

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen Ann Patton

November/December 2016 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437



Thanksgiving Dinner

The Fairview Park Senior Center is fortunate enough to once again be able to celebrate Thanksgiving here at our Center on **Wednesday, November 23rd at 11:30am** **Longhorn Steak House** is going to prepare a scrumptious dinner including turkey, dressing, mashed potatoes, gravy, corn and of course, pumpkin pie. Any **Senior** can sign up at the front desk or call 440-356-4437 by November 20th. As in the past, the servers from Longhorn will accept donations to benefit "Toys for Tots". We look forward to enjoying this time with all of you at our home at the Center. **We must limit reservations to 175.**

Veterans Day Luncheon



Friday, November 11 at NOON

All veterans, their spouses and widows of veterans are cordially invited to join Mayor Eileen Patton and the Fairview Park Senior Center staff for a special celebration as we thank you for your service to our country. We would like to show our appreciation for the sacrifices made to ensure our freedom. The celebration will include the Color Guard from American Legion Post 738, a special luncheon and entertainment by Dennis Ford. If you are unable to drive, the Senior Van is available to transport you. Please call the Senior Center at 440-356-4437 by November 8th to make a reservation.

Christmas Concert

Come join us and invite all your family and friends to the Annual Christmas Concert performed by the Senior Center Chorus, "**The Funsters**" on Tuesday, **December 13th at 11:00 a.m.** There will be special performances, a wide assortment of Christmas Carols and all your sing along-favorites to get you into the spirit! Refreshments will be served following the performance. **JOY TO ALL!**

Christmas Party

The Senior Center Christmas Party will be held on **Friday, December 16th at Noon**. The menu will consist of beef meatloaf with ketchup glaze, mashed potatoes, gravy, Capri blend vegetables, honey wheat biscuit, and sliced peaches, with cake for dessert (furnished by Hospice of the Western Reserve).. We will be entertained by Scott Brotherton (one of our favorites). Reservations are due at the front desk by Wednesday, December 7th. **What a wonderful way to celebrate the season with all your Senior Center friends & family!**

Social Media Education Series

Are you feeling you are missing out on the many technology resources available? No need to feel that way any longer! **Olivia Castro from Manor Care** will be getting us all up-to-date on what is available at our fingertips. These informal hands-on classes will run from 11:00am-Noon on the Wednesdays listed below.. **Space is limited. Register at the front desk.**

FACEBOOK 101 on November 9th

Set up your own Facebook account and learn how to navigate the site. Keep up with your friends and family with this fun way of sharing!

SMARTPHONES AND APPS on November 16th

Learn how to use your Smartphone and get informed about some useful applications to make life easier.

PINTEREST INTEREST on November 30th

Learn about this fun and creative website sure to spark your interest!

AT THE MOVIES



Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
November 1	Nanny Diaries/PG/105 minutes	Scarlett Johansson/Laura Linney	Comedy
8	Love and Friendship/PG/94 minutes	Kate Beckinsale/Chloe Sevigny	Drama
15	Me before You/PG13/110 minutes	Emilia Clarke/Sam Claflin	Drama
22	A Family Thanksgiving/NR/87 minutes	Daphne Zuniga/Faye Dunaway	Drama
29	Let It Snow/NR/87 minutes	Candace Cameron Bure/Jesse Hutch	Family
December 6	The Redhead from Wyoming/ NR/80 min.	Maureen O'Hara/Alex Nicol	Classic
13	A Christmas Carol/NR/97 minutes	Kelsey Grammer/Jesse Martin	Musical
20	Noel/ PG /96 minutes	Susan Sarandon/Paul Walker	Drama
27	Mom's Night Out/PG/99 minutes	Sarah Drew/Sean Astin	Comedy

Goodtimers Lunch

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

November 7 Longhorn Steakhouse

20999 Center Ridge Road, Fairview Park

December 5 Stella Mia

28751 Center Ridge Road, Westlake

HEALTH SCREENINGS RETURN

Blood Glucose Testing returns to the Senior Center, along with Blood Pressure and Body Mass Index. Please be sure to fast 2 hours before glucose test. Manor Care, Rocky River will be conducting these screenings from **9am-Noon on:**

