

January & February 2019 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437

North Rock Park: 8 Week Health Challenge

The cities of North Olmsted Rocky River and Fairview Park invite you to join this free New Year 2019 Health Challenge, sponsored by the Cleveland Clinic, local municipalities and businesses. It is an 8 week program that includes health education, free screenings before and after for blood pressure, weight and exercise fitness. **The initial screening and enrollment date is Thursday, January 24, from 5pm to 8pm at the Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River.** Exercise opportunities will be offered in each of the 3 recreation centers on a weekly basis, and will be available to all participants.

The Mayors of each city have challenged each other to see whose residents are the healthiest! Come represent your home team, and sign up for the free challenge by calling Rosemary Miles at 440-331-0618, or Jenny Evans at 216-386-7441. Residents outside of the 3 cities are also welcome to attend, but must declare which city team they are joining at the outset.

Cleveland Sight Center

Please join us on **Wednesday, February 6**, at 11:30am, when the Cleveland Sight's Center Alicia Howerton and Tom Sawyer will present "Tips Talk" Tips, Techniques and Tools to help people live with vision loss. They will be talking about the proper use of lighting, contrast, tactile landmarks, magnification and more. In addition, they'll talk about the use of different products and devices that can make a significant impact on performing daily activities. More importantly, they want to answer your questions about living with vision loss. Please **RSVP** by calling **440-356-4437**. Refreshments will be served following the presentation.

Brainercize

Lisa Anthony from Arden Courts will host Brainercize, with a variety of brain-teasing exercises! Next session will be held on **Thursday, February 28**, at 11:00am until Noon. Please register if you would like to attend.

Fundraisers for OUR Senior Center

Souper Bingo

Join us on **Monday, January 21**, 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 \$6 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 11. **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 18th**, we will be having a special Bingo session with pizza, salad & dessert. **Donation is \$6 to include your food and one bingo card.** Lunch served at 11:15 with Bingo beginning at Noon.



The power to make it better.®

Income Tax Preparation

The Fairview Park Senior Center will once again be able to offer tax-preparation assistance through AARP's Community Service Program. **NOTE:** Due to changes at AARP, 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 5 through April 9**. Please call **440-356-4437** after January 2 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.



AT THE MOVIES

Tuesdays at 1:00 p.m.

DATE	TITLE	Description
JAN 8	Pick of the Litter	Follow a litter of puppies from the moment they're born and begin their quest to become guide dogs for the blind. The stakes are high and not every dog can make the cut. NR/Documentary/81 minutes
15	Book Club	Four lifelong friends' lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. PG13/ Comedy/104 minutes
22	Mission Impossible	MISSION: IMPOSSIBLE - FALLOUT finds Ethan Hunt and his IMF team, in a race against time after a mission gone wrong. Henry Cavill, Angela Bassett, and Vanessa Kirby also join the dynamic cast. PG13/Action/147 minutes
29	Crazy Rich Asians	The story follows native New Yorker Wu as she accompanies her longtime boyfriend to his best friend's wedding in Singapore.
FEB 5	The Seagull	One summer at a lakeside Russian estate, friends and family gather for a weekend in the countryside PG13/Drama/98minutes
12	Little Women	As Jo comforts her sick sister, Beth asks for one thing: a story. Jo knows the perfect one ... by heart. LITTLE WOMEN tells the story of the same beloved sisters to a new generation. Celebrating dreams, family and unconditional love, PG13/Drama/98 minutes
19	Adrift	Based on the inspiring true story of two sailors who set out to journey across the ocean from Tahiti to San Diego. They would be sailing directly into one of the most catastrophic hurricanes in recorded history. PG13/Romance/120 minutes
26	Three Identical Strangers	Three strangers are reunited by astonishing coincidence after being born identical triplets, separated at birth, and adopted by three different families. The fairy-tale reunion sets in motion a series of events that unearth an unimaginable secret -- a secret with radical repercussions for us all. PG13/Documentary/96 minutes



Goodtimers Lunch

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

Tuesday, January 7 **Red Lobster** **25615 Brookpark Rd., North Olmsted**

Monday, February 4 **Baker's Square** **24025 Lorain Rd., North Olmsted**

Long Term Care Planning

The cost of long term care, be it nursing home, assisted living or home care, can quickly drain a family of its resources. Elder law attorney Elizabeth Perla will discuss how one puts together a long term care plan, including utilizing personal resources, insurance and government benefits. Bring your questions and start preparing a plan that can save your family money and improve your quality of life! Elizabeth will be here **Thursday, February 7, at 11:00am** to give her presentation and answer any questions you may have.

Surviving Aging

Holly Adkins from Oasis Senior Advisors will present a talk on housing transitions as we age. She will discuss lifestyle preferences, healthcare needs, location and financial considerations on **Thursday, February 21, at 11am**. Please join us for this timely discussion.

