

FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

Mayor Patrick J. Cooney

April 2021 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437

PARTY

in the Parking Lot

We are thrilled to announce that we will be having a "Party in the Parking lot" fundraiser concert on Earth Day, **Thursday April 22, 2021 at 12:00 pm** in our Senior Center parking lot. Local folk singer [Jeff Varga](#), who you might remember from our last concert in the park will be performing for us! A boxed lunch, dessert and drink can be purchased for \$5.00. Space is limited for this event so call to reserve your lunch by April 15th! Please bring your chairs and get comfortable to listen to live music again. This event is generously sponsored by [O'Neill Healthcare](#) and we are very grateful for their support! We are keeping our fingers crossed that the weather will cooperate, however, in case of inclement weather we will still have the lunches available for drive through pick up at the Senior Center.



Shredding and Hazardous Waste Collection

When May 15, 2021 @ 9:00 am - 12:00 pm

Where Fairview Park City Hall, 20777 Lorain Rd, Fairview Park, OH 44126, USA

Stability & Fall Prevention Virtual Seminar

Via Zoom with Vicki from Devoted

On Tuesday April 13th at 1:00 we will have a **Stability & Fall Prevention - Virtual Seminar with Vicki from [Devoted Health](#)**. Join us via Zoom from the comfort of your own home to learn and experience simple techniques to enhance your balance. Improved balance increases stability which may help prevent falls. This will be an educational and active-oriented session designed to help decrease the risk of falls in older adulthood by teaching skills and functional movement patterns useful for everyday activities. Choose to watch or participate! All you will need is a sturdy chair. All participants will receive a handout with instructions for the movements and a promo bag! Please call the Senior Center to register by April 12th and we will send a Zoom link to your email.

Instructor: Vicki Yannie, MS

Community Outreach Specialist with Devoted Health
SilverSneakers Certified Instructor



Bingo with Devoted

We will continue our virtual Bingo with Devoted Health Plans on Mondays, April 12, 19 and 26 at 12:00 pm. There will be two sets with a short break in between the sets. There are lots of prizes to win, for participating and winning. Pick up your packets and prizes at the Senior Center. You can join the link [@meet.google.com/gyj-gsww-mfi](https://meet.google.com/gyj-gsww-mfi) or join by phone 929-279-4732, Pin# 928 298 852#.

Virtual

BOOK CLUB

The virtual book discussion will take place **Wednesday, April 28th at 1:00**. We'll be chatting via Zoom about *The Four Winds* by Kristen Hannah. Participants will receive a copy of the book courtesy of [O'Neill Healthcare](#). Space is limited in this program so please call to reserve your spot and book today.

WRAAA Meal Program

The Fairview Park Senior Life Office is delivering three frozen meals, fruit, bread and milk every Wednesday to Fairview Park seniors who are age 60 and older. You must have a registration form on file. A donation is greatly appreciated. This service is made possible through a grant from the Western Reserve Area Agency on Aging. Please call the Fairview Park Senior Center at 440-356-4437 to register or for more information.

Van Service

Senior Van transportation services are available Monday through Friday from 8:30am to 1:30pm. We are closed the first Monday of the month. The van transports for medically necessary appointments and services such as grocery shopping, banking and prescription pick up. *Please note*, if the schools are closed, the van service will not be available. In April, our senior Van will also be available for trips to hair salons and barbers. We will now be able to transport more than one person at a time, as we can use the large van, and we will be socially distant. Masks are still mandatory. Please call the Senior Center at 440-356-4439 to make your appointment.

Outline for Reopening the Senior Center

Fairview Park Senior Center Staff will use the Ohio Public Health Advisory System to determine when conducting in person activities is safe. When Cuyahoga County is at a Level 1 (yellow) or Level 2 (orange) Public Emergency, the building will open at a reduced capacity for limited activities. Currently Cuyahoga County is at a Level 3 (red) designation which, according to the health department, means there remains a public emergency for increased exposure and spread, and that people should "exercise a high degree of caution. While Cuyahoga County remains at a Level 3 (red) or if it increases to a Level 4 (purple) Public Emergency, the building will close for all in person activities. Masks and social distancing will still be required per CDC guidelines. As of today, Cuyahoga County remains at a Level 3 (red), so the Senior Center remains closed for in person programming. We appreciate your patience and cooperation as we move towards full programming once again.

We are all anxious to reopen and return to normal, but we still must be cautious, because the virus has not disappeared. We want all our seniors to remain healthy. We are currently planning outdoor programming as the weather allows. Please be patient and know we have your best interests at heart. We do miss everyone and can't wait to see you all.

Virtual Programming Instruction for We Thrive Together Event Calendar available online or at the Senior Center.

1. Go to our website at www.WeThriveTogether.org and to the "Events" tab.
Click on the event you would like to participate in.
2. Scroll to the bottom where it says, "Book Event" and click "next".
3. Fill in your name, email, phone number, and county into the spaces provided, then click "next".

It's that simple!

You can also register by email or by phone at:
alyssa@WeThriveTogether.Org or toll free at 1-866-584-5640.