



SCOPE

Eileen A. Patton, Mayor

March & April 2019 ♦ 20769 Lorain Road ♦ Fairview Park OH 44126 ♦ 440-356-4437



We're having a party and you're invited! Come join us on Wednesday, March 13 at NOON, for a baked potato bar (with all of the toppings) provided by Rocky River Gardens, a half of corned beef sandwich with a pickle, yummy dessert, and entertainment by Jim Kelly, all for the great price of **\$5.00**. Be ready to have a great celebration with your friends at the Senior Center and don't forget to wear your green!! Everyone is Irish on St. Patty's Day! Sign up at the front desk or call 440-356-4437 by March 8.

Women in History: Dorothy Fuldheim

Join us **Wednesday, April 3 at 2:00pm**, for a memorable afternoon sponsored by O'Neill Healthcare as Carol Starre-Kmiecik portrays Dorothy Fuldheim. Dorothy was a journalist and anchor spending the majority of her career working for *The Cleveland Press* and *WEWS-TV*. She is credited with being the first woman in the U.S. to anchor a television news broadcast as well as host her own television show. She has been referred to as the "First Lady of Television News." Please sign up at the front desk for this presentation.

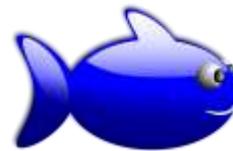


We are trying to get a group of Mahjong players together to play at the Senior Center. Anyone interested in playing, please meet at the Center on Thursdays at 1:00pm for group play.



The Funsters

Please join us and invite all your family and friends to the 18th Annual Spring Concert on **Tuesday, April 9th at 11:00 am**. Our Fairview Park Chorus, **"THE FUNSTERS"**, will present **"Let's Travel Around the World"**. Refreshments will be served following the performance. The members have worked very hard for this performance, so let's show our support – we are very fortunate to have our Funsters Chorus!



Fish Fry and Bingo

Let's celebrate spring with a Fish Fry and Bingo on **Wednesday, April 17**. We will have fish, pierogi, mac and cheese, coleslaw and dessert, plus one free bingo card. Joe Maynard and Joe's Girls will be in charge! Lunch will be served at 11:15am with Bingo starting at Noon. Cost is \$6.

Brainercize

Join us on **Thursday, April 25 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.

Chair Massage

Pamper yourself with a chair massage by Kait Kahoe, LMT (licensed massage therapist). Kait is available the third Monday of each month from 9:30 to 11:00am. Future dates are **March 18 and April 15**. Kait offers this relaxation massage therapy, which focuses on the neck and back, at no charge as a volunteer of the Senior Center.



FREE MOVIES



Tuesdays at 1:00 p.m.

DATE	TITLE	Starring	Type
March 5	The Wife/R/100 minutes	Glenn Close/Jonathan Pryce	Drama
12	Every Day/PG13/95 minutes	Angourie Rice/Maria Bello	Romance
19	The Miracle Season/ PG/ 90 minutes	Helen Hunt/Erin Moriarty	Drama
26	The Old Man and the Gun/PG13/ 93 min.	Robert Redford/Sissy Spacek	Drama
April 2	I Can Only Imagine/PG/ 110 minutes	J. Michael Finley/Madeline Carroll	Drama
9	Unbroken: Path to Redemption/ PG13/ 98	Samuel Hunt/Merritt Patterson	Drama
16	Searching/PG13/ 101 minutes	Alley Underwood/Anthony Leger	Mystery
23	Boy Erased/R/111 minutes	Lucas Hedges/Nicole Kidman	Drama
30	Incredibles 2/ PG/ 118 minutes	Craig T. Nelson/Holly Hunter	Animation

Goodtimers Lunch

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

Monday, March 4	The Rustic Restaurant	20780 Center Ridge Road, Rocky River
Monday, April 2	Wild Mango	362 Great Northern Mall, North Olmsted

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 **March 29 and April 26**. 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.

Genesis Healthcare Center will be conducting Glucose testing on Monday, **March 18**, from 10:30-11:30am. Make your appointment at the front desk or by calling 440-356-4437.

Computer Classes

We are in our 17th 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. Keep in mind that these classes are FREE as a benefit provided by volunteer instructors, Members of either: the Northeast Ohio PC Club or the Computer Assisted Genealogy Group.

Technology Support

Do you need assistance with understanding your Smart Phone? What about your other devices, do they confuse you? There is help available! Mary Ann Frogner is at the Senior Center on the second Monday of the month at 1:00pm, with the next session being held on **March 11**. Please check at the front desk for future dates.



