

Harbor Connection

SERVING LAKE COUNTY SENIORS

FAIRPORT SENIOR CENTER

DECEMBER 2023 VOL. 6, ISSUE 12

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

MISSION STATEMENT

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

SENIOR CENTER BOARD MBRS.

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





Center will be closed

Dec. 22 thru 25 &

Dec. 29 thru Jan. 1 for

Christmas & New Year's

FAIRPORT SENIOR CENTER

1380 East Street

Fairport Harbor, OH 44077

Phone

(440) 354-3674

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(440) 074 0704

Fax

(440) 354-3786

Facebook - "Fairport Harbor Senior Center"

www.fairportseniorcenter.com www.mycommunityonline.com

Center has Wi-Fi

Office Hours

Mon thru Thurs Friday 7:00am-4:00pm 7:00am-Noon

Saturday & Sunday

CLOSED

Fitness Center Hours

Mon thru Thurs
Friday
Saturday & Sunday

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

FAIRPORT SENIOR CENTER MEMBERSHIP:

Annual Fee: \$12 for 55 or older and \$15 for under 55

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

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

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



323 NEW MEMBERS FOR 2023

Ginny Bell Joseph Belviso III Reneé Belviso Richard Blackmore Kimberly Crawford Carol Dellaria Laura Dutton Lois Fabian Pamela Flowers Alison Hill Wayne Hoffman

Diane Hooie

Laurel Jarin
Barbara King
Irene Manchook
Terttu Revolinsky
Lori Sarvis
Denise Schlatt
Laura Spaller
Jane Stange
David Tirpak
Kevin Wagner
Mollie Wilhelm

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



GET WELL
WISHES &
THINKING OF
YOU

Dorothy Bowman John Burry Betty Caruso Linda Daly Karen DeCola Brigid Deveney Sally Dolman Ann Fairchild Dan Fredrick Lynn Gerl Sandra Griesz Janice Hennessey Diane Hopp Gail Hreha Jon Jacobson **Bob Jones** Trudy Juhasz Jim Kapostasy Jack Karako June Karako

Debbie King

Eleanor Kinklaar Aileen Lampella Joan Lograsso Marie Martin Dave Mason Donna Mason Carol McKnight JC Mitchell John Murphy Greg Nimmo Lou Pachete Gerry Phillips Grace Shupp Marilyn Simko Dee Tarantino Patrice Toth Jane Voelker Sam Wright Linda Zapp Tom Zmeck

SYMPATHY CARDS WERE SENT TO THE FAMILY OF MEMBERS:

Gary & Donna Bly (sister), Leona Crouse,
Virginia Gregory (sister),
Mary Kallay (sister), Mary Ann Kelly (sister),
Mary Jane Kuivila, Maiju Mackey,
Marie Nelson (daughter), Sharon Pealer, Roberta Roiter,
Sam Shuster (sister), and Lillian Spivey

WEEKLY & MONTHLY ACTIVITIES FOR DECEMBER

| WEEKLY ONGOING ACTIVITIES | | | | | | |
|--|--|--|--|--|--|--|
| Monday | | TUESD | AY | WEDNESDAY | | |
| Fitness Room Watercolors Arthritis Exercise Beginning Drawing Class Bingo Card Bingo Intermediate Drawing Class Line Dancing | 8:00am-5:00pm 9:30am 10:00am NOON 12:30pm 3:30pm 4:00pm 6, 7 & 8pm | Fitness Room Hand & Foot Darts / Yoga Weights & Bands Mah Jongg Knitting & Crocheting Line Dancing | 8:00am-5:00pm 9:00am 10:00am NOON 1:00pm 1:00pm 1:15pm | Fitness Room 8:00a Arthritis Exercise (Dec. 6, 20 & 27) Balance Class (Dec. 13) Arthritis Exercise (Dec. 6, 13 & 20) Balance Class (Dec. 27) LCR & 31 Bridge & Pinochle Stretching Bingo | 9:30am 9:30am 9:30am 11:00am 11:00am 12:15pm 12:30pm 5:00pm 5:30pm | |
| THURSDAY | | Friday | | Saturday | | |
| Fitness Room Sewing Tai Chi Chair Yoga Weights & Bands Cribbage / Poker Euchre Line Dancing TOPS Country Music | 8:00am-5:00pm 9:00am 9:00am 10:15am NOON 1:00pm 1:15pm 4:30pm 5:15pm 6:00pm | Fitness Room Office Open Hand & Foot Chair Volleyball Knitting Mah Jongg Office closed at 1:00 | 8:00am-Noon 7:00am-Noon 9:00am-NOON 11:00am NOON-2:00pm NOON-4:00pm | Please check with your instruction their holiday scheduling of Center is closed Dec. 22-Dec. 29-Jan. 1 | classes. | |

MONTHLY ACTIVITIES

ATTORNEY - DEBORAH LOUGHNER...... JAN.22

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! No visit in Dec.