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, his staff and 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 \$1,080.00 to purchase items for Toys for Tots.

Thanks to *Fairview Park Police, the Fairview Park Junior Women's Club and The Fairview Park Garden Club* for adopting a senior for their Christmas gift giving program.

One Day Trip

Plan to join the Fairview Park and Avon Senior Centers for a day at the Hollywood Casino Toledo on **Friday, February 22**, departure time **TBA**.
Cost: \$28 with a **\$10 slot play** bonus on arrival.

Multi Day Trips Wendt Touring

New Orleans Fiesta-Springtime down South
7 days - April 27 – May 3, 2019

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 National Capital
5 days – August 21 – 25, 2019

Coastal New England Fall Foliage:
Maine and Vermont
7 days - October 5 - 11, 2019

For detailed information, tour presentations/trip previews will be held on Friday, March 15, at 10am. All are welcome!

Regular Programs and Events

Bingo: We have BINGO on Mondays (except the first Monday of the month) at 12:00noon,

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

Book Club: Next meetings will be Thursday, **January 3** and **February 7**, 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!

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 25 & February 22**. 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.

Massage by Kait: Come Mondays, **January 21 and February 18**, at 10:00am to enjoy a chair massage.

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 chair yoga class at 10:30am on Thursday. It is only \$4.00 (Note increase) per class (pay as you go). Come do something good for yourself and reap the benefits of stretching.

Lunch and Learn

Ideal Home Health Care will be here **February 20 at 11:30am** for a Lunch & Learn. They will give a presentation about Acceptance. No matter your age, there's always an opportunity to learn something new for seniors. Please sign up at the front desk or call 440-356-4437 to join us for an interesting talk.

Lunches are served Mondays at 11:30am and 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, you must be 60 or older OR your spouse accompanying you must be 60 or older.

January

	MONDAY / COLD LUNCH		THURSDAY		FRIDAY
		3	Swiss Steak*/Gravy* Mashed Potatoes* Green Beans W.G. Dinner Roll Tropical Fruit	4	Chili Con Carne* Mixed Vegetables Corn Muffin Apple Juice Banana
7	FIRST MONDAY SENIOR CENTER CLOSED	10	Beef Stroganoff*/Noodles* Harvard Beets Green Peas Whole Grain White Pineapple chunks	11	2 Stuffed Shells*w/Sauce* Spinach/Lemon Juice California Blend W.G. Garlic Toast Sliced Pears
14	Chicken Salad/Croissant Tomato/Cucumber/Onion Salad Pea/Red Pepper/Cheese Salad Fruit	17	Breaded Chicken Breast Pattie* Mashed Potatoes* Spinach w/vinegar Whole Grain Wheat/Orange Whole Grain Vanilla Wafers	18	Beef Meatloaf w/Glaze* Baked Beans* Mixed Vegetables 2 Whole Grain White Tropical Fruit
21	SOUPER BINGO: \$6 	24	Beef Sloppy Joe* Seasoned Wedge Potatoes Ketchup/Banana Mixed Vegetables Whole Grain Bun	25	Chicken Breast Stuffed w/Broccoli Green Beans /Baby Carrots 2 Whole Grain White Sliced Apricots
28	Tuna Salad /2 Whole Grain Wheat Three Bean Salad Pineapple Chunks Cereal Bar	31	Sliced Ham*w/Pineapple Glaze Scalloped Potatoes* Cauliflower/Broccoli 2 Whole Grain White Cinnamon Applesauce		

February

	MONDAY / COLD LUNCH		THURSDAY		FRIDAY
				1	Swiss Steak*/Gravy* Mashed Potatoes* Green Beans 2 Whole Grain White Pineapple Chunks
4	FIRST MONDAY SENIOR CENTER CLOSED	7	Stuffed Cabbage*w/Sauce Mashed Potatoes* Corn w/ Red Peppers 2 Whole Grain Wheat Banana	8	Breaded Fish*/ Tartar Sauce Au Gratin Potatoes Broccoli 2 Whole Grain Wheat Sliced Peaches
11	Tuna Salad /2 Whole Grain Wheat Three Bean Salad Pineapple Chunks Cereal Bar	14	Sweet & Sour Meatballs*/Sauce Brown Rice* Capri Blend Vegetables Whole Grain Wheat Apple Juice/Tropical Fruit	15	Vegetable Lasagna* Green Peas/Buttered Beets Whole Grain Wheat Pineapple Chunks Whole Grain Vanilla Wafers
18	PIZZA BINGO: \$6 	21	Roasted Turkey Breast*/Gravy* Mashed Potatoes* Cauliflower/Broccoli 2 Whole Grain Wheat Sliced Peaches	22	2 Stuffed Shells*w/Sauce Spinach/Lemon Juice Capri Blend Whole Grain Garlic Toast Sliced Pears
25	Chicken Salad/Croissant Tomato/Cucumber/Onion Salad Pea//Red Pepper/Cheese Salad Fruit	28	Chili Con Carne* Mixed Vegetables Corn Muffin Apple Juice Banana		

