*; admission to *Memphis Rock 'N' Soul Museum*; and gaming at Memphis area casino. You may sign up now. Travel insurance is available & recommended. Flyers are available at the Center.

**ALASKA DISCOVERY LAND & CRUISE TOURS WITH  
SHORELINE CHARTERS & TOURS.....JULY 25-AUG. 5, 2024**

**Cost is double occupancy \$5,899/pp Inside room; \$6,199/pp Oceanview room; and \$7,199/pp Balcony room or until sold out.** Trip includes RT air, 5 day land package & 7 night cruise aboard the *Norwegian Jewel*. Highlights included on the land tour: *Deluxe Dome Railway*; *Tundra Wilderness Tour*; *Iditarod Sled Dog Kennel*; and *Alaska Wildlife Center*. You may sign up now. Deposit of \$575/pp is due at sign up. Make your check out to **Shoreline Charters & Tours**. Travel insurance is available & recommended. Flyers are available at the Center. These are going fast, so book now. Limited space. Final payment is due February 1, 2024.

**HAPPENINGS**

**MEDICARE CHECKUP.....BY APPT..... WEDNESDAYS**

Lorna Curtiss, our *OSIP* volunteer will be available on Wednesdays, by appointment, to help you with all of your Medicare needs. Please call the Center to make an appointment today. *No fee.*

**BINGO BASH.....1:00 - 3:30PM.....AUG. 6**

**The Fairport Senior Center will be holding a Bingo**



**Bash. Doors will open at Noon.** Tickets are \$10 and includes bingo cards for 20 games and dauber. Extra sets are \$10. Refreshments will be available for purchase. Avoid waiting in line—tickets are available at the Center now!

**ACRYLIC PAINT CLASS AT THE FAIRPORT SENIOR  
CENTER.....5:00PM.....(2nd Tues. of the month) .....AUG. 8**

**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



**JEWELRY MAKING CLASS.....2:15PM.....AUG. 15**

**(3rd 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.

**BOOK CLUB.....10:30-11:30AM.....AUG. 24**



**(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.

**POP-UP LIBRARY.....11:00AM-1:00PM.....AUG. 30**

The *Fairport Harbor Public Library* will be back with their pop-up library to our Center. You can pick out a free book to keep, ask questions about technology and digital collections, apply for a library card, sit and read, play a game, try a craft or activity, or explore featured items. If you call them ahead at 440-354-8191, they can bring your items on hold for pickup. You may also return library items when they are here at the Center.





### SENIOR CENTER OPEN AT LOST NATION GOLF COURSE 8:15AM CHECK-IN WITH 9:00AM START.....SEPT. 1

**Cost is \$42.00/pp.** Open to All Lake County Seniors, 55 and older. Pre-register 4-person teams.. Can't come up with a foursome? We will set you up with a team. Includes 9 holes of golf, cart, donuts, lunch, beverages, door prizes, raffle baskets, and awards. New this year, we will have hole sponsors. Sign-up now.

### 9/11 REMEMBRANCE.....9:00AM.....SEPT. 11



Once again we will be holding a **9/11 Remembrance** with special recognition of our own "First Responders" (*Firemen & Police Officers*). We encourage all members and first responders' family members to come and show their support and appreciation for all they do to keep us safe and secure. Light refreshments will be served.

### FALL PANCAKE B'FAST.....9AM-NOON.....SEPT. 16 at the Kirkland Senior Center, 7900 Euclid Cardon Rd.



"Support Our Seniors" (SOS) is holding our **5<sup>th</sup> Annual Pancake Breakfast** to help support senior services such as meals on wheels, social work services, senior centers, etc. Presale tickets are \$10 for adults; \$5 for children (*12 & under*), and can be purchased in advance or at the door. Tickets are available at our Center now. Tickets at the Door are \$12 for adults; \$5 for children (*12 & under*). Dine-in only.

### SR CITIZENS JOB & RESOURCE FAIR..10AM-NOON..SEPT 22

Plan to attend this fair at our Center to meet with local employers to learn about their senior friendly full-time, part-time, permanent, temporary, seasonal, and flexible opportunities. Senior Citizen focused resources and organizations will also be onsite to discuss programs and services. This event is sponsored by *OhioMeansJobs/Lake County*.

