

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen Ann Patton

July & August 2017 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437



90+ Luncheon

Mayor Eileen Patton and the Senior Life Office will honor Fairview Park residents that are 90 years of age or older on **Wednesday, July 26 at 11:30am** at the Senior Center. A complimentary catered lunch will be served for our honored residents along with a special piano performance by Ken Aufmuth. The menu will consist of boneless lemon pepper chicken, wild rice and carrot/green bean medley. Rocky River Gardens will provide a delectable dessert. Guest tickets may be purchased for \$10.00 each at the front desk. Please notify the Senior Center if you know of someone 90+ so an invitation may be extended to them. The more the merrier!

The Senior Life Office will honor the many volunteers who freely give their time to the many programs at the Senior Center. We really appreciate all of the time and effort you give to us. The luncheon, sponsored by Rocky River Gardens, will take place on **Wednesday, August 9th at 11:30am**. All volunteers are asked to make a reservation by completing a volunteer registration sheet from the front desk.



Senior Center 16th Annual Picnic

Mark your calendars now and plan to attend the Senior Center's Annual Picnic on **Thursday, August 31st at 11:30am**. This year we will be celebrating with a good old fashioned picnic! Menu will be hot dogs, bun, baked beans, orange juice, and mixed fruit. We will also have some surprise treats that day! Jim Riley will be performing, so wear those dancin' shoes! Cost is only \$1. Please make your reservations at the front desk the week of August 21st. Cornhole anyone?!!



Social Dance

Attention Dancers: Be sure to join us on Wednesday, August 23rd for Dancing with Bev. There will be line dance, polka, cha cha, fox trot, mambo, etc. Something for everyone! For those that need to brush up on a few steps, instruction will begin at 12:30pm. Open dancing will run from 1:00-3:00. Cost is \$5 per person. Refreshments will also be served.



Senior Spotlight

We are considering starting something new here at the Senior Center: **Senior Spotlight**. How would you like to share your life story with all your friends and acquaintances that attend the Center. It will be a great way to get to know one another a little better! We respect that some people are more private about their personal stories, while others love to tell their life story. If you would like to share your life history, please drop your name in the Senior Spotlight box at the front counter. We will randomly pick a name, interview and record their story, and post it on the bulletin board in the main area of the Center. This could be lots of fun!

Bite B-4 Bingo

Mondays July 17th & August 21st

11:00 a.m.

\$3.50



AT THE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
July 11	Extraordinary Measures/PG/106 minutes	Harrison Ford/Brendan Fraser	Drama
18	A Dog's Purpose/PG/120 minutes	Dennis Quaid/Peggy Lipton	Comedy
25	Hidden Figures/PG/127 minutes	Taraji P. Henson/Octavia Spencer	Drama
August 1	Fences/PG13/133 minutes	Denzel Washington/Viola Davis	Drama
8	The Kite Runner/PG13/127 minutes	Shaun Toub/Atossa Leoni	Drama
15	Inside Out/PG/94 minutes	Mindy Kalina/Amy Poehler	Animation
22	20 th Century Women/R/118 minutes	Annette Bening/Elle Fanning	Com/Dra
29	A Monster Calls/PG13/108 minutes	Sigourney Weaver/Felicity Jones	Fiction

GoodTimers Lunch Bunch

Please make your reservation at the front desk to join the group, which meets at 11:30 at restaurant:

Monday, July 3rd

Bakers Square

24025 Lorain Rd., North Olmsted

Monday, August 7th

Bob Evans

25853 Lorain Rd., North Olmsted

Legal Consultation

Harold Hom, local attorney, offers legal consultations at **no charge** on the last Friday of each month from 9:30-11:00am. Future dates are **July 29 and August 26**. 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.

Crafters

Every Tuesday at 10:00am, the ladies come to the Center to spend time together and do their projects. Some come to knit or crochet, needlepoint, etc. If you are interested, please join the group and bring along your project. The choir practices at that time, so there is a little background music.



SummerFest 2017 Activities



The **Parade** is on **Friday, July 7th at 6:00pm**. The parade will start at Gilles Sweet School on West 220th just north of Lorain Road.

Senior Bingo will be on Saturday, July 8th from 4:00 – 5:00pm. We will have the games at the pavilion at Bohlken Park. Bingo Cards will be \$1.00 each. Seniors only please, 55 or older.