BOARD MEETING.......10:00AM.......DEC. 8 (2nd Fri. of the month) Board meetings are open to all members of the Center. Everyone is welcome to attend!

COFFEE WITH THE COPS.......DEC. 6
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......... <u>TBD</u> (day TBD) Please let us know if you have a grandchild or other person that is tech savvy and willing volunteer to help to our seniors with their iPads, laptops and cell phones. They would need to be available at least one time a month.

In the meantime, Manav has agreed to come back here in January (when he is on college break) to help with us with our computers, phones, & tablets. Please call to make an appointment.

FAIRPORT VILLAGE COUNCIL MTING.....DEC. 19

AT 6:30PM (3rd Tues. of the month)

Council meetings are open to everyone.



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

12/04 - Barbeque Chicken Sandwich

12/11 - Scalloped Potatoes & Ham

12/18 - Stuffed Pepper Soup

12/25 - Holiday - no lunch

All lunches include chips & a drink unless otherwise noted.

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

RISO TRIVIA......DEC. 4

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

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

DINNERS

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

CHRISTMAS.......DEC. 12

We'll feast on Chicken Marsala, Roast Beef, mashed potatoes, veggie, dessert and beverage along with entertainment by Dennis Ford. Tickets

are \$20.00/pp and will be available Nov. 15 & must be purchased by noon Dec. 6.

PORK......JAN. 9 This month we'll dine on Pork, sauerkraut, potatoes, vegetable, dessert and beverage. Tickets are \$12/pp and will be available Dec. 13 & must be purchased by Jan. 5. After dinner if you would like to stay and play card bingo bring 3 nickels, 3 dimes, 5 quarters, and 1 dollar.

ARTS

DRAWING/ART CLASS......FEE

→ Beginners - Mondays from 1:00-3:00pm

We are starting another beginners class. Class will be \$5.00 per person per class and we will buy the basic materials for you. Please pay when you sign up.

■ Intermediate - Mondays from 4:00-6:00pm

Please note that this class is not for beginners. This class will continue. Classes are limited to 6 students for both the beginners & intermediate classes, so please sign up & pay when you register. A list of supplies for the intermediate class is available at the Center's office.

Instructor: Len Thomas.

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 & SEW FORTH

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

Dec. 11 from 12:00 - 2:00pm

\$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. 23 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.

No Dec. class. 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!

JEWELRY MAKING CLASS....2:15PM...... DEC. 19

(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.

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

Dec. 6 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. Please bring your own sewing machine. You may bring your lunch with you.

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

Cost is \$120/pp. New class starts December 2 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 14" pizza box. Minimum 2; maximum 3. Please pay when signing up. Make your check out to your instructor, Dusty Staudt. [Intermediate classes are available. Please call the Center for details.]

YOUR HEALTH

BLOOD PRESSURE SCREENINGS.....10AM......DEC. 20
(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......DEC. 5 (1st Tues. of the month) - 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 - <u>Amanda's Hearing Ctr</u>. [NEW] NO FEE March 20, 2024 & June TBA 2024 - 10:00am-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

Dec. 1 & 15 from 10am-2pm (the 1st & 3rd 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 Dec. 13; Jan. 10 \$25.00 Appointments start at 9:00am.

Dr. Kelly Dec. 6 (9-10:45am); Jan. 24 \$25.00 Appointments start at 10:00am, except for Dec. 6.

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......DEC. 13

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........DEC. 7 Lisa from *Hospice of the Western Reserve* will be back to offer support, comfort, and information to those struggling with loss particularly during the holidays. This program is also for caregivers, friends, and family members. Please sign up. (*No Fee*) [Please note that the date has been changed from Dec. 8 to Dec. 7.]



