



# SCOPE

January/February 2024 ♦ 20769 Lorain Road, Fairview Park OH 44126 ♦ 440-356-4437



## CLOSINGS & CANCELLATIONS

The senior center will be CLOSED on **Monday**,

**January 1<sup>st</sup>** for New Year's Day and **Monday, February 5<sup>th</sup>, 2024** for the 1<sup>st</sup> Monday of the month.

## SPECIAL ANNOUNCEMENT

Due to rising costs, the price of coffee and tea at the senior center will change from **25¢ to 50¢** per cup, effective **January 2, 2024**.



*The power to make it better.™*

Starting on **February 6<sup>th</sup>**, the AARP Tax-Aide Program plans to offer FREE tax preparation for seniors on **Tuesdays** at the Fairview Park Senior Center. In order to use this service, you MUST meet AARP requirements and provide a **photo ID OR Social Security Card**. Reservations will be accepted starting in **January**. Space is very limited so make sure to call the senior life office



to reserve!

## WINTER CRAFT

Join us for a winter craft sponsored by **Parkside Villa** on **Friday, January 5<sup>th</sup>**, at **1:00pm**. All supplies will be included. Space will be limited, so reservations are required.



## Talk & Treat

Transitioning to a new living arrangement can be overwhelming. Let **Every**

**Step Seniors** guide you through every stage of the relocation process, from finding the perfect senior living community, to coordinating logistics, to settling in comfortably. On **Friday, January 12** at **1:00pm**, enjoy a special treat and learn how Every Step Seniors can provide a smooth



and stress-free experience when it is time to move!

## PASTA PARTY FUNDRAISER

Don't flurry! Be happy! Come escape the cold at our Pasta Bingo event on **Monday, January 15<sup>th</sup>** at **12:00pm**. For only **\$8** you will receive **pasta with marinara sauce, salad, bread and dessert (courtesy of O'Neill Healthcare)**. In addition, you will also receive **ONE BINGO CARD**. Space will be limited so make sure to register today!



## VALENTINE CRAFT

Spread the love with a special Valentine's Day craft sponsored by **Mary Manos** on **Friday, January 26<sup>th</sup>**, at **1:00pm**. All supplies will be included. Space will be limited, so reservations are required.

## Mardi Gras Party

*"Laissez Les Bons Temps Rouler!"* The good times will definitely roll at the senior center for our **Mardi Gras** inspired party held on **"Fat Tuesday"**, **February 13<sup>th</sup>**, at **12:00pm**. There will be beads, a mask creation station, paczki, and a special concert by **Rick Burke**, who's **Vegas Style Tribute Show** will have you singing and dancing. This event is **FREE**, but reservations are required, so call us today! *Sponsored by O'Neill Healthcare and Parkside Villa.*



## PAINT AND SIP



Come relax, enjoy a beverage, and paint on a canvas under the special eye of an art instructor. Space is limited, so reserve today at the senior center! **Friday, February 16<sup>th</sup> at 1:00pm**. Sponsored by Devoted Health.

## WINTER WEATHER WATCH

Winter weather is coming, whether we want it to or not! The Fairview Park Senior Center typically remains open. However, when the **Fairview Park City Schools are CLOSED due to weather conditions**, the **senior center buses also WILL NOT RUN!** Please make sure to listen to the local news for weather related closings.

Please also remember to drive safely when venturing outside during cold weather.



Start your morning off right by filling up at our Breakfast BINGO event on **Monday, February 19<sup>th</sup> at 11:00am** (Bingo starts at 12:00pm). For only **\$8** you will receive a generous portion of **scrambled eggs, hash browns, ham, a bagel w/butter, and orange juice**. In addition, you will also receive **ONE BINGO CARD**. Space will be limited, so make sure to register today!

## Talk & Treat

Join **Parkside Villa** on **Friday, February 23 at 1:00pm** to learn how *"Prayer and Healing"* can help you relax, find peace, and heal during difficult times. A free treat will be provided and no reservation required!



