



SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen A. Patton

September & October 2016 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437

The Funsters

Come celebrate and join the fun on Tuesday, **September 13th at 11:00am** when the Fairview Park Senior Center Chorus presents:



They will be featuring some of your favorite songs. The members have been practicing this summer and sound really great. Please bring your friends and family to this lively program that's sure to please everyone! Refreshments will be served following their performance courtesy of Parkside Villa in Middleburg Heights.



Fall Dance



We will be hosting a fall ballroom dance on Monday, October 17 at the Senior Center from 1:00-3:00pm. The one and only Al Battistelli will provide the music for all of the dancers to enjoy. Come enjoy a treat and music on a fall afternoon. The cost is \$5.00. Join us for an afternoon of fun!

RTA Updates

Please join us at the Fairview Senior Center on **Thursday, September 29 at 11:00am**, when the representative from the Regional Transit Authority will be here to update us on the latest with RTA ridership, including Paratransit.

Halloween Party!!

Our annual Halloween Party will be held **on Friday, October 28 at NOON**. Lunch will be a beef hot dog/bun, baked beans, mixed fruit, orange juice and carton of milk. No tricks here, only **TREATS!** It will be a regular WRAAA lunch, you just need to sign up the week before (deadline 11:45am on Thursday, October 27) Cost is \$1 donation. **Costumes are encouraged!**



Flu & Pneumonia Vaccines

It's that time of year again – time to guard yourself against the flu and pneumonia. Marc's Pharmacy will be at the Fairview Park Senior Center administering shots on **Wednesday, October 12th from 10:00am – 1:00pm**. Be sure to bring your insurance card and wear a short sleeved shirt. Vaccines will be available at no cost to seniors who have Medicare and many other insurance plans. This year we are having walk-ins. No appointment will be necessary. Do remember that a lot of people come early, so to avoid a crowd, plan to come a little later, but before 1:00pm.

Alzheimer's Association

The Alzheimer's Association will be holding a Dementia Care Training for family and professional caregivers on Wednesday, September 21st. The training will run from 9:00am. – 3:00pm. This Dementia Care Training is a FREE program for both family and professional caregivers who provide care to those with dementia-related diseases. The program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior. Please plan to bring a brown bag lunch. **Registration is required by calling 800-272-3900.**

Wound Care

Come to the Senior Center on Thursday, **September 8th at 11:00am** to find out what is true or false when it comes to maintaining healthy skin and dealing with wounds. Our presenter will have Skin Care / Wound Care Trivia you need to know. Test your knowledge to see how much you know about skin/wound care with this interactive presentation.



AT THE MOVIES



Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
Sept. 6	Nothing in Common/PG/119 minutes	Jackie Gleason/Tom Hanks	Comedy
13	The Confirmation/PG13/90 minutes	Clive Owen/Maria Bello	Comedy
20	The Choice/PG13/100 minutes	Benjamin Walker/Teresa Palmer	Romance
27	Kindergarten Cop 2/PG13/100 minutes	Dolph Lundgren/Sarah Strange	Comedy
Oct. 4	Stepmom/PB13/125 minutes	Susan Sarandon/Julia Roberts	Comedy
11	Race/PG13/134 minutes	Stephan James/Jason Sudeikis	Drama
18	Joy/PG13/124 minutes	Jennifer Lawrence/Robert DeNiro	Drama
25	Lady in the Van/PG13/104 minutes	Maggie Smith/Alex Jennings	Comedy

Goodtimer's Lunch

The Goodtimers meet the **first Monday** of the month at **11:30**. Make your reservation at the front desk.

Tuesday, Sept. 5 **Donauschwaben German Cultural Center** **7370 Columbia Road, Olmsted Falls**

Monday, Oct. 3 **Frankie's Italian Cuisine** **4641 Great Northern Blvd. North Olmsted**

A Sincere Thank You!

In August, the Senior Center held our Volunteer Luncheon honoring all of the wonderful people who give their time and energy to make our Center run smoothly. We would like to thank Kelly and Chef Tony from Life Care Centers of Westlake for donating the delicious food. Everyone really enjoyed the meal done to perfection. We were entertained by John the juggler. Everyone had a great laugh! We really do appreciate all you do for us at the Senior Center for without you we could not run so smoothly. Thank you volunteers for all you do to make our Center a great place to grow.