This month's Showcase Display courtesy of Debbie Lewis





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



CARD & GAMES

BINGO

Mondays from 12:30 - 3:00pm

(5¢ per Bingo Square & 10¢ Jackpot fill up)

Pease wipe down your table when you are done. ***MUST have own CHANGE***

Wednesdays from 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



Our second golf season has ended and was a huge success thanks to Dusty Staudt. 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 1:00 - 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 & 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 is continuing! If you are interested in a vacant spot or just subbing, please let us know.

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

WII GOLF

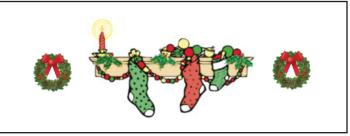
Mondays thru Thursdays from 8:00am - 3:00pm Fridays - Closed for cleaning

MUSIC

CLASSIC COUNTRY MUSIC.....THURSDAYS

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

(No Fee, but Must Be a Member)





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

No Fee

EXERCISE PROGRAMS

EXERCISE



ARTHRITIS EXERCISE

No Fee

Mondays @ 10:00 - 11:00am

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 <u>Dec. 13 from 9:30-10:30am</u> to teach different exercises for balance. He will also be here on <u>Dec. 27 from 11am-NOON</u> 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

⇒ 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) Wednesdays from 10:30 - 11:30am

We had another great season of hiking!

See you in the Spring!!



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. 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!

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



CLEVELAND PLAYHOUSE

• A Christmas Carol (Mimi Ohio)....\$30.00/pp...Dec 6
The bus will leave the Center at 9:30am. Show starts at
11:00am, & we will stop for lunch afterwards (on your own).

Coming in 2024

- Funny Girl (Connor)\$78.00/pp..... Mar 7, 2024

 The bus will leave the Center at 4:00pm, so that you can have dinner (on your own) before the play.
- ♦ Always...Patsy Cline (Hanna)......April/May 2024
- ♦ Company-Smash Hit (Connor)April/May 2024
- ♦ Michael Jackson Musical (Connor)...July/Aug 2024

More information to come!

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



CASINO TRIPS \$20.00/pp

Jacks Casino Downtown......Dec. 13 Thistledown......Jan. 17

All departure times on casino trips are 9:00am unless otherwise noted. Must pay when you sign up!

Leave casino at 3:00pm. No incentives unless listed.

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

MEN & WOMEN WHO WINE

More information to come.

Lunches are on your own for all wine trips.

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!



LIGHTS AT ASHTABULA LAKE SHORE PARK.....DEC. 1 Cost \$10.00/pp or until sold out. We'll go to Madison Family Restaurant for dinner (on your own) and then we'll ride the bus through Ashtabula Lake Shore Park to enjoy the lights

of Christmas. The bus will leave the Center at 3:00pm. Please sign up today. Make your check out to Fairport Senior Center.

NIAGARA FALLS W/SHORELINE TOURS...... DEC. 4-6

Cost is \$699.00/pp (dbl. occ.) or until sold out. We'll visit Canada's Niagara Falls Festival of Lights. Trip includes RT motorcoach; 3 days & 2 nights lodging at Fallsview Hilton and Casino access; 4 meals; IXAX Theatre; Journey Behind the Falls; Sightseeing tour of Niagara Falls; Chateau des Charmes Winery; shopping in Niagara-on-the-Lake; Tour of Niagara Power Station; Bird Kingdom; plus more. Deposit of \$100.00/pp is due at signing with the balance paid by Oct. 4. You may sign up now. Make your check(s) out to Shoreline Tours. Travel insurance is available & recommended. Flyers are available at the Center. The bus will leave the Center at 7:30am. Valid Passport, Nexus Card, or an Enhanced Drivers License is required to cross into Canada and back in USA.

CLE BOTANICAL GARDENS......DEC. 5

Cost \$27.00/pp or until sold out. We'll visit the "Frost" winter botanical displays, holiday lights and immersive, themed rooms which will transport us to an enchanting world. Please sign up today. Make your check out to Fairport Senior Center. The bus will leave the Center at 9:30am. Lunch will be at the Garden (on your own) and we will leave the Garden at 1:30pm.

JOHN ROBERTS' TRIPS

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

KIRTLAND HISTORIC VISITORS CENTER......DEC. 28

Cost \$10.00/pp or until sold out. We'll see their *Nativity Scenes* and have lunch at **Tavern 6** (on your own) The bus will leave the Center at 11:00am. Please sign up today. <u>Make</u> your check out to Fairport Senior Center.

