

SCOOP

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen A. Patton

May & June 2016 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437

14th Annual All Seniors Prom Senior Life Office Prom



An Evening in Shangri-La

Co-sponsored by
FHS National Honor Society Students

Wednesday, May 11, 2016

3:00 - 6:00 p.m.

Tickets on sale at the front desk for \$5.00

Music by DJ Scott Brotherton



The Funsters



Please join us at the Fairview Park Senior Center in celebrating the Annual Summer Concert on **Tuesday, June 14th at 11:00 am.** "The Funsters" will present "Stars and Dreams". Please bring your family, friends, neighbors – all are welcome to listen to our wonderful singers! After the performance we will have a treat for you. Yummy!

Ballroom Dancing

Put on your dancin' shoes and join us for Ballroom Dancing on **Monday, June 20, 1:00 – 3:00 pm.** Music furnished by Eric Noltkamper. Cost is \$5 per person, refreshments served.



BINGO WILL BE OFFERED **EVERY MONDAY** AT THE SENIOR CENTER BEGINNING MAY 9TH AT NOON. WE WILL ALSO PLAY ON THE **THIRD FRIDAY OF THE MONTH, MAY 20 & JUNE 17.** THERE WILL BE NO BINGO ON JUNE 20TH.



Breakfast with Mayor Patton

May is Older Americans Month and the Mayor will help us celebrate on Wednesday, May 18th at 9:30. We will be serving a complimentary breakfast of scrambled eggs, sausage, hash browns and orange juice. Please sign up at the front desk.



Recycle Roundup: Saturday, May 14

Mark your calendars for Saturday, May 14 from 9am to 1pm for citywide recycling. Paper shredding: A truck will be on-site to ensure your confidential information is completely destroyed in minutes. Residents are asked to limit the amount of material to be shredded to two copy paper sized boxes. Household Hazardous Waste Disposal: Computer equipment recycling: includes CPU's, monitors, keyboards, mice, printers, terminals, modems, cables, software, and ink printer cartridges. Cell phones and their accessories are also accepted.

COMING SOON:

Fashion Show

We are in the process of planning a fashion show in June. We will post all the details when they are available!



Outdoor Yoga

The Fairview Park Recreation Department will be sponsoring FREE Outdoor Yoga classes at Bain Park at 9:00 a.m. on the following Sundays:

June 12 ♥ July 24 ♥ August 14

Bring your own yoga mat and just relax!

For more info, call 356-4444.



FREE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
May 3	Rainmaker / NR / 125 minutes	Burt Lancaster/Katharine Hepburn	Drama
10	Brooklyn / PG13 / 111 minutes	Saoirse Ronan/Domhnall Gleeson	Drama
17	Suffragette / PG13 / 105 minutes	Carey Mulligan/Meryl Streep	Drama
24	Miss You Already / PG13 / 112 minutes	Drew Barrymore/Toni Collette	Drama
31	Kings Row / NR / 126 minutes	Ronald Reagan/Ann Sheridan	Drama
June 7	A Lesson before Dying / PG13 / 120 min.	Don Cheadle/Cicely Tyson	Drama
14	Bonnie and Clyde / R / 111 minutes	Warren Beatty / Faye Dunaway	Action
21	Primary Colors / R / 143 minutes	John Travolta/Emma Thompson	Comedy
28	The Walk / PG / 123 minutes	Joseph Levitt/Charlotte LeBon	Drama



Goodtimers Lunch

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

Monday, May 2 **Asian Wok** **24389 Detroit Road, Westlake**

Monday, June 6 **First Watch** **19340 Detroit Road, Rocky River**

Computer Classes

We're in our 14th 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. Since we will not be conducting any classes in June, July & August the next Orientation meeting will be on the fourth Wednesday of August to prepare for classes in September.

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.

Supportive Services

Blood Glucose Testing and Blood Pressure: This screening will be available at the Senior Center **May 16 (Fairview Hospital)**. The Fairview Hospital Wellness Nurse will be here from 9:00 a.m.-Noon, so please make an appointment. You must fast overnight or at least two hours prior to test.

Blood Pressure Testing will be available on **Monday, June 20** from 9:00-11:00 (**O'Neill Healthcare**). No appointment is necessary for blood pressure.

Brainercize

Come to the Fairview Park Senior Center and join Lisa Anthony from Arden Courts for the continuing program with exercises, puzzles, word games and trivia, all the while explaining the functions of your brain and working memory. These sessions will be held on Thursday, June 23 and August 25 at 11:00 until 12:00 (before lunch). Please register if you would like to attend. Come see how well your brain works.

One Day Trip

Presque Isle

Wednesday, June 1

Don't miss this opportunity to take a trip to the fabulous Presque Isle Downs & Casino. Presque Isle is equipped with 2,000 of Pennsylvania's hottest slots in a variety of denominations. The casino will get you started with a bonus of \$20.00. The bonus is determined by the casino and can be changed at any time.

Cost: \$29.00 –

Depart: 8:30am from Giant Eagle

Lockport Locks & Erie Canal Cruise

Wednesday, July 6

Motor coach Transportation will take us to the Made in America Store (that sells exclusively 100% American made products). We will have a Buffet lunch canal side at Veranda banquet room which has over 100 windows overlooking the canal. Tax and tip are included. There will be a two hour narrated cruise along the Erie Canal which will pass through historic sites and five original 1825 locks.

Cost: \$84.00 per person

Depart: 6:45am

We are combining with North Olmsted Senior Center for these tours. There are a limited number of seats, so please book early.

Multi-Day Trips

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.

Detailed Brochures available at the Fairview Park Senior Center

Please Note:

LEGAL CONSULTATIONS WILL BE DISCONTINUED UNTIL FURTHER NOTICE.

Regular Programs and Events

BINGO: Will be played at Noon every Monday, except June 20th and the first Monday of the month. We will also play on the third Friday if every month.

BOOK CLUB: Next meetings will be on Thursday, **May 5 and June 2** at 1:30 p.m.

BRIDGE: Bridge meets every Wednesday at 10:00am. 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! Join in!

EXERCISE WITH DEE – Energize every Tuesday, Thursday and Friday at 1:30 p.m. Pay as you go!

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

MEDICARE COUNSEL: OSHIIP counselors are here the second Wednesday of the Month to help you choose your supplemental insurance.

MIXED MEDIA – ART CLASS: Classes, instructed by Liz Galloway, meet on Wednesdays at 9:30 a.m. Sessions run for 8 weeks. Please check with the front desk for the start date of the next session.

SILVER\$NEAKERS: Classic SilverSneaker classes are held Monday at 10:30 a.m. and Wednesday at 1:30 p.m.

TREASURE SHOPPE: There will be a Treasure Shoppe, Thursday and Friday **June 5 & 6 from 9 a.m. - Noon**. All funds that are raised from the Treasure Shoppe stay in your 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 Dept. on Aging and administered by the Western Reserve Area Agency on Aging. Reservations may be made in person or by calling 440-356-4437.

May			
Thursday		Friday	
5	Breaded Chicken Pattie* Basil Tomato sauce* Spinach/Corn Whole Grain Bun Banana	6	Turkey Breast* Brown Rice* Harvard Beets/Orange Brussel Sprouts Whole Grain White
12	Salisbury Steak*/Gravy* Mashed Potatoes* Green Beans 2 Whole Grain White Tropical Fruit	13	Chicken Cacciatore* Sauce/Spaghetti* Corn/Green Peas Whole Grain Wheat Sliced Peaches & Pears
19	Orange Glazed Chicken* O'Brien Potatoes* Green Peas Honey Wheat Biscuit Mixed Fruit	20	Mushroom Steak*/Gravy* Mashed Potatoes Spinach 2 Whole Grain Wheat Sliced Peaches
26	Swedish Meatballs* w/Gravy/Buttered Noodles Broccoli/Cauliflower Whole Grain White Sliced Peaches	27	Sweet & Sour Chicken* Brown Rice* Green Peas/Baby Carrots Whole Grain Wheat Applesauce

June			
Thursday		Friday	
2	Beef Meatloaf* /Glaze Gravy*/Peaches Mashed Potatoes* Green Beans 2 Whole Grain Wheat	3	Stuffed Pepper* Mashed Potatoes* Mixed Vegetables Honey Wheat Biscuit Tropical Fruit
9	BBQ Rib Patty* Baby Lima Beans Baby Carrots Whole Grain Bun Banana	10	Beef Stew*/Noodles* Buttered Beets Broccoli Whole Grain Rye Sliced Pears
16	Roasted Pork Loin* Mashed Potatoes* Green Beans 2 Whole Grain Rye Applesauce	17	Beef Hot Dog* Baked Beans* Season Potato Wedges* Whole Grain Bun Orange/Ketchup
23	Stuffed Cabbage*/Sauce Mashed Potatoes* Corn 2 Whole Grain Rye Banana	24	Lemon Pica Chicken* Wide Egg Noodles* Brussel Sprouts/Beets Pineapple Chunks Whole Grain White
30	Meatballs* Spaghetti* w/sauce Green Beans Brussel Sprouts Whole Grain Wheat Tropical Fruit	1	 YOUR FEEDBACK MATTERS



Lunch and Learn: Life Care Center

Please join us at the Senior Center for part two of the three part series from Life Care Center. It will be at 11:30 on Wednesday, June 15. This topic covered is:

The Differences between your Medicare and Managed Care Insurance – We will review the differences between your Medicare benefits and your Managed Care benefits. They are not the same, but we will help you sort through the facts to better understand your insurance. Sign up at the front desk.