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Senior Center Closed</p> <p>Happy New Year 2019</p>	<p>2</p> <p>9:30 Art Class 12:15 SilverSneakers 12:30 Card Playing</p>	<p>3</p> <p>9:30 NEOPC Meeting 10:30 YOGA 12:00 Lunch 1:00 Card Playing 1:30 Book Discussion</p>	<p>4</p> <p>11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>7</p> <p>Senior Center Closed</p> <p>11:30 <i>Goodtimers:</i> <i>Red Lobster</i></p>	<p>8</p> <p>10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Pick of the Litter</i></p>	<p>9</p> <p>9:30 Art Class 12:15 SilverSneakers 12:30 Card Playing</p>	<p>10</p> <p>10:30 YOGA 12:00 Lunch 1:00 Card Playing</p>	<p>11</p> <p>9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>14</p> <p>10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 12:00 BINGO 1:00 Discussion Group 1:00 Tech Support</p>	<p>15</p> <p>10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Book Club</i></p>	<p>16</p> <p>9:30 Art Class 12:15 SilverSneakers 12:30 Card Playing</p>	<p>17</p> <p>10:30 YOGA 12:00 Lunch 1:00 Card Playing</p>	<p>18</p> <p>11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>21</p> <p>10:00 Computer Class 10:30 SilverSneakers 10:00 Massage by Kait 11:00 Blood Pressure 11:15 SOUP FUNDRAISER 12:00 BINGO 1:00 Discussion Group</p>	<p>22</p> <p>10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Mission Impossible</i></p>	<p>23</p> <p>9:30 Art Class 10:00 Computer Orientation 12:15 SilverSneakers 12:30 Card Playing</p>	<p>24</p> <p>10:30 YOGA 11:00 Brainercize 12:00 Lunch 1:00 Card Playing</p>	<p>25</p> <p>9:30 Legal Consult 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>28</p> <p>10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group</p>	<p>29</p> <p>10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 1:00 Movie: <i>Crazy Rich Asians</i></p>	<p>30</p> <p>9:30 Art Class 12:15 SilverSneakers 12:30 Card Playing</p>	<p>31</p> <p>10:30 YOGA 12:00 Lunch 1:00 Card Playing</p>	

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>♥ Fairview Senior Center Staff ♥</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 Tom Lenahan, Van Scheduler 440-356-4439</p>		<p>The Fairview Senior Center Is Open Monday thru Friday 8:30am - 4:30pm We are <u>closed</u> the first Monday of the month.</p>		<p>1 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>4 Senior Center Closed 11:30 <i>Goodtimers:</i> <i>Bakers Square</i></p>	<p>5 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Seagull</i></p>	<p>6 9:30 Art Class 10:00 Bridge 11:30 Sight Center 12:15 SilverSneakers 12:30 Card Playing</p>	<p>7 10:30 YOGA 11:00 Perla Law- Long Term Care 12:00 Lunch 1:00 Card Playing</p>	<p>8 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>11 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group</p>	<p>12 10:00 Crafters 10:00 Chorus Practice 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Little Women</i></p>	<p>13 9:30 Art Class 12:15 SilverSneakers 12:30 Card Playing</p>	<p>14 ♥ 10:30 YOGA 12:00 VALENTINE PARTY 1:00 Card Playing</p>	<p>15 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>18 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:15 PIZZA FUNDRAISER 12:00 BINGO 1:00 Discussion Group</p>	<p>19 10:00 Crafters 10:00 Chorus Practice 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Adrift</i></p>	<p>20 9:30 Art Class 11:30 Lunch N Learn Ideal Home Healthcare 12:15 SilverSneakers 12:30 Card Playing</p>	<p>21 10:30 YOGA 11:00 Oasis - Surviving Aging 12:00 Lunch 1:00 Card Playing</p>	<p>22 Toledo Casino Departs 9:30 Legal Consult 11:00 Sing-A-Long 12:00 Lunch 1:00 Card Playing</p>
<p>25 10:00 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 1:00 Discussion Group</p>	<p>26 10:00 Crafters 10:00 Chorus Practice 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Three Identical Strangers</i></p>	<p>27 9:30 Art Class 10:00 Computer Orientation 12:15 SilverSneakers 12:30 Card Playing</p>	<p>28 10:30 YOGA 11:00 Brainercize 12:00 Lunch 1:00 Card Playing</p>	