### PET FOOD GIVEAWAY.....SEPT. 25



*Paws with Purpose* will be distributing cat and dog food to pet owners at our monthly produce distribution on Sept. 25.

### CRAFT FAIR & CHINESE AUCTION.....NOV. 4 10:00am to 3:00pm.



If interested in reserving a table, please call the Center. A 6-ft. table is \$10. If you need electricity, please make sure that you mark it on your application.

We will be making our baskets soon! If you would like to donate to our Chinese Auction, please bring a new item to the Center. We are also accepting gift card(s), so that we can make a gift card tree to auction off.

**Thank you for your support!**

### VETERANS DAY REMEMBRANCE...NOON....NOV. 17



As in past years, the Center will be recognizing the sacrifices of those who have served or are now serving in all branches of the service. If you have a veteran living or deceased that you would like to be recognized, please sign them up at the front desk or call the Center at 440-354-3674. We will need to know their name, branch of service and when they served. Light refreshments will be served. Please sign up early! Thank you!

### A MATTER OF BALANCE.....TBD

This award winning program is designed to reduce the fear of falling and increase activity levels among older adults. If you are interested in attending the next session of eight *A Matter of Balance* classes, please sign up now to reserve your space. Classes fill up fast. Dates and times to be determined. *No fee.*



July's Luau Dinner







It's been a wonderful July so far as the Senior Center won first place in the **Mardi Gras** parade. Thank you to Dusty Staudt for all your hard work on this float! Thank you to Dave Deck and Cindy Trench for volunteering to tow the float. And thank you to the volunteers that walked/rode in the parade. We will also be in the **Lake County Fair Parade**.

We were well represented at the **Madison Pool Tournament** as our very own Bob Remington won first place. Perry Senior Center had a **Pinochle Tournament** and our Bob Wrana won first place. Our Terry Wodarski won the golf cart raffle at the Mardi Gras with a ticket purchased from our Center. She has generously donated her prize to the **Fairport Harbor Police Department**. Congratulations to all!!

As we begin the dog days of summer, the Senior Center is staying busy with trips, classes, and so much more. Come in and join your friends and stay cool at the Center. We'll have pulled pork at our August dinner with entertainment by THE BIG NORTH BAND! Get your tickets early at the Center.

We are sold out for both the **Guardians** game and the **Lady Caroline** cruise. I will try to book another cruise in October. When signing up for trips, remember you must pay in order to hold your seat.

When coming to the Center and signing in, don't forget to scan your card and check ALL the events that apply to you for that day. This is very important as our numbers matter! Once you have selected all of your events, remember to hit the FINISH BUTTON.

Next month, we will be getting our new windows for the front of our building. Thank you to the **Lake County Commissioners** for our building upgrades.

Hope to see you soon!

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](http://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 \$29,160 for one; \$39,440 for two; etc. Applications for both programs are available at the Center. Please check to see if you qualify.

### Lake County Phone Pal is a program for adults 60+.

Enjoy a friendly chat with a phone pal twice a week to help reduce loneliness. Must meet financial criteria & reside in Lake County. Please call 440-350-2020 for a referral and additional information. Sponsored by the *Lake County Board of Commissioners*.

### Helping Hands for Seniors is a program for seniors who

are 60+ that will help them with minor repairs, outside maintenance, tech services and in-home services. Must meet financial & nonfinancial criteria & reside in Lake County. Please contact Andrea Johnson at 440-354-2148 ext. 207 for additional information. Sponsored by *Lifeline*.

### 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.



**Don't forget...**we're a cooling center! So come in from the heat, read a book or just enjoy the company of friends...we're here to keep you cool!

### 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.

**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 & 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. We are also collecting **EYE GLASSES** for the *Lions Club of Painesville*.

**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.

**MEDICAID REDETERMINATIONS**

Starting April 1 thru May 2024, Ohio will be starting the recertification process for Medicaid members which can end coverage for individuals who are no longer eligible. This process was paused in early 2020 due to the COVID-19 public health emergency. Now may be the time to renew your Medicaid coverage so you don't risk losing it. Vesna with *HAAS Healthcare Solutions* is available to meet with you one-on-one to discuss your healthcare options. Please call the Center for an appointment.

