



**SCOPE**

**FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER**

**Mayor Eileen A. Patton**

September & October 2019 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437

**The Funsters**

Come celebrate and join the fun on Tuesday, **October 1, at 11:00am**, when the Fairview Park Senior Center Chorus presents "Broadway Songs" They will be featuring some of your favorite songs. The members have been practicing this summer and sound wonderful. 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 2, 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.**

**Remember to use your Farmer's Market coupons by October 31st! Richardson Farms will be at the Senior Center on Fridays, September 13 & 27 and October 11 & 25**

**Fairview Resale Shop Excursion**

Join us on **Wednesday, September 25**, as the Senior Center van escorts you to the Discovery Shop, Salvage Yard and Savers, then on to lunch at Santo's with a final stop at East Coast Custard. Cost is \$6 and limited to the first 12 to sign up. Detailed flier at the front desk.

**Glucose Testing**

Westbrook Place will be providing glucose testing on **Monday, September 16, from 10:30-11:30 am**. No appointment needed. Please fast for 2 hours prior to test for more accurate results

**Tragedy & Triumph**

**The 1920 Cleveland Indians**

Join us on **Wednesday, September 18, at 2:00pm** for a special presentation by Dennis Sutcliffe of Lost Cleveland Memories sponsored by O'Neill Healthcare. Its 1920, the jazz age is in full swing, prohibition is the law of the land and the New York Yankees have just signed Babe Ruth. The Cleveland Indians have set their sights on the World Series title, but to get there, they will need to overcome an unspeakable tragedy.



**WITH BINGO**

We will be celebrating Oktoberfest on **Monday, October 14, at Noon**. \$5 gets you a hot dog, German potato salad, baked beans, dessert and beer (root beer, of course!) and one Bingo card. Be sure to sign up at the front desk!



**Halloween Party!!**



Our annual Halloween Party will be held on **Thursday, October 31, at NOON**. Lunch will be a beef hot dog/bun, baked beans, mandarin oranges grape 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 17) Cost is \$1 donation. **Costumes are encouraged! Steve Ronyak will be here to entertain us.**

**Treasure Shoppe/Rummage Sale**

We will be holding our Treasure Shoppe Rummage Sale on **Thursday and Friday, October 10 & 11, from 9:00am-Noon**. 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.



## AT THE MOVIES

**Tuesdays at 1:00 p.m.**

DATE	TITLE	Starring	Type
<b>Sept. 3</b>	City of Angels/PG13/116 minutes	Nicolas Cage/Meg Ryan	Drama
<b>10</b>	Lady Bird/R/93 minutes	Saoirse Ronan/Laurie Metcalf	Comedy/Drama
<b>17</b>	Poms/PG13/90 minutes	Diane Keaton/Jacki Weaver	Comedy
<b>24</b>	Breakthrough/PG/116 minutes	Topher Grace/Josh Lucas	Biography
<b>Oct. 1</b>	RBG / PG / 96 minutes	Ruth Bader Ginsburg	Documentary
<b>8</b>	A Dog's Journey/PG/ 108 minutes	Dennis Quaid/Marg Helgenberger	Family
<b>15</b>	On the Basis of Sex/PG13/120 minutes	Felicity Jones/ Arnie Hammer	Drama
<b>22</b>	The Kid/R/99 minutes	Ethan Hawke/Dane DeHaan	Drama
<b>29</b>	Rocket Man/R/121 minutes	Taron Egerton/Jamie Bell	Drama

## GoodTimers Lunch Bunch

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

**Tuesday, Sep. 3**

**Dragon Tower**

**17402 Lorain Road, Cleveland**

**Monday, Oct. 7**

**Olive Garden**

**25984 Lorain Road, North Olmsted**

## Recycle Roundup

Mark your calendars for **Saturday, September 21, 9am - Noon**. The following services will be available to Fairview Park residents during this roundup: paper shredding (2 box limit), 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.

## Educational Presentations

**The Aid & Attendance Improved Pension Benefit** offered by Senior Veterans Administration Services of Ohio will take place on **Friday, October 11**, from 11am-Noon.

