

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Eileen A. Patton, Mayor

March & April 2017 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437

The Funsters



Please join us and invite all your family and friends to the 16th Annual Spring Concert on **Tuesday, March 14th at 11:00 am** when the Fairview Park Senior Center Chorus, "**THE FUNSTERS**", will present **Western Music**. Refreshments will be served from The Normandy Senior Living following the performance. Come and be entertained. The members have worked really hard for this performance, so let's show our support.

Fish Fry at the Senior Center



**Fridays During Lent
Beginning March 3rd**

See enclosed insert for details and pricing!

We will be serving from 4:00 -7:00 p.m.

March 3, 10, 17, 24, 31 & April 7

St. Patrick's Day



We're having a party and you are invited. Sign up at the front desk or call 440-356-4437 to enjoy an Irish dinner of hot corned beef, cabbage, potatoes, carrots and rye bread. A yummy, fresh green dessert will be furnished by Brighton Gardens. We will be entertained by Jim Riley, so be ready to dance!, dance!, dance! Entertainment sponsored by our friends at O'Neill Healthcare, Fairview Park. There will be no blarney, just fun times at the Senior Center on **Wednesday, March 15** at 12:00! **Cost is \$4.**

Painted



There is a new rock group in town, and you are invited to be a part of it! No, not drums and electric guitars—but rocks, and paints, and a way to spread a little bit of joy around Fairview park. The group "Northeast Ohio Rocks!" hand paints positive messages and cheerful images on small rocks, and "hides" them in places that will bring a smile to the folks that find them. You are invited to a rock painting party on **Friday, March 10th at 10:30am**, when Messiah Lutheran Elementary School students will be here with everything you need to become a "rock star". The students have already painted some rocks to practice, and can't wait to share the fun with you! Please sign up at the front desk or call 440-356-4437.

Spa Day at the Senior Center

**Sponsored by
Anchor Home Health Care**



Wednesday, April 19th, 12:30-3:00

Deb Conway from Anchor Home Health Care has arranged for us to have a complimentary pampering day right here in the Senior Center. There will be manicures, facials and makeup tips, as well as snacks and door prizes. Plan to join us for a little "ME" time. Space is limited. Sign up at the front desk to reserve your spot!



**DAYLIGHT SAVINGS TIME BEGINS
MARCH 12th! Don't forget to change your
clocks! Spring Forward!**

**This newsletter also includes a
special insert. Be sure to see all
the offerings inside!**



FREE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
March 7	Last Chance Harvey 2009/PG 13/93 min.	Dustin Hoffman/Emma Thompson	Romance
14	Brigadoon 1954/G/108 minutes	Gene Kelly/Cyd Charisse	Classic
21	Light between Oceans 2016/PG 13/132 min.	Michael Fassbender/Alicia Vikander	Romance
28	The Great Gilly 2016/PG/97 minutes	Sophie Nedissee/Kathy Bates	Comedy
April 4	The Babe 1992/PG/115 minutes	John Goodman/Kelly McGillis	Drama
11	Wild Oats 2016/PG 13/91 minutes	Shirley MacLaine/Jessica Lange	Comedy
18	Loving 2016/PG 13/123 minutes	Joel Edgerton/Ruth Negga	Drama
25	An Innocent Man 1989/R/113 minutes	Tom Selleck/Richard Young	Suspense



Goodtimers Lunch

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

Monday, March 6 Famous Dave's 26410 Great Northern Shopping Center

Monday, April 3 Mahle's Restaurant 24945 Detroit Road, Westlake

Supportive Services

Legal Consultation: Harold Hom, local attorney, offers legal consultations at **no charge** on the last Friday of each month from 9:30-11:00 am. Future dates will be Friday, **March 31 & April 28**. Appointments will be arranged every 15 minutes until 11:00. Please make an appointment at the front desk 356-4437.

O'Neill Healthcare Fairview Park will be here **April 17**, from 9am to 11am to take blood pressures. No appointment is needed, just drop in and have your pressure checked.

AARP Safe Driver Training

AARP's will be offering its Safe Driver Training Class on Thursday, April 20th from 9:00am-1:00pm. This class may qualify towards a discount on auto insurance, so be sure to check with your insurance carrier. April Dugan will be the instructor. Cost is \$15 for AARP members; \$20 for non-members. Register at the front desk. Payment is due the day of class.

Computer Classes

We are in 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 or the Computer Assisted Genealogy Group.



