

# SCOPE

## FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

January & February 2017 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437



Come join us at the Senior Center on **Tuesday, February 28<sup>th</sup>, at NOON** for a Fat Tuesday Celebration. We'll have plenty of food (menu will be posted when it is available) and great entertainment from **Tim Whalen and Sundown!!** **Cost is \$3.** Sign up at the front desk.



### Valentine Party



We will be celebrating Valentine's Day on **Thursday, February 9<sup>th</sup>, at NOON.** We will be serving stuffed cabbage, mashed potatoes, corn with red peppers, banana and a special dessert. Cost is \$1. Entertainment will be Mark Shane Phillips. Don't forget to sign up at the front desk.



Join us on **Thursday, January 19<sup>th</sup>, at 11:00am** for an informational session on the services provided by the Northeast Ohio Public Energy Council. A representative will be answering questions about gas and electric bills and sharing information about their new electric supplier. NOPEC is the largest governmental retail aggregator in the nation that works cooperatively to achieve lower energy costs for its customers. Please register at the front desk to attend this session so there are enough goodies and refreshments!.



### Income Tax Preparation

The Fairview Park Senior Life Office will offer tax-preparation assistance through AARP's Community Service Program. **NOTE:** Due to changes at AARP and shortage of volunteers, they are only able to process half of the number of returns they have done in the past. **Because of this reduction in service, we are only able to make appointments for residents of Fairview Park.** Also, they are no longer able to visit the homes of shut-ins. A proxy can make an appointment and bring all tax information to the Senior Center on the shut-in's behalf. Volunteers are IRS-trained and certified and will be available each Tuesday beginning **February 7<sup>th</sup> through April 11<sup>th</sup>** from 10:30 am until 12:45 pm. **Please call 440-356-4437 after January 3<sup>rd</sup>** to schedule an appointment. You have to bring last year's tax return with you as AARP is using a new computer system and they are unable to look up your past records. If you do not have last year's return, we are unable to help you.



Are you finding it difficult to have telephone conversations due to a hearing impairment? If so, there is a phone service available **AT NO CHARGE TO YOU.** ClearCaptions is offering a captioned phone that displays the text of conversations in real-time on a large color touchscreen so that you can see and hear what the caller is saying. Sherry Gordon, ClearCaptions Manager, will be at the Senior Center on **Thursday, January 12<sup>th</sup>, at 11:00am** to explain how the service works and answer any of your questions. She will be bringing the phone with her so that you can see how it all works. Sherri will also be bringing raffle items and refreshments, so please sign up at the front desk.



## AT THE MOVIES

**Tuesdays at 1:00 p.m.**

DATE	TITLE	STARRING	Type
<b>Jan. 3</b>	Bringing Up Baby/1938/NR/102 min.	Katharine Hepburn/Cary Grant	Romance
<b>10</b>	Café Society/2016/PG13/85 min	Jeannie Berlin/Steve Carell	Comedy
<b>17</b>	Lust for Life/1956/PG/122 min.	Kirk Douglas/Anthony Quinn	Classic
<b>24</b>	SULLY/2016/PG13/96 min.	Tom Hanks/Laura Linney	Drama
<b>31</b>	Florence Foster Jenkins/2016/PG13/110 min.	Meryl Streep/Hugh Grant	Dramatic Comedy
<b>Feb. 7</b>	Earthquake/1974/PG/122 min.	Charlton Heston/Ava Gardner	Drama
<b>14</b>	What Women Want/2000/PG13/126 min.	Mel Gibson/Helen Hunt	Romance
<b>21</b>	The Meddler/2016/PG13/100 min.	Susan Sarandon/Rose Byrne	Comedy
<b>28</b>	The Saint/1997/PG13/118 min.	Val Kilmer/Elisabeth Shue	Action



## Goodtimers Lunch

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

**Tuesday, January 3      Stratos Restaurant      23643 Lorain Road, North Olmsted**

**Monday, February 6      Red Lantern      17446 Lorain Road, Cleveland**

## Computer Classes

We're going to provide our normal Computer Class schedule starting in January – our 16<sup>th</sup> 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.



Let's face it – nobody wants to talk about funerals! The thought of planning our own funeral can be scary. Busch knows people have lots of questions and will be hosting a Lunch-n-Learn on **Wednesday, January 25<sup>th</sup> at 11:30am**. Julie Graf Skinner will discuss how you can create an intentional plan that will help your family begin healing on the day they need it most. You will also learn about current funeral trends. Sign up at the front desk.

# Thank You

**LongHorn Steakhouse** once again prepared a very delicious Thanksgiving dinner Wednesday, November 23rd 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 over \$1,000.00 to purchase items for Toys for Tots. We thank everyone for being so generous.

Thank you to **Humana At Home – Senior Bridge** for once again adopting 25 seniors for holiday gift giving.

Thank you to the **Fairview Park Women's Club** for adopting a deserving senior for their holiday gift giving program.

Thanks to **Fairview Park Police and the F.O.P.** for adopting one of our seniors for their Christmas gift giving program.