Recycle Roundup

Mark your calendars for **Saturday, September 24, 9am - Noon**. The following services will be available during this roundup: Paper shredding (residents are asked to limit amount of material to be shredded to two copy paper sized boxes), Computer equipment recycling, Household Hazardous Waste Disposal, Scrap tire collection (20 inch rims or less). For further information, please check the city website @ fairviewpark.org.

Lunch n Learn

Wednesday, September 28th (rescheduled from August): The Ins and Outs of Medicaid- Understanding Medicaid is no easy task so join the Financial Director of Life Care Center of Westlake to explain if you qualify, the benefits of assistance and your benefits as a spouse. Learn the differences between community Medicaid and Nursing Home Medicaid. Many people get confused between Medicare and Medicaid. They are not the same. This promises to be an information packed session, you don't want to miss this!

Lunch n Learn

Wednesday, October 19th (Part 4 of the series) **The alphabet according to Medicare** Life Care Centers will give this presentation about Medicare A, Medicare B, Medicare C, and Medicare D. They will help you understand all of your benefits under Medicare. This is the fourth and final part of the series from Life Care Center of Westlake. We are now more informed about the system.

Please sign up. at the front desk.
Both sessions begin at 11:30am.



Computer Class

We are approaching our 15th year of classes. We plan to resume our classes in September, so continue to submit application forms for the fall season if you have not done so already. We will have an orientation class on the fourth Wednesday of each month at 10:00 a.m. We suggest you attend one of these Orientation classes to assure you are scheduled for classes of your choice. Keep in mind that these classes are **FREE** as a benefit provided by volunteer instructors – all members of either the Northeast Ohio PC Club or the Computer Assisted Genealogical Society.

Computer Fundamentals

These **FREE** monthly workshops are on the second Tuesday of each month at 9:30 a.m. They are extremely popular, the next meetings will be held **September 13^h and October 11th**. If you have a computer at home and would like to know more about it, you should plan to attend these informative workshops. They are being conducted by the Northeast Ohio PC Club for the benefit of all seniors. You don't need to register for these meetings – just come and bring your friends.

Medicare Counseling

The counselors will be here Wednesday, September 14, then beginning October 5th, our OSHIIP volunteers will be available every Wednesday (except November 23) with appointment times being scheduled at 9:00, 10:00 or 11:00 a.m. Make your appointment for counseling at the front desk.

Connect Hearing Screening

Connect Hearing will conduct hearing screenings **Thursday, September 15th from 10:00 - 11:30am**. Please schedule your time at the front desk. They are in 15 minute increments.

Brainercize

Join us on Thursday, October 27th for a challenging and fun program to exercise your brain. Lisa Anthony from Arden Courts will lead the program, sure to be enjoyed by all. Please sign up at the front desk.

Turn back clocks November 6!



Multi-Day Trips

OFFERED BY WENDT TOURING:

Nova Scotia and Prince Edward Island

Fall Foliage

7 Days – October 1-7, 2016

Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Bras d'or Lakes, Alexander Graham Bell Museum, Margaree Valley, Saint Ann's Gaelic College, Citadel, Charlottetown, Green Gables, New Brunswick, Summerside, Prince Edward Island National Park, Atlantic Ocean and more.

Christmas in Nashville

4 Days departs November 29, 2016

Enjoy a spectacular Country Christmas Celebration at the world-renown Opryland Resort in the heart of Nashville on this unforgettable tour. Highlights include: Grand Ole Opry Ryman Auditorium, General Jackson Showboat Cruise, Special Broadway Christmas Productions, Ticket to ICE, Treasures for the Holidays, Delta River Flatboat ride, Nashville City Tour, 6 Meals, all 3 nights at the dazzling Opryland Resort Hotel and more.

New Orleans Springtime and

American Queen Mississippi River Cruise

10 Days departs April 1, 2017

New Orleans is said to be a way of life preserved. Enjoy gracious Southern Hospitality, scrumptious cuisine, antebellum architecture, historic battlefields, and sparkling springtime gardens throughout. Take a classic and comprehensive cruise on the historic Mississippi River. The American Queen is an authentic, beautiful and first-class ship that has gotten rave reviews. 3 days in New Orleans then a 7 day cruise. Join us on this unforgettable adventure during colorful "prime-time". Registration available starting September 1st.