Also again this year, **fireworks** will be on **Saturday, July 8th** at dusk. As usual, there will be a brilliant display for everyone to enjoy. Bring your lawn chairs for comfy seating.

Lunch-n-Learns

July 12th	Mortach Financial	Retirement options and fixed index annuities
August 2	Sunset Memorial	Learn more about Sunset Memorial Park
August 16	CHC Physical Therapy	Over 60 is our time . We want to live a long time, we just don't want to get old in the process! Learn how!

ALL LUNCH-N-LEARNS BEGIN AT 11:30.

SIGN UP AT THE FRONT DESK AT LEAST 3 DAYS PRIOR TO THE EVENT.

One Day Trips

Mystery Tour

Wednesday, August 2

JKL is creating a day full of surprises that combine unique areas, sites and attractions (Lunch is included). You can rest assured every one of the Mystery Trips is to an area they have not visited on one of their published trips. You will need a good sense of adventure, and a great sense of humor and very comfortable walking shoes!

Cost: \$79.00

Computer Classes

We are approaching our 16th year of conducting classes for those of you who would like to find out what is so fascinating about computers. As we have indicated in our prior notices, you need not have any knowledge of computers to participate with us. You merely need to be 55 or older and attend our Orientation Meeting on the fourth Wednesday of August (the 23rd) at 10:00am. During July and August we take a leave and return for regular classes in September.

Computer Fundamentals

This popular event continues during the summer months on the second Tuesday of the month at 9:30am. We encourage those of you who have computers to join us at these regularly scheduled monthly meetings. Questions from the novice to the experienced computer users are welcome – we'll try to remedy your concerns. This event is **FREE** and conducted by the Northeast Ohio Personal Computer Club. We've been conducting these community workshops since 1983.

Inside Out

We are going to show the movie "Inside Out" on August 15th at 1:00pm at the Fairview Park Senior Center. Riley (Kaitlyn Dias) is a happy, hockey-loving 11-year-old Midwestern girl, but her world turns upside-down when she and her parents move to San Francisco. Riley's emotions -- led by Joy (Amy Poehler) -- try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness (Phyllis Smith) to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear and Disgust. Bring the grandkids or great grandkids or just come to our Center and enjoy an afternoon together to watch this Pixar movie. We will have some popcorn to help you enjoy the day together.



Multi-Day Trips

OFFERED BY WENDT TOURING

Christmastime in Nashville at the Opryland Resort

4 Days – November 28 – December 1, 2017

Enjoy a spectacular Country Christmas Celebration at the world renown Opryland Resort in Nashville on this unforgettable tour. This trip was quite successful last year and returned to rave reviews. Highlights include: Grand Ole Opry, Ryman Auditorium, General Jackson Showboat Cruise, Special Broadway Christmas Productions, Ticket to ICE, Treasures for the Holidays, Delta River Flatboat Ride, Nashville City Tour, 4 meals, all 3 nights at the dazzling Opryland Resort Hotel and more!

Hawaiian Islands Cruise Tour 10 Days, April 5 - 14, 2018

Join us for a once-in-a-lifetime vacation to beautiful Hawaii aboard Norwegian Cruise Lines' first-class: "Pride Of America". Enjoy spectacular sightseeing, dazzling meals, outstanding entertainment and great service, throughout. All the must-see attractions are included on our itinerary. Early April is a great time to visit. This trip has proven to be quite popular and successful in the past.

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

Brainercize

On **Thursday, July 27 at 11:00am** we will continue our program to challenge participants with exercises for their brains with Lisa Anthony of Arden Courts. Please register with the front desk or call 356-4437. Awe come on, it'll be fun!



The Farmer is Coming!

Richardson Farms will be bringing all their yummy fruits, veggie, jams and salsas straight to us! They will be set up in Willowood parking lot (weather permitting) or in the Senior Center. **Fridays, June 30th, July 14th and July 28th from 10:00-Noon.**

Medicare Counseling

OSHIP counselors are available on the second Friday of the month starting at 9am to answer your questions about Medicare. Please make an appointment.

Regular Programs and Events

BINGO: Every Monday, except the first Monday of the Month at NOON and the third Friday at 1:15pm.