**Health Insurance and Rehab** presented by Carleen Brogerg and Sandy Hardy from Rae Ann Nursing and Rehab Centers will take place on **Thursday, September 12**, from 11am-Noon. Learn how insurance pays for rehab and how to prepare if you will be having any upcoming surgery. Refreshments provided.

**The Myths and Misconceptions of Hospice Care** presented by the Visiting Nurse Association at 11:00am on **Thursday, September 26**.

## CLEVELAND CLINIC FAIRVIEW HOSPITAL "Get Your Blood Flowing: Vascular Disorders"

Join a panel of physicians as they present information on common vascular conditions such as Abdominal Aortic Aneurysm, Carotid Artery Disease, Peripheral Arterial Disease and Varicose Veins. Presentation will take place on **Saturday, October 26, from 12:00-2:00pm at Fairview Hospital**. Complimentary lunch will be provided and a group tour of the new Hybrid Operating Room will be offered. **FREE Transportation to the event from the Fairview Park Senior Center or FREE valet parking if you drive yourself**. Make reservations at the front desk of the Senior Center or by calling 440-356-4439.

## Multi-Day Trips

OFFERED BY WENDT TOURING:

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

7 days - October 5-11, 2019

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.

### New York City Christmastime 4 Days - December 5-8, 2019

Enjoy all the must see sights and sounds that New York City has to offer. Get into the Christmas spirit on this unforgettable vacation

Detailed Brochures at the Senior Center!

## One Day Trips

Offered by JKL Tours:

Autumn Adventure in the Country  
Friday, September 20 **Cost:\$75**

MGM Rocksino with Kavan Elvis Tribute  
Thursday, September 26 **Cost \$29**

Lake Erie Wine Trail Tasting Tour  
Friday, October 25 **Cost \$79**

A Special Holiday Adventure at Kirtland  
Village, Tangier's & Stan Hywet Mansion  
Thursday, December 12 **Cost \$79**

Detailed Brochures at the Senior Center!

## Brainercize

Join us on **Thursday, October 24, 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 Yoga

Get your ZEN every Thursday with Lyndsey.  
Session runs from 10:30-11:15. Cost is \$5

## Medicare Counseling

The counselors will be here **Friday, September 13**, then, beginning October 11<sup>th</sup>, our OSHIIP volunteers will be available every Friday (except November 29) with appointment times being scheduled at 9:00, 10:00 or 11:00 a.m. until December 6. Make your appointment for counseling 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 27 & October 25, 9:30-11:30am.

**MESSAGE BY KAIT:** Kait, a structural massage therapist, is available on Monday, September 23 and Monday, October-21, 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 10 & 11, from 9am to 12noon. Something for everyone!

**YOGA:** Chair Yoga Therapy with Lyndsey will be on Thursdays at 10:30am. *Find your Zen here!* \$5 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	
2	<b>Senior Center Closed to celebrate</b> 	5	Roasted Turkey Breast*/Gravy* Mashed Potatoes* California Blend 2 Whole Grain Rye Banana	6	Beef Hot Dog*/Whole Grain Bun Seasoned Potato Wedges* Baked Beans* Mustard/Ketchup Apricots
9	Roast Beef on WG Wheat/BBQ Sauce Potato Salad Low Fat Yogurt Orange	12	Tuna Salad* Potato Salad*/Corn Relish Salad* 2 Whole Grain Wheat Apricots	13	Beef Stew* Brussel Sprouts/Buttered Sliced Carrots Whole Grain Wheat Bread W.G. Vanilla Wafers / Orange
16	Turkey on WG Rye Bread/Mayo Cole Slaw Orange Juice Mixed Fruit	19	Swedish Meatballs*Gravy Noodles*Gravy* Broccoli/ Red Cabbage Whole Grain White Banana	20	Sliced Ham* w/Pineapple Glaze Mixed Vegetables Cheesy Potatoes Corn Muffin Mixed Fruit
23	White Meat Chicken Salad With Croissant Green Pea-Red Pepper-Chz Salad Tomato-Cucumber- Onion Salad Fruit	26	Breaded Fish*/Tartar Sauce Scalloped Potatoes* Spinach /Lemon Juice WG Dinner Roll Sliced Pears	27	Chicken Cordon Bleu* Mashed Potatoes* Harvard Beets 2 Whole Grain White Sliced Peaches
30	Tuna Salad on WG Bread Three Bean Salad Pineapple Chunks Cereal Bar	 <span style="font-size: 2em; font-family: cursive;">Welcome Autumn!</span> 			