## The Affordable Connectivity Program

**The Affordable Connectivity Program (ACP)** is a Federal Program that helps Low-Income families afford the cost of having internet service at home. If you are eligible, you can **save up to \$30 per month** on your internet service, or receive a one-time **device discount** of up to **\$100** for a laptop, tablet, or desktop computer. To qualify, **you must be at or below 200%** of the federal poverty guidelines, or participate in any one of the following government benefit programs: *Lifeline, SNAP, Medicaid, Federal Public Housing Assistance, Veteran's Pension or Survivor's Benefit, SSI, Free and Reduce Price School Lunch Program, Federal Pell Grant, or Special Supplement Nutrition Program for Women, Infants, and Children (WIC)*. If you have questions or need assistance, please contact Sandy in the social work office at 440-356-4463 for assistance.

# FAIRVIEW SENIOR CINEMA



**TUESDAYS AT 1:00PM**

DATE	TITLE	STARRING	TYPE
<b>Jan. 2</b>	<b><i>Vacation Friends 2</i></b> /R/106 min (2023)	Lil Rey Howrey/Yvonne Orji/John Cena/Meredith Hagner	Comedy/Adventure/Action
<b>9</b>	<b><i>Indiana Jones and the Dial of Destiny</i></b> /PG-13/154 min (2023)	Harrison Ford/Phoebe Waller-Bridge/Antonio Banderas	Action/Adventure/Sci-Fi
<b>16</b>	<b><i>You Are So Not Invited to My Bat Mitzvah</i></b> /PG-13/103 min (2023)	Indina Menzel/Jackie Sandler/Adam Sandler/Sadie Sandler	Comedy
<b>23</b>	<b><i>You Hurt My Feelings</i></b> /R/93 min (2023)	Amber Tamblyn/David Cross/Tobias Menzies/Julia Louis-Dreyfus	Comedy/Drama
<b>30</b>	<b><i>The Out-Laws</i></b> /R/95 min (2023)	Adam Devine/Pierce Brosnan/Ellen Barkin/Nina Dobrev	Action/Comedy/Crime
<b>Feb. 6</b>	<b><i>Barbie</i></b> /PG-13/114 min (2023)	Margot Robbie/Ryan Gosling/America Ferrera/Kate McKinnon	Adventure/Comedy/Sci-Fi
<b>13</b>	<b><i>Creed III</i></b> /PG-13/116 min (2023)	Michael Jordan/Tessa Thompson/Jonathan Majors	Drama/Sports
<b>20</b>	<b><i>Magic Mike's Last Dance</i></b> /R/112min (2023)	Channing Tatum/Salma Hayek	Comedy/Drama/Romance
<b>27</b>	<b><i>Hamilton</i></b> /PG-13/180min (2023)	Lin-Manuel Miranda/Phillipa Soo/Leslie Odom Jr./Renee Elise Goldsberry	Musical/Biography/Drama

**\*\*\*Movies that are rated "R" may contain sexually explicit or disturbing material, extreme violence/gore, and explicit language. Watch at your own risk!**

**THANK YOU!**

THANK YOU to the Westshore Rotary for sponsoring our Thanksgiving Meal! Everyone was raving about the food and went home happy and full!

We also salute and say THANK YOU to all of our veterans who served in the armed forces, defending our country, so we can live freely as we do! Also, a very special thank you to The American Legion Post #78 for honoring our veterans with a heart-felt Veterans' Day ceremony. We also thank O'Neill Healthcare for sponsoring the meal for this special day.

THANK YOU, THANK YOU, THANK YOU to all the Fairview Park High School Seniors who spent ALL DAY in the rain and cold temperatures to rake the yards of senior citizens in our community. Your kindness and dedication to the Seniors Helping Seniors program is appreciated.

