

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen A. Patton

September & October 2017 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437

The Funsters

Come celebrate and join the fun on Tuesday, **September 12th at 11:00am** when the Fairview Park Senior Center Chorus presents:

BIG BAND ERA

They will be featuring some of your favorite songs. The members have been practicing this summer and sound really great. Please bring your friends and family to this lively program that's sure to please everyone! Refreshments will be served courtesy of Manor Care.

Flu & Pneumonia Vaccines

Marc's Pharmacy will be here administering shots on **Wednesday, October 11th from 10:00am – 1:00pm**. Vaccines will be available at no cost to seniors who have Medicare and many other insurance plans. Bring your Medicare Card. **No appointment necessary**. Remember that a lot of people come early, so to avoid a crowd, plan to come later morning before 1:00pm.

Halloween Party!!

Our annual Halloween Party will be held **on Friday, October 27 at NOON**. Lunch will be a beef hot dog/bun, baked beans, mixed fruit, orange juice and carton of milk. No tricks here, only **TREATS!** It will be a regular WRAAA lunch, you just need to sign up the week before (deadline 11:45am on Thursday, October 19) Cost is \$1 donation. **Costumes are encouraged! Entertainment will be "Tim Whalen and Sundown"**.

Cleveland Indians: Past, Present & Future

Join us on **Friday, September 22nd** from 10-11am for a presentation given by *Curtis Danburg* with the Front Office of the Cleveland Indians. You are sure to learn things you did not know about our beloved tribe!! Please sign up at the front desk to attend. Then plan to stay for our hot dog lunch at NOON!

Senior Spotlight

Joseph and Kathleen Curtis met in June of 2002 on a bus trip. "It was a 4 day trip to Gettysburg and Hershey, PA. I was with two friends and Joe was with two friends. I had to find a seat. The only empty seat was next to Joe. We sat together the entire trip. At the end of the trip we exchanged phone numbers in order to share pictures. The rest is HISTORY" says Kathleen.

"We dated three years, purchased a marriage license and ran away on a Tuesday to Canton, Ohio, and were married by a priest friend in church (telling no one except my mother)".

"I am Joe's third wife. He was married to Rosemary for 52 years. Next, he married Janice, a childhood friend. Joe has 6 children with Rosemary, 13 grandchildren and 9 great-grandchildren. I have a daughter, 3 granddaughters and 3 great grandchildren."



Kathleen adds: "We enjoy volunteering together at St. Augustine Manor helping patients get to church. I also spend time volunteering at St. Augustine's helping with special events as well as Fairview Hospital in their volunteer office. We enjoy going to the senior centers, Clague Playhouse and taking one day bus trips. We also love getting together with family and friends. It will be twelve years in September and we are still loving and putting up with each other".

AT THE MOVIES



Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
Sept. 5	Aloha / PG13 / 105 Min.	Bradley Cooper / Rachel McAdams	Romance
12	The Shack / PG13 / 132 Min / 2017	Sam Worthington / Octavia Spencer	Drama
19	Major League / R / 106 Min. / 1989	Charlie Sheen / Corbin Bursen	Comedy
26	The Founder / PG13 / 115 Min. / 2017	Michael Keaton / Nick Offerman	Drama
Oct. 3	My Best Friend's Wedding/ PG13/ 105 Min/1997	Julia Roberts / Dermot Mulroney	Romance
10	Before I Fall / PG13 / 99 Min / 2017	Zoey Deutch / Halston Sage	Drama
17	The Last Word / R / 107 Min. / 2017	Shirley MacLane / Amanda Seyfried	Comedy
24	The Zookeepers Wife / PG-13 / 126 Min / 2017	Jessica Chastain / Daniel Bruhl	Drama
31	House of Wax / PG / 88 Min / 1953	Vincent Price / Phyllis Kirk	Horror (mild)

Goodtimer's Lunch

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

Tuesday, Sept. 5 **Wild Mango**

362 Great Northern Mall, North Olmsted

Monday, Oct. 2 **Applebee's (Westgate)**

20705 Center Ridge Road, Fairview Park

Recycle Roundup

Mark your calendars for **Saturday, September 23, 9am - Noon**. The following services will be available during this roundup: paper shredding (residents are asked to limit amount of material to be shredded to two copy paper sized boxes), computer equipment recycling, household hazardous waste disposal, scrap tire collection (20 inch rims or less). For further information, please check the City website @ fairviewpark.org.

