



SCOPE

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Eileen Ann Patton

November/December 2019 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437

Thank you
Mayor Eileen Ann Patton
For serving Fairview Park
For 20 years!
You will be missed!

*Special Senior Center
Christmas Party*

The Senior Center Christmas Party will be held on **Wednesday, December 18th, at Noon**. A very special menu is being planned and will be announced. Dessert will be provided by our friends at O'Neill Healthcare. Entertainment by our very favorite **Tim Whalen & Sundown!** **Cost: \$5**



The Fairview Park Senior Center is fortunate enough to once again be able to celebrate Thanksgiving here at our Center on **Wednesday, November 27th, 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 22nd.



Jingle Bell 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 17th, 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. **Jingle all the way!**

**Don't forget to turn clocks
back on November 3rd**

The Gemini Tappers are coming!
Join us on **Thursday, December 5th, at 1:00pm**, 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 years. We are so excited to welcome them back and look forward to their performance!



The Senior Class from Fairview High School will devote a day of service to help our Fairview Park Seniors with leaf raking on **Wednesday, November 6th**. Your leaves will be raked to your tree lawn. To get on their work list, please call the front desk of the Senior Center at 440-356-4437



Please Vote November 5th

AT THE MOVIES



Tuesdays at 1:00 p.m.

DATE	TITLE	STARRING
Nov. 5	The Sun is also a Star /PG13/ 100 minutes	Yara Shahidi/Charles Melton
12	The Best of Enemies/ PG13/ 132 minutes	Taraji Henson/Sam Rockwell
19	Run the Race/PG/101 minutes	Tanner Stine/Kristoffer Polaha
26	Long Shot /R /115 minutes	Charlize Theron/Seth Rogan
Dec. 3	First Man/ PG13/ 138 minutes	Ryan Gosling/Claire Foy
10	Can you ever forgive me?/R/107 minutes	Melissa McCarthy/Richard Grant
17	The Mustang/R/96 minutes	Connie Britton/Bruce Dern

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



Multi-Day Trips

2020 TOUR SCHEDULE –

Brochures and registration starting November 8th!

Holland Michigan Springtime Tulip Festival

4 days: May 4-7

Alaska Summertime Tour and Cruise

11 days: June 18-28

Treasures of Montreal and Quebec City by Rail -

6 days: September 1-6

Albuquerque Balloon Fiesta/Grand Canyon

National Park/Santa Fe

8 days: October 3-10



God & Country Awards

The Fairview Park Women's Club will be hosting the God and Country Awards on **Monday, November 18th, at 6:45pm**. This program was started by Harriet Beekman, mother of our troops, and is being carried on by the FP Women's Club.. The ceremony takes place in Council Chambers in City Hall. Students from the 6th, 7th, and 8th grade are invited to write about "Why God, Country and the Armed Forces are Important to our Country's Freedom". Letters are judged and awards distributed before the City Council Meeting. All present and past military personnel are invited to attend. Please let us know if you plan on attending.



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 pleased that Giant Eagle is a part of our community and supports our efforts to serve the seniors of Fairview Park. **THANK YOU!**

Lunch & Learn

St. Mary of the Woods

In the joyful holiday season, stress and sadness can creep in like the ghosts who visit Ebenezer Scrooge. Learn realistic ways to embrace the holidays when the ghosts are creeping in. Program will be presented on **Wednesday, December 4th, at 11:30am** by Mary Lou Swinteron. Please sign up at the front desk.

RECURRING PROGRAMS AND EVENTS

BINGO: WE WILL HAVE BINGO EVERY MONDAY AT NOON (EXCEPT THE FIRST MONDAY OF THE MONTH).

BLOOD PRESSURE: PRESSURE TAKEN 11AM -12NOON, BEFORE BINGO ON MONDAYS, BERKSHIRE HOME CARE

BOOK CLUB: MEETS THE FIRST THURSDAY OF EACH MONTH ON NOVEMBER 7TH & 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

CRAFTERS, CROCHETERS, KNITTERS: MEET EVERY TUESDAY AT 10:00AM; ALSO MEET THE 3RD TUESDAY OF THE MONTH AT 2:00PM. BRING YOUR FAVORITE CRAFT OR PROJECT AND ENJOY NEW FRIENDS!

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.

MESSAGE BY KAIT: OUR VERY OWN MASSAGE THERAPIST WILL BE HERE ON NOVEMBER 18TH AND DECEMBER 16TH OFFERING PROFESSIONAL CHAIR MASSAGE AT NO CHARGE. MAKE APPOINTMENT AT FRONT DESK.

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 AT 10:30 WITH LINDSEY. FEE IS \$5.00 PER CLASS. NAMASTE.

AARP Safe Driver Training

AARP will again be offering a driver training class on **Thursday, November 14, 9:00am–1:00pm**. Cost is \$15 for AARP members and \$20 for non-members payable the day of class. You must register in advance at the front desk.



