

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen Ann Patton

July & August 2016 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437



90+ Luncheon

Mayor Eileen Patton and the Senior Life Office will honor Fairview Park residents that are 90 years of age or older on **Wednesday, July 27 at 11:30am** at the Senior Center. A complimentary catered lunch will be served for our honored residents along with a special piano performance by Ken Aufmuth. The menu will consist of stuffed cabbage rolls, mashed redskin potatoes, whole kernel corn, roll/butter, dessert. Guest tickets may be purchased for \$10.00 each at the front desk. Please notify the Senior Center if you know of someone 90+ so an invitation may be extended to them.



Senior Center 16th Annual Picnic

Mark your calendars now and plan to attend the Senior Center's Annual Picnic on **Wednesday, August 31st at 11:30am**. This year we will be celebrating with a good old fashioned picnic! Menu will consist of sloppy joes, baked beans, chips and watermelon. Get in the party mood! Entertainment to be announced. Cost is \$3. Please make your reservation at the front desk after August 1st.



Volunteer Recognition

The Senior Life Office will honor the many volunteers who freely give their time to the many programs at the Senior Center. We really appreciate all of the time and effort you give to us. The luncheon will take place on **Wednesday, August 10th at 11:30am**. All volunteers are asked to make a reservation by completing a volunteer registration sheet from the front desk.



Today's Media A Special Presentation

We are pleased to announce that **Jack Hagan** will be a speaker here at the Fairview Park Senior Center on **Wednesday, July 13** at 11:00am. Jack Hagan has spent a lifetime as a journalist. He worked at The Cleveland Plain Dealer for 30 years, both as a reporter and an editor, before changing careers to teach journalism on the college level. His presentation includes an analysis of the future of newspapers, the influence of the Internet on the media, the quality of present-day news coverage and related topics: What happens when newspapers cut back on staff? Should we care if newspapers disappear? How is the prevalence of social media affecting journalism? Are blogs good for journalism? Is the media biased? His presentation is interactive as he involves his audiences in lively discussions of what's going on in today's media. **Please sign up at the front desk or call 440-356-4437** to let us know if you can come join us.





AT THE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
July 5	The Mark of Zorro/NR/93 minutes	Tyrone Power/Linda Darnell	Classic
12	Spotlight / R / 129 minutes	Mark Ruffalo/Michael Keaton	Drama
19	Hardball / PG13 / 115 minutes	Keanu Reeves/Diane Lane	Comedy
26	Grandma / R / 82 minutes	Lily Tomlin/Julia Garner	Comedy
August 2	Poseidon / PG13 / 99 minutes	Kurt Russell/Josh Lucas	Drama
9	The King and I/G/133 minutes	Yul Brynner/Deborah Kerr	Musical
16	My Big Fat Greek Wedding 2/PG13/120 min.	Nia Vardalos/John Corbett	Comedy
23	The 33 / PG13 / 120 minutes	Antonio Banderas/James Brolin	Drama
30	Father of the Bride/G/93 minutes	Spencer Tracy/Elizabeth Taylor	Comedy

Goodtimers Lunch

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

Tuesday, July 5

Tommy's Place

1325 Linda Street, Rocky River

Monday, August 1

Gene's Place

3730 Rocky River Drive, Cleveland

Supportive Services

BLOOD PRESSURE: Testing will be provided by O'Neill Healthcare of Fairview Park at the Senior Center on **Monday, July 18** from 9:00–11:00am. Please make appointment at the front desk.

Legal Consultations

Harold Hom, local attorney, offers legal consultations at **no charge** on the last Friday of each month from 9:30-11:00am. Future dates are **July 29 and August 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.

Knitters

Every Tuesday at 10:00am, the ladies come to the center to spend time together and do their projects. Some come to knit or crochet, needlepoint, etc. If you are interested, please join the group and bring along your things to do. The choir practices at that time, so there is a little background music.

SummerFest 2016 Activities



The **Parade** is on **Friday, July 8th** at **6:00pm**. The parade will start at Gilles Sweet School on West 220th just north of Lorain Road. **We would love for you to ride with us in the Senior Van**. Let us know if you want to join us.

Senior Bingo will be on Saturday, July 9th from 3:00 – 4:30pm. We will have the games at the pavilion at Bohlken Park. We have so much fun. Bingo Cards will be \$1.00 each. Seniors only, 55 or older.

Also again this year, **fireworks** will be on **Saturday, July 9th** at dusk. As usual, there will be a brilliant display for everyone to enjoy. Bring your lawn chairs for comfy seating.

One Day Trips – Help Needed

Your input is needed as we plan some fun and unique trips for you to enjoy and participate in. Please offer your suggestions to help us make arrangements to visit places of interest to you!