Monday, November 21

Monday, December 19

2017 Wendt Touring Preview

Springtime Down South-Late April
Treasures of Ottawa by Rail-Late August
Nova Scotia and Prince Edward
Island Fall Foliage-Early October
Brochures available after November 30

Legal Consultation

Harold Hom, local attorney, will offer legal consultation at **no charge** from 9:30-11:30 am. The date will be **December 16**. **There will be no appointments in November.** 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.

Fairview Senior Center presents Yoga Therapy

Help deepen your awareness and presence with Yoga, initiating the potential for deep changes in the mind, body and in life.



Attend our **FREE** demonstration
 Thursday, November 17th at 10:30 a.m.
 Senior Center Activities Room.

Instructor: Lyndsey Needham

Give yourself the gift of presence. You will be glad you did.

Fairview Park's Fourth Annual Winterfest Celebration Friday, November 25, 2016 Bain Cabin and Gazebo

5:30pm till 8:00pm



Regular Programs and Events

BINGO: We will have Bingo every Monday at NOON (except the first Monday of the Month) and the third Friday at 1:30pm

BOOK CLUB: Meetings held the first Thursday of each month on **November 3rd & December 1st at 1:30pm.**

BRIDGE: Meets every Wednesday at 10:00am. Bridge group begins play at 12:30pm.

CHORUS – The “Funsters”: Practice every Tuesday morning at 10:00am. **ALL ARE WELCOME TO JOIN US!**

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

EXERCISE – SILVER SNEAKERS CLASSIC ON MONDAY AT 10:30AM, WEDNESDAY AT 1:30PM.

EXERCISE – EXERCISE WITH DEE - Meets every Tuesday, Thursday and Friday at 1:30pm.

KNITTERS/CRAFTERS: Meet every Tuesday at 10:00am. Bring your favorite Craft and enjoy new friends!

MIXED MEDIA ART CLASS: Classes meet on Wednesdays at 9:30am and run for 6 weeks. Check with the front desk for start dates. Classes are instructed by Liz Galloway.

Computer Classes

After Thanksgiving we will not offer classes until after the first of the year. The calendar we post on the Computer Room bulletin board will tell the story for the coming year – watch for our decisions appearing there. We are now offering classes to introduce genealogy (tracing your “roots”) and to explore the use of eBooks, audio books, and Skype. If you wish to know more about these new subjects and the use of the new tools; Nook, Kindle, etc. make it a point to attend our next “Orientation Meeting” which will be Wednesday, December 28th at 10:00am. Remember, to participate you need not know the first thing about computers – we take you by the hand and walk you through the entire experience. You don’t even have to own a computer – you have ten of them to use at the Senior Center – **FREE**. This is a joint project of the Computer Assisted Genealogy Group and the Northeast Ohio PC Club – our Senior Center volunteer computer instructors.

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 **November 10th and December 8th**. 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.

Hunger Center Donations

During the months of November and December, the Senior Center will be accepting canned food items to help supplement the Hunger Center. The Holidays are always a good time to think of others less fortunate. 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. Please check the dates on items to make sure they have not expired. Some staples such as toilet paper and bar soap are needed by many families. Cash donations are always accepted. You may always bring your donations to the Senior Center Mondays through Friday and we will make sure that the Hunger Center receives them. **PLEASE, EXPIRED ITEMS CANNOT BE DISTRIBUTED.**



We would like to extend a sincere thank you to The Giant Eagle Foundation for its generous donation to The Fairview Park Senior Life Office Transportation Program. We are very happy that Giant Eagle is a part of our community and supports our efforts to serve the seniors of Fairview Park. **THANK YOU!**

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. Reservations may be made in person or by calling 440-356-4437.

To qualify for the congregate meals, you must be 60 or older OR your spouse accompanying you must be 60 years or older.