## 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 Friday of the month beginning **January 13<sup>th</sup>**. You **do** need an appointment, so please contact the front desk for a time and date.



## Brainercize

Lisa Anthony from Arden Courts offers 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. The next Brainercize will be held on Thursday, January 26<sup>th</sup> at 11:00am until Noon (before lunch). Please register if you would like to attend.

## Multi-Day Trips

### 2017 TOURS

#### Pennsylvania Rail Adventure –

5 Days ~ Departs May 17, 2017

Horseshoe Curve, Lancaster Amish Country, Brandywine Valley, Longwood Gardens, Theater Performance, Gettysburg, Philadelphia, Liberty Bell, National Constitution Center, Falling water, Allegheny Mountains and more. This is a great springtime trip.

#### New York City 4<sup>th</sup> of July Spectacular!

4 Days ~ Departs July 3, 2017

There's nothing like the NYC 4<sup>th</sup> of July Fireworks Celebration! We do it in a civilized way – aboard a first class ship in the harbor. All the NYC must see attractions are included. One night in the Hudson River Valley and two nights at a Manhattan Hotel near Times Square, in the heart of the city. Enjoy great sightseeing, memorable meals, an authentic Broadway Show and more.

#### America's Wild West: South Dakota –

7 Days ~ September 4, 2017

Amtrak's Empire Builder Train, Mississippi Cruises, Rapid City, Badlands National Park, Mount Rushmore National Memorial, Crazy Horse Memorial, Historic Deadwood, Custer State Park, High Plains Western Heritage Center, The Corn Palace, Wall Drug, Chuck wagon Supper and Show and more.

#### Cape Cod and Boston: Autumn in New England

– 7 Days ~ October 9, 2017

Freedom Trail of Paul Revere, Bunker Hill, USS Constitution, Fauniel Hall, Beacon Hill, Plymouth Rock, Mayflower II, Hyannis, Provincetown, Cape Cod National Seashore, Martha's Vineyard, Boat Cruise, Newport Rhode Island, The Breakers, Pocono Mountains, Mystic Seaport Connecticut and more.

**Detailed tour brochures now available. Reservations are now being accepted.**

## 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 third Friday, **January 20 & February 17** at 1:30

**Book Club:** Next meetings will be Thursday, **January 5** and **February 2** 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 and/or Crafters:** 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 27 & February 24**. 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 10:00 am till 12noon. No appointment necessary. 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, third and fourth Monday at Noon **January 9, 16, 23 and 30 and February 13, 20 & 27**. Refreshments served.

**SilverSneakers:** We offer SilverSneakers Mondays at 10:30 & Wednesdays at 12:15.

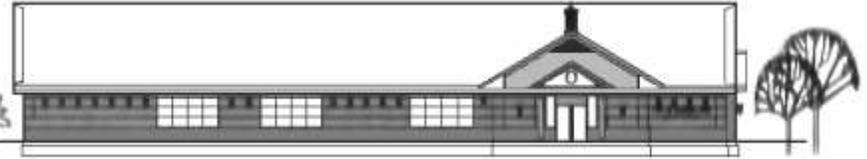
**Yoga with Lyndsey:** We now offer yoga (chair or mat) class at 10:30am on Thursday. It is only \$2.00 per class (pay as you go). Come do something good for yourself and reap the benefits of stretching.

**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 be 60 or older.**

January			
Thursday		Friday	
5	Chili Con Carne* Mixed Vegetables Corn Muffin Apple Juice Banana	6	Cheese Ravioli* Broccoli Peas & Carrots* Whole Grain Breadsticks Mandarin Oranges
12	Beef Stroganoff* Noodles* Harvard Beets Green Beans Whole Grain White Pineapple Chunks	13	2 Stuffed Shells* w/sauce Spinach/Lemon Juice California Blend Whole Grain Garlic Toast Sliced Pears
19	Breaded Chicken Pattie* Mashed Potatoes* Gravy*/Green Peas Whole Grain Wheat Graham Crackers Pineapple Chunks	20	Beef Meatloaf*/w/Glaze Baked Beans* Mixed Vegetables 2 Whole Grain White Banana
26	Salisbury Steak* Gravy* / Banana Mashed Potatoes Mixed Vegetables WG Honey Biscuit	27	Beef Sloppy Joe* Seasoned Wedge Potatoes Harvard Beets Whole Grain Bun Orange

