

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Eileen A. Patton, Mayor

March & April 2018 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437

The Funsters



Please join us and invite all your family and friends to the 17th Anniversary Spring Concert on **Tuesday, March 13th at 11:00 am**. Our Fairview Park Chorus, “**THE FUNSTERS**”, will present their program. Refreshments will be served following the performance. Come and be entertained. Can you believe they have been here for seventeen years? The members have worked very hard for this performance, so let’s show our support.

OUR NEW LOGO!



Thank you to our very own Dave Baker for this great design! You will be seeing this around the Senior Center a lot from now on!

St. Patrick’s Day

We’re having a party and you’re invited! Come join us on Thursday, March 15 at 12:00 for an Irish dinner of hot corned beef, cabbage, red skin potatoes, carrots, rye bread and dill pickle. A yummy, fresh green dessert will be furnished by O’Neill Healthcare, Fairview Park. We will be entertained by Jim Riley, himself, so be ready to dance!, dance!, dance! There will be no blarney, just fun times at the Senior Center. **Cost is \$6.** Sign up at the front desk or call 440-356-4437

Meals on Wheels Month!

Can you help? Meals on Wheels is a non-profit agency of volunteers who cook and deliver meals to the homes of people who are unable to prepare them on their own. Our clients and their families depend on us to bring the meals, and check to make sure they are okay. The Fairview Senior Center will be collecting non-perishable canned and packaged food during the month of March. Some examples would include noodles, soap, rice and baked beans. The collection spot will be behind the front desk. Thank you for helping.



Thank you for helping us collect over 1,100 pairs of socks for the Community West Foundation’s Socks Plus Program!



Fabric of Life

Caroline Urban, the “saver of cherished aprons”, has been collecting, creating and restoring aprons and gaining recognition since 2011. Urban has collected more than 85 aprons. Some she made, others she bought and more were gifted to her. Come join us at the Fairview Park Senior Center on **Wednesday, April 25 at 1:15pm** to hear her revealing insights into the meaning of the “Fabric of Life”. We will listen to the stories and enjoy some tea and cookies. Sign up at the front desk.

Brainercize

Join us on **Thursday, March 22 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.

 **DAYLIGHT SAVINGS TIME BEGINS MARCH 11th! Don’t forget to change your clocks! Spring Forward!**



FREE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
March 6	Sneakers/PG13/126 minutes	Robert Redford/Sidney Poitier	Action
13	The Secret of Roan Inish/PG/103 minutes	Jeni Courtney/Eileen Colgan	Drama
20	Home Again/PG13/97 minutes	Reese Witherspoon /Nat Wolf	Comedy
27	Victoria and Abdul/PG13/111 minutes	Judi Dench/Ali Fazal	Drama
April 3	Where Hope Grows/PG13/98 minutes	Kristoffer Polaha/David DeSanctis	Drama
10	All Saints/PG/108 minutes	John Corbett/Cara Buono	Drama
17	The Glass Castle/PG13/127 minutes	Brie Larson/Woody Harrelson	Drama
24	Brigsby Bear/PG13/97 minutes	Kyle Mooney/Claire Danes	Drama

Goodtimers Lunch

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

Monday, March 5 **Red Lantern** **17446 Lorain Road, Cleveland**
Monday, April 2 **Gene's Place** **3730 Rocky River Drive, Cleveland**

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 date will be **April 28**. Appointments will be arranged every 15 minutes until 11:00. Please make an appointment at the front desk 356-4437.

Berkshire Homecare will be here Mondays from 11am to 12noon before Bingo to take blood pressures. No appointment is needed, just drop in and have your pressure checked.

AARP Safe Driver Training

AARP will be offering its Safe Driver Training Class on Thursday, April 12th 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.

Downsizing 101

On **Thursday, April 26th at 11:00** we will have a presentation by Ted Forthofer, who will share his expertise in how to downsize your living space. We could all use help in condensing what we have, and figure out what to pitch or sell. This will be helpful, especially if you are considering moving to a smaller space. Sign up at the front desk for this very informative presentation!

Computer Classes

We are in our 16th 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

The Cannoli Caper!

A Murder Mystery Dinner Theatre in 3 Acts!

Thursday, May 03, 2018

Give yourself a special springtime treat with a fun evening of interactive theatre. We'll take in this "Who Dunit," Murder Mystery, at a delightful little theatre setting in the Ohio area. The Cast of characters will provide a fun and entertaining evening with lots of audience participation. They will also present a compelling case for what happens in Ohio, Stays in OHIO! But you need to follow the clues, because before the final curtain is dropped, you will have your chance to vote on Who Dunit! Prior to the show, we'll have a buffet dinner at the theatre setting.

Here is your chance to enjoy a unique night of theatre fun with your friends from The FAIRVIEW Senior Center! **Trip price is \$79.**

Deadline for payment is April 03, 2018

Connect Hearing Lunch & Learn

Join Mary Potts, Audiologist from Connect Hearing, on **Wednesday, March 21** at 11:30am to learn about hearing loss, tinnitus, and hearing aids. You will be treated to a light lunch during the 20 minute presentation, followed by a question and answer session. Anyone attending will be invited to a future complimentary hearing evaluation.