A special THANK YOU to Joe Maynard and "his girls" (Aurora Flickinger, Bill Flickinger, Marilyn Nagel, Rose Vella, and Pat Wrobletsky) for setting-up, cooking, and serving a delicious meal for our Christmas Party! The food was delicious! THANK YOU!

Thank you to Jack Costello and Linda Brown for driving our seniors around to look at all the Christmas light display in Fairview. Everyone loved it and we greatly appreciate it!

THANK YOU to Mo Addison, Ann Bachna, Madeleine Bolda, Darlene Caldwell, Karen Carter, Bill Drackenberg, Roseanne Fink, Bill Flickinger, Carolyn Frantz, Aurora Flickinger, Brian Gibbons, Ginny Gleeson, Giz Gregoire, Jackie Hursky, Lucy Jones, Anne Mannikko, Joe Maynard, Bill Minek, Marilyn Nagel, Susan Pelka, Tony Ragozinski, Betty Samol, Twyla Sales, Loretta Siegel, Regina Spatholt, Betty Temesvari, Rose Vella, Carol Ward, Pat Wrobletsky, and everyone who continues to volunteer!



## RECURRING PROGRAMS AND EVENTS

**Bingo:** Mondays (except the first Monday of the month) at 12:00pm

**Binge-Watch Wednesdays:** Wednesdays at 1:00pm, Currently viewing Netflix's: *The Crown* and *Call the Midwife*.

**Blood Pressure Screenings:** various Mondays (see calendar) at 11:00am before Bingo

**Book Club:** Meetings will be held on the first Thursday of the month at 2:00pm

**Card Playing:** Various card games: Tuesdays at 12:00pm; Bridge/card playing: Wednesdays at 12:30pm; Mahjong: Thursdays at 1:00pm; Various card games: Fridays at 1:00pm

**Coffee with a Cop:** FIRST Friday of every month from 10:00am-11:00am

**Coffee with a Firefighter:** FIRST Thursday of every month from 10:00am-11:00am

**Discussion Group:** Meets every Monday at 1:00pm. There is always something new to discuss and all are welcome! Come when you can and leave when you must!

**Goodtimers Lunches:** Meets the first MONDAY of every month at 11:30am (unless it falls on a holiday). Lunch locations vary but are always local.

**Great Day Tours –** Day trips will be offered for seniors to fun locations for a reasonable price. Reservations and payment are required prior to the trip. Please contact the senior life office for info on trip destinations.

**Knitters, Crafters, and Needle Crafters:** Knitters, Crafters, and Needle Crafters meets the FIRST and THIRD Tuesday of the month at 2:00pm.

**Legal Consultations:** A certified lawyer will be available periodically to discuss any legal matters you may have. Consultations are FREE and last 30 minutes. Please call the senior life office for details.

**LUNCH – Boxed and Hot:** Boxed Lunch Sandwiches are served every Monday (except holidays and the first Monday of each month) at 11:30am and Hot Lunches are served every Thursday and Friday at 12:00pm. **Sign-up is required by 1:00pm on Wednesday the week before lunch is served.**

**Mixed Media – Art Class:** Classes meet on Wednesdays at 9:30am (run 8 weeks). It is a **\$5 fee** for each class. Come and join in on the fun! Instructor is Liz Galloway.

**Silver Sneakers, Exercise, and Dance:** **\*\*\*Updated Dates & times\*\*\***

- CLASSIC meets MONDAYS at 10:45 AM and FRIDAYS at 10:30 AM (Peggy)
- CHAIR YOGA meets MONDAYS at 9:45 AM (Peggy) & THURSDAYS at 11:15 (Jessica)
- STABILITY meets FRIDAYS at 11:30 AM (Peggy)

**Technology Help:** Need help with technology? Mary Ann Pfroger will be here on scheduled days to help with your electronic devices or email, social media, and websites. Flyers will be posted at the senior center when dates are announced. No appointment necessary!



**REGISTRATION REQUIRED & SPACE IS LIMITED!**

**Wednesday, January 10<sup>th</sup>** – Knowing what to do in advance is the best way to avoid catastrophe.

**Devoted Health** is here to help you survive with their **“Emergency Preparedness”** talk. **@11:30am**

**Wednesday, January 24<sup>th</sup>**– Join **Concord Reserve** to learn the **“Benefits of Neuro-Acupuncture”** and how it can help in the treatment of pain, neuropathy, cognitive decline and neurogenerative disorders. **@11:30am**

**Wednesday, February 7<sup>th</sup>** – We often neglect our mental health, especially as we older. Join **Right at Home** for an **“Aging & Mental Health”** talk. **@11:30am**

## GOODTIMERS LUNCHES

Join friends from the senior center the first **Monday** of every month at **11:30am** (except holidays) for our **Goodtimers Lunches** as we visit different local restaurants! Sign-up in the senior life office.

Upcoming dates/locations: **Monday, February 5<sup>th</sup>** at **Panini's Bar & Grill** (23800 Detroit Road, Westlake, OH). There will be no Goodtimer lunch in January because of the date falling on New Year's Day.

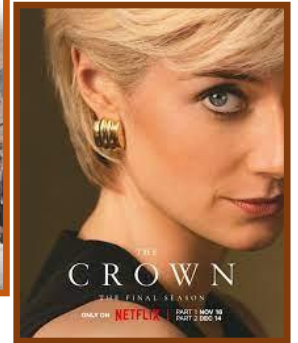


## BINGE WATCH WEDNESDAYS

Feeling lazy? We are too. Come join us

**Wednesdays at 1:00pm** to **binge-watch TWO episodes** of trending shows on Netflix or other streaming services. In between each episode, we will serve a snack themed around the show we are watching. In January we will show the final season of *The Crown* and then return to season 8 of *Call the Midwife*, about midwifery in the 1950s in England! Come in your

favorite sweat pants and join us on this laid-back adventure!



## BOXED LUNCH & HOT LUNCH \*UPDATED INFO\*

Every **Thursday** and **Friday**, the senior center provides hot lunches for our seniors. **Boxed lunches** are served **Mondays at 11:30am** and **hot lunches** are served **Thursdays and Fridays at Noon**. Suggested donation is **\$1**. There are now **multiple choices available on each lunch day**. However, reservations must be made by 1:00pm on the Wednesday the week BEFORE. Please also note the following: **You will be served what you select, there are NO HOLDS/SAVES for lunches, and be on time or your lunch will be given to those on the waiting list!** To qualify, you must be 60 or older OR your spouse accompanying you must be 60 or older. In addition, **ALL NEW** participants must become members by completing a new registration form for the 2024 year. Questions? Please feel free to contact us!





## FREE Legal Consultations



Dan A. Baron has dedicated his legal career to the areas of estate planning, business law, and elder law. As a certified lawyer, he is offering his services to our seniors, for free! He can assist in any area you need help! Consultations last **30 minutes** and appointments are required, so please call for dates and info!