2024 TRIPS

CLE ART MUSEUM.....JAN. 11, 2024

Cost \$TBA/pp or until sold out. We'll visit the CLE Art Museum and see the *Degas and the Laundress: Women, Work, and Impressionism* exhibit. Please sign up today. <u>Make your check out to Fairport Senior Center</u>. The bus will leave the Center at 9:30am. Lunch will be on your own.

WESTERN RESERVE HISTORY MUSEUM....FEB. TBA 2024 Cost \$TBA/pp or until sold out. This is always a popular trip. Please sign up today. Make your check out to Fairport Senior Center. The bus will leave the Center at 9:30am. Lunch will be on your own.

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 & 5 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. For those that have signed up, your deposit of \$75.00/pp is due NOW. BALANCE is due March 8, 2024. Make you check out to Diamond Tours.

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.





10 HAPPENINGS

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)

MEDICARE /MEDICAID CKUPS....By Appt...Fridays

Are you turning 65? Currently on Medicare and just need a checkup? Need to review your Medicaid eligibility? Vesna from *HAAS Healthcare Solutions* is available for a one-on-one private 30- to 45-minute review of your current Medicare plan, assistance if you're new to Medicare, or reviewing your Medicaid status. Please call the Center for your appointment. Don't forget to bring a list of your medications, Medicare and/or insurance cards with you to your appointment. (*No Fee*)

BLIZZARD BAG DRIVE: We are collecting canned and

non-perishable goods for our 2023 Annual Blizzard Bag for Seniors from November 17 to December 13. Please bring such items as peanut butter, pasta, canned fruits, etc. to the Center. Every item can make a big difference

in someone's life. Thank you!

Don't forget to vote for Trustee. Your ballot was in the November newsletter and is due by Noon on December 15. Place your completed ballot in the ballot box

located at the Center.

ROCK PAINTING CLASS......1-2:00PM.... DEC. 5 & 12

(1st & 2nd Tues. of the month)

Cost is \$5.00/pp. We'll be painting rocks which you can make into magnets, pins, or just for fun. Supplies are included with unlimited amount of rocks. Please sign up as soon as possible. Instructor: Kay Bull

ACRYLIC PAINT CLASS AT THE FAIRPORT SENIOR

CENTER.....5:00PM.....(2nd Tues. of the month)DEC. 12

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



COUNCIL ON AGING PRESENTATION...10:45AM...DEC. 13

Come & see a presentation by Connie Brocone LSW the Community Outreach Social worker from *Lake County Council on Aging*. You can learn what free resources are available to you from your *Council on Aging*. Please sign up today.

GOSPEL OF FRIENDS......5:00PM......DEC. 15

"Gospel of Friends" will be here to entertain us and get us ready for Christmas! Come and enjoy a beautiful performance starting at 5:00pm. *Free event!*

NOON NEW YEAR'S EVE (EVE) PARTY...11:30AM-3PM...DEC. 30



Due to popular demand, we will be holding another "Noon New Year's Eve (Eve) Party" at the Center. <u>Tickets are \$25.00/pp or until sold out</u>. The band will play from 12:30-2:30pm. We'll be having pork,

mashed potatoes, veggies, and salad. Champagne toast at "Noon". There will also be a 50/50. Tickets are on sale now at the Center until sold out. [Please note that the date has been moved to Dec. 30.]

BOOK CLUB........10:30-11:30AM......JAN. 25

(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.

They will NOT meet in December.

BINGO BASH......Jan. 28

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. Tickets will be available at the Center! **INCREASED PRIZES!**

INCOME TAX ASSISTANCE..8:30AM-3:00PM...STARTING FEB. 2

AARP Tax Preparer Volunteers will be here starting February 2

(for EZ Form filers only this week) to April 12 from 8:30am to

3:00pm, FRIDAYS only. They will assist you in preparing
your 2023 tax returns at no cost to you. Appointments are a

must & you may SIGN UP STARTING JAN. 3. Please
bring with you your 2023 W-2's, 1099's, all forms indicating
federal income tax paid, previous tax return 2022, 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.







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

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

I hope that everyone saw our new building in the back and our new windows in the front of our senior center. Thank you to the *Lake County Commissioners* for your generous grant this year. We finally have extra storage!

As we start 2024, we are looking forward to providing even more classes for our seniors. Trips are now being planned for 2024 to Memphis, Alaska and Canada. We hope you will take advantage of some of these wonderful trips and also the classes that our Center offers.

