

SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen A. Patton

September & October 2018 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437

The Funsters

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

ALL KINDS OF WEATHER

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 after the performance.

Flu & Pneumonia Vaccines

Marc's Pharmacy will be here administering shots on **Wednesday, October 3, 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**. To avoid a crowd, plan to come later morning before 1:00pm.

Cleveland Clinic Panel Discussion on Stroke Rehab

Mark your calendars for **Thursday, September 13, from 11:00am-Noon** for a very special presentation by The Cleveland Clinic. The after effects of stroke can be very challenging to overcome. Join us as we learn from a panel of stroke rehab experts who will discuss brain neuroplasticity, cognitive and speech therapy, muscle strengthening and function retaining. The panel will be available to answer your pressing questions. See flyer on Senior Center bulletin board for more details. Please sign up at the front desk.

Polish Feast Bingo Fundraiser

Join us on **Wednesday, September 19, at 11:30am** for a Polish Feast of kielbasa, pierogi, cabbage & noodles and a special dessert provided by Independence Village. Cost is \$6, which includes one bingo card. Please come and support your Senior Center. All food prepared by Joe and served by Joe's Girls!!!



Halloween Party!!

Our annual Halloween Party will be held on **Friday, October 26, 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 11:00am on Thursday, October 18) Cost is \$1 donation. **Costumes are encouraged!!! Entertainment will be provided by John Kowalski.**

Local Jewelry Maker: SNAPS

Fellow FP resident Amber Kaufman will be at the Senior Center on **Friday, October 26**, from 11am-2pm to display her collection of snap jewelry. She will have snaps for sale for any occasion!

Treasure Shoppe/Rummage Sale

We will be holding our Treasure Shoppe rummage sale on **Thursday and Friday, October 4 & 5**. 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.



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

Richardson's will be at the Senior Center Friday, September 7 & 21, October 12 & Thursday, October 25



AT THE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	Description
Sep. 4	Pitch Perfect 3 PG13 2017	After the highs of winning the World Championships, the Bellas find themselves split apart and discovering there aren't job prospects for making music with your mouth. But when they get the chance to reunite for an overseas USO tour, this group of awesome nerds will come together to make some music one last time.
11	LBJ R	The story of Lyndon Johnson (Woody Harrelson), from when he agrees to be running mate to John F. Kennedy (Jeffrey Donovan), his years as Vice President, to the. Assassination of JFK. With his devoted wife Lady Bird (Jennifer Jason Leigh) by his side, he is suddenly thrust into the presidency.
18	The Book Club PG13 / 2018 104 min.	Diane (Diane Keaton) is recently widowed after 40 years of marriage. Vivian (Jane Fonda) enjoys her men with no strings attached. Sharon (Candice Bergen) is still working through a decades-old divorce. Carol's (Mary Steenburgen) marriage is in a slump after 35 years. Four lifelong friends' lives are turned upside down to hilarious ends when their book club tackles Fifty Shades of Grey.
25	Overboard PG13 / 2018 110 min.	Overboard, a fresh take on the iconic romantic comedy. In a splashy new twist, Overboard focuses on "Leonardo" (EUGENIO DERBEZ), a selfish, spoiled, rich playboy from Mexico's richest family and "Kate" (ANNA FARIS), a working class single mom of three hired to clean Leonardo's luxury yacht.
Oct. 2	Florida Project R / 2017/115 min.	The Florida Project tells the story of a precocious six year-old and her ragtag group of friends whose summer break is filled with childhood wonder, possibility and a sense of adventure while the adults around them struggle with hard times. Starring Willem Dafoe, Valerie Cotto.
9	All the Money in the World R / 2017 /	This movie follows the kidnapping of 16-year-old John Paul Getty III (Charlie Plummer) and the desperate attempt by his devoted mother Gail (Michelle Williams) to convince his billionaire grandfather (Christopher Plummer) to pay the ransom. When Getty Sr. refuses, Gail attempts to sway him as her son's captors become increasingly volatile and brutal. With her son's life in the balance, Gail and Getty's advisor (Mark Wahlberg) become unlikely allies in the race against time that ultimately reveals the true and lasting value of love over money.
16	The Commuter PG13 / 2018 /	In this action-packed thriller, Liam Neeson is Michael, an insurance salesman, whose daily commute home quickly becomes anything but routine. After being confronted by a mysterious stranger (Vera Farmiga), Michael is blackmailed into finding the identity of a passenger on his train before the last stop. As he works against the clock to solve the puzzle, Michael is unwittingly caught up in a criminal conspiracy that carries life and death stakes for himself and his fellow passengers.
23	Chappaquiddick PG13 / 2018 / 101 min.	The scandal and mysterious events surrounding the tragic drowning of a young woman, as Ted Kennedy drove his car off the infamous bridge, are revealed. Starring Jason Clarke as Ted Kennedy and Kate Mara as Mary Jo Kopechne.
30	Phantom Thread R / 2018 / 130 Min.	Set in the glamour of 1950's post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of British fashion, dressing royalty, movie stars, heiresses, socialites, debutants and dames with the distinct style of The House of Woodcock.

