

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

January & February 2018 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437



We will be celebrating Valentine's Day on **Wednesday, February 14th, at NOON.** **Chef John from Parkside Villa** will be preparing pasta for each one of us in delicious sauce, with a fresh garden salad, bread/butter and a dessert from Manor Care North Olmsted. Cost is \$5. Sign up at the front desk.



The power to make it better.™

Income Tax Preparation

The Fairview Park Senior Life Office will once again be able to 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. 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 6th through April 10th** from 10:30 am until 12:45 pm. **Please call 440-356-4437 after January 3rd** 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.

Fundraisers for OUR Senior Center

Souper Bingo

Join us on **Monday, January 15th** for a great meal and a fun afternoon of BINGO! Senior Center staff will be cooking up their favorite soup recipes for you to enjoy. **Your \$5 donation will get you a hearty sampling of soups, roll/butter, dessert and one bingo card.** You must sign up at the front desk by Friday, January 12th. **Bingo sessions are for those participating in the fundraiser only.** Lunch served at 11:15 with Bingo beginning at NOON.

President's Day Pizza Party Bingo

On **Monday, February 19th,** we will be having a special Bingo session with pizza, salad & dessert. **Donation is \$5 and will include your food and one bingo card.** Lunch served at 11:15 with Bingo starting at Noon. **Again, Bingo sessions are for those participating in the fundraiser only.**

What a great way to warm up on a cold winter's day while supporting your Senior Center!



Dreams Fulfilled:

Creating and Achieving Your Bucket List

You are never too old to create your own Bucket List. Come and learn how to create your list and pursue your lifetime dreams one at a time. **Presented by the Hospice of the Western Reserve on Thursday, January 18th at 11:00am.** Please sign up at the front desk. **Remember: It's Never Too Late To Be What You Might Have Been!**



Lost Cleveland Memories /Bloody Corner & Beyond

Join us on **Friday, January 12th at 11:00 am** for a historical presentation of the Prohibition Era in Cleveland. Learn about the Mob bosses who tried to control the Cleveland rackets with mob hits as rival gangs battled for control. Presented by Dennis Sutcliffe.



AT THE MOVIES

Tuesdays at 1:00 p.m.

| DATE | TITLE | STARRING | Type |
|---------------|---|--------------------------------|---------|
| Jan. 2 | The Long Walk Home 2017/PG/95 minutes | Sissy Spacek/Whoopi Goldberg | Drama |
| 9 | Paris Can Wait 2017/PG/92 minutes | Diane Lane/Alec Baldwin | Romance |
| 16 | The Book of Henry 2017/PG13/105 minutes | Naomi Watts/Jacob Tremblay | Drama |
| 23 | Patch Adams 1998/PG13/115 minutes | Robin Williams/Monica Potter | Comedy |
| 30 | Going in Style 2017/PG13/97 minutes | Morgan Freeman/Michael Caine | Comedy |
| Feb. 6 | Amelia 2009/PG/111 minutes | Hilary Swank/Richard Gere | Drama |
| 13 | Megan Leavey 2017/PG13/116 minutes | Kate Mara/Ramon Rodriguez | Drama |
| 20 | Everything, Everything 2017/PG13/96 minutes | Amandla Stenberg/Nick Robinson | Romance |
| 27 | The Hero 2017/R/93 minutes | Sam Elliott/Krysten Ritter | Drama |



Goodtimers Lunch

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

| | | |
|---------------------------|---------------------------|--|
| Tuesday, January 2 | Joe's Deli | 19215 Hilliard Boulevard, Rocky River |
| Monday, February 5 | Gunselman's Tavern | 21490 Lorain Road, Fairview Park |

Computer Classes

We're going to provide our normal Computer Class schedule starting in January – our 17th 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 attend. 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.

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.



LongHorn Steakhouse once again prepared a Thanksgiving feast 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.

Thanks to **Fairview Park Police & the Fairview Park Junior Women’s Club** for adopting some of our seniors for their Christmas gift giving program.

A huge Thank you to all who donated new socks for the **Community West Foundation’s Socks Plus Program**. We have already delivered 900 pairs of socks donated by you! With the program running through the end of December, we just may top **1,000 pairs of socks!** THANK YOU ALL WHO DONATED!

Medicare Counseling

We are still offering Medicare counseling through OSHIIP (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 12th**. 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 25th** at 11:00am until Noon (before lunch). Please register if you would like to attend.



Updates Presentation

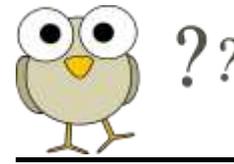
On Friday, February 2nd at 11:00 am a representative from the Cleveland Regional Transit Authority will be at the Senior Center to give updates on fares, paratransit and other services offered by RTA.

