

Harbor Connection

SERVING LAKE COUNTY SENIORS

FAIRPORT SENIOR CENTER

FEBRUARY 2024 VOL. 7, ISSUE 2

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OUR 2024 BOARD MEMBERS

Top Row L-R: Sid Rose, Denise Duncan, Marty O'Gara, & Dusty Staudt 2nd Row L-R: Lois Orosz, Charlie Palumbo, Chip Saalfield, Becky Potts & Suzanne Parrigan











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

MISSION STATEMENT

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

SENIOR CENTER BOARD MBRS.

President: Sid Rose

Vice President: Denise Duncan

Treasurer: Marty O'Gara

Secretary: Dusty Staudt

Senior Ctr. Director. Chris Yano

Trustees: Lois Orosz, Charlie Palumbo,

Chip Saalfield, Becky Potts,

and Suzanne Parrigan



THE CENTER
WILL BE
CLOSED
FEB. 19

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



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***]



72 New MEMBERS FOR 2024

Barbara Berndt Denny Bunnell James Burr David Cencula Nancy Cencula Patty Claudio Cheri Clifford Fred Fillar Ray Fuhrman Leanna Greenwalt Irvan Hammond Kay Hatala Elaine Jastredowski Margaret Justus Debra Kloski Aanka Kozeli Linda Lipphardt

Michael McCov Linda McNeil Cheryl McQueen Penny Rich Deborah Rink Marge Rutherford John Spanno Connie Stencil Susan Stevens Mark Timm

Nannette Valocchi-Keils Jim Visti Nadine Visti Kathleen Wakkila

Carol Zampini

Peg Lucas

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

Mary Boggs Dorothy Bowman Audrey Boyer Renee Burry Betty Caruso Karen DeCola Brigid Deveney Dan DiMichal Sally Dolman Grace Elmore Ann Fairchild Lynn Gerl Bill Hodson Gail Hreha Sally Hribar Jim Kapostasy Jack Karako June Karako Debbie King Eleanor Kinklaar Aileen Lampella

Joan Lograsso Kathy Logsdon Marie Martin Dave Mason Donna Mason Bob McKnight Carol McKnight JC Mitchell John Murphy Greg Nimmo Connie Pasko Gerry Phillips Grace Shupp Marilyn Simko Jim Spence Inez Stockdale Dee Tarantino Patrice Toth Jane Voelker Tom Warmington Sam Wright Linda Zapp

Tom Zmeck

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.

SYMPATHY CARDS WERE SENT TO THE **FAMILY OF MEMBERS:**

Barb Conklin & Becky Fisher (brother), Ann Foster (mother), Joyce Hunsucker (husband), Barb Morley (Dennis Morley), Lou Pachete, Al Pete (son), and Barb Vild (husband)

WEEKLY & MONTHLY ACTIVITIES FOR FEBRUARY

WEEKLY ONGOING ACTIVITIES						
Monday		TUESD	AY	WEDNESDAY		
Fitness Room 8:00am-5:00pm Watercolors 9:30am Arthritis Exercise 10:00am Beginning Drawing Class NOON Bingo 12:30pm Card Bingo 3:30pm Intermediate Drawing Class 4:00pm Line Dancing 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 (Feb. 7, 21 & 28) Balance Class (Feb. 14) Arthritis Exercise (Feb. 7, 14, & 21) Balance Class (Feb. 28) 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 5:00pm 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	<u>Center is closed</u> <u>Feb. 19 for</u> <u>Presidents Day</u>		

MONTHLY ACTIVITIES

ATTORNEY - DEBORAH LOUGHNER...... Feb. 26 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!

BOARD MEETING......10:00AM.....FEB. 9 (2nd Fri. of the month) Board meetings are open to all members of the Center. Everyone is welcome to attend!

COFFEE WITH THE COPS......FEB. 7 FROM 8:30 - 9:30AM (1st Wed. of the month) Stop in for a cup of coffee and meet some of Fairport's police officers.

COMPUTERS & TECH......10:00AM......Feb. 17 (Saturdays) Lauren will be here to help us with our computers, phones, & tablets. Please call or sign up at the Center for an appointment. Appointments will be booked for 30 minutes.

FAIRPORT VILLAGE COUNCIL MTING......FEB. 20

AT 6:30PM (3rd Tues. of the month) Council meetings are open to everyone.

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

02/05 - Haluska & Sausage

02/12 - Open Faced Turkey lunch

02/19 - Holiday - no lunch

02/26 - Sloppy Joes

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

RISO TRIVIA..... 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. Sign up now for the 2024 Mind Challenge tournament.

Please check with your instructor about their

Pleases.

X



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.