Computer Classes

We are approaching our 15th year of conducting classes for those of you who have an inkling to find out what is so fascinating about computers. As we have indicated in our prior notices, you need not have any knowledge of computers to participate with us. You merely need to be 55 or older and attend our Orientation Meeting on the fourth Wednesday of August (the 24th) at 10:00am. During July and August we take a leave and return for regular classes in September.

Computer Fundamentals

This popular event continues during the summer months on the second Tuesday at 9:30am. We encourage those of you who have computers to join us at these regularly scheduled monthly meetings. Questions from the novice to the experienced computer users are welcome – we'll try to remedy your concerns. This event is **FREE** and conducted by the Northeast Ohio Personal Computer Club. We've been conducting these community workshops since 1983.

Lunch & Learn

Medicaid Ins and Outs

Wednesday, August 24th at 11:30am., we will have the third part of the Life Care Center Series. Understanding Medicaid is no easy task so join the financial Director of Life Care Centers 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! You did not have to attend the previous two sessions to benefit from this session. Please sign up at the front desk or call 440-356-4437.

Medicare Counsel

We do have OSHIIP counselors here on the second Wednesday of the month starting at 9am to answer your questions about Medicare. Please make an appointment.

Multi-Day Trips

OFFERED BY WENDT TOURING

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 & Sounds 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.

**Detailed Brochures available at the
Fairview Park Senior Center**

Greater Cleveland Food Bank

Greater Cleveland Food Bank has updated their food stamp applications. It is a needs-based service but the financial requirements are fairly generous. You can call them at 216-738-2067 and will be asked several questions. Once reviewed by Cleveland Jobs and Services, a case counselor is assigned and will contact you by phone. There is no need to drive to the neighborhood centers anymore. The process can be completed by phone. Give them a call to see if you are eligible.

**Free Chair Massage
by Masseur Franny
Fridays, 10:00 – Noon**

Brainercize

On **Thursday, August 25 at 11:00am** we will continue our program to challenge participants with exercises for their brains with Lisa Anthony of Arden Courts. Please register with the front desk or call 356-4437. Awe come on, it'll be fun!

The Farmer is Coming!

Mobile Farmer's Market will be set up in Willowood Parking Lot beginning soon. Details will be posted in the Senior Center when they are available.

Regular Programs and Events

BINGO: Every Monday, except the first Monday of the Month at NOON and the third Friday at 1:30pm.

Bite B4 Bingo will be held the fourth Monday of the month at 11:00am.

BOOK CLUB: Meets the first Thursday of each month at 1:30pm at the Senior Center.

BRIDGE: Bridge group begins play at 12:30pm every Wednesday.

CHORUS: The “Funsters” practice every Tuesday morning at 10:00am. They have a concert every quarter. The concerts are really enjoyable. Come hear and see.

DISCUSSION GROUP: Meets every Monday at 1:00pm. Always something new to discuss! Join in!

EXERCISE & ENERGIZE WITH DEE: Meets every Tuesday, Thursday and Friday at 1:30pm. Cost \$2.00/session.

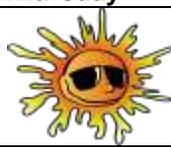
KNITTERS: Meet every Tuesday at 10:00am.

MIXED MEDIA – ART CLASS: Classes meet on Wednesday at 9:30am. 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: Meets Mondays at 10:30am and Wednesdays at 1:30pm.

TREASURE SHOPPE (RUMMAGE SALE): Donated items will be sold on the first Thursday & Friday of April and October, 9:00am – Noon. Please donate items to the Senior Center as the funds stay at the Senior Center.

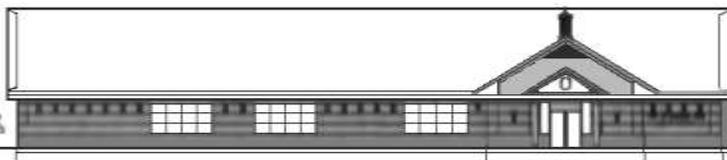
Lunches are served Thursdays & Fridays at Noon. Donation is \$1.00. This program is made possible by the Older Americans Act through a grant from the Ohio Department on Aging, administered by the Western Reserve Area Agency on Aging. Reservations may be made in person or by calling 356-4437. **To qualify for the congregate meals, you must be 60 or older OR your spouse accompanying you must be 60 yrs. old.**

July	
Thursday	Friday
	1 Beef Hot Dog* Ketchup/Banana Seasoned Wedges* Baked Beans* Whole Grain Bun
7 Hamburger* Ketchup Green Beans/Corn Banana Whole Grain Bun	8 Turkey Breast*/Gravy Mashed Potatoes* California Blend 2 Whole Grain Rye Pineapple Chunks
14 Breaded Pork Pattie* Sweet Potatoes* Green Peas 2 Whole Grain White Applesauce	15 BBQ Chicken* O'Brien Potatoes* Green Beans 2 Whole Grain Rye Mandarin Oranges
21 Chicken Breast* Marinara Sauce Green Beans Capri Blend 2 WG Breadsticks Sliced Peaches	22 Swedish Meatballs*/ Gravy/ Broccoli Buttered Noodles Cauliflower 2 Whole Grain White Banana
28 Beef Stroganoff*/Gravy* Gravy/Noodles* Mixed Vegetables Sliced Beets Pineapple Chunks Whole Grain Wheat	29 Breaded Fish* Tartar Sauce Seasoned Wedges* Spinach/Lemon Juice 2 Whole Grain White Sliced Pears

