

# Harbor Connection

## **SERVING LAKE COUNTY SENIORS**

### FAIRPORT SENIOR CENTER

## JANUARY 2024 VOL. 7, ISSUE 1

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Programs and Services are funded through the *Lake County Senior Services Levy*. Become a "Friend" and "Like" us on Facebook at <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
Secretary: Dusty Staudt
Senior Ctr. Director: Chris Yano
Trustees: Lois Orosz, Charlie Palumbo,
Suzanne Parrigan, Becky Potts, and
Chip Saalfield



Center will be closed

Jan. 1 for New Year's

and Jan. 15 for MLK Day

#### **FAIRPORT SENIOR CENTER**

1380 East Street

Fairport Harbor, OH 44077

Phone (440) 354-3674

Fax (440) 354-3786

Facebook - "Fairport Harbor Senior Center" www.fairportseniorcenter.com

www.mycommunityonline.com
Center has Wi-Fi

#### **Office Hours**

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

#### **Fitness Center Hours**

Mon thru Thurs 8:00am-5:00pm Friday 8:00am-Noon Saturday & Sunday CLOSED



#### **FAIRPORT SENIOR CENTER MEMBERSHIP:**

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

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

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



13 **N**EW **MEMBERS** FOR 2024

Tom Ross Sandra Spellman Lori Strickland Loretta Welder

Jacki Brown Tammy Chiappone Darlene Harting Michael Harting Chuck Hounshell Fay Hounshell Elaine Jobsky Katherine Logsdon Peggy Ross

## 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!



GET WELL WISHES & THINKING OF You

Dorothy Bowman Audrey Boyer Renee Burry Betty Caruso Linda Daly Karen DeCola Brigid Deveney Sally Dolman Ann Fairchild Dan Fredrick Lynn Gerl Diane Hopp Gail Hreha Sally Hribar 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

#### **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:**

Dorothy Bolko, Debbie Holin (son-in-law), Jon Jacobson, Sally Shelby (husband), and Louise Nagy

#### WEEKLY & MONTHLY ACTIVITIES FOR JANUARY

WEEKLY ONGOING ACTIVITIES					
Monday		TUESDAY		WEDNESDAY	
Fitness Room Watercolors Arthritis Exercise Beginning Drawing Class Bingo Card Bingo Intermediate Drawing Class Line Dancing <u>Center closed Jan</u>	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       8:00am-5:00pm         Arthritis Exercise (Jan. 3, 17, 24 & 31)       9:30am         Balance Class (Jan. 10)       9:30am         Arthritis Exercise (Jan. 3, 10, 17 & 31)       11:00am         Balance Class (Jan. 24)       11:00am         LCR & 31       12:15pm         Bridge & Pinochle       12:30pm         Stretching       5:00pm         Bingo       5:30pm	
THURSDA	AY	FRIDA	AY	SATURDAY	
Fitness Room Sewing Tai Chi Chair Yoga Weights & Bands Cribbage / Poker Euchre Line Dancing TOPS	8:00am-5:00pm 9:00am 9:00am 10:15am NOON 1:00pm 1:15pm 4:30pm 5:00pm	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 instructor about their holiday scheduling of classes.  Center is closed Jan. 1 for New Year's Day & Jan 15 for MLK Day	

#### MONTHLY ACTIVITIES

ATTORNEY - DEBORAH LOUGHNER...... JAN. 29 at 8:30am (last 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!

6:00pm

Country Music

BOARD MEETING.......10:00AM......JAN. 12 (2nd Fri. of the month) Board meetings are open to all members of the Center. Everyone is welcome to attend!

COFFEE WITH THE COPS......JAN. 3 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 (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......JAN. 16

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

Council meetings are open to everyone.



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

01/01 - Holiday - no lunch

01/08 - Chicken Noodle Soup

01/15 - Holiday - no lunch

01/22 - Baked Potato Bar

01/29 - Rigatoni

All lunches include chips & a drink unless otherwise noted. Must sign up as only a limited number of meals will be made.