Computer Class

We are approaching our 16th year of classes. Classes resume in September, so please submit application forms for the fall season. Orientation class will be on the fourth Wednesday of each month at 10:00 a.m. Please attend orientation to ensure you are scheduled for classes of your choice. Remember these classes are **FREE** as a benefit provided by volunteer instructors – all members of either the Northeast Ohio PC Club or the Computer Assisted Genealogical Society.

Computer Fundamentals

These **FREE** monthly workshops are on the second Tuesday of each month at 9:30 a.m. The next meetings will be held **September 12th and October 10th**. 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.

Medicare Counseling

The counselors will be here Friday, September 8, then beginning October 13th, our OSHIP volunteers will be available every Friday (except November 24) with appointment times being scheduled at 9:00, 10:00 or 11:00 a.m. until December 1. Make your appointment for counseling at the front desk.

Brainercize

Join us on **Thursday, September 28th at 11:00am** for a challenging and fun program to exercise your brain. Lisa Anthony from Arden Courts will lead the program. Please sign up at the front desk.

Remember to use your Farmer's Market coupons by October 31st!

Alzheimer's Association

The Alzheimer's Association will be holding a Dementia Care Training for family and professional caregivers on **Wednesday, September 18th** from 9:00am. – 3:00pm. This Dementia Care Training is a FREE program for both family and professional caregivers who provide care to those with dementia-related diseases. The program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior. Please plan to bring a brown bag lunch. **Registration is required by calling 800-272-3900.**

Free Foot & Ankle Screening

Foot and ankle pain can have a profound impact on quality of life and restrict activities. Dr. Alexander Craig and Dr. Grace Craig are podiatrists who practice in Rocky River. On **Thursday, September 7 at 11:00am** Dr. Grace will be presenting a lecture that explains what a podiatrist evaluates and treats as the profession has advanced over the last decade. A **free foot/ankle screening** will be available for attendees after the lecture. Please sign up at the front desk or call 440-356-4437.

Ways to Save Money

Please join the Visiting Nurses Association at the Senior Center on **Thursday, September 14 at 11am** to learn various ways you can cut costs by utilizing senior discounts, budgeting, and couponing etc., yet enjoy life to the fullest.

Treasure Shoppe/Rummage Sale

We will be holding our Treasure Shoppe rummage sale on **Thursday and Friday, October 5 & 6**. This is your opportunity to pick up some great bargains on holiday decorations and many miscellaneous items. *You can also pass along any items you no longer use and we can recycle to someone else.* Remember that all money raised stays in your Senior Center!

Socks *PLUS*

Please join us in collecting socks for the homeless adults and children in Cleveland and surrounding communities. We are partnering with the *Community West Foundation* to support their **Socks Plus Program**. A collection box will be in the front entrance of the Senior Center. **NEW SOCKS ONLY PLEASE. OUR GOAL IS 500 PAIRS.** Please help us reach this goal!!!

Short Excursions to watch for: More information at front desk

Scioto Downs Racino:

Wednesday, September 6

Beer Tasting Tour:

Wednesday, October 4

Cavaliers Bus & Game:

To be determined

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.

Music As Healing

How do experiences in Music, both listening and participating, make a difference in our physical, mental and emotional well-being? Research made fun, and experiences galore, give an overall picture of this most interactive of art forms. Please join us on Thursday, October 12th at 10:30 as Kira Seaton from Cuyahoga Community College presents this fantastic program. Please sign up at the front desk.

Regular Programs and Events

BINGO: We have **BINGO** on the second, third, fourth (sometimes fifth) Monday of the month at **12:00**. We also have **BINGO** on the third Friday of the Month after lunch.

We have Bite Before BINGO on the third Monday at 11:00am.

BRIDGE: Meets every Wednesday at 10:00. Bridge group begins play at 12:30. All are welcome.

CHORUS – The “Funsters”: Practice every Tuesday morning at 10:00. There is a concert every quarter.

DISCUSSION GROUP: Meets every Monday at 1:00.