Ideal Home Health Lunch & Learn

Healthcare providers often need to know how well your lungs are functioning in transferring oxygen to your blood. Cells, tissues and organs need oxygen to function, and lack of it can cause a host of complications throughout your body. While testing arterial blood gives an accurate reading of blood oxygenation, pulse oximetry provides a less invasive, painless way to measure oxygen levels. Ideal Homecare will be here at the Senior Center for a Lunch and Learn on **Wednesday, April 18** at 11:30am to talk to us about the importance of blood pressure and taking your medication. Please register at the front desk or call 440-356-4437.

Save the Date

Wednesday, May 16th

SENIOR LIFE OFFICE along with
FAIRVIEW HIGH SCHOOL
SENIORS present a **Spring Fling**
Tickets available in April.

Multi-Day Trips

2018 Tours

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

The Ark Encounter is the #1 new attraction in America (located in Williamstown, Kentucky); find out what everyone's been talking about. Newport Aquarium, Old Strasse Village, The Golden Lamb. Authentic paddlewheel boat cruise on The Ohio River, Ikea, Saint Mary's Cathedral Basilica of the Assumption and more. Both nights at the same Kentucky hotel!

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

There is something magical about train travel! VIA RAIL Canada, Notre Dame Cathedral Basilica, Mount Royal, Saint Lawrence Seaway, French Quarter, National Battlefields Park, Montmorency Falls, Parliament Buildings, Saint Anne-de-Beaupre, Montreal's Underground, 1000 Islands boat cruise, Alexandria Bay, New York. 2 nites Montreal, 2 nites Quebec City.

The Great Pacific Northwest Adventure 9 days - September 1 - 9

Seattle, Washington, The Puget Sound, Portland, "The City of Roses" for 2 nights, Columbia River Gorge, Mount Rainier, The Pacific Ocean, Oregon Coast Aquarium, Crater Lake National Park, Rouge River Boat Adventure, Pacific Coast Highway, Oregon Dunes National Recreation Area, California Redwoods National Park, Sonoma Valley Wine Country, San Francisco for 2 nights, Golden Gate Bridge, Chinatown, Fisherman's Wharf, Union Square Cable Cars, Russian Hill, Haight-Ashbury, and more.

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

See great autumn colors. Authentic Shay Locomotive Train Excursion aboard Cass Railway, The Greenbrier - "America's Resort" in White Sulphur Springs, The Bunker "top secret" tour, American Mountain Theatre Show, Charleston State Capital tour, Lewiston, West Virginia, Monongahela National Forest; and more. All 3 nights at same hotel in West Virginia!

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

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. Fly to Hawaii, 2 nights in Honolulu hotel, and 7 nights on the ship.

**Tour presentations/trip preview will be
Friday March 16th at 9:45am.
All are welcome!**

Sunday, April 15th

Fairview High School presents
Spring Luncheon (12:30) & Play (2:00)

SHREK the Musical

Please call 440-356-4437 for information

Regular Programs and Events

BINGO: Monday BINGO at NOON: **March 12, 19, 26** and **April 9, 16, 23 & 30**. Friday BINGO: **March 16** and **April 20** at 1:15pm.

Book Club: Gathers for discussion on the first Thursday of the month **March 1** and **April 5** at 1:30pm. Sponsored by the Cuyahoga County Library Fairview Park Branch.

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

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

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

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

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

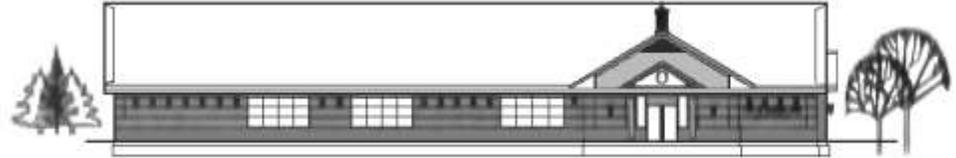
SilverSneakers: Classic class offered **Monday at 10:30am** and **Wednesday at 12:15pm**.

Yoga: Come and escape Tuesday and Thursday mornings at 10:30am to enjoy Chair Yoga. The fee is only \$3.00 and it is pay as you go.



Lunches are served Mondays at 11:15am and 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. Must be 60 yrs. of age or older or spouse must be 60 yrs. of age or older.**