- CORNED BEEF......5-7PM.......MAR. 12
 This month we'll dine on Corned Beef, cabbage, potato, carrots, dessert and beverage. Tickets will be available February 14 and must be purchased by

March 7. *The Summit* will be here to entertain us from 5:15-6:45pm.

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)

TATE TO A SECOND CONTROL OF THE MOUTH,

Feb. 12 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)

Feb. 27 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....... FEB. 20 (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

Feb. 7 from 11:00am - 2:00pm (1st Wed. of the month)
Are your pictures in a box? Would you like to organize them and make a beautiful scrapbook? This is the class for you!
Gather your pictures, scrapbook, and colorful paper. Lots of ideas are offered.

SEWING 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 Feb. 22 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........FEB. 21 (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.......FEB. 6 (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 19 - 10:00am-Noon

HEARING - <u>My Hearing Centers</u> [NEW] NO FEE August 7 - 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

Feb. 2 & 16 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 Feb. 14; Mar. 13 \$25.00 Appointments start at 9:00am.

Dr. Kelly Feb. 28; Mar. 27 \$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.

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......FEB. 14

A rep will be here *(the 2nd Wed. of the month)* to answer questions, provide information, and make sure that your needs are being met. Should you have a concern or problem that you are facing, assistance is available to help you problem solve and come up with a solution. This could include information and assistance with: In-Home Care, Home Safety, Health Insurance, Prescription Assistance, Legal and Financial issues, HEAP, Food Resources, Housing, Medicaid, Food Stamps, Mental Health, Hygiene 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 Debbie Lewis & Cindy Furman







Our new fireplace mantle

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 us.

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



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. Please sign up now. See you there!



Feb. 2, 2024

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 began in January & will end in March. The Spring Session is 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 rolloff 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



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>Feb. 14 from 9:30-10:30am</u> to teach different exercises for balance. He will also be here on <u>Feb. 28 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!!



Feb. 13, 2024

Did you know that Mardi Gras
is French for Fat Tuesday?

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

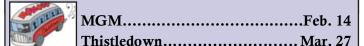
- Funny Girl (Connor)\$78.00/pp.........Mar. 7
 The bus will leave the Center at 4:00pm, so that you can have dinner (on your own) before the play.
- ◆ Always...Patsy Cline (Hanna)....\$30.00/pp....May 7
 The bus will leave the Center at 10:30am. You can have lunch (on your own) after the play.
- ♦ Michael 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 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	TBD
Old-School Living in our Old School	Sept. 4

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.

JOHN ROBERTS' TRIPS

Seneca Allegheny	March 17-19
Branson	April 7-19
Wheeling Downs	May 6-7
Mt. Rushmore & Badlands	May 18-26
Iceland & Greenland Cruise	July 1-13
Lancaster (3 shows)	July 31-Aug 2
Alaska Cruise Inside Passage	Oct 1-9

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

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; afterwards, 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 make your check out to Fairport Senior Center. Minimum of 12 people.

MEMPHIS w/Diamond Tours..... April 29-May 4 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. The BALANCE is due March 8, 2024. Make your check out to Diamond Tours. If you are not going, please let us know so that we can remove your name and let someone on the waitlist go.

NATIONAL COMEDY CENTER, NY......MAY 23 Cost \$89.00/pp or until sold out. We'll have a guided tour of the National Comedy Center which is dedicated to the art form of comedy, while we take an interactive journey through comedy history, from early vaudeville acts to the latest viral memes. We will also stop at the Lucille Ball Desi Arnaz Museum. Lunch is included on this trip. Please sign up today. Make your check out to Fairport Senior Center. The bus will leave the Center at 7:30am.

MINIATURE GOLF...... MAY 20 **Cost is \$16.00/pp.** We'll head to *Red Mill Golf.* Fee includes bus, 18 holes, and ice cream; afterwards, we'll go to *Perry* Family Restaurant for lunch (on your own). You must pay when signing up. Make your check out to Fairport Senior **Center.** The bus will leave the Center at 10:45am. Minimum 12.

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. Make your check out to Fairport Senior Center.

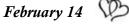
LADY CAROLINE LUNCH CRUISE.....JUNE 28 & SEPT. 26 Cost is \$70.00/pp or until sold out. We have 2 trips scheduled. Each trip will include a lunch cruise on Lake Erie while aboard the new ship "Lady Caroline". Price for each trip includes bus, lunch & tip. Limited seating, so please sign up early. When 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.







DAY & OVERNIGHT TRIPS (CONT'D)

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.

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 2nd 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 February, 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)

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! 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.

