

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

January & February 2016 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437

Happy
New Year



Spuds and Suds



Let's start the New Year off right by coming to the Fairview Park Senior Center on Monday January 18 at **NOON** for a "SPUDS and SUDS" Luncheon. Kelly from Life Care Centers of Westlake will treat us to a variety of toppings for our baked potato bar with a serving of foaming root beer! Entertainment furnished by John Thayer. Register at the front desk. **Cost is \$3.**



Mardi Gras

Come join us at the Senior Center on **Tuesday, February 9th at NOON** for a Fat Tuesday Celebration. We'll have plenty of food and great entertainment!! Life Care Centers will provide Gumbo, corn bread and of course paczki's for dessert. "By Request" trio will furnish the entertainment, so come and have a great time! Register at the front desk. **Cost is \$3.**

Valentine's Day Party

We will be celebrating Valentine's Day on **Thursday, February 11th at NOON**. We will be serving stuffed cabbage, mashed potatoes, corn, banana and bread. Cost is \$1. Entertainment will be furnished by the one and only Scott Brotherton. The deadline for sign up February 4 at noon.

Soup and Salad

Guess what? We are going to have a hearty soup and salad luncheon on **Monday, February 29 at NOON**. We will be enjoying Pasta Fagirole, bread, salad & cookie. You can come in on Leap Day and have lunch with your friends at the Senior Center. Register at the front desk. **Cost is \$3.**

Income Tax Preparation

The Fairview Park Senior Life Office will offer tax-preparation assistance through AARP's Community Service Program. This program assists people with filing their Federal and State returns. Volunteers are IRS-trained and certified and will be available each Tuesday beginning **February 2nd through April 12th (NO TAXES ON TUESDAY, February 9th)** from 11:45 am till 2:00 pm. Individual and business taxpayers will no longer receive paper income tax packages in the mail from the IRS. The IRS is taking this step because of the continued growth in electronic filing and the availability of free options to taxpayers, as well as to help reduce costs. **Please call 440-356-4437 after January 5th** to schedule an appointment. Please bring last year's tax return with you.

Fish Fry at the Senior Center



Fridays During Lent Beginning February 12th

The Senior Center will be hosting Fish Fry's during Lent as a fundraiser for the Center. Joe and our kitchen volunteers will be serving up lake perch, butterfly shrimp, beer battered cod, pierogis, french fries, home-made cole slaw and all the fixins. Meals will be \$10 and under. We will even have a kiddie menu for \$5. Look for more details to be posted at the Senior Center. **We are looking for volunteers to help with this endeavor! Please see Joe Maynard or Regina if you are able help.**

*We will be serving from 4:00 -7:00 p.m.
February 12, 19 & 26
March 4, 11, 18, 25*



AT THE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
Jan. 5	With a Song in My Heart/NR/117 minutes	Susan Hayward/Rory Calhoun	Musical
12	Ike-Countdown to D-Day/ PG/ 89 minutes	Tom Selleck/James Remar	Drama
19	Losing Isaiah/ R / 106 minutes	Jessica Lange/Halle Berry	Drama
26	The Pianist / R / 148 minutes	Adrien Brody/ Emilia Fox	Drama
Feb. 2	The River Wild / PG13 / 112 minutes	Meryl Streep/Kevin Bacon	Drama
9	Many Rivers to Cross/NR/ 95 minutes	Robert Taylor/Eleanor Parker	Drama
16	Mr. Holmes / PG / 104 minutes	Ian McKellen/Laura Linney	Drama
23	A Walk in the Woods / R / 98 minutes	Robert Redford/Emma Thompson	Comedy



Goodtimers Lunch

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

Monday, January 4 **Longhorn Steakhouse** **20999 Center Ridge Road, Fairview Park**

Monday, February 1 **Olive Garden** **25985 Lorain Road, North Olmsted**

Supportive Services

Blood Glucose Testing: Fairview Hospital Community Outreach will have blood testing at the Senior Center on the third Monday of the **odd** months, from 9:00am-12:00 noon. Please fast 2 hours prior to test. Please make an appointment at the front desk. They will also check blood pressure at this time.

Blood Pressure: O'Neill Healthcare Fairview Park will check blood pressure on the third Monday of the **even** months. A nurse will be available here at the Senior Center from 9:00-12:00 noon.