One Day Trips

Enjoy an escape from Old Man Winter and say hello to Lady Luck with the Fairview Senior Center. We are going to the Hard Rock Rocksino on **Wednesday, February 7** (with North Olmsted Senior Center). The Casino bonus is \$20 in slot play. Trip departs at 8:30am from Giant Eagle Parking Lot. **Trip Price is \$27.00**

“Now What Was I Saying?”

Plan on joining us on Friday, February 9th at 11:00am for a presentation by Arden Courts. This program will discuss how the brain works, how we remember things and ways to enhance memory and overall brain health.



Lunch & Learn

Come to the Senior Center on Wednesday, February 28 at 11:30am with Kelly Lambert from Rocky River Gardens and Barbara Kornuc of Stano Law Firm for information about myths and facts about Medicare and Medicaid. Please sign up at the front desk or call at 440-356-4437.

Multi Day Trips

Wendt Touring

Noah's Ark Encounter - Springtime in Kentucky:
3 days - April 27 - 29, 2018

Treasures of Montreal and Quebec City by Rail:
6 days - June 25 - 30, 2018

The Great Pacific Northwest Adventure:
9 days - September 1 - 9, 2018

West Virginia Fall Foliage-Greenbrier Resort:
4 days - October 11 -14, 2018

Hawaiian Island cruise tour:
10 days - November 8-17, 2018

For detailed information, tour presentations/trip previews will be held on Friday, March 16th at 9:45am. All are welcome!

Regular Programs and Events

Bingo: We have BINGO on Mondays (except the first Monday of the month) at 12:00noon and the third Friday, **January 19 & February 16** at 1:15.

Blood Pressure: Berkshire Homecare will take Blood Pressures at 11:00am till 12:00noon.

Book Club: Next meetings will be Thursday, **January 4** and **February 1** 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 26 & February 23**. 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.

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.

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

Yoga: We now offer yoga (chair or mat) class at 10:30am on Tuesday and Thursday. It is only \$3.00 (Note increase) 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 and administered by the Western Reserve Area Agency on Aging. Reservations may be made by calling 440-356-4437. To qualify for the congregante meals, you must be 60 or older OR your spouse accompanying you must be 60 or older.

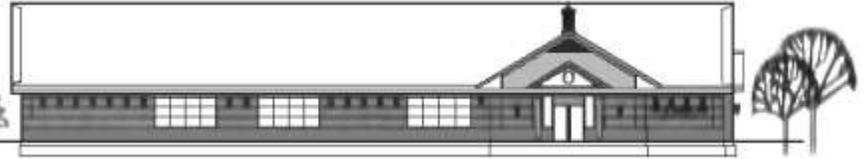
| January | | | |
|----------|---|--------|---|
| Thursday | | Friday | |
| 4 | Swiss Steak*/Gravy Mashed Potatoes* Green Beans Dinner Roll Tropical Fruit | 5 | Chili Con Carne* Mixed Vegetables Corn Muffin Apple Juice Banana |
| 11 | Beef Stroganoff* Noodles* Harvard Beets Green Beans Whole Grain White Pineapple Chunks | 12 | 2 Stuffed Shells* w/sauce Spinach/Lemon Juice California Blend Whole Grain Garlic Toast Sliced Pears |
| 18 | Breaded Chicken Pattie* Mashed Potatoes* Gravy*/Green Peas Whole Grain Wheat Orange /Vanilla Wafers | 19 | Beef Meatloaf*w/Glaze Baked Beans* Mixed Vegetables 2 Whole Grain White Banana |
| 25 | Beef Sloppy Joe* Wedge Potatoes * Harvard Beets Whole Grain Bun Orange/Ketchup | 26 | Chicken Breast Stuffed* w/Broccoli Green Beans/ Red Cabbage 2 Whole Grain White Mixed Fruit |

| February | | | |
|----------|--|--------|---|
| Thursday | | Friday | |
| 1 | Swiss Steak*w/Gravy Mashed Potatoes* Green Beans 2 Whole Grain White Pineapple Chunks | 2 | Chili Con Carne* Mixed Vegetables Corn Muffin Apple Juice Banana |
| 8 | Stuffed Cabbage*w/Sauce Mashed Potatoes* Corn w/Red Peppers 2 Whole Grain Wheat Banana | 9 | Breaded Fish*/Tartar Sauce Tater Tots/Broccoli 2 Whole Grain Wheat Sliced Peaches |
| 15 | Sweet & Sour Meatballs* w/ Sauce/Brown Rice* Capri Blend Vegetables Whole Grain Wheat Tropical Fruit | 16 | Beef Sloppy Joe* Season Wedge Potatoes Harvard Beets Whole Grain Bun Orange |
| 22 | Roast Turkey Breast*/gravy Mashed Potatoes Cauliflower/Broccoli 2 Whole Grain Wheat Banana | 23 | 2 Stuffed Shells* w/ Sauce/ Spinach/Lemon Juice California Blend Whole Grain Garlic Toast Sliced Pears |