RISQ TRIVIA.....JAN. 8 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. One week later due to



Please check with your instructor about their

#### **DINNERS**

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

Members 90+ get a Free Birthday dinner during their BD month.

#### 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)

Jan. 8 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.

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.............JAN. 16 (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

Jan. 3 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. <u>Please bring your own sewing machine</u>. You may bring your lunch with you. [No class Jan. 25 due to the book club meeting.]

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

Cost is \$120/pp. New class started 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.......JAN. 17 (3rd Wed. of the month) - The Fairport Fire

Department will be here to offer free blood pressure screenings each month. Please sign up today.

BRAIN HEALTH & WELLNESS.....4:00-5:00PM.......JAN. 2 (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 & June TBA - 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

Jan. 5 & 19 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 Jan. 10; Feb. 14 \$25.00 Appointments start at 9:00am.

Dr. Kelly Jan. 24; Feb. 28 \$25.00 Appointments start at 10:00am.

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 5:00-6:15pm - Want to lose



weight? Check out our **TOPS** program here at the Center. The first meeting is free; thereafter, initial fee is \$49.00 for first year and then \$37.00

yearly. Weekly dues are \$2.00. If you lose or stay the same, you get \$1.00 back. 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......JAN. 10

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 Brenda Traffis



#### 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

\*\*\*MUST have own CHANGE\*\*\* done.

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.

#### **C**RIBBAGE

#### 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



We're looking forward to the our Spring season. There will be a meeting on March 11 at 1:00pm to discuss the Spring schedule. Everyone is welcome! Once the schedule/teams are set, the group will

be closed. See you there!



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

#### 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 10-week Spring Session is scheduled to begin in January & will end in March. The Spring Session will be a continuation of the Fall Session which just ended. Averages will be carried over from the Fall to the Spring; however, the Standings will start over for the Spring. Thus, we will have a Fall Champion & a Spring Champion. An overall winner will be determined by a roll-off of the Champions in late March. If you 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.

#### 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)

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>Jan. 10 from 9:30-10:30am</u> to teach different exercises for balance. He will also be here on <u>Jan. 24 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!!



Center closed Jan. 15, 2024

#### 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**

- ◆ Funny Girl (Connor) ......\$78.00/pp........Mar. 7
  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)....\$30.00/pp....May 7
  The bus will leave the Center at 10:30am. You can have lunch (on your own) after the play.
- ♦ Michael Jackson Musical (Connor)......July/Aug.

#### 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 [PRICE REDUCED] \$10.00/pp



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



CLE ART MUSEUM.....JAN. 11

Cost \$20.00/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.

#### JOHN ROBERTS' TRIP

Caribbean Cruise......Jan. 28-Feb. 9, 2024

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

CLE HOME & GARDEN SHOW.....FEB. 8

Cost is \$20.00/pp or until sold out. The bus will leave the Center at 9:00am; arrive at the show at 10:00am; and return approximately 3:30pm. Lunch will be on your own. Please pay when signing up to reserve your seat. Make your check out to Fairport Harbor Senior Center.

WESTERN RESERVE HISTORY MUSEUM......FEB. 29 Cost \$TBA/pp or until sold out. This is always a popular trip. Price includes ticket and transportation. Please sign up today. Make your check out to Fairport Senior Center. The bus will leave the Center at 11:30am. Lunch will be on your own.

#### **STATION DINNER THEATER**

Cost for each show \$60.00/pp (includes tip) or until sold out.

"It's the Real McCoy" all new Irish Comedy	March 13
Wild Women at Winedale	June 12
Dick Clarkson's Jukebox Hop	July 31
Old-School Living in our Old School	Sept. 14

Please pay when signing up & make a separate check for each show you are attending. <u>Make your check(s) out to Fairport Harbor Senior Center</u>. The bus will leave the Center at 9:30am.