Join Me For Lunch



GoodTimers Lunch Bunch

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

Tuesday, Sep. 4

Ruby Tuesdays

26774 Lorain Road, North Olmsted

Monday, Oct. 1

Olive Garden

25984 Lorain Road, North Olmsted

Recycle Roundup

Mark your calendars for **Saturday, September 22, 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.

One-Day Trip

Mamma Mia

Come join us for a delightful musical that is based on the songs of the musical group **ABBA** on **Wednesday, October 10, 2018**. This fun performance is full of energy and celebrates the themes of friendship and love. This production at the Hanna Theatre of Playhouse Square will have you walking out the theatre on a cloud! **Prior to this 1:30 pm. matinee, we'll enjoy a delicious lunch at PIER W in Lakewood.** Trip will depart promptly at 10:45am and return about 4:15pm at the Giant Eagle Parking Lot (21593 Lorain Road). **Your payment is your reservation.** NOTE: Space is very limited (12 seats) because we are going with another center.

Trip price is \$89.

Medicare Counseling

The counselors will be here Friday, September 7, then beginning October 12th, our OSHIIP 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 27, 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.

Multi-Day Trips

OFFERED BY WENDT TOURING:

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**

Computer Class

Classes resume in September, so submit application forms for the fall season. Orientation class will be on the fourth Wednesday of each month at 10:00am

Computer Fundamentals

FREE monthly workshop the second Tuesday of the month at 9:30am, **September 11 & October 9.**

AARP Safe Driving Course

Thursday, October 11, 9am-1pm. Cost \$15 members/\$20 non-members. Must register 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**.

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.

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

LEGAL CONSULTATIONS: Harold Hom offers free legal consultation September 28 & October 26, 9:30-11:30am.

MESSAGE BY FRANNY: Franny will be here at 10:00am on Fridays. Come and enjoy her magic hands.

MESSAGE BY KAIT: Kait, a structural massage therapist, is available on Monday, September 17 & Monday, October-15 from 10 to 11:30am

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: SilverSneakers Classic Class meets Mondays at 10:30am and Wednesdays at 12:15pm.

TREASURE SHOPPE: We will hold our Treasure Shoppe on Thursday and Friday, October 4 & 5 from 9 to 12noon. Something for everyone!

YOGA: Chair Yoga Therapy with Lyndsey will be on Thursdays at 10:30am. *Find your Zen here!* \$3 per class.

Congregate Meal Program: Western Reserve Area Agency on Aging

Lunches are served Mondays at 11:30 and 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.**

