

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen A. Patton

May & June 2017 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437

15th Annual All Seniors Prom



Co-sponsored by
FHS National Honor Society Students

Wednesday, May 17, 2017

3:00 - 6:00 p.m.

Tickets on sale at the front desk for \$5.00

Music by DJ Carl Schanz

Celebrate Older Americans Month! Breakfast with Mayor Patton

May is Older Americans Month and Mayor Patton will help us celebrate at our Senior Center on **Wednesday, May 10th at 9:30**. We will be serving a complimentary breakfast of scrambled eggs, hash browns, sausage and bagel. Come and enjoy!

Cinco de Mayo



We welcome all senior's and seniorita's to come celebrate a fund raiser for our Center on **Friday, May 5 at NOON**. Manor Care of North Olmsted will have their extraordinary chef prepare our fiesta of nachos, quesadillas, rice and dessert. We will also be ripping up the dance floor with music provided by Tim Whalen and Sundown! **All of this for only \$4**. Please show your support of YOUR Senior Center by attending! It will be a great time guaranteed!! Sign up and pay at the front desk.



Please join us at the Fairview Park Senior Center in celebrating the Annual Summer Concert on **Tuesday, June 13th at 11:00 am**. "The Funsters" will present **Songs from Movies and Patriots**. Our choir has been practicing very hard to present their concert for all to enjoy. Come and listen to the voices of our dedicated men and women. We will serve refreshments following the performance!

Advance Directives

The Hospice of the Western Reserve will be here on **Friday, May 19th at 11:00am** to present you with all the information you should know about advance directives. The presentation will cover Living Wills, Medical Power of Attorney, Organ Donation Enrollment, etc. These documents allow you to give instructions about your future medical care, your end-of-life choices and allow you to appoint a person to make healthcare decisions if you are unable to do so. Please sign up at the front desk for this very important presentation. You don't want to miss this!



A HUGE Thank You to our AARP Tax Preparation Team for working so very hard on tax returns for our seniors. We are fortunate to have so many dedicated volunteers who processed over 200 returns.



FREE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
May 2	Sabrina 1995/PG/127 minutes	Harrison Ford/Julia Ormond	Romance
9	Magic Mike 2012/R/ 110 minutes	Channing Tatum/Alex Pettyfer	Comedy
16	Manchester by the Sea 2016/R/135 minutes	Casey Affleck/Michelle Williams	Drama
23	Say Anything 1989/PG13/100 minutes	John Cusack/Ione Skye	Romance
30	Jackie 2016/R/95 minutes	Natalie Portman/Peter Sarsgaard	Drama
June 6	Last Chance Harvey 2009/PG13/93 minutes	Dustin Hoffman/Emma Thompson	Drama
13	Collateral Beauty 2016/PG13/94 minutes	Will Smith/Helen Mirren	Drama
20	La La Land 2016/ PG13/ 128 minutes	Ryan Gosling/Emma Stone	Comedy
27	Nine Lives 2016/PG/ 87 minutes	Kevin Spacey/Jennifer Garner	Comedy



Goodtimers Lunch

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

Monday, May 1	FooSing	25102 Brookpark Road, North Olmsted
Monday, June 5	Olive Garden	25984 Lorain Road, North Olmsted

MEALS ON WHEELS Program Needs our help and support!

Let's help our friends at Fairview Park Meals on Wheels collect food for the month of May. The food items they use are as follows: Peanut Butter, Jelly, Cream Soups; ex: mushroom, chicken, and celery. Pasta; all kinds, Spaghetti sauce; ex: mushroom, garlic and herbs, plain, meat, Baked Beans, Kidney Beans, Chili Beans, Black Beans, Navy Beans, Corn; creamed and plain, Tomatoes; stewed, diced, puree whole, Tomato Sauce, all kinds of Salad Dressing, Tuna Fish, Pudding Mixes, Jello; all flavors, Apple Sauce, Canned Gravy, boxed Potatoes, boxed Stuffing, Cake Mixes, Frosting, Muffin Mixes. Canned Fruit; Peaches, Pears, Pineapple; chunks & diced, Mandarin Oranges, Fruit Cocktail, Plums Pie Filling; Apple, Cherry, Pineapple, Peach, Storage Bags both Gallon and Quart size, Freezer Bags, both Gallon and Quart size and Dawn dishwashing liquid.