EXERCISE –EXERCISE WITH DEE meets every Tuesday, Thursday and Friday at 1:30. Cost: \$2.00 per class.

KNITTERS/CRAFTERS: Meet every Tuesday at 10:00 a.m. Bring your favorite craft and enjoy the fellowship.

LEGAL CONSULTATIONS: Harold Hom offers free legal consultation September 29 & October 27, 9:30-11:30am.

MIXED MEDIA – ART CLASS: Classes meet on Wednesday at 9:30 am. 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: SilverSneakers Classic Class meets Mondays at 10:30am and Wednesdays at 12:15pm.

TAI CHI: Class for Arthritis and Balance meets Tuesdays at 11:15am. \$40 for 8 week session.

TREASURE SHOPPE: We will hold our Treasure Shoppe on Thursday and Friday, October 5 & 6 from 9 to 12noon. Something for everyone!

YOGA: Chair Yoga instruction on Thursdays at 10:30am. *Find your Zen here!* \$2 per class.

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. Recipients or their spouse must be 60 years or older. Reservations may be made in person or by calling 440-356-4437.

September			
Thursday		Friday	
		1	Sliced Ham*w/pineapple sauce Mashed Potatoes* Brussel Sprouts Whole Grain Wheat Vanilla Wafers/Tropical Fruit
7	Meatballs* Spaghetti*in sauce Broccoli/Green Peas Whole Grain Wheat Applesauce	8	Breaded Fish*/Tartar sauce Seasoned Wedge Potatoes* Mixed Vegetables 2 Whole Grain White Sliced Pears/Lemon Juice
14	Cold Sliced Turkey*/Mayo Tomato/Cuke/Onion Salad* Cole Slaw* 2 Whole Grain Rye Pineapple Chunks	15	Chicken Cordon Bleu** Mashed Potatoes* Green Beans 2 Whole Grain Rye Mandarin Oranges
21	Tuna Salad* Potato Salad* Corn Relish Salad* 2 Whole Grain Wheat Sliced Peaches	22	Hot Dog*w/bun Ketchup & Mustard Baked Beans* Mixed Fruit Orange Juice
28	Cold Chicken Breast Spring Salad Mix Tomatoes/Carrots Ranch dressing WG cracker/vanilla wafers	29	Turkey Breast* w/Gravy* Mashed Potatoes* California Blend 2 Whole Grain Rye Apricots

Tri-C Visit

On **Friday, October 20**, 11:00am-1:00pm, the Cuyahoga Community College Westshore Campus cordially invites you to come and explore their facility with informative and hands-on interactive activities in their science and technology labs. The Senior Center van will be available for transport. More info is available at the front desk.

Special Fundraiser

Beer Battered Bingo Fundraiser will be held on **Wednesday, September 27th** at Noon. Menu includes beer-battered fish, pierogi, baked potato, cole slaw, roll & butter. Tickets \$5 in advance or \$6.00 the day of lunch. BINGO to follow lunch! Sign up at the front desk. **Thanks for supporting your Senior Center.**

Fairview Library Live Music

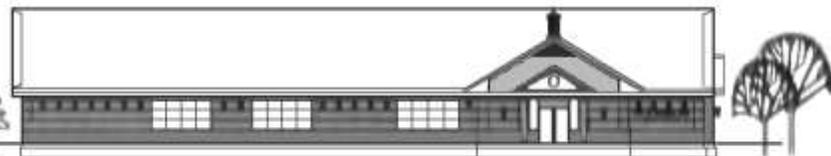
**Wednesday, September 6 at 7 pm,
Classical Music Guitar Recital**

**Thursday, October 26 at 7pm
Acoustic Renderings of Popular Tunes**
Register to attend at the Fairview Park Branch Cuyahoga County Library on Lorain Road.

