



**MAYFIELD VILLAGE**  
**SENIOR SERVICES NEWSLETTER**  
 Mailing Address: 6622 Wilson Mills Rd.  
 Mayfield Village, OH 44143  
 PHONE: 440-919-2332  
 FAX: 440-919-0207  
 www.mayfieldvillage.com



**Sept./Oct./Nov.**  
**2016**

## A NOTE FROM THE STAFF

We hope you had a great summer. Seniors enjoyed trips to see Phantom of the Opera, to Ann Arbor for the Art Fair and to Cleveland for an historic tour. Look inside for our last 2016 trip: "A Higbee's Silver Grille Christmas Party". The trips to Hartville and to see the Covered Bridges are sold out.

There are several new classes beginning this fall. Many begin in early September for which registration is currently taking place. New and current classes include: Watercolor Painting, Knitting/Crocheting, Cooking/Baking, Bridge Lessons, Spanish Lessons, Dynamic Arthritis Exercise, and One-Stroke Painting. There will also be an iPhone orientation class.

There are Lunch n' Learn programs on September 7 and September 23 at the Civic Center and a Lunch & Movie program at Governor's Village.

Reminder: A variety of services are available to Mayfield Village residents ages 60 and older through the Community Partnership on Aging. Transportation, daily luncheons, outreach services, homemaker services, social programs, chore information, wellness and education, tours and trips are among the services available. There is a nominal fee for most of the services provided.

Please share your thoughts or suggestions for new activities and trips with us. You may email Bill Thomas at [bthomas@mayfieldvillage.com](mailto:bthomas@mayfieldvillage.com) or Donna Heath at [dheath@mayfieldvillage.com](mailto:dheath@mayfieldvillage.com), drop a note in the suggestion box outside our office, or call us at 440-919-2332.

**William D. Thomas,**  
 Parks and Recreation Director  
**Donna J. Heath,**  
 Senior Program Coordinator

## LUNCH N' MOVIE AT MAYFIELD VILLAGE CIVIC CTR

In collaboration with the Community Partnership on Aging, Mayfield Village is hosting Lunch n' Movies at the Civic Center on various Wednesdays. The meal will be prepared by Community Partnership on Aging staff and volunteers and served in Civic Hall, combined with a recently-released feature film.

Movie titles and menus are listed on page 8.

Note that all movies are subject to change, based on availability.

**Time:** Lunch is served at 12:00 p.m.—note new time. Doors open at 11:45 a.m. Movie begins at 1:00 p.m.

**Where:** Mayfield Village Civic Hall for lunch; Mayfield Village Reserve Hall for movie.

**Cost:** \$5.00 per person, payable at the door.

Registration required by calling the Community Partnership on Aging at 216-650-4029, no later than the Wednesday prior to each luncheon date. Cancellations required no later than the Monday prior to each luncheon date.

### INSIDE THIS ISSUE:

Watercolor Classes, iPhone Basics Orientation, Social Worker, Transportation.....Page 3  
 Knitting/Crocheting, Lunch n' Learn Programs, and Lunch & A Movie at Governor's Village.....Page 4  
 Trips, Senior Walk at the Metroparks, Bridge Lessons, Spanish Lessons, Arthritis Exercise.....Page 5  
 Cooking & Baking Classes, One-stroke Painting....Page 6  
 Bereavement Group, Foot Clinics, Registration Form.....Page 7  
 Upcoming Activities with CPA (Community Partnership on Aging), Ongoing Activities with Mayfield Village.....Page 8

## SENIOR SERVICES OFFICE

The Senior Services Office is located inside the Mayfield Village Community Room at 6621 Wilson Mills Road. (Adjacent to the Gazebo at the corner of Wilson Mills and SOM Center Roads.)

Mailing address: 6622 Wilson Mills Road, Mayfield Village, OH 44143.

Telephone number: 440-919-2332.

William D. Thomas,  
Parks and Recreation Director

Donna J. Heath,  
Senior Program Coordinator

Commission on Aging Members:  
Bob Perna, Jan Perna, Ruth Petche,  
Ralph Tarsitano, and Marie Urbancic

Council Representative:  
Patsy Mills

Community Partnership on Aging Representative:  
Mary Salomon

## COMMUNITY PARTNERSHIP ON AGING

Mayfield Village joined the Community Partnership on Aging on May 1st, 2012. The Community Partnership on Aging currently serves the cities of South Euclid, Lyndhurst, Highland Heights, Mayfield Heights, and Mayfield Village.

Some of the services offered include: Daily Luncheons, Homemaker Services, Transportation, Outreach Services, Social Programs, Chore Information, Tours and Trips, Wellness and Education.

Volunteer opportunities are available for those interested in getting involved.

To learn more about the variety of new services available to Mayfield Village residents, contact the Community Partnership on Aging at 216-291-3902.

## NEW POLICY: WEATHER CLOSINGS

When Mayfield City Schools are closed due to inclement weather, the activities sponsored by Mayfield Village Senior Services will no longer be canceled. If there is a blizzard or other dangerous conditions, please use your best judgment when deciding to venture out. If you have any questions, contact us at 440-919-2332.

## OUTREACH SERVICES

Through the Community Partnership on Aging, licensed social workers provide in-home visits to Mayfield Village residents ages 60 and older who may benefit from assistance, or who have questions or concerns about matters affecting their physical, social, financial, or emotional well being or independence. Outreach staff also provide information on many local services. Call 216-548-8010 or 216-291-3902 for more information, or to make an appointment.



## HILLCREST MEALS ON WHEELS PROGRAM

The Hillcrest Meals on Wheels Program is available to residents of Mayfield Village and the entire Hillcrest area who are homebound or unable to shop and/or cook for themselves. Meals are provided five days a week for a nominal fee.

Mayfield Village residents who are interested in this service should call social worker Beda Madden at 440-442-2628.

### VOLUNTEERS NEEDED

The Hillcrest Meals on Wheels Program needs volunteers to deliver meals or help in the office. If you are interested in helping for as little as two hours a week, call 440-449-3551. The office is open Monday through Friday between 9 a.m. and 1 p.m. Your help would be sincerely appreciated.

**WATERCOLOR PAINTING**



No drawing skills necessary! You may uncover a hidden talent as you learn a variety of tips and techniques from award-winning watercolor instructor Flo Smith. At the end of each 4-week session, you will have created three watercolor paintings suitable for framing!

Sessions are offered on Tuesdays or Thursdays.

- Time:** 9:00 a.m.—12:00 p.m.
- Where:** Mayfield Village Community Room
- Instructor:** Florence Smith
- Cost:** \$35/Mayfield City School District Residents/4-week session  
\$40/Non-School District Residents/4-week session
- Plus:** \$4 material fee paid to instructor for each 4-week session.
- Deadline to Register:** 10 days before start date
- Free Demo:** Tuesday, August 30, 10 a.m.-12 p.m.

September Tuesday Session:  
September 6, 13, 20, 27  
September Thursday Session:  
September 8, 15, 22, 29

October Tuesday Session:  
October 4, 11, 18, 25  
October Thursday Session:  
October 6, 13, 20, 27

November Tuesday Session:  
November 1, 8, 15, 22  
November Thursday Session:  
3, 10, 17, Dec. 1 (No class 11/24)

New students: Contact us for a copy of the Materials list.

Class sizes are limited, so early registration is recommended. Registration begins as soon as you receive this newsletter.

**IPHONE BASICS—ORIENTATION**

- When:** Friday, October 21
- Time:** 9:00 a.m.—11:30 a.m.
- Where:** The Apple Store at Eton Collection, 28849 Chagrin Blvd.
- Cost:** Free
- Deadline to Register:** Please register with MV Senior Services early as the class is limited to 8 students.
- Details:** This iPhone basics class is a great way to learn about new features and pick up a few helpful tips and tricks to make using your iPhone easier—including a better understanding of accessibility features. Please bring your iPhone.

**SOCIAL WORKER /TRANSPORTATION FOR MAYFIELD VILLAGE RESIDENTS**

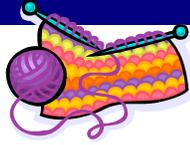
If you know someone who may have questions about services and benefits, please consider talking with a social worker. The Community Partnership on Aging employs social workers with a wide range of skills. Beda Madden is a Licensed Independent Social Worker who works to serve Mayfield Village residents. She and other social workers at CPA are able to assist residents with a wide range of services:

- Accessing benefits and resources
- Information and referral
- Understanding Medicare
- Making decisions about or helping you understand long term care
- Helping you to adjust to a new role or life change
- Managing depression or other chronic health conditions

Transportation Services

An important aspect of living independently is access to reliable transportation. Community Partnership on Aging offers registered riders access to healthcare appointments, grocery shopping and other transportation needs. Vans are able to accommodate wheelchairs. Members of the CPA Communities should contact Beda Madden at 440-442-2628 for registration and service information.

**KNITTING &  
CROCHETING CLASS**



**Date:** Session 1: Fridays, Sept. 9-Oct. 14  
 Session 2: Fridays, Oct. 28-Dec. 16\* —  
 (\*No Classes 11/25 & 12/9)  
**Time:** 9:30-11:30 a.m.  
**Cost:** \$48/6-week session  
**Class Maximum:** 12 students  
**Deadline to Register:** One week prior to first date of session.

If you have ever wanted to learn to knit or crochet, here's your opportunity. Let instructor Jan Perna show you how to begin. Or, if you already know how to knit or crochet, she will help you hone your skills. Maybe you have a special project you need assistance with, or want to learn a new stitch. Jan has been knitting and crocheting since she was 7 years old. Call 440-919-2332 for additional details and to register.

**LUNCH AND LEARN—  
“NAME THOSE TUNES”**



**Date:** Wednesday, September 7  
**Time:** 12:00 noon  
**Where:** Mayfield Village Civic Center  
**Deadline to Register:** Wednesday, August 31.  
 Call the Senior Services Department at 440-919-2332.

Enjoy a light lunch and play a musical game called “Name Those Tunes.” Door prizes will be awarded. This interactive presentation is sponsored by Kindred. Maximum 30 participants. This is a free program.

**LUNCH AND LEARN—  
“STROKE SYMPTOMS  
& HEALTH SCREENINGS”**

**Date:** Friday, September 23  
**Time:** 12:00 noon  
**Where:** Mayfield Village Civic Center  
**Deadline to Register:** Thursday, September 15. Call the Senior Services Department, 440-919-2332.

Enjoy a free luncheon and a special program, sponsored by University Hospitals/Ahuja. Maximum: 30 participants. Learn about the symptoms of strokes and participate in health screenings (blood pressure checks, glucose, cholesterol, and BMI screenings.) This is a free program.

**LUNCH AND LEARN  
“HOW HEARING LOSS IS CONNECTED  
TO OUR MENTAL HEALTH”**

**Date:** Wednesday, October 26  
**Time:** 12:00 noon  
**Where:** Mayfield Village Civic Center  
**Deadline to Register:** Monday, October 17  
 Audiologists from Zounds Hearing will talk about the connections between our ears and our brains. Free lunch & program. Sponsored by Zounds Hearing of Mayfield Heights.

**LUNCH & MOVIE  
AT GOVERNOR’S VILLAGE**

**When:** Wednesday, September 21  
 Wednesday, October 19  
 Wednesday, November 16  
**Time:** 12:00 Noon  
**Where:** Governor’s Village, 280 North Commons Blvd., Mayfield Village  
**Sept. Movie:** “The Promised Land”  
**Sept. Menu:** Grilled pork chops, redskin potatoes, grilled asparagus, strawberry shortcake.  
**Oct. Movie:** “Courageous”  
**Oct. Menu:** Meatloaf, house salad, mashed potatoes, corn, chocolate cake.  
**Nov. Movie:** “Tinker Tailor Soldier Spy”  
**Nov. Menu:** Roasted turkey, house salad, stuffing, carrots, cranberry sauce, pumpkin pie.  
**Cost:** \$5.00 for lunch.  
**RSVP:** 440-919-2332 at least one week prior to Lunch & Movie date. Call us for movie descriptions and for winter movie titles & menus.

## SENIOR WALK AT THE METROPARKS

Start your day in a healthy way! Join Mayfield Village residents Jim and Dona Kless as they walk in the Metroparks on Mondays, Wednesdays, and Fridays. Meet the Walking Group at the parking lot adjacent to the Metroparks on SOM Center Road between Highland and White Roads (across from Parkview Pool/Progressive.) The group walks at 10 a.m. during the fall. Call Mayfield Village Senior Services to register: 440-919-2332. This is a free activity.

## TRIP: "A HIGBEE'S SILVER GRILL CHRISTMAS PARTY!"

As we recreate the magic of the Silver Grille, we will enjoy entertainment by a violinist and a 3-piece combo band. There will be free time to view the decorations of Tower City or even visit the Horseshoe Casino. Includes a wonderful lunch from the Ritz Carlton borrowing from the original Silver Grille recipes.

**Date:** Wednesday, December 7  
**Depart:** 10:45 a.m. from MV Civic Center  
**Return:** 4:15 p.m. to MV Civic Center  
**Cost:** \$83 includes sumptuous lunch  
**Deadline to Register:** Wednesday, October 12

## BRIDGE 1 LESSONS (BEGINNER)

Classes will cover the overall game, bidding, contracts, no-trump, transfers, scoring, and more. There is no pre-requisite for this class.

**Session 1:** Fridays, Sept. 23-Oct. 28  
**Session 2:** Dates TBD following Session 1  
**Time:** 10 a.m.-12 noon  
**Where:** Mayfield Village Community Room  
**Instructor:** Sue Pisanelli  
**Cost:** \$64/6-week session  
**Deadline to Register:** Wednesday, September 14  
**Class Maximum:** 12 students so register early

## SPANISH LESSONS (BEGINNER)

Learn conversational Spanish so you can speak when you travel or talk to people you meet. Your instructor, Cristina Sempe, a Spanish native from Guatemala, has been teaching Spanish for over 40 years.



**Session 1:** Fridays, September 16-November 4  
**Session 2:** Dates TBD following Session 1  
**Time:** 1:00-2:30 p.m.  
**Where:** Mayfield Village Community Room  
**Instructor:** Cristina Sempe  
**Cost:** \$69/8-week session  
**Deadline to Register:** Wednesday, September 7  
**Class Maximum:** 12 students so register early

## DYNAMIC ARTHRITIS EXERCISE

YogaReach presents Dynamic Arthritis Exercises for fall. Join our Arthritis Exercise regime and learn how simple, low impact movements will help increase joint flexibility, range of motion, and muscle strength. YogaReac LLC provides a therapeutic adaptive program that is led by experienced and highly trained instructors from a wide array of disciplines. Our program serves individuals who love to promote ability development. YogaReach programs teach an integrated system of adaptive poses, breath work, daily function skills, movement exercises, and facilitate ongoing group/individual discussions. We empower our participants to focus on what they can achieve and reinforce an optimistic approach. Please wear comfortable clothing.

**Session 1:** Wednesdays, September 14-November 2 (No classes 10/5 & 10/12)  
**Session 2:** Wednesdays, November 9-December 14  
**Time:** 2:00-3:00 p.m.  
**Where:** Mayfield Village Civic Center  
**Instructor:** Staff from YogaReach  
**Cost:** \$64/6-week session  
**Deadline to Register:** At least one week prior to session starting date  
**Class Minimum:** 8 students

## COOKING & BAKING CLASSES

Learn how to make special dishes and enjoy samples for tasting in class. Bring containers to take samples home—and take many recipes home. Classes are held on various Thursdays from 1-3 p.m. at the Mayfield Village Civic Center. Your instructor is Judi Strauss, as seen on T.V. The cost is \$17 per class (not for the series.) Deadline to Register: the Monday before the class. Contact us for a flyer with course descriptions.

**Class:** Quick & Easy Chicken  
Enjoy fun and easy chicken dishes any night of the week.

**When:** Thursday, September 15

**Cost:** \$17

**Plus:** Food Fee of \$10 payable to instructor

**Class:** One-Pot Meals

This class is all about making meals that cook in one dish for easy preparation and easy clean up.

**When:** Thursday, September 29

**Cost:** \$17

**Plus:** Food Fee of \$9 payable to instructor

**Class:** Tea Time

Learn how to make proper tea and how to make all the tasty treats that are part of a proper tea party.

**When:** Thursday, October 6

**Cost:** \$17

**Plus:** Food Fee of \$9 payable to instructor

**Class:** Soups of the World

Soup seems to be the universal comfort food. From hearty to light, piping hot to icy cold, soup recipes are as different as the places they come from.

**When:** Thursday, October 20

**Cost:** \$17

**Plus:** Food Fee of \$9 payable to instructor

**Class:** Holiday Baking

Create that “home for the holiday” feeling by learning to bake some traditional favorites.

**When:** Thursday, November 3

**Cost:** \$17

**Plus:** Food Fee of \$9 payable to instructor

**Class:** Winter Salads

Winter salads can be a way to beat those wintertime blues. These salads are a great first course.

**When:** Thursday, November 10

**Cost:** \$17

**Plus:** Food Fee of \$9 payable to instructor

## ONE STROKE PAINTING



One stroke painting is a decorative painting technique (of mostly flowers) using acrylic paints. It allows for blending, shading, and highlighting all in one stroke. You do not have to be able to draw to paint! Come join us. This is a fun class! No art/painting experience necessary. You won't believe what you can do! (Shown above are the 5-petal flowers you will learn to paint in the Beginner I class.)

**When:** September 14: Beginner I—5-petal flowers on a card (No Pre-Requisite)

September 21: Beginner II—Heart-shaped grapevine with rosebuds on a paper maché box (Pre-Requisite Beginner I.)

September 28: Beginner III—Wildflowers on a small canvas (Pre-Requisite Beginner I and II.)

October 5: Beginner IV—Open rosebuds on a wooden plaque (Pre-Requisite Beginner I, II, and III.)

**Time:** 1:30-4:00 p.m.

**Where:** Mayfield Village Community Room

**Instructor:** Barbara Brastoff

**Cost:** \$28 per class (not for the series)

**Plus:** \$1 to \$4 surface fee paid to instructor for each class.

**Please Note:** Class sizes are limited. Registration begins as soon as you receive this newsletter. The third project is shown below. Please contact us for a flyer with pictures of the other projects. 440-919-2332.



## BEREAVEMENT GROUP

Elizabeth of Crossroads Hospice helps persons work through the grief process connected with losses through death, job loss, divorce, moves, and other life-changing challenges.

**Date:** New 10-week session begins Monday, September 12  
**Time:** 5:45-6:45 p.m.  
**Where:** Mayfield Village Community Room  
**Cost:** Free  
 Contact Mayfield Village Senior Services at 440-919-2332 to learn more or to register.

## FOOT CLINICS

**When:** Fridays, Sept. 9 & 23, Oct. 7 & 14, Nov. 11, Dec. 2 & 9.  
**Time:** 1:00-3:00 p.m.  
**Where:** M.V. Civic Center or Comm. Rm.  
**Cost:** \$20 (Medicare generally covers cost for diabetics)  
**Doctor:** Dr. Kelly R. Whaley, Diabetic and Geriatric Specialist practicing for 15 years in Northeast Ohio

**\*Call Mayfield Village Senior Services at 440-919-2332 to make an appointment for diabetic and routine foot care such as toenail cutting, treatment of corns and calluses, and removing ingrown toenails.**

### HOW TO REGISTER WITH MAYFIELD VILLAGE SENIOR SERVICES:

Easy ways to register for all activities, classes, programs, and trips listed in this newsletter unless otherwise noted:

**Phone: 440-919-2332**

Call Mayfield Village Senior Services with your registration and MasterCard, Visa, or DiscoverCard information.

**In-Person:**

Register in person from 8:30 a.m.-4:30 p.m. Monday-Friday at the Senior Services Office, inside the Community Room at 6621 Wilson Mills Road, Mayfield Village.

**Fax: 919-0207**

Fax your registration to Mayfield Village Senior Services at 440-919-0207. Note: The fax may not be working until late September.

**Mail:**

Mail your registration and check or credit card payment to Mayfield Village Senior Services, 6622 Wilson Mills Road, Mayfield Village, OH 44143. Checks are payable to Mayfield Village unless otherwise noted.

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 APARTMENT NUMBER : \_\_\_\_\_  
 CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PHONE: \_\_\_\_\_

***Checks are payable to Mayfield Village unless otherwise noted.*** We accept MasterCard, Visa and DiscoverCard. If you are paying by credit card, please complete the following:

Card No. \_\_\_\_\_  
 \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
 "V" Code \_\_\_\_\_ (Last 3 digits above your signature on the back of your card.)

***Please list the title, date, and fee of the course(s) for which you are registering:***

\_\_\_\_\_  
 \_\_\_\_\_

## UPCOMING ACTIVITIES WITH CPA

### Community Partnership on Aging Lunch N' Movie at Civic Center/Reserve Hall Theatre

Each month an upscale lunch prepared by Community Partnership on Aging staff and volunteers, followed by a movie!

Upcoming dates with entrées/movie include:

Wednesday, September 14 – **“The Phantom of the Opera”** (2004) – Menu entrée: Chicken Caesar Spinach Wraps. Seventeen year-old Emmy Rossum and Gerard Butler bring Andrew Lloyd Weber’s fantastic musical to the big screen!

Wednesday, October 12 – It’s too early to pick the October movie but rest assured we’ll pick a good one! Menu entrée: Eggplant Parmesan with Italian Chopped Salad

Wednesday, November 9 – It’s too early to pick the November movie but rest assured we’ll pick a good one! Menu entrée: French Dip Sandwich

\*\* Movies subject to change based on DVD availability.

Lunches are \$5.00 per person (reservations REQUIRED by calling 216-650-4029 no later than 3:00 PM on Wednesday prior to the lunch). Doors for all lunches open at 11:45; lunch is served at 12:00 p.m. and movie starts at 1:00 p.m..

### Movie Mondays in Mayfield!

A new movie series at Reserve Hall Theater on select Mondays! Movies range from classic to comedy to newer releases; some movies will include a discussion.

September 19 – **“The Out-of-Towners”** (1970) at 1:00 PM

October 24: **Classic Scary Movie Marathon— come for one or for all, and watch for more info about the CPA Open House during the marathon!**

**10:30AM - “Wait Until Dark” (1967)**

**12:45PM - “Strangers on a Train” (1951)**

**3:00PM – “Abbott and Costello Meet Frankenstein” (1948)**

**5:00PM - “Dial M For Murder” (1954)**

Reservations are appreciated! Call CPA at 216-650-4029. Movies subject to change based on availability.

## ONGOING ACTIVITIES & PROGRAMS

Classes, activities and programs are held at the Mayfield Village Community Room, 6621 Wilson Mills Road, or the Mayfield Village Civic Center, 6622 Wilson Mills, as noted.

- **BLOOD PRESSURE TESTING** provided by members of the Mayfield Village Fire Department: **3rd Tuesday of each month** at the Mayfield Village Community Room at approximately 1:30 p.m. (Free; drop in.)
- **CARDS: Tuesdays & Thursdays, 1-4 p.m.** Bridge, Pinochle, and Hand and Foot are currently being played. Drop in at 1 p.m. any Tuesday or Thursday to play Pinochle or Hand and Foot. For Bridge, contact us to be a substitute. Light refreshments are served, and birthdays are celebrated. (\$1) Doors open at 12:45 p.m. Held at Mayfield Village Community Room.
- **MAH JONGG: Mondays, 1-4 p.m.** Drop in at 1 p.m. to team up with new friends. If you have a set, bring it with you. Light refreshments are served. (Free) Doors open at 12:45 p.m. Held at Mayfield Village Community Room.
- **MEALS ON WHEELS** (Information on page 2)
- **CLASSES**  
We offer Arthritis Exercise, Beginning Bridge, Beginning Spanish, Knitting & Crocheting, Watercolor Painting, One-Stroke Painting, and Cooking & Baking classes.
- **BEREAVEMENT SUPPORT GROUP:** We offer a Bereavement Support Group to help persons work through the grief process connected with losses through death, job loss, divorce, moves, and other life-changing challenges. Contact us for details.
- **LUNCH N’ LEARN PROGRAMS:** We offer Lunch n’ Learn Programs on various topics of discussion. The programs are free. Lunch is provided. A speaker talks while you eat lunch. Programs are held at the Mayfield Village Civic Center. See page 4 for current programs.
- **LUNCH N’ MOVIE PROGRAM:** We offer a Lunch n’ Movie Program in cooperation with the Community Partnership on Aging. (See pages 1 & 8 for details.)
- **LUNCH & MOVIE PROGRAM:** We offer a Lunch & Movie Program in cooperation with Governor’s Village. (See page 4 for details.)