Educational Programs

The Power of Meditation presented by *The Hospice of the Western Reserve* on **Thursday, March 21, at 11:00am**. Help gain an understanding of the five senses, using practical advice to provide a sense of well-being. Will also allow you to understand the impact of daily stressors and teach you the ability to combat them through wellness methods.

The 10 Warning Signs of Alzheimer's presented by *The Alzheimer's Association* on **Thursday, March 28, at 11:00am**. Learn how to recognize the common signs of the disease; how to approach someone about memory concerns; as well as, the importance of early detection and the benefits of early diagnosis.

Medicare 101 presented by *KAZ Company Medicare Health Plans* on **Friday, April 26, at 11:00 am**. This presentation will educate you on the various options in Medicare - traditional Medicare, Supplement plans, prescription drug plans and Advantage plans. You will also learn about the different enrollment periods when you can initiate or change your Medicare plan and the penalties involved if you don't enroll at the appropriate time.

COPD (Chronic Obstructive Pulmonary Disease) Lunch & Learn presented by *Parkside Villa* on **Wednesday, April 10, at 11:30am.**, learn the symptoms, how to get a diagnosis and how to take preventative measures to lower your chances of developing this disease.

Walking the Path of Dementia
Lunch & Learn presented by *Arden Courts* on **Wednesday, April 24, at 11:30am**. An interactive presentation offering a look into the disabilities of dementia and tips on how to provide support and care to people with dementia.

PLEASE SIGN UP AT THE FRONT DESK FOR THESE PROGRAMS OR BY CALLING THE FRONT DESK AT 440-356-4437.

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

Multi-Day Trips 2019 Tours

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

It's Spring!!! Come along and experience the unique charm and history of the Deep South on a journey to exciting New Orleans for an unforgettable vacation. Visit the French Quarter, an authentic Mississippi River Boat Cruise, stroll thru Bellingrath Gardens.

America's National Parks by Rail **Yellowstone, Glacier and the Grand Tetons** 10 days - June 21 – 30

Experience a classic train journey out west! See some of America's most spectacular national parks and the many wonders of this dazzling area.

Treasures of Ottawa by Rail **Canada's National Capital** 5 days – August 21 – 25

Ottawa is one of the great underrated gems of Canada. Enjoy the first class tour features as we travel thru Canada on VIA Rail's sleek and modern LRC train.

Coastal New England Fall Foliage: **Maine and Vermont** 7 days - October 5 – 11

Fall foliage should provide a spectrum of brilliant colors and spectacular vistas on this customized tour focusing on the rugged Atlantic Coast of Maine and northern New England during primetime. Two nights in Acadia National Park/Bar Harbor area and two nights in Portland/Ogunquit right on the ocean..

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

Save the Date

Wednesday, May 15th
FAIRVIEW PARK SENIOR CENTER
along with
FAIRVIEW HIGH SCHOOL
SENIORS present the
ALL SENIORS PROM
Tickets available in April.

Sunday, April 14th
Fairview High School presents
Spring Luncheon (12:30) & Play (2:00)
Bye Bye Birdie
Please call 440-356-4437 for information

Regular Programs and Events

BINGO: Monday BINGO at NOON: **March 11, 18, 25** and **April 8, 15, 22 & 29**

Blood Pressure: Blood Pressures by Berkshire Home Health from 11am-Noon on Mondays before Bingo.

Book Club: Gathers for discussion on the first Thursday of the month **March 7** and **April 4** 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.

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! Join us!.

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 Thursday mornings at 10:30am to enjoy Chair Yoga. \$4, 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.**

MARCH MENU (April Menu Not Available)

	MONDAY SERVED @11:15AM COLD LUNCH		THURSDAY SERVED @NOON		FRIDAY SERVED @ NOON
				1	Roast Pork Loin Sweet Potatoes Broccoli Blueberry Muffin Sliced Apricots
4	Senior Center Closed	7	Stuffed Cabbage* w/Sauce Mashed Potatoes* Buttered Baby Carrots 2 Whole Grain Wheat Sliced Pear	9	Vegetable Lasagna* Green Peas/Buttered Beets Whole Grain Wheat Mandarin Oranges Whole Grain Vanilla Wafers
11	White Meat Chicken Salad With Croissant Green Pea- Pepper-Chz Salad Tomato-Cucumber- Onion Salad/Fruit	14	Chili Con Carne Mixed Vegetables Buttered Beets Corn Muffin Apple Juice	15	2 Stuffed Shells* w/Sauce Spinach/Lemon Juice Oriental Blend Veggies Whole Grain Garlic toast Banana
18	Tuna Salad on Wheat Bread Three Bean Salad Pineapple Chunks Cereal Bar	21	Swedish Meatballs*/ gravy Noodles* Spinach/Lemon Juice Whole Grain White Sliced Peaches	22	Cheese Ravioli* Broccoli Baby Lima Beans* Whole Grain Breadsticks Chunky Applesauce
25	Turkey on Rye Bread w/Mayonnaise Cole Slaw Mixed Fruit Orange Juice	28	Sliced Ham/glaze Au Gratin Potatoes Cauliflower/Broccoli 2 Whole Grain Wheat Pineapple Chunks	29	Breaded Fish/Tartar Sauce Wedge Potatoes/Ketchup Carrots Whole Grain White Mixed Fruit WG Vanilla Wafers