Computer Classes

We're going to provide our normal Computer Class schedule starting in January – our 15th year of providing **FREE** computer instructions. You need not have any knowledge of computers – or you may need a refresher of certain more advanced software – we may have just what you need in our curriculum. Everyone must attend an "Orientation" meeting to determine the classes you wish to be invited to. If you would like to repeat any classes that's OK – you merely attend one of the monthly Orientation Meetings (fourth Wednesday of the month at 10:00am) and determine which classes you want to do over. Keep in mind that these classes are **FREE** as a benefit provided by volunteer instructors – all members of either: the Northeast Ohio PC Club; the Computer Assisted Genealogy Group; or the Greater Cleveland Genealogical Society.

Computer Fundamentals

These **FREE** monthly workshops are on the second Tuesday of each month at 9:30 AM. These are extremely popular and will continue. If you have a computer at home and would like to know more about its function you should plan on attending these informative workshops. These are being conducted by the Northeast Ohio PC Club for the benefit of all seniors. You need not register for these meetings – just come and bring your friends.

Day Trips

Hard Rock Rocksino

Wednesday, January 27, 2016

Try your luck with 2,200 slot machines all on one floor of gaming. There are five dining selections. Why not join us for a day of fun. You get a bonus of \$20.00 Free Play. (We are combining with the North Olmsted Senior Center so there are a limited number of seats).

Cost: \$22.00



LongHorn Steakhouse once again prepared a very delicious Thanksgiving dinner Wednesday, November 25th at our Senior Center. We say "thank you" to Brandon, Diane, Ally, their families, and the rest of the volunteers who served over 200 meals. Not only did they donate their time serving our family, they were also able to collect cash donations totaling \$905 to purchase items for Toys for Tots. We thank everyone for being so generous.

Thank you to **Humana At Home - Caring Tree Senior Care** for once again adopting 25 seniors for holiday gift giving.

Medicare Counseling

We are still offering Medicare counseling through OSHIP (Ohio Senior Health Insurance Information Program) to Ohioans needing help navigating the sea of Medicare insurance choices. The volunteers will be here on the second Wednesday of the month beginning **January 13th**. You do need an appointment, so please contact the front desk for a time and date.

Brainercize

Come to the Fairview Park Senior Center and join Lisa Anthony from Arden Courts for a program to challenge participants to exercise their brains with puzzles, word games and trivia, all the while explaining the functions of their brain and working memory. These sessions will be held on Thursday, January 28 & February 25 at 11:00 until 12:00 (before lunch). Please register if you would like to attend. Since these sessions are popular, we will continue to offer them. Come see how well your brain works!

Multi-Day Trips

2016 TOURS

Springtime down South

7 Days – April 23-29

Golden Isles of Georgia, Millionaire's Village, Historic Waterfront District, Charleston Harbor Queen Cruise, Jekyll Island Club, Magnolia Plantation & Gardens, Fort Sumter, Beauford, Charlotte North Carolina, Atlantic Ocean, and more.

Treasures of Ottawa by Rail

5 Days – August 24-28

VIA Rail Canada, St. Lawrence Seaway, Parliament tour, Ottawa River Cruise, Rideau Falls, Byward Market, Chateau Laurier, Changing of the Guards Ceremony, Embassy Row, Notre Dame Cathedral, Sights & Sound Show, Pink Lac Quebec Provincial Park, Canadian Museum of Civilizations Quebec, Lake Ontario, Mama Theresa's, Thousand Islands and more.

Nova Scotia and Prince Edward Island

Fall Foliage

7 Days – October 1-7

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.

Registration now open.

Travel Preview/Presentation Wednesday, March 16th at 11am.

Winter Weather Watch



When the Fairview Park Schools are closed due to weather conditions, we will **not run** the senior buses. The Senior Center will be open, but if the weather is too inclement please be sure it is safe to drive. Congregate meals (Thursday and Friday lunches) will be cancelled only when the Cuyahoga County Offices are closed. If you have any doubts, please call the Senior Center at 440-356-4437 to make sure the center is open.

The Senior Center is equipped with a generator so, if needed during a power outage, we will be a designated warming center.



Regular Programs and Events

Bingo: The first and third Fridays, **January 15 & February 5 & 19** at 1:30

Book Club: Next meetings will be Thursday, **January 7** and **February 4** at 1:30 p.m.

Bridge Group: Meets every Wednesday at 10:00 and Bridge group begins play at 12:30.

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

Discussion Group: Meets every Monday at 1:00. Always something new to discuss!

Exercise with Dee: Meets on Tuesdays, Thursdays and Fridays at 1:30 p.m. Exercise and Energize.

Knitters: Meet every Tuesday at 10:00 a.m.

Legal Consultation: 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 **January 29 & February 26**. Appointments will be arranged every 15 minutes until 11:00, with the remainder of the time free for walk-ins. Please make an appointment at the front desk 356-4437.