Fairview Park Meals on Wheels receive no funds from any government, state or city agency. Meals on Wheels is staffed with volunteers who provide nutritious meals, friendly visits and safety checks, thus helping our residents to cope with the three biggest threats of aging; Hunger, Isolation and Loss of Independence. **Fairview Park Meals on Wheels wants to "THANK YOU" for your help.**

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, May 25 and July 27 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

Ohio's Amish Country

Wednesday, June 7

Enjoy the best day with your friends as we visit the rural beauty of Ohio's Heartland. We've packed a lot into this whirlwind tour, visiting Simply Smucker's Jams and Jellies, P. Graham Dunne Woodworking factory and outlet store, Lehman's Old Tyme Hardware Store and Shearer's Snack Food Factory Outlet. Come hungry for a delicious lunch (included in price) at the Amish Door Restaurant. The Amish ladies will serve family-style so you can eat as much as you want and then we'll walk it off exploring their bakery, gift shop and bulk food store. We've even included time to visit the little shops of Berlin and we will complete our day at the Broadrun Cheesehouse and Winery. (Make sure you bring a cooler to keep your items cool.) Here is your chance to savor Ohio's country pride on a great one-day getaway.

Cost: \$65.00

Depart: from Giant Eagle

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

Ta Chi for Arthritis and Fall Prevention

Are you one of the 70 million people in the U.S. who suffer from some type of arthritis, including pain, stiffness and fear of falling? If so, you are invited to attend an eight week series of classes that can give you valuable techniques to better cope with this disabling illness. The fee for the 8 week series is \$40.00. This is a simple and slow paced class with instructor Michael Stadul. Please call the Senior Center at 440-356-4437 to sign up. There will be a free demonstration class at a date to be determined.

Supportive Services

Blood Pressure Testing will be available on **Monday, May 15** from 9:00-11:00am, courtesy of **O'Neill Healthcare**. No appointment is necessary for blood pressure screening

Multi-Day Trips

2017 TOURS

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.

Christmastime in Nashville at the Opryland Resort

4 Days – November 28 – December 1, 2017

This trip was so popular and successful last year that we decided to offer it for one last time for later this year during the Holiday Season!

Tour brochure with full details will be available July 1st. More information will be in the next newsletter.

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

WANTED: GENTLY USED ITEMS FOR OUR TREASURE SHOPPE

June 8th & 9th

All Proceeds stay here at your Senior Center

Regular Programs and Events

BINGO: Will be played at Noon every Monday, except the first Monday of the month. We will also play on the third Friday of every month at 1:15pm.

BOOK CLUB: Next meetings will be on Thursday, **May 4** and **June 1** at 1:30pm

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

CHORUS – The “Funsters”: Practice every Tuesday morning at 10:00am

CRAFTERS: Meet every Tuesday at 10:00am

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

EXERCISE WITH DEE – Energize every Tuesday, Thursday and Friday at 1:30pm, Pay as you go – only \$2.

MEDICARE COUNSEL: OSHIIP counselors are here the second Friday of the Month to help you choose your supplemental insurance. Please call for an appointment.

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

SILVER SNEAKERS: Classic SilverSneaker classes are held Monday at 10:30 a.m. and Wednesday at 12:15pm.

TREASURE SHOPPE: There will be a Treasure Shoppe, Thursday and Friday **June 8 & 9 from 9am - Noon**. All funds that are raised from the Treasure Shoppe stay in your Senior Center.

YOGA WITH LYNDEY: Come relax and stretch for Yoga with Lyndsey on Thursdays at 10:30am. This class is \$2.00 per session. Pay as you go.

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.

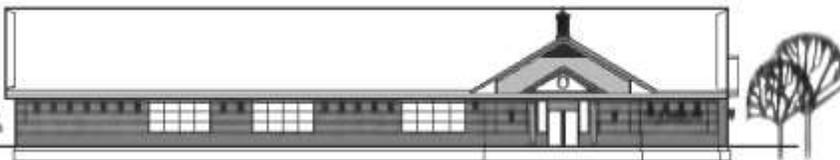
May			
Thursday		Friday	
4	Breaded Chicken Pattie* Basil Tomato sauce* Spinach/Corn/Red Pepper Whole Grain Bun Sliced Pears	5	Cinco De Mayo Celebration
11	Swedish Meatballs*/Gravy* Buttered Noodles* Broccoli/Cauliflower Whole Grain Wheat Banana	12	Cold Roasted Turkey* Mayo/Potato Salad* Tomato, Cucumber, Onion 2 Whole Grain Rye Mandarin Oranges
18	Tuna Salad* 3 Bean Salad* Coleslaw* Whole Grain Bun Orange	19	Orange Glazed Chicken* O'Brien Potatoes* Mixed Vegetables Buttermilk Biscuit Mixed Fruit
25	Chicken Breast Stuffed w/ Broccoli*/Buttered Noodles Red Cabbage/Apricots Green Beans Whole Grain White	26	Beef Hot Dog* Mustard/Ketchup Baked Beans*/Banana Potato Wedges* Whole Grain Bun