**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](http://www.mycommunityonline.com)

(formerly [ourseniorcenter.com](http://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.**

**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 Janice Mahoric for Winning June's 50/50.

**August's 50/50 raffle tickets are on sale now.**



**2023  
Mardi  
Gras  
Parade**



**Our 2023  
Senior of  
the Year --  
Dusty  
Staudt**



**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:

**Aug. 28;** \*Sept. 25  
 Oct. 23; Nov. 27

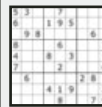
\*Plus Pet Food  
 Giveaway Sept. 25

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.**

**Congratulations to Bob Remington for being the winner of the 2023 Madison Senior Pool Tournament.**



Want to learn how to do Sudoku puzzles? Palma Bunting is available on Wednesday afternoons to teach you how to solve them. This is a great exercise for your brain. Please call the Center to set up an appointment. *No fee.*



Custom one-of-a-kind new stained glass window made by Dusty Staudt. We will raffle it off at our Chinese Auction on Nov. 4 at 3:00pm. This window is available for viewing at the Center's office. Raffle tickets are available at the Center for \$5.00 each.

**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. This includes the equipment in the exercise room. 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. By signing the front of this membership form, you agree to assume all risks and agree to these terms.
2. 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.**

Please refer to the full Waiver/Release form located on the Center's bulletin board at all times.

07/14/2023 rev.



### WAYS TO AVOID A LIFE-CHANGING FALL

Advances in healthcare and other technology are increasingly allowing aging Americans to live longer at home. However, many are unable to continue to do so once they take a serious fall at home. The following steps can be taken to prevent debilitating falls from ever taking place:

- **Recognize Your Risk.** Various health issues, medications, alcohol, or dehydration may increase your risk for a fall. Being aware helps you prepare.
- **Optimize Your Health.** Take responsibility for staying as healthy and fit as possible by remaining active, drinking enough water, limiting alcohol, avoiding smoking, and eating a healthy diet with plenty of calcium and vitamin D
- **Fall-Proof Your Home.** Walk through your home to identify and fix any possible dangers. You can find great resources for this in the AAOS and Orthopaedic Trauma Association Falls Awareness and Prevention Guide (<https://www.orthoinfo.org/globalassets/pdfs/aaosfallprevention.pdf>).
- **Wear the Right Shoes.** Limit footwear to well-fitting, low-heeled shoes or slippers with rubber or other non-skid soles. Also watch for untied shoelaces. *(Courtesy of BPT)*

**08/01**

Boggs, Kathy  
 Crews, Patricia  
 Jacobs, Sandra  
 Kolesar, Robert  
 Moore, Ardith  
 Mullins, Rusty  
 Simko, J. William

**08/02**

Allred, Judith  
 Holbrook, Patricia

**08/03**

Elliott, Judith  
 Kihorany, Mary  
 Morich, Anita  
 Swain, Ronald

**8/04**

Bailey, Richard  
 Hickey, Carol  
 Lising, Tracy

**08/05**

Harrison, Lori  
 Johnson, Kathleen  
 Kapostasy, Mary Ann  
 Molesch, Eb  
 Murphy, Sherie  
 Nasca, Yvonne  
 Randa, Myrtle  
 Tarantino, Dee

**08/06**

Babuder, Alma  
 Crofoot, Joanna  
 Fulmer, Peggy  
 Painter, Lori  
 Yates, Betsy

**08/07**

Bures, Becky  
 Renpro, Roger  
 Snyder, Albert  
 Stowe, Anthony

**08/08**

Bonelli, Michael  
 Egbert, Cassandra  
 Hites, Linda  
 Neil, Barbara  
 Cobb-Haynes, Sandy  
 Curtiss, Lorna  
 Elsing, Mary  
 McGarry, Shirley  
 Whitehouse, Sandy

**08/10**

Albright, Cecelia  
 Pollack, Marlene

Potter, Debbie  
 Spencer, Harry  
 Vilcheck, Linda

**08/12**

Crowl, Ida  
 Fakult, Gloria  
 Reed, Brandy  
 Riley, Kathleen  
 Stropki, Rosemary  
 Vohe, Judy

**08/13**

Miller, Michele  
 Shelton, Deborah

Zavrl, John

Zill, Sue

**08/14**

Houston, Betty  
 Keller, Mary Sue  
 Petty, Randolph

**08/15**

Connell, Joseph  
 Craig, Buster  
 Gable, Mary  
 Kallay, Linda  
 Liles, Jack  
 Wachelin West, Nancy  
 Wilson, Kathleen

**08/16**

Findlay Jr, Thomas  
 Kuhn, Mary Ann  
 McGuire, Jack  
 Nemeth, Loretta

**08/17**

Bollas, Ann Marie  
 Devorsky, Chris  
 Dunn, Betty  
 Hakola, David  
 Jones, Andrea  
 Petrino, Joanne

**08/18**

Beech, Roger  
 Elsing, Grant  
 Holtz, Marilyn  
 Petkosek, Linda  
 Plickert, Tom

**08/19**

Chambers, Shelby  
 Cogan, Judy  
 Grisard, Barbara  
 Linsky, MaryJane  
 Melvogel, Virginia  
 Redenshek, Janice  
 Wajnar, Michael  
 White, Gloria

**08/20**

Collett, Rita  
 Cope, Linda  
 Gregory, Virginia

Lanham, Carrie  
 Perdan, Charlotte

**08/21**

Danolfo, Deborah  
 Frankowski, Susan  
 Palmer, Connie  
 Pohto, Anne

**08/22**

Call, Jaye  
 Lucrezi, Maggie  
 Miranda, Maria  
 Shiffler, Pip

**08/23**

DeMarco, Mike  
 Durochik, John  
 Galla, Marjorie  
 Kondik, Janice  
 Mauk, Denny

**08/24**

Brunsky, Ron  
 Fishleigh, Karen  
 Senter, Char  
 Sporcic, Maria  
 Sullivan, Darlene

**08/25**

Atwell, Mary Jean  
 Brennan, Betty  
 Martin, Ronald  
 O'Connor, Margie

**08/26**

Dombrowski, Lillian  
 Enos, Diane  
 Henderson, Ellie  
 Jaffe, Jerry  
 Komendat, Vivian  
 Lee, Paula  
 Silvi, Elizabeth

**08/27**

Cawley, Jackie  
 Jacobson, Jon  
 Maczuzak, Mary  
 Rosario, Nereida

**08/28**

Grund, Louis  
 Ross, Patricia  
 Smith, Sue  
 Zampini, Maria

**08/29**

Brush, Jean  
 Farkas, James  
 Miller, Dennis  
 Zgela, Helene

**08/30**

Egbert, Ronald  
 Fazekas, Beth  
 Hecker, Allen  
 Simmons, Michelle  
 Thompson, Jayne

**08/31**

Ebbert, Susan  
 Kocsis, Sandy  
 Leiby, Betty  
 Martin, Carla  
 Miller, Lee  
 Unterwagner, Patricia

