

# SCOPE

## FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen A. Patton

May & June 2018 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437

### 16<sup>th</sup> Annual Seniors



### “Fling”

Co-sponsored by

FHS National Honor Society Students

**Wednesday, May 16, 2018**

2:00 - 5:00 p.m.

Tickets on sale at the front desk for **\$5.00**

Music by **DJ Carl Schanz**

### Breakfast with the Mayor

Join us on **Wednesday, May 9<sup>th</sup>, at 9:30** am for breakfast with Mayor Eileen Ann Patton. This is always a great way to catch up on what is new in our city and enjoy a delicious breakfast prepared by our own Chef Joe Maynard. Menu is scrambled eggs, sausage, home fries, muffin and OJ. Please sign up at the front desk.



**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 such dedicated volunteers who processed over 200 returns.**

**Household Hazardous Waste & Shredding Day is May 12, 9-Noon.**

### The Funsters



Please join us in celebrating the Annual Summer Concert on **Tuesday, June 12<sup>th</sup>, at 11:00 am.** “The Funsters” will present **Questions???**. 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!



**KICK OFF MAY 1<sup>ST</sup>** : The Senior Center will now be using a swipe-in system to keep track of attendance and usage of the Senior Center. Many other senior centers are using this new technology. Each senior will be given a key tag to swipe each time you enter the center. If you have a tag from another center, it can be used here also. Staff will help you with getting familiar with the process. This will allow us to keep accurate statistics of programs and services, which is very important when applying for funding and grants. **Thank you for your patience while we get accustomed to this new process!**

### Evi-Base for Optimum Health

The Fairview Park Senior Center will have a series of 6 weekly conversations to help people live better with diabetes. Each session will give you tips and tools for managing diabetes, such as: Planning meals, making a fitness plan for you, dealing with high and low blood sugars, managing stress, pain and fatigue, checking your blood sugar levels and communicating with your doctor. By coming to these sessions, you will better understand your part in managing diabetes. You will learn from others, help others, as well as get and give support. Join us **Thursday, May 10, 17, 24, 31, June 7 and 14, at 12:30 – 2:30pm at the Senior Center.** Call 440-356-4437 or register at the front desk.



## FREE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING	Type
May 1	Goodbye Christopher Robin/PG/107 minutes	Domhall Gleeson/Margot Robbie	Drama
8	Hang on Sloopy : OSU Marching Band	50 <sup>th</sup> Anniversary Celebration	Documentary
15	Wonder/PG/113 minutes	Julia Roberts/Owen Wilson	Drama
22	Same Kind of Different As Me/PG13/119 min.	Greg Kinnear/Renee Zellweger	Drama
29	Only the Brave/PG13/133 minutes	Josh Brolin/Jeff Bridges	Action
June 5	The Queen/ PG13/ 103 minutes	Helen Mirren/Michael Sheen	Drama
12	Murder on the Orient Express	Kenneth Branagh/Penelope Cruz	Drama
19	Darkest Hour/PG13/125 minutes	Gary Oldman/Kristin Scott Thomas	Drama
26	The Greatest Showman/PG13/105 minutes	Hugh Jackman/Zac Efron	Musical

## Goodtimers Lunch

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

**Monday, May 7** Jackie Chen's Dragon Tower 17452 Lorain Avenue, Cleveland

**Monday, June 4** Joe's Deli 19215 Hilliard Boulevard, Rocky River

## FINANCIAL EMPOWERMENT SERIES Presented by ESOP and Benjamin Rose

Friday, May 11	Recognizing and Avoiding Financial Exploitation
Friday, May 25	Estate Planning
Friday, June 8	Goal Setting and Budgeting
Friday, June 22	Taking Control of Credit and Debt
Friday, July 6	Building and Protecting Your Assets
Friday, July 20	Tying It All Together
Friday, August 3	Financial Resource Fair



**FINANCIAL  
INCENTIVE  
OFFERED BY  
CHASE BANK**

**ALL SESSIONS RUN FROM 10:30-11:30AM**  
Detailed brochure available / Please sign up at the front desk



## Technology / Media Assistance

We have a new resource that may be of use to those of us who have questions on handling the many different forms of media. That would be many of us! If you are having difficulty understanding your laptop, cell phone, fire kindle or other popular devices, Maryanne Frogner has offered to volunteer some of her time to work with you. Please call or sign up at the front desk so we can determine the best way to proceed in utilizing her knowledge.



## One Day Trip

Come enjoy a day at **Mountaineer** on **Wednesday, June 27**. Detailed brochure will be available soon at the front desk. Please sign up at the front desk or call 440-356-4437.