June			
Thursday		Friday	
1	Beef Meatloaf* /Gravy* Mashed Potatoes* Mixed Vegetables 2 Whole Grain Wheat Applesauce	2	Breaded Chicken Pattie* Basil Tomato sauce* Spinach/Corn/Red Pepper/Banana Whole Grain Bun
8	BBQ Rib Patty* Baby Lima Beans Baby Carrots Whole Grain Bun Banana	9	Swedish Meatballs*/Gravy* Buttered Noodles* Broccoli/Cauliflower Whole Grain Wheat Tropical Fruit
15	Roasted Pork Loin* Sweet Potato Medley * Green Beans 2 Whole Grain Rye Applesauce	16	Tuna Salad* 3 Bean Salad* Coleslaw* Whole Grain Bun Sliced Peaches
22	Chicken Paprikash* Brown Rice*/Gravy* Green Beans/Corn Whole Grain White Sliced Peaches & Pears	23	Ham* Cheese Potatoes* Spinach 2 Whole Grain Wheat Apricots
29	Beef Hot Dog* Mustard/Ketchup Baked Beans*/Banana Potato Wedges* Whole Grain Bun	30	Lemon Pica Chicken* Egg Noodles*/WG White Brussel Sprouts Sliced Beets Pineapple Chunks



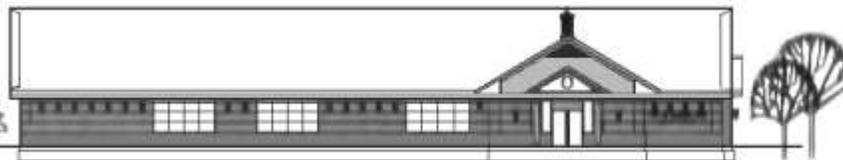
and

MAY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Senior Center Closed 11:30 Goodtimer's Lunch <i>FooSing</i>	2 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Sabrina</i> 1:30 Exercise with Dee	3 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	4 9:30 NEOPC Meeting 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Book Discussion 1:30 Exercise with Dee	5 11:00 Sing-a-Long 12:00 Cinco De Mayo Party 1:00 Card Playing 1:30 Exercise with Dee
8 10:30 SilverSneakers Classic 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group	9 9:30 Computer Fundamentals 10:00 Crafters 10:00 Chorus Practice 10:30 Yoga (<i>rescheduled</i>) 12:00 Card Playing 1:00 Movie: <i>Magic Mike</i> 1:30 Exercise with Dee	10 9:30 Mayor's Breakfast 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	11 11:00 <i>Karaoke with Bill Hritz</i> 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	12 9:00 Medicare Counseling 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
15 9:00-11:00 Blood Pressure 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	16 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Manchester By the Sea</i> 1:30 Exercise with Dee	17 9:30 Art Class 12:15 SilverSneakers 3:00 – 6:00pm All Seniors Prom	18 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	19 11:00 Hospice of the Western Reserve-Advance Directives 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:15 BINGO 1:30 Exercise with Dee
22 10:30 SilverSneakers 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group	23 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Say Anything</i> 1:30 Exercise with Dee	24 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	25 10:30 Yoga with Lyndsey 11:00 Brainercize 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	26 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
29 Senior Center Closed 	30 10:00 Crafters 10:00 Chorus Practice 10:30 Yoga (<i>rescheduled</i>) 12:00 Card Playing 1:00 Movie: <i>Jackie</i> 1:30 Exercise with Dee	31 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	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 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>The Senior Center is Open Monday thru Friday 8:30 to 4:30 We are closed the First Monday of the month</p>	<p>1 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>2 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 Goodtimers Lunch <i>Olive Garden</i></p>	<p>6 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: Last Chance Harvey 1:30 Exercise with Dee</p>	<p>7 8:00 Amish Trip Departs 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>8 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>9 9:00 Medicare Counseling 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 1:00 Discussion Group</p>	<p>13 9:30 Computer Fundamentals 10:00 Crafters 11:00 Funster's Concert Movies & Patriotic 12:00 Card Playing 1:00 Movie: <i>Collateral Beauty</i> 1:30 Exercise with Dee</p>	<p>14 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>15 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>16 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 BINGO 1:30 Exercise with Dee</p>
<p>19 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group</p>	<p>20 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>La La Land</i> 1:30 Exercise with Dee</p>	<p>21 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>22 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>23 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>26 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group</p>	<p>27 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Nine Lives</i> 1:30 Exercise with Dee</p>	<p>28 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>29 10:30 Yoga with Lyndsey 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>30 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>