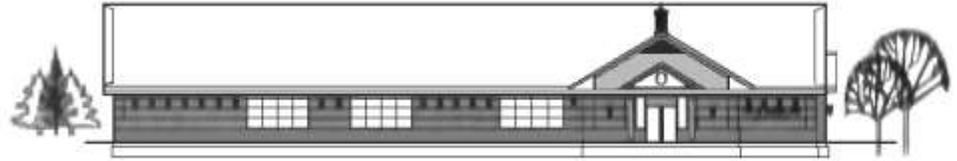
	MONDAY SERVED @11:15AM COLD LUNCH		THURSDAY SERVED @NOON		FRIDAY SERVED @ NOON
		1	Swiss Steak*/Gravy Mashed Potatoes* Spinach 2 Whole Grain Wheat Tropical Fruit	2	Breaded Fish*/Tartar Sauce Tater Tots Broccoli 2 Whole Grain Wheat Sliced Peaches
5	Senior Center Closed	8	Stuffed Cabbage* w/Sauce Mashed Potatoes* Buttered Baby Carrots 2 Whole Grain Wheat Banana	9	Vegetable Lasagna* Green Peas/Buttered Beets Whole Grain Wheat Mandarin Oranges Whole Grain Vanilla Wafers
12	White Meat Chicken Salad With Croissant Green Pea- Pepper-Chz Salad Tomato-Cucumber- Onion Salad/Fruit	15	Corned Beef/Cabbage Red Skin Potatoes Rye Bread/Pickle Dessert No WRAAA lunch	16	2 Stuffed Shells* w/Sauce Spinach/Lemon Juice California Blend Whole Grain Garlic toast Sliced Pears
19	Tuna Salad on Wheat Bread Three Bean Salad Mandarin Oranges Apple	22	Swedish Meatballs*/ gravy Noodles* Peas/Carrots Whole Grain White Sliced Peaches	23	Cheese Ravioli* Broccoli Baby Lima Beans* Whole Grain Breadsticks Chunky Applesauce
26	Turkey on Rye Bread w/mayonnaise Carrot Raisin Salad Orange Juice Mixed Fruit	29	BBQ Rib Patty* Sweet Potatoes* Brussel Sprouts* Whole Grain Bun Chunky Applesauce	30	Good Friday No Lunches Senior Center Closes At Noon



MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Life Office Regina Sillasen, Director Cathy Eble, Site Coordinator Melody Grabo, Social Worker Sharon Kaiser, Van Scheduler</p>	 <p>440-356-4436 440-356-4437 440-356-4463 440-356-4439</p>		<p>1 9:30 NEOPC meeting 10:30 Yoga 12:00 Lunch 1:00 Card Playing</p>	<p>2 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>5 Senior Center Closed 11:30 Goodtimer's Lunch <i>Red Lantern</i></p>	<p>6 10:00 Chorus Practice 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Sneakers</i></p>	<p>7 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>8 10:30 Yoga 12:00 Lunch Happy Birthday Treat 1:00 Card Playing</p>	<p>9 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>12 9:30 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group</p>	<p>13 9:30 Computer Fundamentals 10:00 Crafters 10:30 Income Tax Assistance 11:00 FUNSTERS 12:00 Card Playing 1:00 Movie: <i>The Secret of Roan Inish</i></p>	<p>14 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	 <p>15 10:30 Yoga 12:00 St. Patricks Day Lunch & Party 1:00 Card Playing</p>	<p>16 9:45 Wendt Tour Presentation 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:15 BINGO</p>
<p>19 9:30 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group</p>	<p>20 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Home Again</i></p>	<p>21 9:30 Art Class 10:00 Bridge 11:30 Connect Hearing Lunch and Learn 12:15 SilverSneakers 12:30 Card Playing</p>	<p>22 10:30 Yoga 11:00 Brainercize 12:00 Lunch 1:00 Card Playing</p>	<p>23 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>26 9:30 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group</p>	<p>27 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Victoria and Abdul</i></p>	<p>28 9:30 Art Class 10:00 Bridge 10:00 Computer Orientation 12:15 SilverSneakers 12:30 Card Playing</p>	<p>29 10:30 Yoga 12:00 Lunch 1:00 Card Playing</p>	<p>30 Good Friday Senior Center Closes At Noon</p>

APRIL 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Center Closed 11:30 Goodtimers Lunch: <i>Gene's Place</i>	3 10:00 Chorus Practice 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Where Hope Grows</i>	4 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	5 9:30 NEOPC meeting 10:30 Yoga 12:00 Lunch 1:00 Card Playing	6 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
9 9:30 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group	10 9:30 Computer Fundamentals 10:30 Income Tax Assistance 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>All Saints</i>	11 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	12 9:00-1:00 AARP Driver Class 10:30 Yoga 12:00 Lunch 1:00 Card Playing	13 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
16 9:30 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group	17 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>The Glass Castle</i>	18 9:30 Art Class 10:00 Bridge 11:30 Ideal Home Health Lunch and Learn 12:15 SilverSneakers 12:30 Card Playing	19 10:30 Yoga 12:00 Lunch Happy Birthday Treat 1:00 Card Playing	20 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing 1:15 BINGO
23 9:30 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group	24 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Brigsby Bear</i>	25 9:30 Art Class 10:00 Bridge 10:00 Computer Orientation 12:15 SilverSneakers 12:30 Card Playing 1:15 Aprons Tea with Caroline	26 10:30 Yoga 11:00 Downsizing 101 12:00 Lunch 1:00 Card Playing	27 9:30 Legal Consult 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
30 9:30 Computer Class 10:30 SilverSneakers 12:00 Bingo 1:00 Discussion Group	The Senior Center is OPEN Monday thru Friday 8:30am til 4:30pm	The Senior Center is closed the first Monday of the month		