Detailed Brochures available at the

Fairview Park Senior Center

Legal Consultations

Harold Hom, local attorney, offers legal consultations at **no charge** on the last Friday of each month from 9:30-11:30 am. Future dates are **September 30th & October 28th**. Appointments will be arranged every 15 minutes until 11:00, with the remainder of the time for walk-ins. Please make an appointment at the front desk.

**DON'T FORGET TO USE YOUR
FARMERS MARKET VOUCHERS
BY OCTOBER 31ST!**

Regular Programs and Events

BINGO: We have **BINGO** on the second, third, fourth (sometimes fifth) Monday of the month at **12:00**. We also have **BINGO** on the third Friday of the Month after lunch.

BRIDGE: Meets every Wednesday at 10:00. Bridge group begins play at 12:30. All are welcome.

CHORUS – The “Funsters”: Practice every Tuesday morning at 10:00.

DISCUSSION GROUP: Meets every Monday at 1:00.

EXERCISE –EXERCISE WITH DEE meets every Tuesday, Thursday and Friday at 1:30. All are welcome. What a great workout.

KNITTERS/CRAFTERS: Meet every Tuesday at 10:00 a.m. Bring your favorite craft and enjoy the fellowship.

MIXED MEDIA – ART CLASS: Classes meet on Wednesday at 9:30 am. Classes run for 8 weeks. Please check with the front desk for start dates of new classes. There is a fee for this class instructed by Liz Galloway.

SILVERSNEAKERS: SilverSneakers Classic Class meets Mondays at 10:30am and Wednesdays at 1:30pm.

TREASURE SHOPPE: We will hold our semi-annual Treasure Shoppe on Thursday and Friday, October 6 & 7 from 9 to 12noon.



Lunches are served Thursdays & Fridays at Noon. Donation is \$1.00. This program is made possible by the Older Americans Act through a grant from The Ohio Dept. of Aging and administered by The Western Reserve Area Agency on Aging. Recipients or their spouse must be 60 years or older. Reservations may be made in person or by calling 440-356-4437.

September			
Thursday		Friday	
1	Hawaiian Chicken* Mashed Potatoes* Baby Carrots* 2 Whole Grain White Tropical Fruit	2	Beef Hot Dog*/Mustard Baked Beans* Seasoned Potatoes* Whole Grain Bun Banana
8	Salisbury Steak*/Gravy* Mashed Potatoes* Brussel Sprouts 2 Whole Grain Wheat Banana	9	Roasted Turkey Breast* Mashed Potatoes*/Gravy* California Bland 2 Whole Grain Rye Pineapple Chunks
15	Cold Sliced Turkey* Tomato Cuke Onion Salad* Cole Slaw* 2 Whole Grain Rye Pineapple Chunks	16	BBQ Chicken* O'Brien Potatoes* Green Beans 2 Whole Grain Rye Mandarin Oranges
22	Tuna Salad* Potato Salad* Corn Relish Salad* 2 Whole Grain Wheat Sliced Peaches	23	Swedish Meatballs*/Gravy* Buttered Noodles* Broccoli/Red Cabbage Whole Grain White Banana
29	Beef Stroganoff*/Gravy* Noodles*/Sliced Beets Mixed Vegetables Whole Grain Wheat Pineapple Chunks	30	Breaded Fish* Tartar Sauce/Lemon Juice Seasoned Potatoes* Spinach/Sliced Pears 2 Whole Grain white

Hunger Center

The Senior Center will be accepting canned food items to help supplement the Hunger Center. Please give what you can to help these families in need. They can use canned tuna, soup, vegetables, fruit and baked beans. Peanut butter, cereal, spaghetti sauce, noodles and macaroni and cheese would also be greatly appreciated.

Treasure Shoppe/Rummage Sale

We will be holding our semi-annual Treasure Shoppe rummage sale on Thursday and Friday, October 6 & 7. This is your opportunity to pick up some great bargains on holiday decorations and many miscellaneous items. You can also pass along any items you no longer use and we can recycle to someone else. Remember that all money raised stays in your Senior Center!.

Upcoming Casino Trip

We will be planning a fall gambling trip. Details were not available at time of printing. We will post when available.