One Day Trips

Historic and Ethnic Cleveland Part 3

Wednesday, April 5th

This trip includes sightseeing of Cleveland in the morning, lunch at the JACK Casino Buffet, go up to the observation deck of the Terminal tower and end the tour at Mitchell's Ice Cream (ice cream included). Departs from Giant Eagle Fairview

Cost is \$69. (We are combining with North Olmsted, space limited to 20 seats)

Mountaineer Casino

Wednesday, April 26th

Newly renovated casino floor features over 1,500 slot machines, along with table games of Blackjack, Roulette, Let It Ride, Craps and more. They have many fun restaurants as well as spots for a quick bite. THE CASINO BONUS is \$20.00 in slot play.

Trip departs from Giant Eagle at 8:30am and returns at approximately 5:30pm.

Cost: \$34.00



Karaoke with Bill

We are going to try this another time at the Center. Join us on **Thursday, March 30 at 11:00am** in the Audio Visual Room for an hour of karaoke with Bill Hritz. Bill will bring his karaoke machine and have a playlist of songs to sing. Come and join in the fun before lunch.



Social Dance

Come to the Fairview Park Senior Center **Wednesday, March 8th** for Dance lessons at 1:30pm, to be followed by Ballroom and Latin dancing at 2:00-4:00pm. We will have music by D.J. Cavana. Admission is only \$4.00 and refreshments will be served during this social. This should be fun, so come and give it a whirl.



O'Neill Healthcare in Fairview Park, 20770 Lorain Rd., will be offering Community BINGO on **Monday, March 6th from 1:00-2:00pm** in the main dining room at O'Neill's. Free to play, prizes and refreshments!

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, and National Constitution Center, Falling Water, Allegheny Mountains and more. This is a great springtime trip.

New York City 4th of July Spectacular!

4 Days ~ Departs July 3, 2017

There's nothing like the NYC 4th 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. This trip includes 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 Brochures available at the
Fairview Park Senior Center

**Travel Preview/Presentation Wednesday,
March 22nd at 11am.**

Hearing Testing



There was such a great response to the hearing screening from Connect Hearing of Fairview Park we are scheduling another testing time in order to enable everyone a chance to be tested. Audiologist Mary Potts will again be here on **Thursday, March 27th from 10:00am – 12:30 pm** to conduct the testing. Please make an appointment at the front desk.

**May is Older American's Month
We look forward to celebrating
with you!**

Regular Programs and Events

BINGO: Monday BINGO at NOON: **March 13, 20, 27** and **April 10, 17, 24**. Friday BINGO: **March 17** at **1:15pm** and **April 21** at **1:30pm**.

Book Club: Gathers for discussion on the first Thursday of the month **March 2** and **April 6** at 1:30 p.m. Sponsored by the Cuyahoga County Library Fairview Park Branch.

Bridge: The Bridge group begins play at 12:30.

Chorus – The “Funsters”: Practice every Tuesday morning at 10:00. **Always looking for new members!!**

Crafters: Meet every Tuesday at 10:00 a.m. Bring your portable craft and meet with the group.

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

Exercise with Dee: Meets Tuesdays, Thursdays and Fridays at 1:30 pm. The fee is \$2.00. This class is pay as you go, no reservations necessary.

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

SilverSneakers: Classic class offered Monday at 10:30 and Wednesdays at 12:15.

Yoga with Lyndsey: Come escape Thursday mornings at 10:30 to enjoy Chair Yoga with Lyndsey. The fee is only \$2.00 and it is pay as you go.



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 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.**

March			
Thursday		Friday	
2	Sweet & Sour Meatballs* Sauce/Brown Rice* Corn/Capri Vegetables Whole Grain Wheat Tropical Fruit	3	Breaded Fish* Tartar Sauce Tater Tots*/Broccoli 2 Whole Grain Wheat Sliced Peaches
9	Stuffed Cabbage*w/sauce Mashed Potatoes* Corn w/ Red Peppers 2 Whole Grain Wheat Banana	10	Vegetable Lasagna* Green Peas/Buttered Beets Whole Grain Wheat Chunky Applesauce Graham Crackers
16	Chili Con Carne* Mixed Vegetables Buttered Beets Corn Muffin Chunky Applesauce	17	2 Stuffed Shells*/Sauce Spinach/Lemon Juice California Blend Whole Grain Garlic Toast Sliced Pears
23	Swedish Meatballs* w/ Gravy/Noodles* Peas/Carrots Whole Grain White Sliced Peaches	24	Cheese Ravioli* Broccoli Baby Lima Beans* Whole Grain Breadstick Chunky Applesauce
30	BBQ Rib Patty* Sweet Potatoes* Brussel Sprouts Whole Grain Bun Chunky Applesauce	31	Breaded Fish*/Tartar Sauce Wedge Potatoes* Red Cabbage/Mixed Fruit Whole Grain White Whole Grain Vanilla Wafers