August			
Thursday		Friday	
4	Hawaiian Chicken* Mashed Potatoes* Baby Carrots* 2 Whole Grain White Tropical Fruit	5	Hamburger* Ketchup Green Beans/Corn Whole Grain Bun Banana
11	Salisbury Steak*/Gravy* Mashed Potatoes* Broccoli Banana 2 Whole grain Wheat	12	Breaded Pork Pattie* Sweet Potatoes* Green Peas 2 Whole Grain White Applesauce
18	Cold Sliced Turkey* Tomato Cuke Onion Salad* Cole Slaw* 2 Whole Grain Rye Pineapple chunks	19	Chicken Breast* Marinara Sauce Green Beans Capri Blend WG Breadstick Orange Juice
25	Pepper Steak*/Sauce Butternut Squash* Green Beans 2 Whole Grain White Mandarin Oranges	26	Ham*/Pineapple Sauce Mashed Potatoes* Brussel Sprouts Whole Grain Wheat WG Vanilla Wafers Tropical Fruit

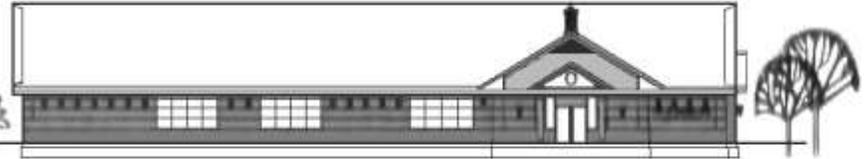


JULY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Senior Center Staff</p> <p>Regina Sillasen, Director 440-356-4436 Cathy Eble, Site Coordinator 440-356-4437 Melody Grabo, Social Worker 440-356-4463 Sharon Kaiser, VanScheduler 440-356-4439</p>				<p>1</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>4</p> <p align="center"> Senior Center Closed </p>	<p>5</p> <p>10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>The Mark of Zorro</i> 1:30 Exercise with Dee</p>	<p>6</p> <p>6:45 Bus Departs Locks 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers</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 6:00 Summerfest Parade</p>
<p>11</p> <p>10:30 SilverSneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group</p>	<p>12</p> <p>9:30 Computer Fundamentals 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Spotlight</i> 1:30 Exercise with Dee</p>	<p>13</p> <p>9:30 Art Class 10:00 Medicare Counseling 11:00 Today's Media 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers</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>10:30 SilverSneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group</p>	<p>19</p> <p>10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Hardball</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</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>10:30 SilverSneakers 11:00 Bite B4 Bingo 12:00 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>Grandma</i> 1:30 Exercise with Dee</p>	<p>27</p> <p>9:30 Art Class 10:00 Bridge 11:30 90+ Luncheon 12:30 Card Playing 1:30 SilverSneakers</p>	<p>28</p> <p>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 1:30 Exercise with Dee</p>

AUGUST 2016



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
1 Senior Center Closed 11:30 Goodtimers: <i>Gene's Place</i>	2 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Poseidon</i> 1:30 Exercise with Dee	3 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	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
8 10:30 SilverSneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group	9 9:30 Computer Fundamentals 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>The King and I</i> 1:30 Exercise with Dee	10 9:30 Art Class 10:00 <i>Medicare Counseling</i> 10:00 Bridge 11:30 Volunteer Luncheon 12:30 Card Playing 1:30 SilverSneakers	11 12:00 Lunch 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
15 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	16 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>My Big Fat Greek Wedding2</i> 1:30 Exercise with Dee	17 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	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 BINGO 1:30 Exercise with Dee
22 10:30 SilverSneakers 11:00 Bite B4 Bingo 12:00 BINGO 1:00 Discussion Group	23 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>The 33</i> 1:30 Exercise with Dee	24 9:30 Art Class 10:00 Bridge 11:30 <i>Lunch n Learn (Part 3) Medicaid - ins and outs</i> 12:30 Card Playing 1:30 SilverSneakers	25 11:00 <i>Brainercize</i> 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 1:30 Exercise with Dee
29 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	30 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Father of the Bride</i> 1:30 Exercise with Dee	31 9:30 Art Class 10:00 Bridge 11:30 Annual Picnic 12:30 Card Playing 1:30 SilverSneakers	The Senior Center Office Hours Monday thru Friday 8:30am to 4:30pm We are closed the <u>first</u> Monday of the Month	