CAVS GAME......MARCH 25

Cost is \$80.00/pp or until sold out. Price includes transportation and ticket to game. Limited amount of ADA seating. Please pay when signing up & make your check out to Fairport Harbor Senior Center. The bus will leave the Center at 5:30pm. The FieldHouse is now a cashless facility. They only accept credit/debit cards for all purchases.

AX THROWING......APRIL 15

Cost \$30.00/pp or until sold out. We'll be heading to the Escape Room in Mentor where we will get basic instructions and throw axes for 45 minutes; after-

wards, we'll stop at *Fridays* for lunch *(on your own)*. The bus will leave the Center at 10:30am. Please pay when signing up and <u>make your check out to Fairport Senior</u> <u>Center</u>. Minimum of 12 people.

CLEVELAND GUARDIANS......June 20

Cost is \$55.00/pp or until sold out. Come cheer on the

Cleveland Guardians vs the Seattle Mariners at

Progressive Field with your friends from the Senior
Center! Price includes the bus, ticket, & \$20.00 food

voucher. Please pay when signing up. The bus will leave the Center at 11:15am. <u>Make your check out to Fairport Senior</u>

Center.

LADY CAROLINE LUNCH CRUISE.....JUNE 28 & SEPT. 26
Cost is \$70.00/pp or until sold out. We have 2 trips
scheduled. Each trip will include a lunch cruise on Lake Erie
while aboard the new ship "Lady Caroline". Price for each
trip includes bus, lunch & tip. 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(s) out the Fairport Senior
Center.

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

MONTREAL, QUEBEC CITY & OTTAWA WITH DIAMOND TOURS.......SEPT. 8-13

Cost is \$1,159.00/pp (dbl. occ.) or until sold out. Trip includes RT motorcoach; 6 days & 5 nights lodging in Canada; 10 meals; highlights include guided tours of all 3 cities; visit Notre Dame Basilica; Montreal's Underground City & Ottawa's Parliament Hill; narrated Cruise on the St. Lawrence River; and visit to St. Joseph's Oratory of Mt. Royal. You may sign up now. A deposit of \$75.00/pp is due March 15, 2024. Please make your check out to Diamond Tours. Travel insurance is available & recommended. Flyers are available at the Center. We will only have one bus going.

CLEVELAND GUARDIANS......SEPT. 19

Cost is 55.00/pp or until sold out. Come cheer on the

Cleveland Guardians vs the Minnesota Twins at Progressive Field with your friends from the Senior Center! Price includes the bus, ticket, & \$20.00 food voucher. Please pay when signing up. The bus will leave the Center at 11:15am. Make your check out to Fairport Senior Center.

10 HAPPENINGS

#### **HAPPENINGS**

#### **BIRTHDAY CELEBRATIONS!**



Starting this month we will be celebrating our members that are 90+ years young. We invite you to a free birthday dinner at our monthly dinner held at the Center on the 2<sup>nd</sup> Tuesday of

each month. The Center would like to provide you with a free ticket to dinner during the month of your birthday. So...if your birthday falls in January, let us know at the Center, and you will be given a ticket for dinner that month. We'll continue to do this each month.

#### 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)

ROCK PAINTING CLASS.....1-2:00PM......JAN. 2 & 9

(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

INCOME TAX ASSISTANCE......SIGN-UPS START JAN. 3

#### ACRYLIC PAINT CLASS AT THE FAIRPORT SENIOR

CENTER...... 5:00PM.....(2nd Tues. of the month) ............ JAN. 9

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



COOKING DEMO......1:30-3:00PM......JAN. 18

**Cost is \$5.00/pp** (3<sup>rd</sup> Thurs. of the month) - Ladonna will be here to present a cooking demo. Please pay when signing up so that we have enough supplies for everyone. Must have at least 10 people with maximum of 20 per class.

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.

BINGO BASH.......1:00-3:30PM......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 are available now 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, & 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.