# JANUARY

	MONDAY / COLD LUNCH		THURSDAY/HOT LUNCH		FRIDAY/HOT LUNCH
1	 <b>SENIOR CENTER CLOSED</b>	4	Stuffed Shells* w/Sauce* Spinach* s/Lemon Juice California Blend* W.G. Garlic toast Sliced Pears <b>CF TR</b>	5	Beef Meatloaf* w/Glaze Baked Beans* Corn w/Red Peppers* W.G. Roll <b>CBG V</b> Orange
8	Roast Beef w/W.G. Bun w/BBQ sauce Potato Salad Yogurt <b>CS T</b> Orange	11	Pineapple Glaze Ham* Scalloped Potatoes* Buttered Carrots* W.G. Grain White <b>CBG T</b> Banana	12	Sweet & Sour Meatballs* w/Sauce* Brown Rice* Oriental Blend Vegetables* Green Peas* W.G. Wheat <b>CBG RB</b> Orange Juice
15	<b>NO BOXED LUNCH PASTA PARTY FUNDRAISER</b> *See Newsletter for Details*	18	Chicken Stir Fry* Brown Rice* Kyoto Blend* Asian Blend* W.G. White <b>CF RB</b> Mandarin Oranges	19	Beef Sloppy Joe* Seasoned Wedge Potatoes* Ketchup* Buttered Beets* W.G. Bun <b>CBG TR</b> Tropical Fruit
22	Tuna Salad W.G. Bread Three Bean Salad Cereal Bar <b>CS TR</b> Pineapple	25	BBQ Chicken* Macaroni and Cheese* Sweet Potatoes* Spinach* w/Lemon Juice <b>CBG V</b> W.G. White & Grapes	26	Hot Dogs* w/bun Baked Beans* Mandarin Oranges <b>CS TR</b> Grape Juice Ketchup & Mustard Packet
29	Roast Beef w/W.G. Bun w/BBQ sauce Potato Salad Yogurt <b>CS TR</b> Orange	<b>ALTERNATE LUNCH KEY:</b> "T"= Tuna; "TR"=Turkey; "V"=Veggie & Cheese . "RB"=Roast Beef; "CS"=Chicken Salad w/Croissant CF=Chef Salad w/Egg & Ham "CBG"=Spring Lettuce w/Chicken Breast 			

# FEBRUARY

	MONDAY / COLD LUNCH		THURSDAY/HOT LUNCH		FRIDAY/HOT LUNCH
		1	Lemon Gravy Chicken Breast* Butternut Squash* Green Beans* W.G. Wheat <b>CF V</b> Banana	2	BBQ Rib Patty* Sweet Potatoes* Brussel Sprouts* W.G. Bun <b>CBG TR</b> Applesauce
5	 <b>SENIOR CENTER CLOSED</b>	8	Sliced Ham* w/Pineapple Glaze* Scalloped Potatoes* Mixed Vegetables* W.G. White <b>CBG V</b> Chunky Applesauce	9	Hamburger* w/Ketchup Seasoned Potato Wedges* Baked Beans* W.G. Bun <b>CBG T</b> Sliced Pears
12	Hot Dogs* w/bun Baked Beans* Mandarin Oranges <b>CS TR</b> Grape Juice Ketchup & Mustard Packet	15	Roasted Turkey Breast* w/Gravy* W.G. Stuffing* Mixed Vegetables* W.G. Wheat <b>CBG T</b> Orange & Cranberry Juice	16	Cheese Ravioli* Zucchini* Cauliflower* W.G. Breadstick <b>CBG RB</b> Chunky Applesauce
19	<b>NO BOXED LUNCH BREAKFAST BINGO FUNDRAISER</b> *See Newsletter for Details*	22	Grilled Chicken Strips* w/Alfredo Sauce & W.G. Pasta* Broccoli* W.G. Dinner Roll <b>CBG T</b> Fresh Orange Apple Juice	23	Breaded Fish* w/Tartar Sauce Brown Rice* Cauliflower* Kyoto Blend* WG. White <b>CBG V</b> Fresh Grapes
26	Tuna Salad W.G. Bread Three Bean Salad Cereal Bar <b>CS TR</b> Pineapple	29	Roasted Pork Loin* Sweet Potatoes* Broccoli* W.G. Biscuit <b>CBG T</b> Sliced Apricots	<b>ALTERNATE LUNCH KEY:</b> "T"= Tuna; "TR"=Turkey; "V"= Veggie & Cheese; "RB"=Roast Beef; "CS" Chicken Salad w/Croissant; "CF"=Chef Salad w/Egg & Ham "CBG"=Spring Lettuce w/Chicken Breast	