We are in the planning stages of pickleball courts for next year. We had a very generous donation to the Center to provide a much needed outdoor activity space for our seniors. More information to come in the future.

Remember to pay your dues in January, if you haven't already done so. It's still only \$12.00! Your dues help keep the Center running and also allows us to mail out our monthly newsletter.

Tickets are still available for our Christmas Dinner & "Noon Year's Eve (Eve)" Party. Get them while they last! Wishing everyone a very Merry Christmas & Happy New Year!

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 quality 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 quality.

<u>Lake County Phone Pal</u> 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 <u>Lake County Board of Commissioners</u>.

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.

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

<u>Lifeline</u> also offers a *Diabetes Assistance Program* which can assist diabetics with medication and/or supplies up to twice annually. Each voucher can assist with up to \$100. Requirements for both programs: Must be a Lake County resident whose household meets income guidelines of 175% of the federal poverty guideline.

Lifeline is also looking for volunteers.

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



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

PHONE PAL VOLUNTEER PROGRAM

Do you enjoy talking on the phone? This is a flexible volunteer opportunity that can be done without leaving your home. If you are interested, please contact our Center so that we can connect you with Cristen Kane from the *Lake County Volunteers Network* at the *Board of Lake County Commissioners*.

MISC. 13

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.

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.

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.

Thank you to all who paid your dues for 2023! We are now collecting dues for 2024. Your dues will help pay for expenses that we have running the Senior Center including the monthly newsletter. The dues are still \$12.00 per person, and we thank you for understanding.

The Senior Center Board

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*.

Lottery & Gift Card Tree 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 <u>Mary Lette</u> for winning October's Lottery & Gift Card Tree.

<u>December's Lottery & Gift Card Tree tickets</u> are on sale now.

2024 MEDICARE OPEN ENROLLMENT

Medicare open enrollment runs October 15 thru
December 7, 2023. If you are 65 or over, make sure that
you enroll in a plan to avoid paying a monthly penalty.
You may also change plans during this
open enrollment period.



Some of our Center's cookbooks are available for only \$10.00 per cookbook. Pick up your copy today before they're gone. Limited supply. They make great gifts!

Sudoku

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

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

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DIFFICULTY: ★★☆☆

Answers on page 14

STAY CONNECTED

Now more than ever, it's important to stay connected within your community. You can stay in touch by going to www.mycommunityonline.com

(formerly ourseniorcenter.com) to sign up to receive our monthly newsletter delivered straight to your inbox. Just search for our center's name and click Subscribe.

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

Free Fresh Produce

at Fairport Senior Center 1380 East St., Fairport Harbor, OH

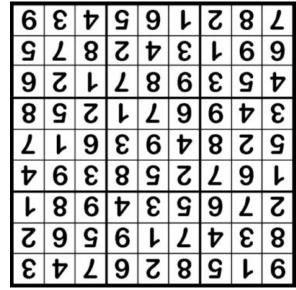
The Fairport Senior Center will continue teaming up with the Greater Cleveland Foodbank to provide fresh, nutritious bulk produce and other items to Lake County seniors. The Senior Market is normally available the 4th Monday of each month from 11:30am until 1:00pm, but the schedule is subject to change.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

Dec. 18 (*note date change*); Jan. 22, 2024; Feb. 26, 2024; March 25, 2024

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.



The "Matter of Balance" classes will be coming back in 2024.



Answer to Sudoku

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.



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

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 2024

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

| New Member | |
|------------|--|
| Renewal | |

| Personal Information | | | | | |
|---|-------------|--------------------------------|--|--|--|
| Name: | | | | | |
| | (M.) | (Last) | | | |
| Address: | | | | | |
| City, State, Zip: | | | | | |
| Telephone: | | Cell Phone: | | | |
| Birthday Date: | | Anniversary Date: | | | |
| Email Address: | | | | | |
| Spouse/Partner: | | | | | |
| E | merger | ency Contact | | | |
| Name: | | Relationship: | | | |
| Address: | | City, State, Zip: | | | |
| Telephone: | Cell Phone: | | | | |
| | Dues | s Payment | | | |
| Check No. & Amount: | | Cash Amount: \$ | | | |
| Any Special Needs: | | | | | |
| Participation Waiver and Agreement Please read and sign | | | | | |
| I, | | | | | |
| Signature: | | Date: | | | |
| Please Print all Information | | For office use only: D/B Label | | | |

10/01/2023

Page 1 of 2

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.