Save the date
WEDNESDAY, MAY 17TH
15th Annual All Seniors Prom
 SENIOR LIFE OFFICE *along with*
 FAIRVIEW HIGH SCHOOL SENIORS
D.J. Carl Schanz
3:00 – 6:00 pm
 TICKETS WILL BE AVAILABLE AT THE
 FRONT DESK IN APRIL.

Sunday, April 9th
Fairview High School presents
Spring Luncheon (12:30) & Play (2:00)
Cinderella
 Please call 440-356-4437 for information

Insert – SCOPE newsletter, March/April 2017

Stephanie Kramer presents Women in History Thursday, March 16th, 11:00am-Noon

Join us for the presentation of two important women in history, presented through storytelling, costume and music.

“A Life Lived in Poetry” is a presentation on the life of Anne Morrow Lindberg and her life with her aviator husband, Charles. Also, a discussion of her well-known narrative, Gift from the Sea.

“It’s Never Too Late!” is a biography of late blooming artist, Grandma Moses along with samples of her splendid examples of Americana painting.

Pasta Bar Fundraiser Sponsored by Manor Care



We are very pleased to welcome Chef John from Manor Care North Olmsted to the Fairview Park Senior Center. He will be preparing a pasta bar luncheon for all to enjoy on **Wednesday, March 22 at Noon**. The menu will include your choice from two types of pasta, beef or chicken, red sauce or creamy alfredo, vegetables, bread, salad and dessert.

A donation of \$4.00 will get you this great meal! All proceeds to be used to support our Senior Center. Please make a reservation at 440-356-4437 or sign up at the front desk.

Lunch & Learn: Benefits of Yoga by Rockport Retirement Community



Join us for a very special Lunch & Learn on **Wednesday, March 29 at 11:30am** presented by Rockport Retirement Community. The program will cover the health benefits of yoga for seniors, yoga poses seniors can safely do at home, and purposeful breathing and how it benefits you. Join an experienced yoga teacher to see her demonstration and enjoy a light lunch. Please sign up at the front desk or call 440-356-4437.

Reiki



The Fairview Park Senior Center is excited to introduce Reiki sponsored by Manor Care, Alternative Therapy Program. On **Wednesday, April 5th** there will be a lecture about Reiki, followed by the practice of Reiki for those who wish to participate. **Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing process of the patient’s body and restore physical and emotional well-being.** A light breakfast of bagels and fruit will be served. We will meet from 9:30-11:00am. **This program is limited to 20 participants..** Please call or sign up at the front desk.

Fairview Park Senior Center

Lenten Fish Fry

20769 Lorain Rd./ 4pm to 7pm / 440-356-4437



Menu

March 3, 10, 17, 24, 31 & April 7

#1

Guinness-Stout (2pc) \$9
Beer Battered Cod
French Fries
Coleslaw
Roll w/Butter
Tartar Sauce / Lemon
Dessert

#2

Lake Perch (4pc) \$9
French Fries
Coleslaw
Roll w/Butter
Tartar Sauce / Lemon
Dessert

#3

Butterfly Shrimp (5pc) \$9
French Fries
Coleslaw
Roll w/Butter
Cocktail Sauce
Dessert

#4

Pierogies (5pc) \$9
Grilled Onions
Coleslaw
Roll w/Butter
Sour Cream
Dessert

#5 Kids Meal

2 Fish Sticks w/Tartar
Mac/Cheese
Apple Sauce
Dessert

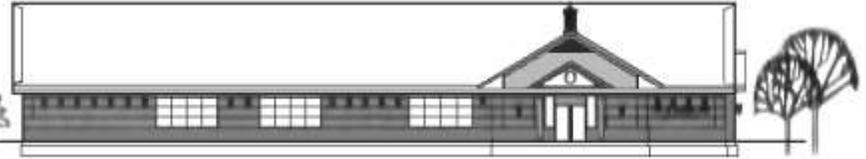
Sides:

Baked Potato \$1
Mac/Cheese \$1

Extra Pieces:

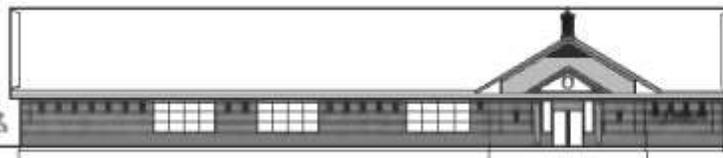
Perch \$1 each
Cod \$1 each
Shrimp \$1 each
2 Pierogi \$1

MARCH 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Senior Life Office Regina Sillasen, Director Cathy Eble, Site Coordinator Melody Grabo, Social Worker Sharon Kaiser, Van Scheduler</p>	<p style="text-align: center;"> 440-356-4436 440-356-4437 440-356-4463 440-356-4439</p>	<p style="text-align: center;">1 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p style="text-align: center;">2 9:30 NEOPC meeting 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion</p>	<p style="text-align: center;">3 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 4:00-7:00 Fish Fry</p>
<p style="text-align: center;">6 Senior Center Closed 11:30 Goodtimer's Lunch Famous Dave's 1:00 BINGO at O'Neill's FP</p>	<p style="text-align: center;">7 10:00 Chorus Practice 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Last Chance Harvey</i> 1:30 Exercise with Dee</p>	<p style="text-align: center;">8 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing 1:30 Dance Lessons 2:00 Social Dance</p>	<p style="text-align: center;">9 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p style="text-align: center;">10 10:30 PAINTED ROCKS 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 4:00-7:00 Fish Fry</p>
<p style="text-align: center;">13 10:00 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group</p>	<p style="text-align: center;">14 9:30 Computer Fundamental 10:00 Crafters 10:30 Income Tax Assistance 11:00 FUNSTERS 12:00 Card Playing 1:00 Movie: <i>Brigadoon</i> 1:30 Exercise with Dee</p>	<p style="text-align: center;">15  9:30 Art Class 10:00 Bridge 12:00 St. Patrick's Day Luncheon Music by Jim Riley 12:15 SilverSneakers 12:30 Card Playing</p>	<p style="text-align: center;">16 10:30 Yoga with Lyndsey 11:00 Stephanie Kramer 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p style="text-align: center;">17  11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:15 BINGO 1:30 Exercise with Dee 4:00-7:00 Fish Fry</p>
<p style="text-align: center;">20 10:00 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group</p>	<p style="text-align: center;">21 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Light between Oceans</i> 1:30 Exercise with Dee</p>	<p style="text-align: center;">22 9:30 Art Class 10:00 Bridge 10:00 Computer Orientation 11:00 Wendt Tour Presentation 12:00 Pasta Bar Fund Raiser 12:15 SilverSneakers 12:30 Card Playing</p>	<p style="text-align: center;">23 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p style="text-align: center;">24 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 4:00-7:00 Fish Fry</p>
<p style="text-align: center;">27 10:00 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group</p>	<p style="text-align: center;">28 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Great Gilly</i> 1:30 Exercise with Dee</p>	<p style="text-align: center;">29 9:30 Art Class 10:00 Bridge 12:00 Lunch & Learn Benefits of Yoga 12:15 SilverSneakers 12:30 Card Playing</p>	<p style="text-align: center;">30 10:30 Yoga with Lyndsey 11:00 Karaoke with Bill 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p style="text-align: center;">31 9:30 Legal Consult 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 4:00-7:00 Fish Fry</p>

APRIL 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Senior Center Closed 11:30 Goodtimers Lunch: <i>Mahle's Restaurant</i>	4 10:00 Chorus Practice 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Babe</i> 1:30 Exercise with Dee	5 9:30 Art Class 9:30 Reiki demonstration With light breakfast 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	6 9:30 NEOPC meeting 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion	7 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 4:00-7:00 Fish Fry
10 10:00 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group	11 9:30 Computer Fundamentals 10:30 Income Tax Assistance 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Wild Oats</i> 1:30 Exercise with Dee	12 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	13 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	14 GOOD FRIDAY  Senior Center Closed at 12:00
17 10:00 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group	18 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Loving</i> 1:30 Exercise with Dee	19 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing 1:00-3:00 SPA DAY with Anchor	20 9:00-1:00 AARP Driver Training 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	21 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 BINGO
24 10:00 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group	25 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>An Innocent Man</i> 1:30 Exercise with Dee	26 8:00 Mountaineer Departs 9:30 Art Class 10:00 Bridge 10:00 Computer Orientation 12:15 SilverSneakers 12:30 Card Playing	27 10:00 Connect Hearing 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	28 9:30 Legal Consult 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee

