

# SCOPE

## FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

**Mayor Eileen Ann Patton**

November/December 2018 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437

### Thank You Veterans



**For Your Service and Sacrifice**



The Senior Center Christmas Party will be held on **Thursday, December 20th at Noon**. The menu will include sliced ham with pineapple glaze, cheesy potatoes, broccoli, dinner roll and sliced peaches. Dessert will be Holiday Cupcakes, courtesy of Manor Care. Entertainment will be provided by Eric Noltkamper. Reservations are due at the front desk by Wednesday, **December 5<sup>th</sup>**. **Donation: \$1.**



The Fairview Park Senior Center is fortunate enough to once again be able to celebrate Thanksgiving here at our Center on **Wednesday, November 21st at 11:30am**. **Longhorn Steak House** is going to prepare another scrumptious dinner including turkey, dressing, mashed potatoes, gravy, corn and, of course, pumpkin pie. As in the past, the servers from Longhorn will accept cash donations to benefit "Toys for Tots". We look forward to enjoying this time with all of you at our Senior Center home. **We must limit reservations to 175.** If you are a homebound Fairview Park senior, we would be happy to deliver a meal to you. Any **Senior** can sign up at the front desk or call 440-356-4437 by November 16<sup>th</sup>.

### Christmas Concert



Come join us and invite all your family and friends to the Annual Christmas Concert performed by the Senior Center Chorus "**The Funsters**" on Tuesday, **December 11<sup>th</sup> at 11:00 a.m.** There will be special performances, an assortment of Christmas Carols and all your sing-along favorites to get you into the spirit! Refreshments will be served after the concert. **It's the most wonderful time of the year!...**

*Fairview Park's Sixth Annual*

*Celebration*

**Friday, November 23, 2018**

*Bain Cabin and Gazebo*

**5:30pm 'til 7:30pm**

*Quotable Quotes*

The secret of change is to focus all your energy, not on fighting the old, but on building the new.

*Socrates*

**Don't forget to turn clocks back on November 3<sup>rd</sup>**

## AT THE MOVIES



Tuesdays at 1:00 p.m.

DATE	TITLE	Description
NOV 6	OCEANS 8	Upon her release from prison, Debbie, the estranged sister of legendary conman Danny Ocean, puts together a team of unstoppable crooks to pull off the heist of the century. Their goal is New York City's annual Met Gala, and a necklace worth in excess of 150 million dollars. Starring Sandra Bullock, Cate Blanchett, Ann Hathaway. 2018/PG13/Adventure Comedy/110 min.
13	WON'T YOU BE MY NEIGHBOR?	From Academy Award-winning filmmaker Morgan Neville, <i>Won't You Be My Neighbor?</i> takes an intimate look at America's favorite neighbor: Mister Fred Rogers. A portrait of a man whom we all think we know, this emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe, and into the heart of a creative genius who inspired generations of children with compassion and limitless imagination. 2018/PG13/Documentary/94 min.
20	MAMMA MIA – HERE WE GO AGAIN	As the film goes back and forth in time to show how relationships forged in the past resonate in the present, All your favorite characters from the original, and then some. Starring Meryl Streep, Pierce Brosnan, Colin Firth, Christine Baranski, Amanda Seyfried, Julie Walters, Cher, Andy Garcia. 2018/PG13/Musical Comedy/114 min.
27	SKYSCRAPER	Former FBI Hostage Rescue Team leader and U.S. war veteran Will Sawyer, now assesses security for skyscrapers. On assignment in China he finds the tallest, safest building in the world suddenly ablaze, and he's been framed for it. A wanted man on the run, Will must find those responsible, clear his name and somehow rescue his family who is trapped inside the building, above the fire line. Starring Dwayne Johnson, Neve Campbell, Noah Taylor. 2018/PG13/Action/103 min.
DEC 4	STEEL MAGNOLIAS	Six women come together in this hilarious and heartwarming story of life, love and loss in a small Louisiana parish. At the center of the group is Shelby (Julia Roberts) newly married and joyfully pregnant, despite the fact that her diabetes could make childbirth life-threatening. M'Lynn (Sally Field), her mother, looks to her four closest friends (Dolly Parton, Shirley MacLane, Olympia Dukakis, Daryl Hannah) for strength as she battles her deepest fear of death in order to join Shelby in celebrating the miracle of new life. 2000/PG/ Dramatic comedy/119 min.
11	THE UNTOUCHABLES	Brian DePalma's must-see masterpiece is a fierce depiction of the mob warlord Al Capone (Robert DeNiro) who ruled Prohibition-era Chicago, and law enforcement, Eliot Ness (Kevin Costner) and Malone (Sean Connery) who vowed to bring him down. 1987/ R / Action & Drama / 119 min.
18	THE FAMILY MAN	Jack Campbell (Nicolas Cage) is at the top of his professional game with little time for anything else. Jack's lavish, fast-paced lifestyle drastically changes one snowy Christmas night when he unwittingly stumbles into the middle of a grocery store holdup. The next morning he wakes up in a suburban New Jersey bedroom next to Kate (Tea Leoni), his college sweetheart who he left in order to pursue his career, and to the horrifying discovery that his former life no longer exists. 2001/PG13/ Romantic fantasy/125 min.

## Goodtimers Lunch

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

**November 5** Longhorn Steakhouse 20999 Center Ridge Road, Fairview Park

**December 3** Stella Mia 28751 Center Ridge Road, Westlake

## Should I Stay or Should I Go?

This well debated topic will be dissected on **Thursday, November 8 at 10:30am** by senior health care experts in Healthcare at Home and Assisted Living. Our experts will delve into what services are available in your home, at what cost, and how to choose a qualified provider. On the flip side, at what point can you no longer live at home, and what options are available when this time comes? Educating yourself about your options, and when to put them in place, is a key to healthy aging. Co-Speakers are Margie Kaufman, Community Liaison for Integrity Home Care and Kathi Greco, Director of Community Relations for Rockport Senior Living Light refreshments. RSVP by November 6 to 440-356-4437 or the front desk.

## The Gemini Tappers

Join us on **Thursday, November 8<sup>th</sup> at 12:45pm**, our very own Aurora Flickinger and her team of fellow tap dancers will be at the Senior Center to perform various songs and show off their tapping skills from classes over the past year. We are so excited to welcome them and look forward to their performance!

## Multi-Day Trips

Fairview Park Senior Center 2019 Tour Schedule:  
Presented by Wendt Touring

Detailed trip brochures available **November 14th**

### NEW ORLEANS FIESTA – SPRINGTIME DOWN SOUTH

April 27 thru May 3, 2019 - 7 Days

### America's National Parks by Rail - Yellowstone, Glacier and The Grand Tetons

10 days June 21-30, 2019

### Treasures of Ottawa by Rail - Canada's Capital

5 days August 21-25, 2019

### Coastal New England Fall Foliage - Maine and Vermont

7 days October 5-11, 2019

## Legal Consultation

Harold Hom, local attorney, will offer legal consultation at **no charge** from 9:30-11:30 am. The date will be **December 15**. There will be no appointments in November. Appointments will be arranged every 15 minutes until 11:00, with the remainder of the time free for walk-ins.

## Purse & Wallet Sale

On **Thursday & Friday, November 15 & 16**, from **9am 'til 12noon**, we will have a gently used purse and wallet sale at the Senior Center. Please bring in your no-longer-used purses and wallets. Remember, all money raised stays right here in your Senior Center!



*We would like to extend a sincere thank you to The Giant Eagle Foundation for its generous donation to The Fairview Park Senior Life Office Transportation Program. We are very happy that Giant Eagle is a part of our community and supports our efforts to serve the seniors of Fairview Park. THANK YOU!*



*Please Vote November 6<sup>th</sup>*

## Regular Programs and Events

**BINGO:** We will have Bingo every Monday at NOON (except the first Monday of the Month).

**BLOOD PRESSURE:** Blood Pressure taken from 11am -12noon, before Bingo on Mondays.

**BOOK CLUB:** Meetings held the first Thursday of each month on **November 1st & December 6th at 1:30pm**

**BRIDGE:** Meets every Wednesday at 10:00am. Bridge group begins play at 12:30pm.

**CHORUS – The “Funsters”:** Practice every Tuesday morning at 10:00am. **ALL ARE WELCOME TO JOIN US!**

**DISCUSSION GROUP:** Meets every Monday at 1:00pm. Always something new to discuss! Join in!

**EXERCISE – SILVER SNEAKERS CLASSIC ON MONDAY AT 10:30AM, WEDNESDAY AT 12:15PM.**

**KNITTERS/CRAFTERS:** Meet every Tuesday at 10:00am. Bring your favorite Craft and enjoy new friends!

**MIXED MEDIA ART CLASS:** Classes meet on Wednesdays at 9:30am and run for 8 weeks. Check with the front desk for start dates. Classes are instructed by Liz Galloway.

**YOGA CLASSES:** Meets Thursdays @ 10:30 with Lyndsey. Fee is \$3.00 per class.

## LUNCH & LEARNS

DATE	SPONSOR	SUBJECT
November 7 <sup>th</sup>	Ideal Home Care	Healing with Humor – how to heal with laughter
November 14 <sup>th</sup>	Brookdale	Stress and Aging – learn new techniques to manage stress
December 5 <sup>th</sup>	Compassionate Care Hospice	Removing the Stigma Surrounding Hospice Care – learn about the levels of care available.

**All sessions run from 11:30am to 12:30pm / Reservations made at front desk**

Lunches are served Mondays at 11:30am, 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. Reservations may be made in person or by calling 440-356-4437. **To qualify for the congregate meals, you must be 60 or older OR your spouse accompanying you must be 60 years or older.**

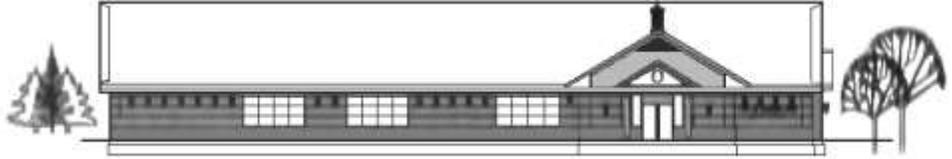
## November

MONDAY / COLD LUNCH		THURSDAY		FRIDAY	
		1	Chicken Ala King* Baby Lima Beans* Sliced Carrots W.G. Dinner Roll Pineapple Chunks	2	Spaghetti*/Meatballs* Tomato Sauce Cauliflower Spinach w/Vinegar Sliced Pears
5	FIRST MONDAY SENIOR CENTER CLOSED	8	Beef Sloppy Joe* Seasoned Wedge Potatoes* Ketchup / Green Beans Whole Grain Bun Sliced Apricots	9	Salisbury Steak* w/Gravy Mashed Potatoes* Baby Carrots 2 Whole Grain Wheat Banana
12	<b>Veteran's Day Observed</b> <b>NO WRAAA LUNCH</b>	15	Sliced Ham* w/Pineapple Glaze Cheesy Potatoes* Broccoli W.G. Dinner Roll Escaloped Apples	16	BBQ Chicken Breast* Green Peas Sweet Potatoes* 2 Whole Grain White Mixed Fruit
19	Tuna Salad /2 Whole Grain Wheat Three Bean Salad Pineapple Chunks Cereal Bar	22		23	<i>Senior Center Closed</i>
26	Turkey /Whole Grain Rye Cole Slaw Orange Juice Mixed Fruit Mayonnaise	29	Stuffed Cabbage*/Sauce* Buttered Noodles* Green Beans/Sliced Carrots Vanilla Wafers Sliced Peaches	30	Chicken Cacciatore*/Sauce* Brown Rice* Green Peas/Brussel Sprouts Whole Grain Wheat Sliced Apricots

## December

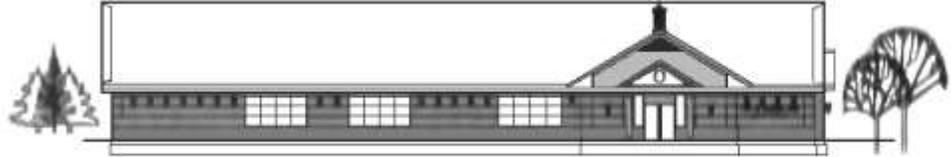
MONDAY / COLD LUNCH		THURSDAY		FRIDAY	
3	FIRST MONDAY SENIOR CENTER CLOSED	6	Turkey* w/Gravy* Stuffing*/Broccoli Sweet Potatoes* Whole Grain Wheat Sliced Peaches	7	Spaghetti*/Meatballs*/Sauce* Cauliflower Spinach/Vinegar Tropical Fruit
10	Tuna Salad /2 Whole Grain Wheat Three Bean Salad Pineapple Chunks Cereal Bar	13	Beef Sloppy Joe* Seasoned Wedge Potatoes* Ketchup/Green Beans Whole Grain Bun Mandarin Oranges	14	Salisbury Steak*/Gravy* Mashed Potatoes* Baby Carrots WG Wheat Bread/Vanilla Wafers Banana
17	Roast Beef on WG Wheat Bread BBQ Sauce Potato Salad Low Fat Yogurt Orange	20	 Sliced Ham* w/Pineapple Glaze Cheesy Potatoes* Broccoli W.G. Dinner Roll Sliced Peaches	21	BBQ Chicken Breast Sweet Potatoes Green Peas 2 WG White Bread Mixed Fruit
24	<i>Christmas Eve</i>  <i>Senior Center Closed</i>	27	Chicken Cacciatore*/Sauce* Brown Rice* Green Beans/Brussel Sprouts WG Wheat Applesauce	28	Stuffed Cabbage* Sauce* w/Noodles* Green Beans/Sliced Carrots W.G. Vanilla Wafers Pineapple Chunks
31	<i>New Year's Eve</i> <i>Senior Center Closed</i>				

# NOVEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center"><b>Senior Center Staff</b></p> <p>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</p>		<p><b>1</b></p> <p>9:30 NEOPC meeting            10:30 YOGA  <b>12:00 Lunch</b>            1:00 Card Playing            1:30 Book Discussion</p>	<p><b>2</b></p> <p>9:00 Medicare Counsel            10:00 Massage by Franny            11:00 Sing-a-Long  <b>12:00 Lunch</b>            1:00 Card Playing</p>
<p><b>5 SENIOR CENTER CLOSED</b></p> <p><b>8:30 SENIORS HELPING SENIORS FHS LEAF RAKING</b></p> <p>11:30 Goodtimers: <i>LongHorn</i></p>	<p><b>6</b></p> <p>10:00 Crafters            10:00 Chorus Practice            12:00 Card Playing            1:00 Movie: <i>Oceans 8</i></p>	<p><b>7</b></p> <p>10:00 Bridge            11:30 <b>Lunch &amp; Learn</b>  <b>Ideal Home Care</b>            12:15 SilverSneakers            12:30 Card Playing</p>	<p><b>8</b></p> <p><b>10:30 Should I Stay or Go</b>            10:30 YOGA  <b>12:00 Lunch</b>  <b>12:45 GEMINI TAPPERS</b>            1:00 Card Playing</p>	<p><b>9</b></p> <p>9:00 Medicare Counsel            10:00 Massage by Franny            11:00 Sing-a-Long  <b>12:00 Lunch</b>            1:00 Card Playing</p>
<p><b>12</b></p> <p>9:30 Computer Class            10:30 SilverSneakers            11:00 <b>Blood Pressure</b>            12:00 BINGO            1:00 Discussion Group</p>	<p><b>13</b></p> <p>9:30 Computer Fundamentals            10:00 Crafters            10:00 Chorus Practice            12:00 Card Playing            1:00 Movie: <i>Won't You be My Neighbor</i></p>	<p><b>14</b></p> <p>9:30 Art Class            10:00 Bridge            11:30 <b>Lunch &amp; Learn</b>  <b>Brookdale</b>            12:15 SilverSneakers            12:30 Card Playing</p>	<p><b>15</b></p> <p><b>9:00 Purse &amp; Wallet Sale</b>            10:30 YOGA  <b>12:00 Lunch</b>            1:00 Card Playing</p>	<p><b>16</b></p> <p><b>9:00 Purse &amp; Wallet Sale</b>            9:00 Medicare Counsel            10:00 Massage by Franny            11:00 Sing-a-Long  <b>12:00 Lunch</b>            1:00 Card Playing</p>
<p><b>19</b></p> <p>9:30 Computer Class            10:00 Chair Massage by Kait            10:30 SilverSneakers            11:00 <b>Blood Pressure</b>            11:30 Lunch            12:00 BINGO            1:00 Discussion Group</p>	<p><b>20</b></p> <p>10:00 Crafters            10:00 Chorus Practice            12:00 Card Playing            1:00 Movie: <i>Mamma Mia – Here We Go Again</i></p>	<p><b>21</b></p> <p align="center"><b>11:30</b>  <b>Thanksgiving Dinner</b>  <b>With our</b>  <b>Senior Center Family</b></p> <p><b>We will close after dinner</b></p>	<p><b>22</b></p> <p align="center"><b>Happy Thanksgiving</b></p> <p align="center"><b>Senior Center Closed</b></p>	<p><b>23</b></p> <p align="center"><b>Senior Center Closed</b></p> <p align="center"><b>Winterfest Celebration</b>  <b>Bain Park Cabin</b>  <b>5:30pm to 7:30pm</b></p>
<p><b>26</b></p> <p>9:30 Computer Class            10:30 Silver Sneakers            11:00 <b>Blood Pressure</b>            11:30 Lunch            12:00 BINGO            1:00 Discussion Group</p>	<p><b>27</b></p> <p>10:00 Crafters            10:00 Chorus Practice            12:00 Card Playing            1:00 Movie: <i>Skyscraper</i></p>	<p><b>28</b></p> <p>9:30 Art Class            10:00 Bridge            12:15 SilverSneakers            12:30 Card Playing</p>	<p><b>29</b></p> <p>10:30 YOGA  <b>12:00 Lunch</b>            1:00 Card Playing</p>	<p><b>30</b></p> <p>9:00 Medicare Counsel            10:00 Massage by Franny            11:00 Sing-a-Long  <b>12:00 Lunch</b>            1:00 Card Playing</p>