#### 2024 MIND CHALLENGE TRIVIA TOURNAMENT

representing our Center, please call the Center ASAP to sign up!







Happy New Year! As we begin the New Year and my 25<sup>th</sup> year as the Director of the Senior Center, I would like to thank all of the people that I have met these past 25 years. Thank you for all the wonderful memories! I am looking forward to many more years of friendship with all of you. Every year I count my blessings for all the volunteers that continue to help make this senior center so wonderful. THANK YOU!

Thank you to the Lake County Commissioners for the extra funding in 2023. We were able to replace our old, drafty windows, install a storage shed in the back, replace a worn out nu-step and help with our Laketran funding. THANK YOU!

Thank you to the group of volunteers who put together "cheer bags" for 10 seniors. You made them smile.

We are looking forward to new classes, lots of trips, and keeping our seniors active throughout the year. We have many day trips planned for 2024 and overnight trips also.

Our AARP tax specialists will begin taking appointment on January 3<sup>rd</sup>. We are offering tax preparations on Fridays starting February 2<sup>rd</sup> until April 12<sup>th</sup>. We are also offering tax preparations on Saturdays for our working seniors starting February 3<sup>rd</sup> until April 6<sup>th</sup>. Please call the Center for more information.

Starting this month, we are offering a free birthday ticket to our monthly dinner for our members 90+ years young. If your birthday is in January, please stop at the Center to pick up your free dinner ticket. We'll continue to do this each month going forward. Dinners are the 2<sup>nd</sup> Tuesday each month. See page 4 for dates and times.

If you would like more information about activities, please call the Center at 440-354-3674. We will be happy to mail a newsletter to you with all of our classes and trips.

Last but not least, THANK YOU for your Christmas gift. Your kindness and generosity is greatly appreciated. I will forever be grateful to each and everyone! Thank you!

Until then, stay safe this winter, and I 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* 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.

#### <u>Lifeline is also looking for volunteers.</u>

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 <u>Laketran's Dial-a-Ride</u>

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.

The "Matter of Balance" classes will be coming back in April. *More information to come*.

#### 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*.

<u>Lottery Tree Tickets</u> 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>Armonda Milite</u> for winning November's Lottery Tree.

<u>January's Lottery Tree tickets</u> are on sale now.



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

and that is important to us.

**Thank you to our Members** for continuing to support the sponsors of our newsletter. Without your support this newsletter would not be possible.

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



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!

**CONGRATULATIONS to our new 2024 Board Members:** 

Denise Duncan - Suzanne Parrigan - Becky Potts



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



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

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



Please make sure that the Center has your current address, email, phone number, etc.

You can either call the Center or stop in.

#### 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:

January 22; February 26; March 25; April 22

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 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:			
(First)	(M.)	(Last)	
Address:			
City, State, Zip:			
Telephone:		Cell Phone:	
Birthday Date:		Anniversary Date	:
Email Address:			
Spouse/Partner:			
	Emerger	ncy Contact	
Name:		Relations	hip:
Address:		City, State, Zip:	
Telephone:		Cell Phone:	
	Dues	Payment	
Check No. & Amount:		Cash Amo	ount: \$
Any Special Needs:			
	Participation Wa	iver and Agreement	
	Please re	ead and sign	
<ol> <li>I,</li></ol>			
Signature:	ature: Date:		
Please Print all Informa	ation		For office use only: D/B Label  Ann BD

For office use only:	□ <sub>D/B</sub>	Label
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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





01/01

Elermann, Dana Liles. Bernadine Molesch, Denise Patrick, Marie Pennock, Jean Ricketts, Mary Ann

01/02

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

01/03

Brumley, Robert Neroda, Ruth Sinn, Shirley Smith, Sandy

01/04

Nied, Theodore Pappalardo, Tena

01/05

Bowling, Ruby Brothag, Steve Fix, Corrine Landgraf, Sharon Major, Greg Polzer, Ruth