MARCH 2019

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>The Senior Center is Open Monday thru Friday 8:30am till 4:30</p>	<p>1 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>4 Senior Center Closed 11:30 Goodtimer's Lunch <i>The Rustic Restaurant</i></p>	<p>5 10:00 Chorus Practice 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Wife</i></p>	<p>6 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>7 10:30 Yoga 12:00 Lunch 1:00 Card Playing 1:30 Book Discussion</p>	<p>8 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>11 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 Bingo 1:00 Discussion Group 1:00 Technical Support</p>	<p>12 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>Every Day</i></p>	<p>13  9:30 Art Class 10:00 Bridge 12:00 St. Patrick's Day Party 12:15 SilverSneakers 12:30 Card Playing</p>	<p>14 10:30 Yoga 12:00 Lunch 1:00 Card Playing</p>	<p>15 10:00 Wendt Tour Presentation 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>18 9:30 Massage with Kait 9:30 Computer Class 10:30 SilverSneakers 10:30 Glucose Testing 11:00 Blood Pressure 11:30 Lunch 12:00 Bingo 1:00 Discussion Group</p>	<p>19 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Miracle Season</i></p>	<p>20 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>21 10:30 Yoga 11:00 Wellness thru Senses & Power of Meditation 12:00 Lunch 1:00 Card Playing</p>	<p>22 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>
<p>25 9:30 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 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>The Old Man and the Gun</i></p>	<p>27 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p>28 10:30 Yoga 11:00 10 Warning Signs of Alzheimers 12:00 Lunch 1:00 Card Playing</p>	<p>29 9:30 Legal Consult 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing</p>

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Senior Center Closed 11:30 Goodtimers Lunch: <i>Wild Mango</i>	2 10:00 Chorus Practice 10:00 Crafters 10:30 Income Tax Assistance 12:00 Card Playing 1:00 Movie: <i>I Can Only Imagine</i>	3 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing 2:00 Women in History Dorothy Fuldheim	4 9:30 NEOPC meeting 10:30 Yoga 12:00 Lunch 1:00 Card Playing 1:30 Book Discussion	5 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
8 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 Bingo 1:00 Technical Support 1:00 Discussion Group	9 10:30 Income Tax Assistance 10:00 Crafters 11:00 FUNSTERS 12:00 Card Playing 1:00 Movie: <i>Unbroken</i>	10 9:30 Art Class 10:00 Bridge 11:30 Lunch & Learn Parkside Villa 12:15 SilverSneakers 12:30 Card Playing	11 10:30 Yoga 12:00 Lunch 1:00 Card Playing	12 9:00 Medicare Counsel 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
15 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 Bingo 1:00 Discussion Group	16 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Searching</i>	17 9:30 Art Class 10:00 Bridge 11:30 Fish Fry & Bingo 12:15 SilverSneakers 12:30 Card Playing	18 10:30 Yoga 12:00 Lunch 1:00 Card Playing	19 Good Friday Senior Center Closes at NOON
22 9:30 Massage with Kait 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 Bingo 1:00 Discussion Group	23 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Boy Erased</i>	24 9:30 Art Class 10:00 Bridge 11:30 Arden Courts Lunch & Learn 12:15 SilverSneakers 12:30 Card Playing	25 10:30 Yoga 11:00 Brainercize 12:00 Lunch 1:00 Card Playing	26 9:30 Legal Consult 11:00 Medicare 101 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing
29 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 Bingo 1:00 Discussion Group	30 10:00 Chorus Practice 10:00 Crafters 12:00 Card Playing 1:00 Movie: <i>Incredibles</i>	The Senior Center closed first Monday of the month	 <p>Happy Easter!</p>	