# DECEMBER 2018



<p><b>3</b></p> <p><b>SENIOR CENTER CLOSED</b></p> <p>11:30 Goodtimer's Lunch <i>Stella Mia</i></p>	<p><b>4</b></p> <p>10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Steel Magnolias</i></p>	<p><b>5</b></p> <p>9:30 Art Class 10:00 Bridge 11:30 <b>Lunch &amp; Learn</b> <b>Compassionate Care Hospice</b> 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>6</b></p> <p>9:30 NEOPC meeting 10:30 YOGA <b>12:00 Lunch</b> 1:00 Card Playing 1:30 Book Discussion</p>	<p><b>7</b></p> <p>9:00 Medicare Counsel 10:00 Massage by Franny 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>10</b></p> <p>10:30 SilverSneakers 11:00 <b>Blood Pressure</b> 12:00 BINGO 1:00 Discussion Group</p>	<p><b>11</b></p> <p>9:30 Computer Fundamentals 10:00 Crafters <b>11:00 Funsters</b> <i>Christmas Show</i> 12:00 Card Playing 1:15 Movie: <i>The Untouchables</i></p>	<p><b>12</b></p> <p>9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>13</b></p> <p>10:30 YOGA <b>12:00 Lunch</b> 1:00 Card Playing</p>	<p><b>14</b></p> <p>9:30 <b>Legal Consult</b> 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>17</b></p> <p>10:00 Massage by Kait 10:30 SilverSneakers 11:00 <b>Blood Pressure</b> 12:00 BINGO 1:00 Discussion Group</p>	<p><b>18</b></p> <p>10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>The Family Man</i></p>	<p><b>19</b></p> <p>10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>20</b></p>  <p>10:30 YOGA <b>12:00 Christmas Party</b> 1:00 Card Playing</p>	<p><b>21</b></p> <p>10:00 Massage by Franny 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>24</b> <i>Christmas Eve</i> <i>Senior Center Closed</i></p> 	<p><b>25</b> <i>Christmas Day</i> <i>Senior Center Closed</i></p>	<p><b>26</b></p> <p>10:00 Bridge 10:00 Computer Orientation 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>27</b></p> <p>10:30 YOGA <b>12:00 Lunch</b> 1:00 Card Playing</p>	<p><b>28</b></p> <p>10:00 Massage by Franny 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>31</b> <i>New Year's Eve</i> <i>Senior Center Closed</i></p>  <p><i>Celebrate 2019!!</i></p>	<p> <i>Mayor Eileen Ann Patton along with Regina, Cathy, Melody, Sharon, Tom L., Jack C., Jack M., Tom J., Mike, Bill &amp; Fred wish you and your families a very joyous holiday season. We look forward to an exciting and prosperous 2019 with each and every one of you!</i></p>			