**08/01**

Mary & James Greig  
 Jane & John Krehel  
 Marilyn & William  
 Simko

Lorinda & Alan Wilder

**08/02**

Sharon & Terry Boerner  
 Wanda & Jerry Chop  
 Lori & Dale Strickland

**08/03**

Linda & Larry Legg

**08/04**

Heide & Jack McGuire

**08/05**

Ronnie & George  
 Novotney

**08/06**

Wanda & Kirk Dimmick  
 Connie & Lou Pachete

**08/07**

Angela & Dave McVicker

**08/08**

Annette & Bob

Babrauckas

Kathleen & Timothy Riley

Vickie & Merle Robb

Donna & Bill Stroth

**08/09**

Trish & Ernie Van Allen

**08/10**

Loretta & Larry Farrier

**08/11**

Jackie & John Cawley

Janice & David Williams

**08/12**

Cathy Beard & Gretchen  
 Wagner

Madeline & Lewis

Andrews

Cathy & Niles Oinonen

**08/13**

Kathleen & Thomas

Cunningham

**08/14**

Rita & Garnett Collett

**08/15**

Izetta & John Bramley

**08/16**

Maggie & Thomas Alanen

Lola & Dennis Meek

Deborah & Larry Shelton

**08/17**

Mary Ellen & Dennis

Miller

**08/18**

Mary Jo & Tony Bertone

Karen & Mike Bidlack

Pat & Bill Butler

**8/19**

Dorothy & George

Grether

**08/21**

Sue & William Brachat

Karen & Robert McCoy

Barbara & Leon

Underwood

**08/22**

Carol & Tony Bertone

Donna & John Perz

Marianne & Robert

Rosplock

**08/23**

Sally & Scott Hribar

Jayne & Tom Thompson

**08/25**

Eleanor & Roger Beech

Judi & Tom Chabola

Carol & Jerry Popp

**08/26**

Sarah & Daniel King

Laura & John Lonczak

Nancy & Tom Plickert

**08/27**

Pip & Tom Shiffler

**08/28**

Judy & Dan Cogan

Paula & Chuck LaGanke

Anita & Peter Sullivan

**08/29**

Debbie & Bob McCall

**08/30**

Debi & Dan Brown

Donna & David Burns

Elda & Andy Pillar

**08/31**

Joyce & Joe Evanchick

Connie & David Ness



# Heartland

Of Mentor

*Your Best Way Home*

## Care Settings

OUTPATIENT REHABILITATION

MEDBRIDGE: DEDICATED SHORT-TERM CARE UNIT

LONG-TERM CARE

In-house Nurse Practitioner • In-house Physiatrist

Private Rooms Available • Specialized Therapy equipment • Wound Care Program

*Individualized post-hospital skilled nursing care in a comfortable environment.*

*Smoother and safer transition throughout your recuperation.*

**PHONE 440-256-1496**

8200 Mentor Hills Drive, Mentor, OH 44060

Email [Mentor@heartlandnursing.com](mailto:Mentor@heartlandnursing.com)

*Looking For More Information?*

Visit Our Health & Wellness Resources Page at

**[www.heartland-manorcare.com/mentor](http://www.heartland-manorcare.com/mentor)**



Monthly Medicare 101 Educational Event w/meal. See website for details.

**Ginny Calvey**

Independent Insurance Broker

**440.223.5437**

[ginny@healthcarehelp.shop](mailto:ginny@healthcarehelp.shop)  
[www.healthcarehelp.shop](http://www.healthcarehelp.shop)

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer. Please contact Medicare.gov or 1800Medicare to get information on all your options.



Think Madison Healthcare

**(440) 428-1492**

**Kay Edeh**

7600 South Ridge Road,  
Madison OH

[NEdeh@ehmadison.net](mailto:NEdeh@ehmadison.net)

## JOHNSON Funeral Home

- Pre-planning Resources -

The primary advantages of pre-arranging your funeral is to relieve the burden on your loved ones and to ensure your funeral is carried out according to your wishes.

Funeral and Cremation Service Options

**440-357-7544**

368 Mentor Avenue, Painesville

[www.johnsonfuneralservices.net](http://www.johnsonfuneralservices.net)



**Private Room**

**Physical, Occupational  
and Speech Therapy**

**Skilled Nursing**

8151 Norton Pkwy.  
Mentor, OH 44060

**440.299.5500**

[www.Mentor-Ridge.net](http://www.Mentor-Ridge.net)

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

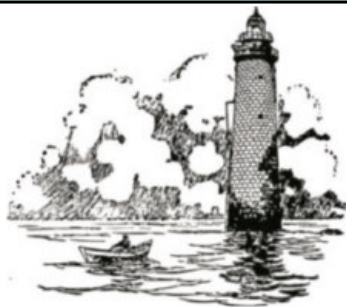
**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**WE APPRECIATE OUR  
ADVERTISERS!**

They allow us to print  
this bulletin. Thank you!



## The Fairport Harbor Senior Center Board

would like to thank all our members for your  
continuous support throughout the year!

We appreciate all our sponsors who advertise and  
provide the newsletter free to all our members.

***Please continue to patronize our advertisers who support our newsletter!***



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1616

**NOW  
PRE  
LEASING!**

# HEISLEY PARK SENIOR APARTMENTS

PAINESVILLE'S NEWEST 55+ COMMUNITY

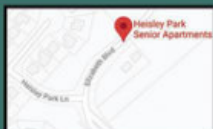
**ALL UTILITIES  
INCLUDED:**  
ELECTRIC  
HEAT  
WATER  
GARBAGE  
CABLE TV  
WIFI INTERNET

Washer/Dryer  
in every unit  
Smoke Free

24 Hour Emergency  
Maintenance



**CLOVER  
COMMUNITIES**



1386 ELIZABETH BLVD  
PAINESVILLE, OH 44077  
**440-364-8740**

# SPEAR MULQUEENY Funeral Homes

"Serving the Community  
Since 1922"

Jay Mulqueeny

(440) 357-7514 • Painesville – Fairport Harbor

[www.spear-mulqueeny.com](http://www.spear-mulqueeny.com)

**CHANGING  
THE WAY  
YOU RECEIVE  
HEALTHCARE**

Our dedicated care team provides a family-like environment you can call home.