ROCK PAINTING CLASS.....1-2:00PM.....FEB. 6 & 13

(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)FEB. 13 Cost is \$25.00/pp. You will be provided with everything to complete your masterpiece. You MUST PAY when you sign up, so that there are enough supplies for everyone. Instructor: Connie



COOKING DEMO......1:30-3:00PM.....FEB. 15

Cost is \$5.00/pp (3rd 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......FEB. 22

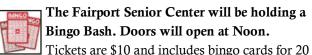


Adams

(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......1-3:30PM......MAR. 24



games and dauber. Extra sets are \$10. Refreshments will be available for purchase. Tickets will be available at the Center!

LAKE COUNTY MARCH FOR MEALS

New The Council on Aging presents Lake County's 17th edition of March for Meals. Come on out to support this important event which provides meals for Lake County seniors.

> Great Lakes Mall in Mentor Place: Date: Saturday, March 16, 2024

Doors open at 8am; Time:

Event starts 8:45 until 10am.

Walker Fee: \$15.00 Children 12 & Under: \$ 5.00

Optional T-shirt: \$15.00

Register online at: https://www.march4meals.org/

You can enjoy a morning coffee, a goodie bag, an opportunity to try for additional raffle baskets and fun musical entertainment by DJ Jesse Webb.



PROFESSIONAL PHOTOGRAPHS...... MARCH 23

Steve Manchook will be available here at the Center to take professional photographs of our seniors, their family, and/or their pets. Appointments are a must, so please sign-up at the Center if interested. You will be given access to your prints, so that you can print them or have them printed at the store. *There will be no charge.*

A MATTER OF BALANCE.....1-3pm....Starting April 19

This award winning program is designed to reduce the fear of falling and increase activity levels among older adults. Classes will meet on Fridays for 8-weeks at the Center. Please sign up now to reserve your spot as space is limited to a maximum of 15 people. *No fee.*

April 19 & 26; May 3, 10, 17, 24 & 31; June 7

2024 MIND CHALLENGE TRIVIA TOURNAMENT

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



Remember...we do not close when school closes. If in doubt, please call the Center as an instructor may not be able to make it in, but the Center will be open. We always have the fireplace going and coffee made.

So come in and enjoy the company of others!!



Happy Valentines Day! Welcome to our new trustees, Becky Potts and Suzanne Parrigan, and thank you to Connie Pachete and Joel Guthleben for serving on our Board. Connie served on our Board as our Treasurer for the last 10 years. She did a wonderful job as our bookkeeper. She'll be back on Tuesdays to help at the front desk. Also, thank you to Joel as he served as our Secretary and Trustee for 10 years. He was always willing to volunteer when needed. Both were also chosen as our *Senior of the Year*. We appreciate both of you for the dedication that you have for our Center. Connie and Joel...thank you for all that you did and continue to do at our Center. We appreciate you both!!

Please stop in at the Center to see the amazing photos on display from photographers Brenda Traffis and Dan Wolfe. The craft room, atrium, and main hall have over 70 of their photos on display. Make sure that you don't miss this showing! Don't forget that the *AARP Tax Preparation* will be here to assist you with your tax returns. We still have a few Saturdays available. Appointments are a must!

Mind Challenge is back. This will be the 6th year for the competition. We are practicing every first Monday at 2pm. Please come in and join the fun. Teams will be formed soon and all are welcome to participate.

Steve Manchook is a professional photographer and has volunteered to take photographs of our seniors, their family, and/or their pets. *There will be no charge for this service*. Appointments are a must, so please sign-up at the Center if interested. You will be given access to your photographs so that you can print them or have them printed at the store.

Remember...we do not close when school closes. If in doubt, please call the Center as an instructor may not be able to make it in, but the Center will be open. We always have the fireplace going and coffee made! So come in and enjoy the company of others!!

See you at the Senior Center 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> 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 <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.



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!

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 Maria Miranda for winning December's Lottery Tree.

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

SUDOKU

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	3			5			1	

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DIFFICULTY: ★★☆☆

Answers on page 14



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

PLEASE NOTE: 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:

February 26; March 25;

April 22; *May 20 (Also Pet Food Giveaway)

This is first come, first served. No reservations are needed, but please bring your photo ID for onsite registration along with bags for produce. Please have your trunk empty and open. Participants must certify annual gross household income is at or below \$25,759 for a household of 1 and \$34,839 for a household of 2. Income is self-declared; verification is not required. One box per household.



