



MAYFIELD VILLAGE
SENIOR SERVICES NEWSLETTER
 Mailing Address: 6622 Wilson Mills Rd.
 Mayfield Village, OH 44143
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 www.mayfieldvillage.com



Sept./Oct./Nov.
2018

A NOTE FROM THE STAFF

It was a great summer! Maybe you attended a concert at the Gazebo or The Grove, or maybe you attended the Cruise Night or the Fourth of July fireworks. If you didn't, keep these activities in mind for next year. Mayfield Village has a lot to offer.

We traveled to the Warther Carving Museum and Sugar Creek in July, and the Federal Reserve Bank and the Toledo Art and Glass Museums in August. The September trip to see the Mums in Barberton, the October trip for the Progressive Wine Tour, and the December trip to Dickens Victorian Village are sold out. You still have an opportunity to go with us to the Wheeling Island Casino, with a buffet dinner at Wilson Lodge and to see the lights at Oglebay in December. Details on page 5. You may also contact us to get on the waiting lists for those sold-out trips.

A few classes took summer breaks. All will return in the fall—plus we will be offering Bridge Lessons.

We hope you will find time to see two art shows: The Mayfield Art Show—October 14-21 at the Mayfield Library, 500 SOM during regular library hours (440-473-0350); and the Watercolor Student Art Show (with students of Flo Smith's Watercolor classes) during November and December (M-F, 9 a.m.-4 p.m.) at the Civic Center.

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 Shane McAvinew at smcavinew@mayfieldvillage.com or Donna Heath at dheath@mayfieldvillage.com, or call the Parks & Recreation Department at 440-461-5163 or the Senior Services Office at 440-919-2332.

Shane McAvinew, 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.

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

Time: Lunch is served at 12:00 p.m. Doors open at 11:30 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.

Wednesday, September 12

Movie: "Book Club" (2019) (PG)

Menu TBA

Wednesday, October 10

Movie: "Won't you be my Neighbor?" (2018) (PG-13)

Menu entrée: TBA

Wednesday, November 14: Menu & Movie TBA

Wednesday, December 5: Menu & Movie TBA

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.

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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.

Shane McAviney,
Parks and Recreation Director

Donna J. Heath,
Senior Program Coordinator

Commission on Aging Members:
Margaret DeMarco, Bob Perna, Jan Perna,
Audrey Schmidt, and Ralph Tarsitano

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, and Transportation.

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
CLASSES**



During each 4-week session, students paint 3 or 4 pictures. Each student receives a black and white copy of the picture to be painted prior to class in order to trace it or hand-draw. On class day, the instructor will demonstrate use of various brushes, how to mix paint, and application of the paint to the paper. During the fourth class there is a demonstration of several individual items such as pine trees, rocks, water with reflection, or you may “catch up” on unfinished paintings.

- When:** 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
- September Session (Thursdays):**
September 6, 13, 20, 27
- October Session (Thursdays):**
October 4, 11, 18, 25
- November Session (Thursdays):**
November 1, 8, 15, 29 (No class 11/22)
- December Session (Thursdays):**
December 6, 13 (Note: This is a half session and will be half price.)

No drawing skills necessary! Classes are held at the Mayfield Village Community Room. 6621 Wilson Mills Road.

New students: Contact us for a copy of the lists of materials and paints that you will need to purchase before the first class.

Class sizes are limited, so early registration is recommended.

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

- When:** Wednesday, September 26
Wednesday, October 17
Wednesday, November 21
- Where:** Governor’s Village, 280 North Commons Blvd., Mayfield Village
- Sept. Movie:** “The Shape of Water”
- Sept. Menu:** Caesar salad, spaghetti with meat sauce
- Oct. Movie:** “The Foreigner”
- Oct. Menu:** Meatloaf and mashed potatoes
- Nov. Movie:** “A Bad Moms Christmas”
- Nov. Menu:** Turkey, stuffing, sweet potatoes
- Time:** 12:00 noon
- Cost:** \$5.00
- RSVP:** 440-919-2332 at least one week prior to Lunch & Movie date. Call us for movie descriptions and full menus.