NEWSFLASH

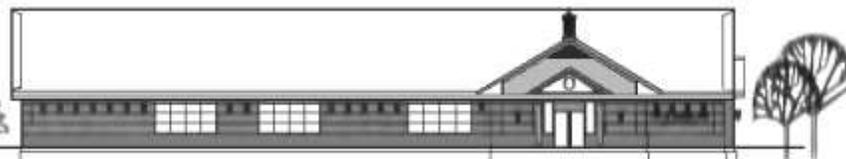
**WE WILL NOW BE SERVING A COLD SANDWICH LUNCH PRIOR TO BINGO ON MONDAYS.
PLEASE SEE COMPLETE MENU AT THE FRONT DESK.
YOU WILL NEED TO MAKE A RESERVATION ONE WEEK IN ADVANCE.**

JANUARY 2018



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 1 Senior Center Closed <i>Happy New Year!</i> | 2 10:00 Crafters 10:30 YOGA 12:00 Card Playing 1:00 Movie: <i>The Long Walk Home</i> 11:30 <i>Goodtimers: Joe's Deli</i> 1:30 Exercise with Dee | 3 9:30 Art Class 10:00 Bridge for 12:15 SilverSneakers 12:30 Card Playing | 4 9:30 NEOPC Meeting 10:30 YOGA 12:00 Lunch 1:00 Card Playing 1:30 Book Discussion 1:30 Exercise with Dee | 5 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee |
| 8 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group | 9 9:30 Computer Fundamentals 10:00 Crafters 10:30 YOGA 12:00 Card Playing 1:00 Movie: <i>Paris Can Wait</i> 1:30 Exercise with Dee | 10 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing | 11 10:30 YOGA 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee | 12 9:00 Medicare Counsel 11:00 Sing-a-Long 11:00 BLOODY CORNER 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee |
| 15 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:00 Soup Fundraiser 12:00 BINGO 1:00 Discussion Group | 16 10:00 Chorus Practice 10:00 Crafters 10:30 YOGA 12:00 Card Playing 1:00 Movie: <i>The Book of Henry</i> 1:30 Exercise with Dee | 17 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing | 18 10:30 YOGA 11:00 BUCKET LIST 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee | 19 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:15 BINGO 1:30 Exercise with Dee |
| 22 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group | 23 10:00 Crafters 10:00 Chorus Practice 10:30 YOGA 12:00 Card Playing 1:00 Movie: <i>Patch Adams</i> 1:30 Exercise with Dee | 24 9:30 Art Class 10:00 Computer Orientation 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing | 25 10:30 YOGA 11:00 BRAINERCIZE 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee | 26 9:30 Legal Consult 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee |
| 29 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group | 30 10:00 Crafters 10:00 Chorus Practice 10:30 YOGA 12:00 Card Playing 1:00 Movie: <i>Going in Style</i> 1:30 Exercise with Dee | 31 9:30 Art Class 10:00 Bridge for 12:15 SilverSneakers 12:30 Card Playing | | |

FEBRUARY 2018



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | | The Fairview Senior Center Is Open Monday thru Friday 8:30am - 4:30pm We are closed the first Monday of the month. | 1 9:30 NEOPC Meeting 10:30 YOGA 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:30 Book Discussion | 2 11:00 Sing-a-Long 11:00 RTA UPDATES 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee |
| 5 Senior Center Closed 11:30 Goodtimers: Gunsleman's Tavern | 6 10:00 Crafters 10:30 YOGA 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Amelia</i> 1:30 Exercise with Dee | 7 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing | 8 10:30 YOGA 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee | 9 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee |
| 12 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group | 13 9:30 Computer Fundamentals 10:00 Crafters 10:00 Chorus Practice 10:30 YOGA 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Megan Leavey</i> 1:30 Exercise with Dee | 14 9:30 Art Class 10:00 Bridge 12:00 VALENTINE PARTY 12:15 SilverSneakers 12:30 Card Playing | 15 10:30 YOGA 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee | 16 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee 1:15 BINGO |
| 19 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 PIZZA FUNDRAISER 12:00 BINGO 1:00 Discussion Group | 20 10:00 Crafters 10:00 Chorus Practice 10:30 YOGA 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Everything, Everything</i> 1:30 Exercise with Dee | 21 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing | 22 10:30 YOGA 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee | 23 9:30 Legal Consult 11:00 Sing-A-Long 12:00 Lunch 1:00 Card Playing 1:30 Exercise with Dee |
| 26 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group | 27 10:00 Crafters 10:00 Chorus Practice 10:30 YOGA 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Hero</i> 1:30 Exercise with Dee | 28 9:30 Art Class 10:00 Computer Orientation 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing | ♥ Fairview 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 Tom Lenahan, Van Scheduler 440-356-4439 | |