Greater Cleveland Food Bank *Pls note that the May giveaway is I week earlier due to Holiday

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Answers to page 13 puzzle





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:					
Emergen	cy Contact				
Name:	Relationship:				
Address:	City, State, Zip:				
Telephone:	Cell Phone:				
Dues P	ayment				
Check No. & Amount:	Cash Amount: \$				
Any Special Needs:					
Participation Wais	ver and Agreement				
Please rea	nd and sign				
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Signature:	Date:				
Please Print all Information	For office use only: D/B Label Ann BD				

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



FEBRUARY BIRTHDAYS & ANNIVERSARIES



02/01

Burkholder, Carol Gerl, Lynn Sferra, Jim Shupp, Grace Witt, Kris

02/02

Firestone, Rose Fishleigh, James Stowe, Patrice

02/03

Bartone, Neal Leathers. Dale McCormick, Nancy Melin, Ron Myotte, Bob Sullivan, Peter Wittlinger, Karen

02/04

Colpetzer, Barb Vershall, Dave

02/05

Boyd, Mary (100 years) Kallay Jr, Joseph Kovatch, Nancy Trench, Cynthia

02/06

Deveney, Brigid Greenwalt, Leanna Toth, Patrice

02/07 Aplis, Jacki Cottrell, Bonnie Gibson, Ginny Latva, Marvk Oinonen, Niles Rush, Lori Singer, Stephanie Wagner, Dianne

02/08

Barbosky, Albie Csaszar, Diane Rowan, Mike Rowan, Rita 02/09

Hemrich, Rella Nelson, Marie Root, Art

Wayner, Eva

02/10 Balala, Jim

02/11 Drews, James Harvey, David Hunsucker, Joyce O'Donnell, Joseph Toivonen, Garv

02/12

Lowe, Eleanor Lung, Patricia Peine, Kirk 02/13

Comstock, Cindy Dick, Joyce Elliott, Robin Hatfield, Sherry

02/14Davis, Sue Ferritto, Bob 02/16 Hogya, Diana Randa, Arthur

02/17

Davis, Barbara Gavlick, Valentine Grem, Dolores Justus, Margaret Penttila, Brita Ramsey, Connie Rebenock, Nancy Schmiermund, Betty Towler, Gary Zuzek, Joe 02/18

Andrews, Ailiin Del, William Eaton, Lisa Fullford, Karen Janor, Mary Lyons, Joanne

Spiker, Patricia 02/19Anthony, Jean Beck, Nicole Boggs, Mary Clifford, Cheri Kallevig, James Lette, Mary Madrzak, James

Warren, Ron

02/20

Buckels, Karen Cochrac, Janice

02/20

Craig, Carolyn Lohrey, Patricia Madger, Sharon Nemeth, Judy Sally, Patricia Schuster, Sam Troglin, Cindy

02/21

Chandler, Paulette Gardner, Jerry Mitchell, Jerri Nelson, Fran Rosslev, Robert Thomas, Linda Zalar, Darlene

02/22 Hribar, Sally Karosy, Michael Sabol, Katherine Steinback, John Ward, Linda 02/23

Brown, Debi Eames-Jones, Cheryl Kocan, Debbie Schmiermund, Robert

02/24

Tomba, Nick

Galm, Charlotte Hambor, Virginia Karp, Karen Lucha, James Orosz, Dan Stoyle, Rita

02/25

Nemeth, Margaret Oberstar, Judy 02/26

Brennan, Barbara Dymeck, Diane Guider, Carole Rice, Barbara Rich, Penny Shreve, Grace

Wayner, Bob 02/27

Estadt, Elaine Novotney, Ronnie Zwanchev, Karen

02/28

Berie, Norbert Cicconetti, Marie Humbert, Anthony Jones, Bob Krehel, John Pfouts, Cynthia Piazza, Suzanne Placek, Hope Ward, Michael 02/29

Hoffmeyer, Gayle

Paulette & Bob Chandler

02/22

Karen & Larry Wilson 02/25

June & Jack Karako 02/26

Debbie & Dave Potter 02/27

Helen & Mike Haas

02/28

Kathleen & Gary Hill Christine & Ronald Martin



02/01

Deborah & Bob Danolfo

02/03

Dolores & Robert Rossley

02/07

Elaine & Dan Jobsky

02/08

Karen & Michael DeCola

02/10

Donna & James Walters

02/11

Mary & Richard Ohler

02/14

Nancy & William **Brosokas** Shelby & Daniel Cratcha Debbie & Mike Holin Carole & Willis Perry Rita & Lee Sines 02/15

Joanna & Tom Crofoot 02/20

Judy & Tom Salcius Carol & Rich Somerfeldt

02/21



ATTENTION:

For members that are 90+ years young in February, please pick up your FREE ticket for your birthday dinner at the Center by Feb 9 The dinner will be held on Feb 13. We'll continue to do this each month.

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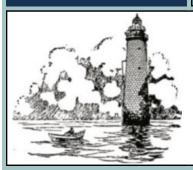
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Fairport Senior Citizens Ctr. 1380 East Street Fairport Harbor, OH 44077

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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