**October menu was not available at time of printing**

Lunch & Learns		
September 11	Parkside Villa	Understanding Palliative Care vs. Hospice Care Making the right decision for your loved one.
October 9	Clear Captions	Clear Caption services and what they have to offer
October 23	Brookdale Senior Living	Stress and Aging
<b>Begin at 11:30am. Please register at the front desk and plan to stay for entire presentation.</b>		



### ATTENTION PLEASE!

We are considering a weekly chair volleyball game for members of our Senior Center. We formed a team to compete in the Westshore league, and those that played loved it! The Senior Life Advisory Council is willing to purchase the equipment, but we need to know how many people are interested. Play would take place on Fridays at 1:00pm, after lunch. Let us know at the front desk if you would be interested.

### Computer Class

Classes resume in September, for the fall season. All classes are Free! Classes begin at 9:30am on Mondays. Please join us.

### Mark your Calendar now for this Upcoming Event! Details to Follow!

**Fall Fashion Show with The Discovery Shop**  
 Wednesday, October 16. Still in the planning stage, but keep your eyes peeled for flier to be posted soon!



# SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b> Senior Center Closed To Celebrate Labor Day	<b>3</b> 10:00 Crafters 10:00 Chorus Practice 12:00 Card Playing 11:30 <b>GoodTimers:</b> <b>Dragon Tower</b> 1:00 Movie: <b>City of Angels</b>	<b>4</b> 9:00 Chair Volleyball <b>Championship @ Rocky River</b> 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing	<b>5</b> 9:30 NEOPC meeting 10:30 Yoga 12:00 Lunch 12:30 Card Playing 1:00 Book Discussion	<b>6</b> 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing	
<b>9</b> 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 12:30 Cards- Hand & Foot 1:00 Discussion Group	<b>10</b> 10:00 Crafters 12:00 Card Playing 1:00 Movie: <b>Lady Bird</b>	<b>11</b> 9:30 Art Class 10:00 Bridge 11:30 Lunch N Learn <b>Parkside Villa</b> 12:15 SilverSneakers 12:30 Card Playing	<b>12</b> 11:00 <b>How Insurance Pays for Rehab</b> <b>Rae Ann</b> 12:00 Lunch 12:30 Card Playing	<b>13</b> 9:00 Medicare Counsel 10:00 Farmer's Market 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing	
<b>16</b> 9:30 Computer Class 10:30 Glucose Testing 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 12:30 Cards- Hand & Foot 1:00 Discussion Group	<b>17</b> 10:00 Crafters 12:00 Card Playing 1:00 Movie: <b>Poms</b>	<b>18</b> 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing <b>2:00 Tragedy &amp; Triumph</b> <b>The 1920 Cleveland Indians</b> <b>O'Neill Healthcare</b>	<b>19</b> 12:00 Lunch 12:30 Card Playing	<b>20</b> 7:30 Autumn Adventure Departs 11:00 Sing a Long 12:00 Lunch 1:00 Card Playing	
<b>23</b> 9:30 Computer Class 10:00 Massage by Kait 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 12:30 Cards- Hand & Foot 1:00 Discussion Group	<b>24</b> 10:00 Crafters 12:00 Card Playing 1:00 Movie: <b>Breakthrough</b>	<b>25</b> 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing 1:00 Mahjong	<b>26</b> 9:00 MGM trip departs 10:30 Yoga 11:00 <b>Hospice Care Myths</b> <b>VNA</b> 12:00 Lunch 12:30 Card Playing 1:00 Tech Support	<b>27</b> 9:30 Legal Consult 10:00 Farmer's Market 11:00 Sing-a-Long 12:00 Lunch 1:00 Card Playing	
<b>30</b> 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 Lunch 12:00 BINGO 12:30 Cards- Hand & Foot 1:00 Discussion Group		<b>Senior Center Staff</b> 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			