## Parkside Villa Lunch and Learn

Join us on **Wednesday, June 6<sup>th</sup>**, at **11:30am** as Parkside Villa teaches us about home safety. Their Occupational and Physical Therapy team will give us tips on how to decrease the risks of injury at home. Sign up at the front desk..

## 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 while explaining the functions of your brain and working memory. These sessions will be held on Thursday, **May 24<sup>th</sup>** and **July 26<sup>th</sup>**, at **11:00am**.



## Women in History

### Jacqueline Kennedy Onassis

Join us for a wonderful look into the life of Jackie Kennedy Onassis on **Wednesday, June 13<sup>th</sup>** at **2:00pm**. Carol Starre-Kmieciek will be presenting in a living history portrayal, the life of Jacqueline Kennedy Onassis. Carol performs and writes about several famous American women in a one-woman show. Her extensive background includes over 35 years of performing on stage. Carol has appeared in over 60 plays, several films, television shows and commercials. She lives in Lakewood and has her Bachelor's Degree in Speech and Theatre Arts from Baldwin-Wallace College. Please sign up at the front desk to attend. Refreshments will be served. This event is brought to us by our friends at O'Neill Healthcare.

## Multi-Day Trips 2018 Tours

### 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.

### Christmastime in Washington D.C.

**Mid Atlantic Rail Adventure**

**4 days - November 27 - 30**

Christmastime is a great time of year to visit America's National Capital - Washington, D. C. Take Amtrak's "Capitol Limited" Superliner Train thru the scenic Allegheny Mountains of Pennsylvania and into the picturesque Potomac Valley of Maryland. There really is something magical about rail travel. All the must see monuments and memorials are included in our daytime sightseeing. Plus, one evening we enjoy a stunning illumination tour of the historic landmarks in Washington, D.C., including dazzling Christmas lights and holiday decorations. Join us as we celebrate the wonders of the Christmas season on this special trip.

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

## Recycling Updates from Republic Waste

As you know, recycling benefits our community and the environment. Republic Waste will have a representative at the Senior Center on **Thursday, June 7<sup>th</sup>**, at **11:00am**, before lunch, to give us updates about proper recycling. Please join us!

## Senior Veterans Administration Services of Ohio

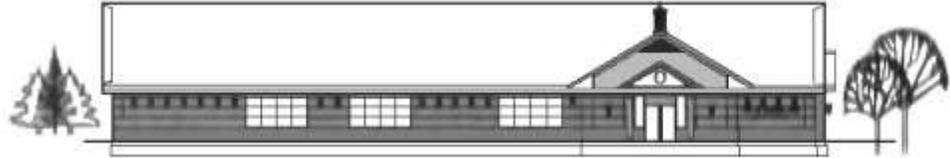
We will have a presentation on **Thursday, May 31<sup>st</sup>**, at **11:00am** to give you information about the Aid and Attendance benefit for veterans and their spouses. Please let us know if you are interested in attending.

## 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 3<sup>rd</sup>** and **June 7<sup>th</sup>**, at 1:30pm
- BLOOD PRESSURE:** Blood Pressures taken by Berkshire Home Health Mondays from 11:00-12:00noon before Bingo.
- 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!
- 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 Silver Sneaker 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 7 & 8 from 9am - Noon. All funds that are raised from the Treasure Shoppe stay in your Senior Center. YOUR DONATIONS OF ITEMS TO SELL ARE ALWAYS APPRECIATED!**
- YOGA:** Come relax and stretch at “Yoga with Lyndsey: on Thursdays at 10:30am. This class is \$3.00 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.**