AARP

We would like to thank the people from AARP who so graciously volunteered their time to assist our seniors with their taxes again this year. The volunteers are so knowledgeable and they helped over 275 people at our Senior Center. We truly appreciate all of their time donated to assist everyone. What would the seniors do without all of your help?

Connect Hearing Screening

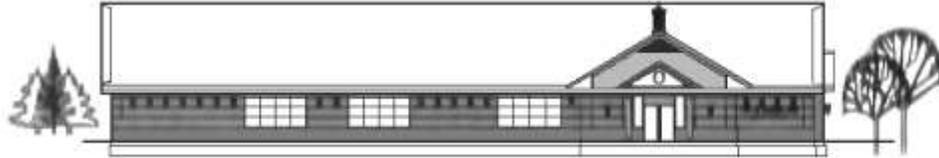
Connect Hearing will conduct hearing screenings Thursday, June 16, from 11am to 1pm. Please schedule your time at the front desk. Thanks!

Smarter Living for Seniors

Please check the online Senior Awareness Outreach Program resource center. Go to Better Business Bureau's **Smarter Living for Seniors** website at bbb.org/Cleveland/seniors. Here you will find an archive of all senior alerts as well as quick access to BBB reports on companies and charities, along with other information. You can also subscribe to emailed fraud alerts.

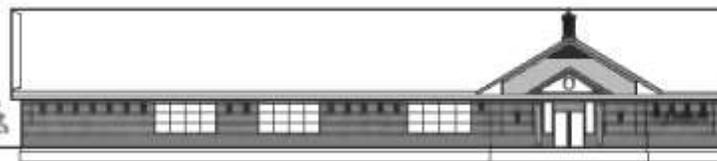


MAY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Center Closed 11:30 Goodtimer's Lunch <i>Asian Wok</i>	3 10:00 Chorus Practice 10:00 Knitting 12:00 Card Playing 1:00 Movie: <i>The Rainmaker</i> 1:30 Exercise with Dee	4 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	5 9:30 NEOPC Meeting 12:00 Lunch 1:00 Card Playing 1:30 Book Discussion 1:30 Exercise with Dee	6 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
9 10:00 Computer Class 10:30 SilverSneakers Classic 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group	10 9:30 Computer Fundamentals 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Brooklyn</i> 1:30 Exercise with Dee	11 9:00 Medicare Counsel  All Senior Prom 3pm to 6pm	12 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	13 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
16 9:00-12:00 Blood Sugar & Blood Pressure Screening 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	17 10:00 Chorus Practice 10:00 Knitting 12:00 Card Playing 1:00 Movie: <i>Suffragette</i> 1:30 Exercise with Dee	18 9:30 Breakfast with Mayor Eileen A. Patton 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	19 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	20 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
23 10:00 Computer Class 10:30 SilverSneakers 11:00 Bite B4 Bingo 12:00 BINGO 12:30 CARD Playing 1:00 Discussion Group	24 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Miss You Already</i> 1:30 Exercise with Dee	25 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	26 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	27 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
30 Senior Center Closed  <i>Memorial Day</i>	31 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Kings Row</i> 1:30 Exercise with Dee	Happy Older Americans Month!	Senior Life Office Regina Sillasen, Director 440-346-4436 Cathy Eble, Site Coordinator 440-356-4437 Melody Grabo, Social Worker 440-356-4463 Sharon Kaiser, Van Scheduler 440-356-4439	

JUNE 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	2 9:30 NEOPC meeting 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion	3 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
6 Senior Center Closed 11:30 Goodtimers Lunch <i>First Watch</i>	7 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>A Lesson Before Dying</i> 1:30 Exercise with Dee	8 9:00 Medicare Counsel 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	9 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	10 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
13 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	14 9:30 Computer Fundamentals 10:00 Knitting 11:00 Funster's Concert ★ <i>Stars and Dreams</i> 12:00 Card Playing 1:00 Movie: <i>Bonnie & Clyde</i> 1:30 Exercise with Dee	15 9:30 Art Class 10:00 Bridge 11:30 Lunch and Learn Life Care Center #2 12:30 Card Playing 1:30 SilverSneakers	16 11:00 Connect Hearing 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	17 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
20 10:30 SilverSneakers 1:00-3:00 Ballroom Dance 1:00 Discussion Group	21 10:00 Knitting 12:00 Card Playing 1:00 Movie: <i>Primary Colors</i> 1:30 Exercise with Dee	22 9:30 Art Class 10:00 Bridge ?? Fashion Show 12:30 Card Playing 1:30 SilverSneakers	23 11:00 Brainercize 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	24 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
27 10:30 SilverSneakers 11:00 Bite B4 Bingo 12:00 BINGO 1:00 Discussion Group	28 10:00 Knitting 12:00 Card Playing 1:00 Movie: <i>The Walk</i> 1:30 Exercise with Dee	29 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	30 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	