November			
Thursday		Friday	
3	Meatballs* Spaghetti* w/ Tomato Sauce / Apple Cauliflower/Green Beans Whole Grain Wheat	4	Chicken Ala King* Baby Lima Beans* Sliced Carrots Honey Wheat Biscuit Pineapple Chunks
10	Rosemary Pork Loin* Gravy*/ Applesauce Green Peas/Butternut Squash Honey Wheat Biscuit	11	Veteran's Day No WRAAA lunch
17	Swedish Meatballs* Noodles*/ Wheat Bread Mixed Vegetables Red Cabbage Sliced Pears	18	Breaded Fish*/Tartar Sauce Tater Tots/Ketchup Spinach Whole Grain Wheat Mandarin Oranges
24	HAPPY THANKSGIVING Senior Center Closed	25	Senior Center Closed

December			
Thursday		Friday	
1	Stuffed Green Pepper* Butternut Squash Broccoli Whole Grain Rye Applesauce	2	Beef Sloppy Joe* Wedge Potatoes* Green Beans Whole Grain Bun Sliced Peaches
8	Meatballs* Spaghetti* w/ Tomato Sauce / Apple Cauliflower/Green Beans Whole Grain Wheat	9	BBQ Chicken Breast* Green Peas Sweet Potatoes* Whole Grain White Mixed Fruit
15	Tomato Basil Chicken* Spaghetti*/Sauce Spinach/Corn Whole Grain Wheat Sliced Pears	16	 Beef Meatloaf*w Ketchup Glaze/Gravy* Mashed Potatoes* Capri Blend Honey Wheat Biscuit Sliced Peaches
22	Breaded Fish*/ Tartar sauce/ Spinach Tater Tots/Ketchup Whole Grain Wheat Mandarin Oranges	23	Beef Ravioli Green Beans Corn/Crackers Mixed Fruit W.G. Vanilla Wafer
29	BBQ Rib Patty* Scalloped Potatoes* Broccoli Whole Grain Bun Sliced Peaches	30	Beef Fried Steak* /Gravy Mashed Potatoes Mixed Vegetables Whole Grain Dinner Roll Orange

Medicare Counseling

We will have an OSHIP representative at the Senior Center to help answer any questions you have regarding Medicare. **Open enrollment runs October 15th through December 7th** Please call 356-4437 to schedule a one-on-one appointment with the representative on Fridays from 9am till 11am.

PLEASE VOTE NOVEMBER 8TH



TURN CLOCKS BACK
NOVEMBER 6TH



Daylight Savings Time Ends

Winter Weather Watch

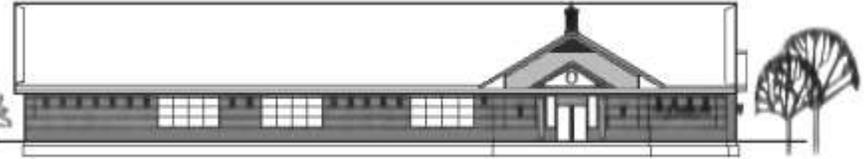
Winter weather is coming, whether we want it or not! Please listen to the local news for closings. When the Fairview Park Schools are closed due to weather conditions, we will not run the senior buses. The Senior Center is usually open, but if the weather is too inclement please be sure it is safe to drive before venturing out. Congregate lunches (Thursday and Friday meals) 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.

Merry Christmas



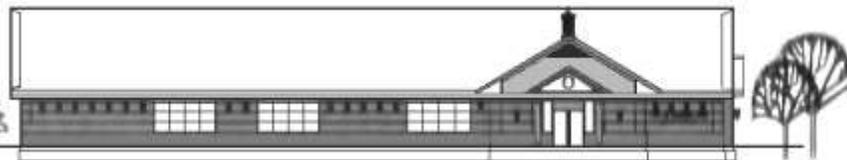
Mayor Eileen Patton, along with Regina, Cathy, Melody, Sharon, Joe, Jack C., Jack M., Tom, Lennie, Frank & Fred wish you and your families a very joyous holiday season. We look forward to an exciting and prosperous New Year with each and every one of you!

NOVEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: Nanny Diaries 1:30 Exercise with Dee	2 8:30 Seniors Helping Seniors leaf raking 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers	3 9:30 NEOPC meeting 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion	4 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
7 SENIOR CENTER CLOSED 11:30 Goodtimers Lunch: LongHorn	8 9:30 Computer Fundamentals 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: Love & Friendship 1:30 Exercise with Dee	9 9:30 Art Class 10:00 Bridge 11:00 Social Media Series FACEBOOK 101 12:30 Card Playing 1:30 SilverSneakers	10 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	11 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Veteran's Day Luncheon 1:00 Card Playing 1:30 Exercise with Dee
14 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group	15 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: Me before You 1:30 Exercise with Dee	16 9:30 Art Class 10:00 Bridge 11:00 Social Media Series SMARTPHONES/APPS 12:30 Card Playing 1:30 SilverSneakers	17 10:30 YOGA DEMO (free) 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	18 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
21 9:00-Noon Glucose/BP/BMI 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group	22 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: A Family Thanksgiving 1:30 Exercise with Dee	23 11:30 Thanksgiving Dinner With our Senior Center Family We will close after dinner	24 Happy Thanksgiving SENIOR CENTER CLOSED	25 Senior Center Closed Winterfest Celebration Bain Park Cabin And Gazebo 5:30pm to 8:00pm
28 10:00 Computer Class 10:30 Silver Sneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group	29 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: Let it Snow 1:30 Exercise with Dee	30 9:30 Art Class 10:00 Bridge 11:00 Social Media Series PINTERST INTEREST 12:30 Card Playing 1:30 SilverSneakers	Fairview Senior Center Staff Regina Sillasen, Dirztor 440-356-4436 Cathy Eble, Site Coordinator 440-356-4437 Melody Grabo, Social Worker 440-356-4463 Sharon Kaiser, Van Schedulgr 440-356-4439	

DECEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>The Senior Center is Open Monday thru Friday 8:30am to 4:30pm We are Closed the first Monday of the month.</p>	<p>1 9:30 NEOPC meeting 10:30 Yoga Therapy 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion</p>	<p>2 10:00 Massage by Franny 11:00 Sing a Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>5 SENIOR CENTER CLOSED 11:30 Goodtimer's Lunch <i>Stella Mia</i></p>	<p>6 10:00 Knitting 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: The Redhead From Wyoming 1:30 Exercise with Dee</p>	<p>7 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers</p>	<p>8 10:30 Yoga Therapy 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>9 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>12 10:30 SilverSneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group</p>	<p>13 9:30 Computer Fundamentals 10:00 Knitting 11:00 Funsters Christmas Show 12:00 Card Playing 1:15 Movie: A Christmas Carol (The musical) 1:30 Exercise with Dee</p>	<p>14 9:30 Art Class 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers</p>	<p>15 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>16 9:30 Legal Consult 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Christmas Party w/ Scott Brotherton 1:00 Card Playing 1:30 Exercise with Dee 1:30 BINGO</p>
<p>19 9:00-Noon Glucose/BP/BMI 10:30 SilverSneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group</p>	<p>20 10:00 Knitting 12:00 Card Playing 1:00 Movie: Noel 1:30 Exercise with Dee</p>	<p>21 10:00 Bridge 12:30 Card Playing 1:30 SilverSneakers</p>	<p>22 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>23 10:00 Massage by Franny 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>26 The Senior Center is Closed To observe Christmas!!</p>	<p>27 10:00 Knitting 12:00 Card Playing 1:00 Movie: Mom's Night Out</p>	<p>28 10:00 Bridge 10:00 Computer Orientation 12:30 Card Playing 1:30 SilverSneakers</p>	<p>29 12:00 Lunch 1:00 Card Playing</p>	<p>30 10:00 Massage by Franny 12:00 Lunch 1:00 Card Playing</p>