BOOK CLUB: Meets the first Thursday of each month at 1:30pm at the Senior Center.

BRIDGE: Bridge group begins play at 12:30pm every Wednesday.

CHORUS: The “Funsters” practice every Tuesday morning at 10:00am. They have a concert every quarter

CRAFTERS: Meet every Tuesday at 10:00am.

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

EXERCISE & ENERGIZE WITH DEE: Meets every Tuesday, Thursday and Friday at 1:30pm. Cost \$2.00/session.

MIXED MEDIA – ART CLASS: Classes meet on Wednesday at 9:30am. Classes run for 8 weeks. Please check with the front desk for start dates of new classes. There is a fee for this class instructed by Liz Galloway.

SILVERSNEAKERS: Meets Mondays at 10:30am and Wednesdays at 12:15pm.

TAI CHI: Meets Tuesdays at 11:15am. This is an eight week course starting June 6. Fee \$40 per session.

YOGA WITH LINDSEY: Our Practice is on Thursdays at 10:30am. Cost \$2.00/session.

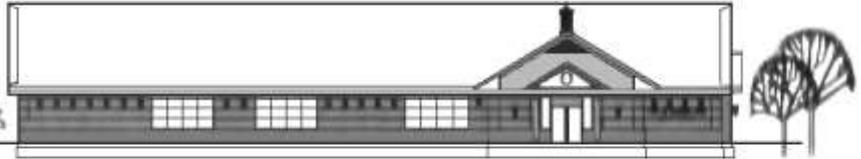
Lunches are served Thursdays & Fridays at Noon. Donation is \$1.00. This program is made possible by the Older Americans Act through a grant from the Ohio Department on Aging, administered by the Western Reserve Area Agency on Aging. Reservations may be made in person or by calling 356-4437. **To qualify for the congregate meals, you must be 60 or older OR your spouse accompanying you must be 60 yrs..**

July			
Thursday		Friday	
6	Hamburger* Ketchup Green Beans/Corn Whole Grain Bun Banana	7	Turkey Breast*/Gravy* Mashed Potatoes* California Blend 2 Whole Grain Rye Pineapple Chunks
13	Breaded Pork Pattie* Sweet Potatoes* Green Peas 2 Whole Grain White Applesauce	14	Tuna Salad* Potato Salad* Corn Relish Salad* 2 Whole Grain Wheat Apricots
20	Chicken Breast* Marinara Sauce Green Beans Capri Blend 2 WG Breadsticks Sliced Peaches	21	Swedish Meatballs* w/Gravy/ Broccoli Buttered Noodles Red Cabbage Whole Grain White Banana
27	Beef Stroganoff*/Gravy* Noodles* Mixed Vegetables Harvard Beets Whole Grain Wheat Pineapple Chunks	28	Breaded Fish* Tartar Sauce/Spinach Scalloped Potatoes* Lemon Juice 2 Whole Grain White Sliced Pears

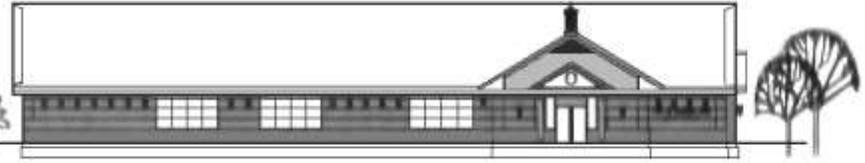
August			
Thursday		Friday	
3	Hawaiian Chicken* Mashed Potatoes* Buttered Sliced Carrots 2 Whole Grain White Tropical Fruit	4	Hamburger* Ketchup Green Beans/Corn Whole Grain Bun Banana
10	Salisbury Steak*/Gravy* Mashed Potatoes* Broccoli 2 Whole Grain Wheat Banana	11	Breaded Pork Pattie* Sweet Potatoes* Green Peas 2 Whole Grain White Applesauce
17	Chicken Breast (cold) Over Lettuce, Tomato, Carrots w/Ranch Dress. Whole Grain Crackers WG Vanilla Wafers Pineapple Chunks	18	Chicken Breast* Marinara Sauce Green Beans Capri Blend 2 WG Breadsticks Sliced Peaches
24	Pepper Steak*/Sauce* Butternut Squash* Green Beans 2 Whole Grain White Mandarin Oranges	25	Sliced Ham*/Sauce Mashed Potatoes* Brussel Sprouts Whole Grain Wheat Vanilla Wafers Tropical Fruit
31	Beef Hot Dog* Mustard/Ketchup Baked Beans* Wedge Potatoes* Whole Grain Bun Banana		