**WALK IN THE PARK
(AT THE METROPARKS)**

- When:** Mondays, Wednesdays, and Fridays
- Where:** The Cleveland Metroparks (Entering the park from SOM Center Road in Mayfield Village.)
Park in the lot on SOM Center Road across from Progressive Insurance.
Call us for further directions.
- Time:** Call us for the time. (9:30-10:30 a.m. in warm weather, or 10:00-11:00 a.m. in cooler weather)
- Cost:** Free
- RSVP:** 440-919-2332. Call 3 days before you want to walk so we can let your leader, Jim, know to look for you. Walk at your own pace and meet new friends.

**YOUR SUGGESTIONS NEEDED FOR
2019 ACTIVITIES AND TRIPS**

We will soon be planning activities, programs, and trips for 2019. We would like your suggestions as to which activities, programs, and trips you would be interested in attending next year. Contact Parks and Recreation Director, Shane McAviney at 440-461-5163 or smcaviney@mayfieldvillage.com, or Senior Program Coordinator, Donna Heath, at 440-919-2332 or dheath@mayfieldvillage.com.

KNITTING & CROCHETING CLASSES

When: Fridays
Time: 9:30-11:30 a.m.
Dates: Contact us for dates
Cost: \$48/6-week session

Class Maximum: 12 students
Deadline to Register: One week prior to first day 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. Your senior instructor, Jan, has been knitting and crocheting since she was 7 years old. Call 440-919-2332 to register. Then, Jan will tell you what type of yarn and needles to purchase.

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.

EVENING COOKING CLASSES

When: Various Thursdays
Time: 7:00-9:00 p.m.
Where: Mayfield Village Community Room
Cost: \$20 per class + food fee of \$8-\$10
Deadline to Register: The Monday before the class

Learn how to make special dishes and enjoy samples for tasting in class. Bring containers to take samples home—and take recipes home. Instructor: Judi Strauss, as seen on *New Day Cleveland*. Food fees are payable to instructor.

Class: Tea Time
Date: October 4
Cost: \$20 + \$9 food fee
 Learn how to make proper tea and all the tasty treats that are part of a proper tea party.

Class: Taste of Asia
Date: October 11
Cost: \$20 + \$8 food fee
 Get an introduction to Asian cooking from appetizers to desserts and everything in between. Learn cooking techniques and where to find various Asian ingredients.

Class: Focaccia, Bruschetta & Bread Sticks
Date: October 18
Cost: \$20 + \$8 food fee
 Learn how to prepare Focaccia, Bruschetta, and breadsticks that will complement any Italian meal.

Class: Seafood Made Easy
Date: November 1
Cost: \$20 + \$10 food fee
 From Salmon Quiche to Creole Jambalaya, you will have a chance to taste several seafood dishes and learn how to make it right every time.

Class: The British Isles
Date: November 15
Cost: \$20 + \$9 food fee
 Today, British cooking includes classics like Yorkshire Pudding and Bubble and Squeak to dishes influenced to world cuisine.

Class: Winter Salads
Date: November 29
Cost: \$20 + \$9 food fee
 Winter salads can be a way to beat those wintertime blues. Full of greens, citrus, and some unexpected ingredients, these salads are a great first course.

Be sure to register by the Monday before so classes don't get canceled.

TRIP: OGLEBAY LIGHTS & WHEELING ISLAND CASINO



We will start our day at the Wheeling Island Casino. Each of us will receive a \$25 voucher for free play. You may choose to relax and have lunch (on your own) or play your favorite casino game. Be sure to save room for dinner as we will have an extravagant buffet dinner at the beautiful Wilson Lodge. Then, we're off to see the fabulous light display. A guide will board our comfortable motor coach and point out the lights as we drive past them—that way we won't miss anything!