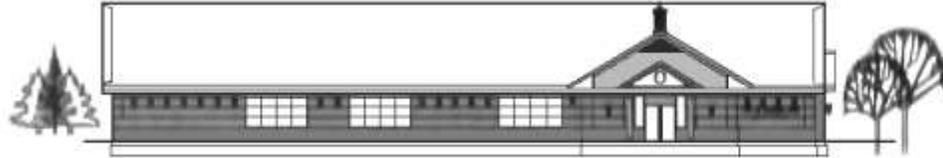
May				June			
Thursday		Friday		Thursday		Friday	
3	Breaded Chicken Pattie* Basil Tomato sauce* Spinach/Corn/Red Pepper Whole Grain Bun Sliced Pears	4	Salisbury Steak* Gravy*/Green Beans Mashed Potatoes* 2 Whole Grain White Tropical Fruit		1	Swedish Meatballs*/Gravy* Buttered Noodles* Green Beans/ Cauliflower Whole Grain Wheat Sliced Pears	
10	Swedish Meatballs*/Gravy* Buttered Noodles* Green Beans/Cauliflower Whole Grain Wheat Banana	11	Cold Roasted Turkey* Mayo/Potato Salad* Tomato, Cucumber, Onion 2 Whole Grain Rye Mandarin Oranges	7	Beef Meatloaf*/Gravy* Mashed Potatoes* Mixed Vegetables 2 Whole Grain Wheat Sliced Peaches	8	Breaded Chicken Pattie* Basil Tomato Sauce Spinach/Corn w/Red Pepper Whole Grain Bun Banana
17	Tuna Salad* 3 Bean Salad* Coleslaw* Whole Grain Bun Pineapple Chunks	18	Sweet & Sour Chicken* Brown Rice*/Broccoli Mixed Vegetables Whole Grain White Mixed Fruit	14	BBQ Rib Patty* Baby Lima Beans* Sweet Potatoes* Whole Grain Bun Tropical Fruit	15	Stuffed Cabbage* Mashed Potatoes* California Blend Whole Grain Dinner Roll Mandarin Oranges
24	Stuffed Cabbage*w/Sauce Mashed Potatoes* California Blend Dinner Roll Mandarin Oranges	25	Beef Hot Dog* Mustard/Ketchup Baked Beans*/Banana Seasoned Potato Wedges* Whole Grain Bun	21	Breast Stuffed w/Broccoli* O'Brien Potatoes* Red Cabbage Whole Grain White Apricots	22	Tuna Salad* 3 Bean Salad* Coleslaw* Whole Grain Bun Pineapple Chunks
31	Lemon Pica Chicken* Scalloped Potatoes* Buttered Beets Buttermilk Biscuit Pineapple Chunks			28	Beef Lasagna* Antiqua Blend Veggie Corn Garlic Toast Mandarin Oranges	29	Lemon Pica Chicken* Scalloped Potatoes* Buttered Beets Buttermilk Biscuits Sliced Peaches

# MAY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BEGIN SCANNING YOUR MY SENIOR CENTER KEY TAG</b></p> 	<p><b>1</b></p> <p>10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Goodbye Christopher Robin</i></p>	<p><b>2</b></p> <p>9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>3</b></p> <p>9:30 NEOPC Meeting 10:30 Yoga with Lyndsey <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Book Discussion 4:00 Cannoli Caper departs</p>	<p><b>4</b></p> <p>11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>7</b></p> <p><b>Senior Center Closed</b></p> <p>11:30 Goodtimer's Lunch <i>Jackie Chen's Dragon Tower</i></p>	<p><b>8</b></p> <p>9:30 Computer Fundamentals 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Hang on Sloopy OSU Marching Band</i></p>	<p><b>9</b></p> <p>9:30 <b>Mayor's Breakfast</b> 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>10</b></p> <p>10:30 Yoga with Lyndsey <b>12:00 Lunch</b> 12:30 <b>Evi-Base</b> 1:00 Card Playing</p>	<p><b>11</b></p> <p>9:00 Medicare Counseling 10:30 <b>ESOP</b> 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>14</b></p> <p>10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group</p>	<p><b>15</b></p> <p>10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Wonder</i></p>	<p><b>16</b></p> <p>9:30 Art Class 12:15 SilverSneakers <b>2:00 – 5:00pm</b> <b>All Seniors</b> <b>Spring Fling Dance</b></p>	<p><b>17</b></p> <p>10:30 Yoga with Lyndsey <b>12:00 Lunch</b> 12:30 <b>Evi-Base</b> 1:00 Card Playing</p>	<p><b>18</b></p> <p>11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing 1:15 BINGO</p>
<p><b>21</b></p> <p>10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 12:30 Card Playing 1:00 Discussion Group</p>	<p><b>22</b></p> <p>10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Same Kind of Different as Me</i></p>	<p><b>23</b></p> <p>9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>24</b></p> <p>10:30 Yoga with Lyndsey 11:00 <b>Brainercize</b> <b>12:00 Lunch</b> 12:30 <b>Evi-Base</b> 1:00 Card Playing</p>	<p><b>25</b></p> <p>9:30 Legal Consult 10:30 <b>ESOP</b> 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>28</b></p> <p><b>Senior Center Closed</b></p> <p>Remembering on Memorial Day Thank You, Veterans!</p> 	<p><b>29</b></p> <p>10:00 Crafters 10:00 Chorus Practice 10:30 Yoga 12:00 Card Playing 1:00 Movie: <i>Only the Brave</i></p>	<p><b>30</b></p> <p>9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>31</b></p> <p>10:30 Yoga with Lyndsey <b>11:00 Veteran's Admin</b> <b>12:00 Lunch</b> 12:30 <b>Evi-Base</b> 1:00 Card Playing</p>	