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. Page 2 of 2



DECEMBER BIRTHDAYS & ANNIVERSARIES



12/01

Dudich, Kathy Hodgson, William Leimbach, Richard

Porter, Yvonne

12/02

Cornell, Johanna

Kocsis, Don Lucha, Kathy

McCall, Debbie

Miller, Denise Pillar, Andy

Wood, Charlotte

12/03

Ernst, Laurelle Fredricks, Pauline

Ivary, Judy Jones, Janet

Wuchte, Kathleen

12/04

Butler, Bill

Orosz, Lois

12/05

Gormley, Dolores

Hearn, Robby Miller, Mary

Shay, Sherry

Simko, Tom

12/06

Bearer, Loretta Haase, James

Hamrick, David

Konjicija, Maria

Ortega, Maria Summers, Scott

12/07

Assel, Nancy

Crofoot, Tom

Enos, Jay Gilliam, Linda

James, Margaret

Kerver, Dale

Popp, Madeline Simko, Chris

12/08

Murton, Marlene

12/09

Brown, Devon

Hiltunen, Jane Jackson, Simone

Samples, Anna Sarosy, Frank

Shelby, Sherry Smith, Helen

Strobel, Stacey Underwood, Barbara

12/11

Bull, Kay Callaghan, Lynne

Champa, Mary Ann Derevjanik, Cheryl

Harris, Rita

Hayes, Kay McGlone, Deborah

12/12

Jewell, Anna Magill, Paul

12/13

Allee, Susan Buckels, Yolly

Rigby, David

12/14

Pserak, Kathleen

12/15

Mackey, Alberta Pachete, Krissy

Warner, Scott Zuzek, Linda

12/16

Carlson, Wendy Kocevar, Sherry

12/17

Martin, Gloria Ponder, Gayle

Underwood, Leon 12/18

Cunningham, Kathy Mackey, Karen

McKinney, Rita

12/19

Bonczek, William Herroon, Elaine Lehman, Nicholas

Ortman, Michael

12/20

Bittner, Grant Gracco, Fran

Irvin, John Lewis, Nancy Safick, Rick

Safick, Jeanne Ward, Brian

12/21

Konarsh-Hamilton,

Eva

Kulma, Raymond

Lausin, Pam McGuire, Heide

Parker, Cheryl Stipovich, Mark

Yeager, Claudia

12/22

Assel, Andy Hanes, Thomas

Kidder, Anita

Luthanen, Mark

Perkins, Connie Square, Cindy

Tolvonen, Brenda

12/23

Ambrochowicz, Steven

Beck. Kathy Hale, Stephanie

Logan, Maureen

Wuchte, Janet

12/24 Senter, Jim

12/25

Balog, Jim Gandee, Geri

Jones, Jan

Romeo, Natalie Somerfeldt, Carol

Valentino, Ruth

Vrabel, John

Wellman, Christine

12/26

Orozco, Carole Wetmore, John

12/27

Greig, Mary Hall, Don

Hurban, Jennifer O'Gara, Marty

Roddy, Amy 12/28

Manross, Faye Namestnik, Cindy Pazicni, Sharri

Sarosy, Karen Vormelker, Melba

12/29

Rogers, Debbie Safranko, Joseph

Schrott, Nancy

12/30

Davis, Sandra Hunter, Faith Stephens, Tim Weber, David

12/31

Bissett, Jim Joseph, Douglas



12/24 Linda & Joe Kallay Jr Cheryl & Rick Lytle

12/26

12/18

12/19

12/20

12/21

Hannah & Gary

Sharon & Richard

Fairbanks

Landgraf

Ellen & Guy Brown Barbara & Chuck Vild

12/28

Sandra & Bill Grisez

12/30

Susan & Winston

Bailey Sandra & Drew Davis

12/31

Patricia & John Unterwagner



12/01

Barbara & Bob Farinas

12/02

Barbara & John

Resetar 12/03

JoAnn & Bob Lindsco 12/04

Deborah Carder-Serra & Brian Serra

12/05

Gail & Michael Hreha

12/06

Edilia & Neil Myers

Sarah & Randee Reinhard

12/07

Debbie & Robert Fuller

12/10

Mary & Mark Elsing

Nancy & Robert Wrana 12/11

Faith & Robert Hunter Mary Ann & Robert

Kuhn 12/14

Tina & Irvin Foster

12/15

Vicki & Kevin Hayenga



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

REFERENCE PHONE NUMBERS

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



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