Date: Wednesday, November 14
Depart: 9:30 a.m. from MV Community Room
Return: 11:00 p.m. to MV Community Room
Cost: \$92 includes guided light tour, buffet dinner, and transportation.

Deadline to Register: Monday, October 8



**OTHER 2018 TRIPS
(Get on the waiting list for these)**

Call MV Senior Services (440-919-2332) for additional information and to get on the short waiting lists for the following trips:

- ◆ 9/28: Magnificent Mums (\$32)
- ◆ 10/3: Progressive Wine Tour (\$86)
- ◆ 12/5: Dickens Victorian Village (\$84)

“MAGICAL MEMORIES OF CLEVELAND CHRISTMAS PAST—AND THEN SOME!”

Join us for this special free presentation of “Magical Memories of Cleveland Christmas Past—and Then Some!” by Susan Cannavino of *Presentations with Pizzazz*. Light refreshments will be served.

Date: Wednesday, November 28
Time: 1:00-2:00 PM
Where: MV Community Room
Deadline to Register: Wednesday, November 21

TRIP: HIGH VICTORIAN TEA & SHOPPING



Join us for an elegant Victorian High Tea. Enjoy homemade quiche, a tiered tray full of finger sandwiches and a sweet dessert—and of course, a pot of tea. After lunch, we will stop at a few stores in Canal Fulton for shopping or browsing.

Date: Wednesday, March 27, 2019
Depart: 9:45 a.m. from MV Community Room
Return: 3:15 p.m. to MV Community Room
Cost: \$45

Deadline to Register: February 22

2019 TRIP PREVIEW PROGRAM

- ◆ 12 noon Friday, January 18 at MV Civic Center
- ◆ Join us for a light lunch and a preview of the 2019 trips.
- ◆ RSVP by January 11. 440-919-2332

**FALL CONCERTS (FREE)
AT THE GAZEBO & THE GROVE**



Bring a lawn chair and come out to the Thursday Night After Work Concerts (6:00-8:00 p.m.) at the Mayfield Village Gazebo, 6621 Wilson Mills Road.

- 9/13: 90's Night Grunge DNA (Gazebo)
- 9/20: 80's Night Sunset Strip (Gazebo)
- 9/27: 70's Night Midnight Drive (The Grove)

BEGINNING BRIDGE LESSONS

Learn the fundamentals of Bridge. Classes will cover the overall game, bidding, contracts, no-trump, transfers, scoring and more. Your instructor is Florence Carter, certified by ABA and ACBL.

- Session 1:** 9/14-11/2. Note: Additional sessions will be offered if students are interested in continuing.
- When:** Fridays, 10 a.m.-12 p.m.
- Where:** MV Community Room
- Cost:** \$55/8-week session plus a \$10 book fee payable to instructor. Book is optional.
- Deadline to Register:** September 6.

BALANCE & CHAIR YOGA

Never tried a yoga class? Do you have balance or mobility concerns? Have you had a joint replacement or surgery? No problem. This is the class for you! No need to get on the floor—chair, standing, and wall poses are used. The focus will be on improving your balance, flexibility, and strength. Instructor: Lois Wiesbrook.

- Session 1:** 9/12-10/17
- Session 2:** 10/31-12/5
- When:** Fridays, 2-3 p.m.
- Where:** MV Community Room
- Cost:** \$42/6-week session
- Deadline to Register:** One week prior to the class for which you wish to register.

ONE STROKE & FUN ACRYLIC PAINTING



Left: Fall Project: Sunflowers on Canvas

Right: Winter Project: Snowman on Canvas



One stroke painting is a decorative painting technique 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! Your instructor is Barbara Brastoff.

All classes are held from 2-4 p.m. in the Mayfield Village Community Room.