A Quote to Remember:
 I've learned that people will forget what you **said**, people will forget what you **did**, but people will never forget how you made them **feel**.
Maya Angelou

JULY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30 Goodtimers Lunch: <i>Baker's Square</i> Senior Center Closed	4 Senior Center Closed 	5 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	6 9:30 NEOPC Meeting 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 6:00 Summerfest Parade
10 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	11 9:30 Computer Fundamentals 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 12:00 Card Playing 1:00 Movie: <i>Extraordinary Measures</i> 1:30 Exercise with Dee	12 9:30 Art Class 10:00 Bridge 11:30 Lunch n Learn Mortach Financial 12:15 SilverSneakers 12:30 Card Playing	13 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	14 10-12 FARMERS MARKET 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
17 10:30 SilverSneakers 11:00 Bite B4 Bingo 12:00 BINGO 1:00 Discussion Group	18 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 12:00 Card Playing 1:00 Movie: <i>A Dog's Purpose</i> 1:30 Exercise with Dee	19 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	20 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 1:15 BINGO 1:30 Exercise with Dee
24 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	25 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 12:00 Card Playing 1:00 Movie: <i>Hidden Figures</i> 1:30 Exercise with Dee	26 9:30 Art Class 10:00 Bridge 11:30 90+ Luncheon 12:15 SilverSneakers 12:30 Card Playing	27 11:00 Brainercize 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	28 9:30 Legal Consult 10-12 FARMERS MARKET 11:00 Sing-a-Long 12:00 Lunch 1:30 Exercise with Dee
31 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	Senior Life Office Regina Sillasen, Director 440-356-4436 Cathy Eble, Site Coordinator 440-356-4437 Melody Grabo, Social Worker 440-356-4463 Sharon Kaiser, Van Scheduler 440-356-4439			



AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 12:00 Card Playing 1:00 Movie: <i>Fences</i> 1:30 Exercise with Dee	2 8:15 Bus leaves/Mystery Tour 9:30 Art Class 10:00 Bridge 11:30 Lunch n Learn Sunset Memorial 12:30 Card Playing 12:15 SilverSneakers	3 9:30 NEOPC Meeting 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion	4 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: <i>Bob Evans</i>	8 9:30 Computer Fund. 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 12:00 Card Playing 1:00 Movie: <i>The Kite Runner</i> 1:30 Exercise with Dee	9 9:30 Art Class 10:00 Bridge 11:30 Volunteer Luncheon 12:30 Card Playing 12:15 SilverSneakers	10 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	11 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
14 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	15 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 12:00 Card Playing 1:00 Movie: <i>Inside Out</i> 1:30 Exercise with Dee	16 9:30 Art Class 10:00 Bridge 11:30 Lunch-n-Learn CHC Physical Therapy 12:30 Card Playing 12:15 SilverSneakers	17 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	18 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 BINGO 1:30 Exercise with Dee
21 10:30 SilverSneakers 11:00 Bite B4 Bingo 12:00 BINGO 1:00 Discussion Group	22 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 12:00 Card Playing 1:00 Movie: <i>20th Century Women</i> 1:30 Exercise with Dee	23 9:30 Art Class 10:00 Bridge 10:00 Computer Orientation 12:30 Card Playing 12:30 Dance Instruction Social Dance 1-3:00 12:15 SilverSneakers	24 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	25 9:30 Legal Consult 11:00 Sing-a-Long 12:00 Lunch 1:30 Exercise with Dee
28 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	29 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 12:00 Card Playing 1:00 Movie: <i>A Monster Calls</i> 1:30 Exercise with Dee	30 9:30 Art Class 10:00 Bridge 12:30 Card Playing 12:15 SilverSneakers	31 11:30 Annual Picnic 1:00 Card Playing 1:30 Exercise with Dee	SUMMER HOURS Monday thru Friday 8:00am to 4:00pm Closed the first Monday of the Month