September

MONDAY / COLD LUNCH		THURSDAY		FRIDAY	
3	 SENIOR CENTER CLOSED	6	Salisbury Steak*/Gravy* Mashed Potatoes* Broccoli 2 Whole Grain White Banana	7	Breaded Fish/Tartar Sauce Scalloped Potatoes Spinach/Lemon Juice WG Dinner Roll Sliced Pears
10	Roast Beef on WG Wheat Bread BBQ Sauce Potato Salad Low Fat Yogurt Orange	13	Stuffed Cabbage*/Sauce* Mashed Potatoes* Kyoto Blend Vegetables 2 WG Wheat Bread Mixed Fruit	14	Spaghetti/Meatballs/Sauce Broccoli Corn Mandarin Oranges
17	Turkey on WG Rye Bread/Mayo Cole Slaw Orange Juice Mixed Fruit	20	Tuna Salad* Potato Salad Corn Relish Salad WG Bun Apricots	21	Chicken Breast/Marinara Sauce Green Beans Capri Blend Vegetables WG Breadstick Sliced Pears
24	White Meat Chicken Salad With Croissant Green Pea-Red Pepper-Chz Salad Tomato-Cucumber- Onion Salad Fruit	27	Cold Sliced Turkey/Mayo 2 WG Rye Bread Tomato Cucumber-Onion Salad Cole Slaw Mandarin Oranges	28	Hamburger/WG Bun/Ketchup Tater Tots Spinach/Vinegar Apricots

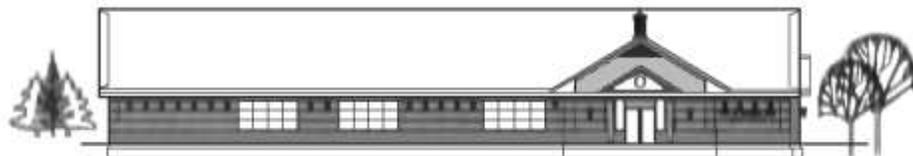
October

MONDAY / COLD LUNCH		THURSDAY		FRIDAY	
1	FIRST MONDAY SENIOR CENTER CLOSED	4	Spaghetti/Meatballs/Sauce Cauliflower Spinach/Vinegar Sliced Peaches	5	Roast Turkey Breast/Gravy Mashed Potatoes Broccoli/Green Peas Blueberry Muffin / Orange
8	COLUMBUS DAY NO WRAAA LUNCH	11	Salisbury Steak*/Gravy* Mashed Potatoes* Baby Carrots WG Wheat Bread/Vanilla Wafers Banana	12	Rosemary Rub Pork Loin Green Peas Butternut Squash WG Dinner Roll Escalloped Apples
15	White Meat Chicken Salad With Croissant Green Pea-Red Pepper-Chz Salad Tomato-Cucumber-Onion Salad Fruit	18	BBQ Chicken Breast Sweet Potatoes Green Peas 2 WG White Bread Mixed Fruit	19	Swedish Meatballs/Noodles Mixed Vegetables Red Cabbage WG Wheat Sliced Pears
22	Tuna Salad on WG Wheat Bread Three Bean Salad Pineapple Chunks Cereal Bar	25	Chicken Cacciatore/Sauce Brown Rice Green Beans/Brussel Sprouts WG Wheat Pineapple Chunks	26	 Beef Hotdog/Bun Baked Beans Mixed Fruit Orange Juice
29	Turkey on WG Rye Bread/Mayo Cole Slaw Orange Juice Mixed Fruit				

Lunch & Learns

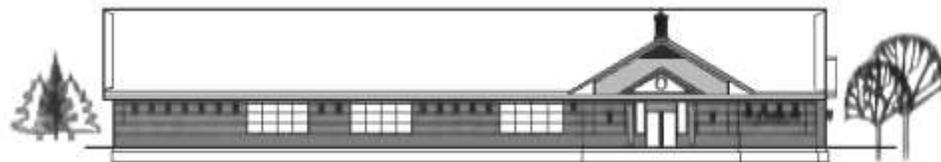
September 12	Brookdale Senior Living	How to Speak With Your Doctor
October 17	Parkside Villa	Wound Care
Begin at 11:30am. Please register at the front desk and plan to stay for entire presentation.		

SEPTEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Senior Center Closed To Celebrate 	4 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 11:30 GoodTimers: Ruby Tuesdays 1:00 Movie: <i>Pitch Perfect 3</i>	5 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	6 10:30 Yoga 12:00 Lunch 1:00 Card Playing	7 9:00 Medicare Counsel 10:00 Farmers Market 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
10 10:00 Computer Class 10:30 SilverSneakers 11:30 Lunch 12:00 BINGO 1:00 Discussion Group 1:00 Tech Assist	11 9:30 Computer Fundamentals 10:00 Crafters 11:00 Funsters Concert  "All Kinds of Weather" 12:00 Card Playing 1:00 Movie: <i>LBJ</i>	12 9:30 Art Class 10:00 Bridge 11:30 Lunch N Learn Brookdale 12:15 SilverSneakers 12:30 Card Playing	13 10:30 Yoga 11:00 Cleveland Clinic Stroke Rehab Panel 12:00 Lunch 1:00 Card Playing	14 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
17 10:00 Chair Massage by Kait 10:00 Computer Class 10:30 SilverSneakers 11:30 Lunch 12:00 BINGO 1:00 Discussion Group	18 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>The Book Club</i>	19 9:30 Art Class 10:00 Bridge 11:30 Polish Feast Bingo Fundraiser 12:15 SilverSneakers 12:30 Card Playing	20 10:30 Yoga 12:00 Lunch Birthday Cake Manor Care 1:00 Card Playing	21 10:00 Farmers Market 10:00 Massage by Franny 11:00 Sing A Long 12:00 Lunch 1:00 Card Playing
24 10:00 Computer Class 10:30 SilverSneakers 11:30 Lunch 12:00 BINGO 1:00 Discussion Group	25 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Overboard</i>	26 9:30 Art Class 10:00 Bridge 10:00 Computer Orientation 12:15 SilverSneakers 12:30 Card Playing	27 9:00 Rocksino trip departs 10:30 Yoga 11:00 Brainercize 12:00 Lunch 1:00 Card Playing	28 9:30 Legal Consult 10:00 Massage by Franny 11:00 SNAP Jewelry Sale 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing

OCTOBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Senior Center Closed 11:30 Goodtimers Lunch: Olive Garden	2 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: Florida Project	3 9:30 Art Class 10:00 Bridge 10:00-1:00 Flu Shots 12:15 SilverSneakers 12:30 Card Playing	4 9:00 Rummage Sale 9:30 NEOPC Meeting 10:30 Yoga 12:00 Lunch 1:00 Card Playing 1:30 Book Discussion	5 9:00 Rummage Sale 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
8 10:00 Computer Class 10:30 SilverSneakers 11:30 Lunch 12:00 BINGO 1:00 Discussion Group	9 9:30 Computer Fundamentals 10:00 Knitters/Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: All the Money In the World	10 9:30 Art Class 10:00 Bridge 10:45 Mamma Mia departs 12:15 SilverSneakers 12:30 Card Playing	11 9:00-1:00 AARP Driver Training 10:30 Yoga 12:00 Lunch 1:00 Card Playing	12 9:00 Medicare Counsel 10:00 Farmers Market 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
15 10:00 Chair Massage by Kait 10:00 Computer Class 10:30 SilverSneakers 11:30 Lunch 12:00 BINGO 1:00 Discussion Group	16 10:00 Chorus Practice 10:00 Knitters/Crafters 12:00 Card Playing 1:00 Movie: The Commuter	17 9:30 Art Class 10:00 Bridge 11:30 Lunch N Learn Parkside Villa 12:15 SilverSneakers 12:30 Card Playing	18 10:30 Yoga 12:00 Lunch Birthday Cake Manor Care 1:00 Card Playing	19 9:00 Medicare Counsel 10:00 Massage by Franny 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
22 10:00 Computer Class 10:30 SilverSneakers 11:30 Lunch 12:00 BINGO 1:00 Discussion Group	23 10:00 Chorus Practice 10:00 Knitters/Crafters 12:00 Card Playing 1:00 Movie: Chappaquiddick	24 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	25 10:00 Farmers Market 10:30 Yoga 12:00 Lunch 1:00 Card Playing	26 9:00 Medicare Counsel 9:30 Legal Consult 11:00 Jewelry Show 12:00 Halloween Party 1:00 Card Playing 
29 10:00 Computer Class 10:30 SilverSneakers 11:30 Lunch 12:00 BINGO 1:00 Discussion Group	30 10:00 Chorus Practice 10:00 Knitters/Crafters 12:00 Card Playing 1:00 Movie: Phantom Thread	31 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	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	