Rocky River Gardens Lunch and Learn

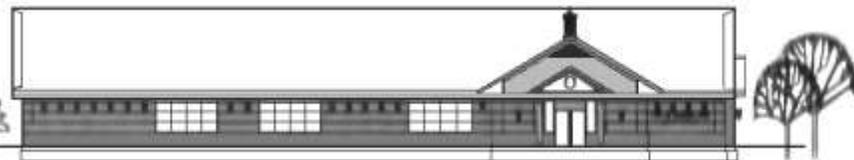
Many of today's older adults have been influenced by the long-time assumptions that the brain, mind and memory of an older person are a failing process. Join us at the Senior Center on **Wednesday, September 20 at 11:30am** to find out how the aging brain can continue to function actively and effectively if we recognize its need for nutrition, challenge, reducing stress & exercise

SEPTEMBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Our Senior Center is open Monday thru Friday 8:30am til 4:30pm We are CLOSED the first Monday of the month.</p>	<p>1 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>4 Senior Center Closed To celebrate</p>	<p>5 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 11:30 GoodTimers: <i>Wild Mango</i> 1:00 Movie: <i>Aloha</i> 1:30 Exercise with Dee</p>	<p>6 7:45 Scioto Dows bus departs 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>7 10:30 Yoga 11:00 Foot/Ankle Screening 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>8 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>11 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group</p>	<p>12 9:30 Computer Fundamentals 10:00 Crafters 11:15 Tai Chi 11:00 Funsters Concert Big Band Era 1:00 Movie: <i>The Shack</i> 1:30 Exercise with Dee</p>	<p>13 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>14 10:30 Yoga 11:00 VNA Presentation Ways to Save Money 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>15 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 BINGO</p>
<p>18 9:00 – 3:00 Alzheimer's Association Dementia Care 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group</p>	<p>19 10:00 Crafters 11:15 Tai Chi 1:00 Movie <i>Major League</i> 1:30 Exercise with Dee</p>	<p>20 9:30 Art Class 10:00 Bridge 11:30 Lunch & Learn Rocky River Gardens 12:15 SilverSneakers 12:30 Card Playing</p>	<p>21 10:30 Yoga 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>22 10:00 Baseball Day Indians Presentation 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>
<p>25 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group</p>	<p>26 10:00 Crafters 11:15 Tai Chi 1:00 Movie: <i>The Founder</i> 1:30 Exercise with Dee</p>	<p>27 9:30 Art Class 10:00 Bridge 10:00 Computer Orientation 12:00 Fish Fundraiser/BINGO 12:15 SilverSneakers 12:30 Card Playing</p>	<p>28 10:30 Yoga 11:00 Brainercize 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>	<p>29 9:30 Legal Consult 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee</p>

OCTOBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Center Closed 11:30 Goodtimers Lunch <i>Applebee's Neighborhood Grille & Bar</i>	3 10:00 Crafters 10:00 Chorus Practice 11:15 Tai Chi 1:00 Movie: <i>My Best Friend's Wedding</i> 1:30 Exercise with Dee	4 9:30 Art Class 10:00 Bridge 10:15 <i>Bus leaves for Beer Tasting Tour</i> 12:15 SilverSneakers 12:30 Card Playing	5 9:00 Treasure Shoppe 9:30 NEOPC Meeting 10:30 Yoga 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion	6 9:00 Treasure Shoppe 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
9 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	10 9:30 Computer Fundamentals 10:00 Knitters/Crafters 10:00 Chorus Practice 11:15 Tai Chi 1:00 Movie: <i>Before I Fall</i> 1:30 Exercise with Dee	11 9:30 Art Class 10:00-1:00 Flu Shots 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	12 10:30 Music As Healing Tri-C 10:30 Yoga 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	13 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee
16 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	17 10:00 Chorus Practice 10:00 Knitters/Crafters 11:15 Tai Chi 1:00 Movie: <i>The Last Word</i> 1:30 Exercise with Dee	18 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	19 10:30 Yoga 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	20 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 BINGO 1:30 Exercise with Dee
23 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	24 10:00 Chorus Practice 10:00 Knitters/Crafters 11:15 Tai Chi 1:00 Movie: <i>The Zookeepers Wife</i> 1:30 Exercise with Dee	25 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	26 10:30 Yoga 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee	27 9:00 Medicare Counsel 9:30 Legal Consult 12:00 Halloween Party 1:00 Card Playing 1:30 Exercise with Dee
30 10:00 Computer Class 10:30 SilverSneakers 12:00 BINGO 1:00 Discussion Group	31  10:00 Chorus Practice 10:00 Knitters/Crafters 11:15 Tai Chi 1:00 Movie: <i>House of Wax</i> 1:30 Exercise with Dee		Senior Center Staff  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	