Zack Otto from Beltone will be here on **Thursday, November 7th, from 11:00am-12:30pm** to conduct hearing screenings, hearing aid cleaning and ear wax removal. Please make appointment at the front desk.

Chair Volleyball has begun!

Join us on the first and third Friday of the month at 1:00pm. You can join in and play, or be part of the cheering section! Either way, we have a **BLAST!**

Glucose Testing

MONDAY, DECEMBER 16TH,

FROM 10:30-11:30AM

**SPONSORED BY OUR FRIENDS AT
WESTBROOK PLACE.**



Mindfulness Wellness

Join us for a two-series workshop to be held **Wednesdays, November 6 & 13, from 1:30-3:30pm**. The class is being offered by Ashley McKay: Yogi, Nurse, Healer & Coach. Class will consist of gentle yoga (chair as needed), guided meditation, discussion of mindfulness and art therapy. She will offer many tips on how to lead a stress-free life. Please sign up at the front desk for this free class. All materials needed for the class will be furnished by Ashley. Join us to find your inner-peace!



Legal Consultation

Harold Hom, local attorney, will offer legal consultation at **no charge** from 9:30-11:30 am. The date will be **December 13th**. **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.

FAIRVIEW PARK'S 7TH ANNUAL

WINTERFEST

FRIDAY, NOVEMBER 29, 2019

BAIN CABIN AND GAZEBO

5:30PM 'TIL 7:30PM

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	
 Happy Thanksgiving				1	Hawaiian Chicken*/Rice Pilaf* Baby Carrots* Green Beans* Whole Grain Wheat Tropical Fruit
4	FIRST MONDAY SENIOR CENTER CLOSED	7	Beef Stew* Brussel Sprouts* Buttered Sliced Carrots* 2 Whole Grain Wheat Fruited yogurt/Banana	8	Chicken Alfredo* W.G. Pasta* Spring Mix Salad/Italian Dressing Broccoli*/Sliced Pears Whole Grain White
11	Veteran's Day Observed NO WRAAA LUNCH Bring your own lunch to eat before BINGO	14	Sliced Ham* w/Pineapple Glaze Cheesy Potatoes* Mixed Vegetables W.G. Dinner Roll Mixed Fruit	15	Chicken Marsala*/Brown Rice* Sautéed Mushrooms Green beans Whole grain wheat Scalloped Apples
18	Roast Beef on WG Wheat Bun BBQ Sauce Potato Salad Low Fat Yogurt Orange	21	Sloppy Joe* Cheesy Potatoes* Baby Carrots Whole Grain Hamburger Bun Sliced Peaches	22	Sweet & Sour Pork Loin* Rice Pilaf*/Green Peas Red Peppers & Onions W.G. Vanilla Wafers Applesauce
25	Tuna Salad /2 Whole Grain Wheat Three Bean Salad Pineapple Chunks Cereal Bar	28	 Senior Center Closed	29	<i>Senior Center Closed</i>

December

MONDAY / COLD LUNCH		THURSDAY		FRIDAY	
2	FIRST MONDAY SENIOR CENTER CLOSED	5	Stuffed Cabbage w/Beef* Mashed Potatoes* Harvard Beets* Dinner Roll/Scalloped Apples	6	Tomato Basil Chicken* WG Penne* w/sauce Mixed Vegetable*/Green Beans WG White Bread/Orange
9	Roast Beef on WG Wheat Bun BBQ Sauce Potato Salad Low Fat Yogurt Orange	12	BBQ Chicken Breast* Macaroni and Cheese* Sautéed Swiss Chard* Buttered Baby Carrots Mini Corn Muffin/Peaches	13	Salisbury Steak*/Gravy* Mashed Potatoes* Brussel Sprouts WG Wheat Bread/Vanilla Wafers Banana
16	Turkey on Whole Grain Rye Bread Mayonnaise Cole Slaw Orange Juice Mixed Fruit	19	Hamburger*/Whole Grain Bun Ketchup Broasted Potatoes* Baked Beans Apricots	20	Sliced Ham* w/Pineapple Glaze Mixed Vegetables* Cheesy Potatoes* Corn Muffin Orange
23	Chicken Salad* Green Pea, Pepper & Cheese Salad Tomato, Cucumber & Onion Salad Croissant Fruit	26	Beef Stew* 3 Bean Salad/Brussel Sprouts* Whole Grain Wheat Mandarin Oranges WG Vanilla Wafers	27	Chicken Cordon Bleu* Mashed Potatoes* Harvard Beets 2 Whole Grain White Sliced Peaches
30	Tuna Salad /2 Whole Grain Wheat Three Bean Salad Pineapple Chunks Cereal Bar	We wish you a very Merry Christmas and a Happy New Year!			