- Fall Project:** Sunflowers on Canvas
- When:** Wednesday, October 3
- Cost:** \$28 plus a \$3 surface fee payable to instructor
- Winter Project:** Snowman on Canvas
- When:** Wednesday, November 7
- Cost:** \$28 plus a \$3 surface fee payable to instructor.
- Deadline to Register:** One week before the class you wish to attend.

NEW! BRAINERSIZE ACTIVITY CLASSES (Free)

It is important to keep our minds sharp as we age. Studies have shown that mental stimulation can help with maintaining and may even improve brain health. We exercise our bodies and it is also important to exercise our brains as well. *Brainersize* consists of about an hour of mentally challenging activities such as doing puzzles, playing trivia and memory games in a fun and friendly atmosphere. Participants will find they are stimulating their brains while enjoying a few laughs along the way! These new classes to exercise your brain are being offered by Beverly Fertel of Governor's Village Assisted Living. You may attend 1, 2, or 3 sessions.

- Dates:** Monday, September 24
Monday, October 29
Monday, November 26
- Time:** 1-2 p.m.
- Where:** MV Community Room
- Cost:** Free
- Deadline to Register:** The Thursday prior to the class(es) you wish to attend. (440-919-2332)

BEREAVEMENT GROUP

Denise 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: Mondays, Sept. 17-Nov. 5
Time: 10:00-11:00 a.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, 9/14, 9/28, 10/5, 10/19, 11/2, 11/16, 12/7, 12/28
Time: 1:00-3:00 p.m.
Where: M.V. Civic Center
Cost: \$25 --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. Note: If the inside door is locked, please press the buzzer.

Fax: 919-0207

Fax your registration to Mayfield Village Senior Services at 440-919-0207.

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: 216-650-4029

Movie Mondays in Mayfield!

A FREE 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 17 at 1:00 PM: "Love Simon" (PG-13)

October 22 at 1:00 PM: "Tully" (R)

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

"Produce Plus"

Market for those age 60+

Village residents who can benefit from the Program can shop at the market for a variety of produce and more. For questions or income guidelines, call 216-650-4029.

Produce Plus takes place every third Thursday at South Euclid Community Center between the hours of 10:30 AM-2:00 PM.

Lunch n' Movie Programs

See Page one for the Lunch n' Movie program listing of fall movies and lunches.

Call the Community Partnership on Aging at 216-650-4029 for questions about any of these programs.

CPA "Learn & Go" Programs

Learn and Go programs are offered in partnership with University Circle, Inc. which will bring you a series of video conference programs AND a corresponding field trip to a local venue. The next Learn & Go Program is:

DARK UNIVERSE

\$35 (Bring your own lunch)

\$40 (With CPA box lunch)

On-Site Presentation at Mayfield Village Civic Center, 1:00 PM Tuesday, September 25

Dark Universe celebrates the pivotal discoveries that have led us to greater knowledge of the structure and history of the Universe and our place in it—and to new frontiers for exploration. Join the CMNH astronomers to prepare yourself for the moments ahead of you at the *Nathan and Fanny Shafran Planetarium*.

Shafran Planetarium Trip

Departs 9:15 AM Thursday, September 27 from Highland Heights Community Center
Deadline to Register with CPA: August 24.
440-473-5138.

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 Beginning Bridge, Cooking/Baking, Spanish, Knitting & Crocheting, Watercolor Painting, Balance & Chair Yoga, One-Stroke Painting, and Brainersize.
- **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. The schedule will be in the next issue.
- **SPECIAL PROGRAMS:** We offer Special Programs on various topics of discussion. (See page 5)
- **LUNCH N' MOVIE PROGRAM:** We offer a Lunch n' Movie Program in cooperation with the Community Partnership on Aging. (See page 1 for details.)
- **LUNCH & MOVIE PROGRAM:** We offer a Lunch & Movie Program in cooperation with Governor's Village. (See page 3 for details.)
- **SENIOR WALK:** Seniors walk in the Metroparks during spring, summer, and fall. See page 3 for details.