We Offer:  
SHORT TERM CARE • LONG TERM CARE • PHYSICAL THERAPY • WOUND CARE  
OCCUPATIONAL THERAPY • SPEECH THERAPY • ORTHOPEDIC REHAB

Island Only  
CARDIAC REHAB

Kirtland Only  
MEMORY CARE

**LakeMed**  
PAINESVILLE, OHIO 44077  
(440) 337-1337 • lake-med.com

**KIRTLAND**  
1400 KIRTLAND BLVD., KIRTLAND, OH 44020  
(440) 334-8888 • kirtlandmed.com



**FREE  
AD DESIGN**  
with purchase  
of this space

**CALL 800-477-4574**

**GOT MEDICARE?  
GOT MEDICAID?  
GET MORE BENEFITS!**

**Robin Craig**

Licensed Agent



[medicareohio4you.com](http://medicareohio4you.com)

[robin@medicareohio4you.com](mailto:robin@medicareohio4you.com)

**440-897-0101**

Available  
Nights and  
Weekends  
Too!



## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME  
Jayne Pandy**

[jpandy@lpicommunities.com](mailto:jpandy@lpicommunities.com)

**(800) 477-4574 x6401**

**THIS SPACE IS  
AVAILABLE**



*Best Marina in Lake County!*  
Reserve Your Boat Dock Today!

**440-346-2031**

[www.hiddenharbormarina.net](http://www.hiddenharbormarina.net)

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized  
Provider

SafeStreets

**833-287-3502**



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1616



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

Non-Profit Org.  
US Postage  
Paid  
Fairport Harbor, OH  
Permit #149

**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

Dated Material: Must be delivered by the 1st of the month.  
**AUGUST** Newsletter

Or Current Resident



If 2023 is not listed on your address  
label, then your 2023 dues  
have not been paid. →

Mailing Label

"Your Comfort Is Our Concern"

RELIABLE HEAT & AIR CONDITIONING

**440-352-0974**

St. Lic# 20463

Real Estate Services

Marietta Lipps • **440.346.5601**  
marietalipps@howardhanna.com

Jim Perry • **440.567.1386**  
jimpery@howardhanna.com

"I'm Grateful."

Don't react to your care needs...  
**Take action to achieve a true Full of Life™ experience.**

We invite you to hear our experts speak to the 5-Diamond advantages of a senior wellness lifestyle with security and affordability today!

**VISTA SPRINGS**  
Assisted Living | Memory Care

*Quail Highlands*

7960 Auburn Rd. | Concord Twp., OH 44077  
(440) 867-9100 | VistaSpringsLiving.com

Come see why we are the Cleveland area's Senior Living Leader!

**health markets.**

3104 Hubbard Road  
Madison, OH 44057  
**(440) 983-4203**

**Health | Medicare | Life  
Small Group | Supplemental**

**Joanie Keehn**  
Licensed Insurance Agent

HEALTHMARKETS INSURANCE AGENCY INC. IS LICENSED AS AN INSURANCE AGENCY IN ALL 50 STATES AND THE DISTRICT OF COLUMBIA. NOT ALL AGENTS ARE LICENSED TO SELL ALL PRODUCTS. SERVICE AND PRODUCT AVAILABILITY VARIES BY STATE. SALES AGENTS MAY BE COMPENSATED BASED ON ENROLLMENT. NO COST OR OBLIGATION TO ENROLL. DISCLAIMER: WE DO NOT OFFER EVERY PLAN AVAILABLE IN YOUR AREA. ANY INFORMATION WE PROVIDE IS LIMITED TO THOSE PLANS WE DO OFFER IN YOUR AREA. PLEASE CONTACT MEDICARE.GOV OR 1-800-MEDICARE TO GET INFORMATION ON ALL OF YOUR OPTIONS.

**WE'RE HIRING!**

**AD SALES EXECUTIVES**

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

• Paid training • Some travel  
• Work-life balance  
• Full-Time with benefits  
• Serve your community

Contact us at  
careers@4lpi.com or  
www.4lpi.com/careers



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1616