Massage by Franny: Every Friday from 10:00am till 12noon. No appointment necessary. Come check it out.

Mixed Media – Art Class: Classes meet on Wednesdays at 9:30. Classes run for 8 weeks. Please check with the front desk for start dates of new classes.

Senior Social & Bingo: Takes place the second and fourth Monday at Noon **January 11 & 25** and **February 8 & 22**. Refreshments served. **The BITE B4 BINGO WILL BE HELD AT 11:00 Jan 25 & Feb. 22!**

SilverSneakers CLASSIC: We offer SilverSneakers Mondays at 10:30 & Wednesdays at 1:30.

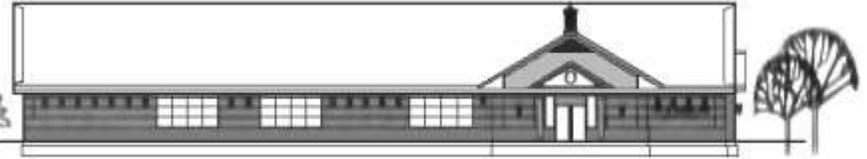
Treasure Shoppe: There will be no Treasure Shoppe in January or February.

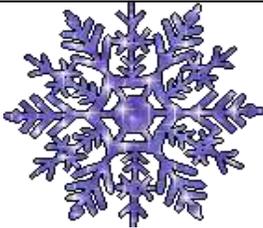
Lunches are served Thursdays & Fridays at Noon. Donation is \$1. This program is made possible by the Older Americans Act through a grant from the Ohio Department on Aging. Reservations may be made by calling 440-356-4437. You must be 60 or older OR your spouse accompanying you must to must be 60 or older.

January			
Thursday		Friday	
7	Chili Con Carne* Mixed Vegetables Corn Muffin Apple Juice Banana	8	Cheese Ravioli* Broccoli Peas & Carrots* Whole Grain Breadsticks Mandarin Oranges
14	Beef Stroganoff* Noodles* Harvard Beets Green Beans Whole Grain White Pineapple Chunks	15	2 Stuffed Shells* w/sauce Spinach/Lemon Juice California Blend Whole Grain Garlic Toast Sliced Peas
21	Breaded Chicken Pattie* Mashed Potatoes* Gravy*/Green Peas Whole Grain Wheat Graham Crackers Pineapple Chunks	22	Beef Meatloaf*w/Glaze Baked Beans* Mixed Vegetables 2 Whole Grain White Banana
28	Salisbury Steak* Gravy* / Banana Mashed Potatoes Mixed Vegetables WG Honey Wheat Biscuit	29	Beef Sloppy Joe* Seasoned Wedge Potatoes Harvard Beets Whole Grain Bun Orange

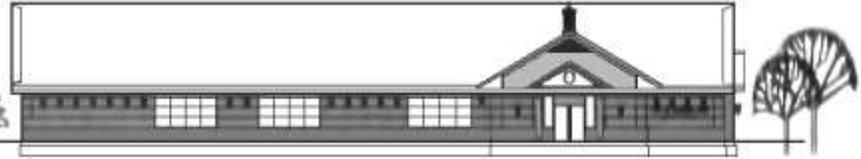
February			
Thursday		Friday	
4	Lemon Gravy Chicken Breast*/Orange Sweet Potatoes* Green Beans 2 Whole Grain Wheat	5	Chili Con Carne* Mixed Vegetables Corn Muffin Apple Juice Banana
11	Stuffed Cabbage*w/Sauce Mashed Potatoes* Corn w/Red Peppers 2 Whole Grain Wheat Banana	12	Breaded Fish*/Tartar Sauce Tater Tots/Broccoli 2 Whole Grain Wheat Sliced Peaches
18	Sweet & Sour Meatballs* w/ Sauce/Brown Rice* Capri Blend Vegetables Whole Grain Wheat Tropical Fruit	19	Vegetable Lasagna* Green Peas Buttered Beets Whole Grain Wheat Pineapple Chunks
25	Swedish Meatballs* Noodles Peas/Carrots Whole Grain White Sliced Peaches	26	2 Stuffed Shells* w/ Sauce/ Spinach/Lemon Juice California Blend Whole Grain Garlic Toast Sliced Peas