**OCTOBER 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p></p> <p><b>1</b> 10:00 Crafters <b>11:00 Funsters</b> <b>Broadway Songs</b> 12:00 Card Playing 1:00 Movie: <b>RBG</b></p>	<p><b>1</b> 10:00 Crafters <b>11:00 Funsters</b> <b>Broadway Songs</b> 12:00 Card Playing 1:00 Movie: <b>RBG</b></p>	<p><b>2</b> 9:30 Art Class 10:00 Bridge <b>10:00-1:00 Flu Shots</b> 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>3</b> 9:30 NEOPC Meeting 10:30 Yoga <b>12:00 Lunch</b> 12:30 Cards- Hand &amp; Foot 1:00 Card Playing 1:30 Book Discussion</p>	<p><b>4</b> 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>7</b> <b>Senior Center Closed</b></p> <p><b>Goodtimers: Olive Garden</b></p>	<p><b>8</b> 10:00 Knitters/Crafters 12:00 Card Playing 1:00 Movie: <b>A Dog's Journey</b></p>	<p><b>9</b> 9:30 Art Class 10:00 Bridge <b>Lunch n Learn</b> <b>Clear Captions</b> 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>10</b> <b>9:00 Rummage Sale</b> 10:30 Yoga <b>12:00 Lunch</b> 12:30 Cards- Hand &amp; Foot 1:00 Card Playing</p>	<p><b>11</b> <b>9:00 Rummage Sale</b> 9:00 Medicare Counsel 10:00 Farmers Market 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>14</b> 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure 11:30 <b>Oktoberfest</b> 12:00 BINGO 12:30 Cards- Hand &amp; Foot 1:00 Discussion Group</p>	<p><b>15</b> 10:00 Knitters/Crafters 12:00 Card Playing 1:00 Movie: <b>On the Basis of Sex</b></p>	<p><b>16</b> 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>17</b> 10:30 Yoga <b>12:00 Lunch</b> 12:30 Cards- Hand &amp; Foot 1:00 Card Playing</p>	<p><b>18</b> 9:00 Medicare Counsel 11:00 Sing-a-Long <b>12:00 Lunch</b> 1:00 Card Playing</p>
<p><b>21</b> 9:30 Computer Class 10:00 Massage by Kait 10:30 SilverSneakers 11:00 Blood Pressure <b>11:30 Lunch</b> 12:00 BINGO 12:30 Cards- Hand &amp; Foot 1:00 Discussion Group</p>	<p><b>22</b> 10:00 Chorus Practice 10:00 Knitters/Crafters 12:00 Card Playing 1:00 Movie: <b>The Kid</b></p>	<p><b>23</b> 9:30 Art Class 10:00 Bridge <b>Lunch n Learn</b> <b>Brookdale</b> 12:15 SilverSneakers 12:30 Card Playing</p>	<p><b>24</b> 10:00 Farmers Market 10:30 Yoga 11:00 <b>Brainerize</b> <b>12:00 Lunch</b> 12:30 Cards- Hand &amp; Foot 1:00 Card Playing</p>	<p><b>25</b> 9:00 Medicare Counsel 11:00 Sing-a-Long 9:30 Legal Consult 1:00 Card Playing</p>
<p><b>28</b> 9:30 Computer Class 10:30 SilverSneakers 11:00 Blood Pressure <b>11:30 Lunch</b> 12:00 BINGO 12:30 Cards- Hand &amp; Foot 1:00 Discussion Group</p>	<p><b>29</b> 10:00 Chorus Practice 10:00 Knitters/Crafters 12:00 Card Playing 1:00 Movie: <b>Rocketman</b></p>	<p><b>30</b> 9:30 Art Class 10:00 Bridge 12:15 SilverSneakers 12:30 Card Playing 1:00 Mahjong</p>	<p><b>31</b> 10:30 Yoga <b>12:00 Halloween Party</b> 12:30 Cards- Hand &amp; Foot 1:00 Card Playing</p>	<p></p>