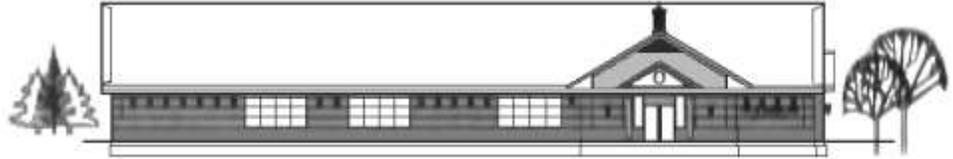
February			
Thursday		Friday	
2	Lemon Gravy Chicken Breast*/Orange Sweet Potatoes* Green Beans 2 Whole Grain Wheat	3	Chili Con Carne* Mixed Vegetables Corn Muffin Apple Juice Banana
9	Stuffed Cabbage*w/Sauce Mashed Potatoes* Corn w/Red Peppers 2 Whole Grain Wheat Banana	10	Breaded Fish*/Tartar Sauce Tater Tots/Broccoli 2 Whole Grain Wheat Sliced Peaches
16	Sweet & Sour Meatballs* w/ Sauce/Brown Rice* Capri Blend Vegetables Whole Grain Wheat Tropical Fruit	17	Beef Sloppy Joe* Season Wedge Potatoes Harvard Beets Whole Grain Bun Orange
23	Roast Turkey Breast*/gravy Mashed Potatoes Cauliflower/Broccoli 2 Whole Grain Wheat Banana	24	2 Stuffed Shells* w/ Sauce/ Spinach/Lemon Juice California Blend Whole Grain Garlic Toast Sliced Pears

# JANUARY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Senior Center Closed</b> <i>Happy New Year!</i>	<b>3</b> 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Bringing Up Baby</i> <i>Goodtimers: Stratos</i>	<b>4</b> 9:30 Art Class 10:00 Bridge for 12:15 SilverSneakers 12:30 Card Playing	<b>5</b> 9:30 NEOPC Meeting 10:30 Yoga with Lyndsey <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Book Discussion	<b>6</b> 10:00 Massage by Franny 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee
<b>9</b> 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	<b>10</b> 9:30 Computer Fundamentals 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Café Society</i> 1:30 Exercise with Dee	<b>11</b> 9:30 Art Class 10:00 Bridge for 12:15 SilverSneakers 12:30 Card Playing	<b>12</b> 10:30 Yoga with Lyndsey 11:00 <b>Clear Caption Presentation</b> <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>13</b> 9:00 Medicare Counsel 10:00 Massage by Franny 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee
<b>16</b> 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	<b>17</b> 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Lust for Life</i> 1:30 Exercise with Dee	<b>18</b> 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	<b>19</b> 10:30 Yoga with Lyndsey 11:00 <b>NOPEC Presentation</b> <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>20</b> 10:00 Massage by Franny 11:00 Sing a Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 BINGO 1:30 Exercise with Dee
<b>23</b> 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	<b>24</b> 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Sully</i> 1:30 Exercise with Dee	<b>25</b> 9:30 Art Class 10:00 Computer Orientation 10:00 Bridge 11:30 <b>Lunch-n-Learn Busch Funeral Home</b> 12:15 SilverSneakers 12:30 Card Playing	<b>26</b> 10:30 Yoga with Lyndsey 11:00 Brainercize <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>27</b> 10:00 Massage by Franny 11:00 Sing a Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee
<b>30</b> 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	<b>31</b> 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Florence Foster Jenkins</i> 1:30 Exercise with Dee			

# FEBRUARY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>  9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	<b>2</b> 9:30 NEOPC Meeting 10:30 Yoga with Lyndsey <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion	<b>3</b>  10:00 Massage by Franny 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee
<b>6</b>  <b>Senior Center Closed</b>  <i>Goodtimers: Red Lantern</i>	<b>7</b>  10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Earthquake</i> 1:30 Exercise with Dee	<b>8</b>  9:30 Art Class 10:00 Medicare Counsel 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	<b>9</b>  10:30 Yoga with Lyndsey <b>12:00 Valentine Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>10</b>  9:00 Medicare Counsel 10:00 Massage by Franny 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee
<b>13</b>  10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	<b>14</b> 9:30 Computer Funda. 10:00 Crafters 10:00 Chorus Practice 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>What Women Want</i> 1:30 Exercise with Dee	<b>15</b>  9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	<b>16</b>  10:30 Yoga with Lyndsey <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>17</b>  10:00 Massage by Franny 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee 1:30 <b>BINGO</b>
<b>20</b>  10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	<b>21</b> 10:00 Crafters 10:00 Chorus Practice 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Meddler</i> 1:30 Exercise with Dee	<b>22</b>  9:30 Art Class 10:00 Computer Orientation 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	<b>23</b>  10:30 Yoga with Lyndsey 11:00-12:00 <b>Brainersize</b> <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee	<b>24</b> 9:30 Legal Consult 10:00 Massage by Franny 11:00 Sing-A-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Exercise with Dee
<b>27</b>  10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	<b>28</b> 10:00 Crafters 10:00 Chorus Practice 10:30 Income Tax Assistance <b>NOON Mardi Gras</b> 🎉🎉 12:00 Card Playing 1:00 Movie: <i>The Saint</i> 1:30 Exercise with Dee		<b>Fairview Senior Center Staff ♥</b>  <b>Regina Sillasen, Director</b> 440-356-4436 <b>Cathy Eble, Site Coordinator</b> 440-356-4437 <b>Melody Grabo, Social Worker</b> 440-356-4463 <b>Sharon Kaiser, Van Scheduler</b> 440-356-4439	