01/06

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

01/07

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

01/08

Defreeze, Delores Goetz, Valerie Hennessey, Sue Salcius, Judy 01/09 Barbosky, Jeannie

Bracco, Tom

Roberts, John Shook, Sheree Walker, John 01/10

Mott, Jane

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

01/11 Biller, Mary Brvs, Joe Frattaroli, Catherine Shiffler, Judd

Szollosi-Carsuo, Betty Traffis, Brenda

01/12 Fries, Shari Gregory, Rachel Kinkelaar, Elinor Martin, Tom

Plageman, Daniel 01/13

Claar, Barbara Daly, Linda Dimmick, Kirk Dolan, Judy Kolling, Patricia Plageman, Judy Walters, Donna

01/14

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

01/15 Leikala, Doug Perz, Donna Pike, Laurel Zimmerman, Eva

01/16 Dascoll, Kathy Kinsey, Jeffrey LaBounty, Janine Mason, Donna

Schwartz, Burton 01/17 Baldauf, Nanette Jedd, Denise Lindon, Bernard Reed, Martha

01/18

Aufdenberg, Suzanne Brennan, Marian Hehr, Bruce Tompkins, Annikki 01/19

Bertone, Tony Karp, Michael Nowosadzki, Linda Petkosek, Phyllis Soptich, Mary Kay Wainio, John

01/20

Fairbanks, Gary Kreek, Janet Malone, Sally Mvers, Eleanor Simmons, Jean 01/21

Cecil, Lee Crissey, Norma Lampeter, Deborah Raines, Doug Stroth, Donna Wuchte, Auggie

01/22 Balogh, Tim Nucciarone, Rita

01/23 Andrews, George Doherty, Allison Farinas, Bob Pappalardo, Helen Roseman, Gloria Slenski, William

01/24 Kovach, John Randolph, Diana Sechnick, David Wilson, Muriel

01/25 Allyn, Joyce Grisez, Sandra Hanna, Sharon Shelby, Sally 01/26

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

01/27

Karchefsky, Connie Saluk, Kathy 01/28 Blansett, Dee Hammond, Erna Karosy, Diane McCullough, Linda Mio, Buzzie Pouewells, Joan Slavick, Ed Yeager, Bob 01/29 Brown, Dan Farrier, Loretta Frey, Connie McCracken, Ken Perdan, Rudy Vaughn, Lisa 01/30 Box, Lois Hewitt, Mary Thomas, Mike Wise, Liz 01/31

Paula & Kenneth Lee 01/15

Donna & Fletcher Milan

01/16

Joni & Richard Frank Joyce & Burton Schwartz

01/18

Brenda & Ronald Sessler

01/19

Marie Vanjo & Kevin Jones

01/21

Anna & Phil Almas

01/23

Janice & Tom Martin

01/25

Karen & Michael Karp

01/29

Susan & James Haase Gail & James Lash Lisa & Mike Vaughn

01/30

Darlene & Sid Rose

01/31

Kathy Lucha & Bob Morgan

Deborah & John Vrcan



01/01

Robin & Michael Elliott

Kapostasy, Jim

Mauro, David

Roberts, John

01/02

Donna & Don Hall Mary Pat & John Wainio 01/04

Denise & Joe Harding 01/08

Judy & Ron Brunsky Sandy Cobb-Haynes & Roger Haynes

01/09

Sherry & John Walker

01/10



ATTENTION:

For members that are 90+ years young in January, please pick up your FREE ticket for your birthday dinner at the Center by Jan. 5. The dinner will be held on Jan. 9. We'll continue to do this each month.

## **NEVER MISS OUR NEWSLETTER!**

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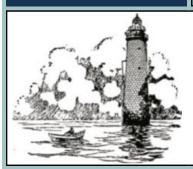
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## Fairport Senior Citizens Ctr. 1380 East Street Fairport Harbor, OH 44077

**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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