JANUARY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Regina Sillasen, Director 440-356-4436 Cathy Eble, Site Coordinator 440-356-4437 Melody Grabo, Social Worker 440-356-4463 Sharon Kaiser, Van Scheduler 440-356-4439		<p>We are open Monday thru Friday 8:30am till 4:30pm We are closed The first Monday of the month</p>		<p>1 <i>Happy New Year</i> SENIOR CENTER CLOSED</p>
<p>4 Senior Center Closed</p> <p>11:30 Goodtimers Lunch <i>Longhorn</i></p>	<p>5</p> <p>10:00 Knitting 12:00 Card Playing 1:00 Movie: <i>With a Son in My Heart</i> 1:30 Exercise with Dee</p>	<p>6</p> <p>9:30 Art Class 10:00 Bridge for 12:30 Card Playing 1:30 SilverSneakers Classic</p>	<p>7</p> <p>9:30 NEOPC Meeting 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion</p>	<p>8</p> <p>10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>11</p> <p>10:00 Computer Class 10:30 SilverSneakers Classic 12:00 Senior Social/Bingo 12:30 Card Playing 1:00 Discussion Group</p>	<p>12</p> <p>9:30 Computer Fundamentals 10:00 Chorus Practice 10:00 Knitting 12:00 Card Playing 1:00 Movie: <i>Ike</i> 1:30 Exercise with Dee</p>	<p>13</p> <p>9:30 Art Class 10:00 Bridge 10:00 Medicare Counsel 12:30 Card Playing 1:30 SilverSneakers Classic</p>	<p>14</p> <p>12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>15</p> <p>10:00 Massage by Franny 11:00 Sing a Long 12:00 Lunch 1:00 Card Playing 1:30 BINGO 1:30 Exercise with Dee</p>
<p>18</p> <p>9:00-12:00 Blood Sugar & Blood Pressure 10:00 Computer Class 10:30 SilverSneakers Classic 1:00 Discussion Group</p>	<p>19</p> <p>10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Losing Isaiah</i> 1:30 Exercise with Dee</p>	<p>20</p> <p>9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers Classic</p>	<p>21</p> <p>12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>22</p> <p>10:00 Massage by Franny 11:00 Sing a Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>25</p> <p>10:00 Computer Class 10:30 SilverSneakers Classic 11:00 Bite B4 Bingo 12:00 Senior Social/Bingo 12:30 Card Playing 1:00 Discussion Group</p>	<p>26</p> <p>10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>The Pianist</i> 1:30 Exercise with Dee</p>	<p>27</p> <p>9:30 Art Class 9:30 Bus Leaves for Rocksino 10:00 Bridge 10:00 Computer Orientation 12:30 Card Playing 1:30 SilverSneakers Classic</p>	<p>28</p> <p>11:00-12:00 Brainersize 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>29</p> <p>9:30 Legal Consult 10:00 Massage by Franny 11:00 Sing a Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>

FEBRUARY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Senior Center Closed 11:30 Goodtimers Lunch <i>Olive Garden</i>	2 10:00 Chorus Practice 10:00 Knitting 11:45 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The River Wild</i> 1:30 Exercise with Dee	3 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers Classic	4 9:30 NEOPC Meeting 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion	5 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 BINGO 4-7:00 FISH FRY
8 10:00 Computer Class 10:30 SilverSneakers Classic 12:00 Senior Social/Bingo 1:00 Discussion Group	9 9:30 Computer Fundamentals 10:00 Knitting NOON Mardi Gras  12:00 Card Playing 1:00 Movie: <i>Many Rivers to Cross</i> 1:30 Exercise with Dee	10 9:30 Art Class 10:00 Medicare Counsel 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers Classic	11 12:00 Valentine Lunch with Scott Brotherton 1:00 Card Playing 1:30 Exercise with Dee 	12 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 4-7:00 FISH FRY
15 9:00 – 11:00 Blood Pressure 10:00 Computer Class 10:30 SilverSneakers Classic 1:00 Discussion Group	16 10:00 Knitting 10:00 Chorus Practice 11:45 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Mr. Holmes</i> 1:30 Exercise with Dee	17 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers Classic	18 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	19 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 BINGO 4-7:00 FISH FRY
22 10:00 Computer Class 10:30 SilverSneakers Classic 11:00 Bite B4 Bingo 12:00 Senior Social/Bingo 1:00 Discussion Group	23 10:00 Knitting 10:00 Chorus Practice 11:45 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>A Walk in the Woods</i> 1:30 Exercise with Dee	24 9:30 Art Class 10:00 Computer Orientation 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers Classic	25 11:00-12:00 Brainersize 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	26 9:30 Legal Consult 10:00 Massage by Franny 11:00 Sing-A-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 4-7:00 FISH FRY
29 10:00 Computer Class 10:30 SilverSneakers 12:00 Leap Day Luncheon 1:00 Discussion Group	The frog is a symbol associated with February 29 . The Australian rocket frog can leap over six feet.			