# JUNE 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Regina Sillasen, Director – 440-356-4436                      Cathy Eble, Site Coordinator 440-356-4437                      Sharon Kaiser, Van Scheduler 440-356-4439                      Melody Grabo, Social Worker 440-356-4463</p>		<p>The Senior Center is Open                      Monday thru Friday                      8:30 to 4:30                      We are <b>closed</b> the First Monday of the month</p>		<p><b>1</b>                      11:00 Sing-a-Long  <b>12:00 Lunch</b>                      1:00 Card Playing</p>
<p><b>4</b>  <b>Senior Center Closed</b>                      11:30 Goodtimers Lunch  <i>Joe's Deli</i></p>	<p><b>5</b>                      10:00 Crafters                      10:00 Chorus Practice                      12:00 Card Playing                      1:00 Movie: <i>The Queen</i></p>	<p><b>6</b>                      9:30 Art Class                      10:00 Bridge                      11:30 <b>Lunch &amp; Learn</b>                      12:15 SilverSneakers                      12:30 Card Playing</p>	<p><b>7</b>  <b>9:00 Rummage Sale</b>                      10:30 Yoga with Lyndsey  <b>11:00 Recycling Updates</b>  <b>12:00 Lunch</b>                      12:30 <b>Evi-Base</b>                      1:00 Card Playing</p>	<p><b>8</b>  <b>9:00 Rummage Sale</b>                      9:00 Medicare Counseling                      10:30 <b>ESOP</b>                      11:00 Sing-a-Long  <b>12:00 Lunch</b>                      1:00 Card Playing</p>
<p><b>11</b>                      10:30 SilverSneakers                      11:00 Blood Pressure                      11:30 Lunch                      12:00 BINGO                      1:00 Discussion Group</p>	<p><b>12</b>                      9:30 Computer Fundamentals                      10:00 Crafters  <b>11:00 Funster's Concert</b>  <b>??? QUESTIONS ???</b>                      12:00 Card Playing                      1:00 Movie: <i>Murder on the Orient Express</i></p>	<p><b>13</b>                      9:30 Art Class                      10:00 Bridge                      12:15 SilverSneakers                      12:30 Card Playing                      2:00 <b>Women in History</b>  <i>Jackie Kennedy Onassis</i></p>	<p><b>14</b>                      10:30 Yoga with Lyndsey  <b>12:00 Lunch</b>                      12:30 <b>Evi-Base</b>                      1:00 Card Playing</p>	<p><b>15</b>                      11:00 Sing-a-Long  <b>12:00 Lunch</b>                      1:00 Card Playing                      1:30 BINGO</p>
<p><b>18</b>                      10:30 SilverSneakers                      11:00 Blood Pressure                      11:30 Lunch                      12:00 BINGO                      1:00 Discussion Group</p>	<p><b>19</b>                      10:00 Crafters                      12:00 Card Playing                      1:00 Movie: <i>Darkest Hour</i></p>	<p><b>20</b>                      9:30 Art Class                      10:00 Bridge                      12:15 SilverSneakers                      12:30 Card Playing</p>	<p><b>21</b>                      10:30 Yoga with Lyndsey  <b>12:00 Lunch</b>                      1:00 Card Playing</p>	<p><b>22</b>                      10:30 <b>ESOP</b>                      11:00 Sing-a-Long  <b>12:00 Lunch</b>                      1:00 Card Playing</p>
<p><b>25</b>                      10:30 SilverSneakers                      11:00 Blood Pressure                      11:30 Lunch                      12:00 BINGO                      1:00 Discussion Group</p>	<p><b>26</b>                      10:00 Crafters                      12:00 Card Playing                      1:00 Movie: <i>The Greatest Showman</i></p>	<p><b>27</b>                      9:30 Art Class                      10:00 Bridge                      12:15 SilverSneakers                      12:30 Card Playing</p>	<p><b>28</b>                      10:30 Yoga with Lyndsey  <b>12:00 Lunch</b>                      1:00 Card Playing</p>	<p><b>29</b>                      9:30 Legal Consult                      11:00 Sing-a-Long  <b>12:00 Lunch</b>                      1:00 Card Playing  <b>6:00 Summerfest Parade</b></p>