



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



**Dec. 2019 /
 Jan./Feb. 2020**

A NOTE FROM THE STAFF

We took a special trip at the end of August—a cruise with lunch on the Goodtime III. In September, we traveled to Chautauqua New York with JKL Tours. In addition to seeing the beautiful homes in the Chautauqua Institute, we had lunch at the historic and beautiful Athenaeum Hotel. Then, in October, we had a decadent lunch and toured an Amish home and shopped near Sugar Creek. Our final trip of 2019 (which is sold out) is “A Cleveland Area Christmas” (tours of the Christmas Story House and Stan Hywet with lunch on our own at Don’s Lighthouse.)

We will preview our 2020 trips on Monday, January 20 at 12 noon at the Mayfield Village Community Room. Limited to the first 100 people who R.S.V.P. by January 8. A light lunch will be served.

In late October, we held our first annual Homecoming Dance Party. Approximately 50 seniors attended and danced to a variety of music including *The Electric Slide*. Local dance instructor, Diana, showed us some special moves and party-goers selected their Homecoming King and Queen and a runner-up King and Queen. The honor of King and Queen went to Frank and Genevieve DeCepna and Runner-Up King and Queen went to Nancy Gaspar and James Shelby. I would like to express thanks to Dustin Ross of DiCicco & Sons Funeral Home for emceeing the event, providing the King and Queen crowns, and gift certificates for the raffle, and to Wickliffe Country Place for donating the beautiful and tasty cupcakes. More information and another photo on page 6.

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 McAviney at smcaviney@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 McAviney, Parks and Recreation Director
 Donna J. Heath, Senior Program Coordinator

**FOR MAYFIELD VILLAGE
 SENIOR RESIDENTS:**

- **HOLIDAY PARTY:**
 Friday, December 13, 12-3 p.m.
 MV Community Room
 Appetizers, lunch, harp music
 RSVP by 12/3 to MV Senior Services with your name, address, and phone number.
- **AARP INCOME TAX ASSISTANCE:**
 Mondays, February 10, March 16, & April 6
 Call MV Senior Services with your name, address, and phone number to make an appointment. A limited number of appointments are available, so we reserve them for Mayfield Village residents and they are booked on a first-come, first-served basis.



Seniors kick up their heels at the first annual Homecoming Dance party in October. See pg. 6.

INSIDE THIS ISSUE

Senior Services Office, Weather Closing Policy, Outreach Services, Community Partnership on Aging, Hillcrest Meals on Wheels.....Page 2
 Lunch & Movie at Governor’s Village, Lunch n’ Learn Programs, Cell Phone Help, Watercolor Classes.....Page 3
 Watercolor Classes.....Page 4
 Trips.....Page 5
 Bereavement, Foot Clinics, Balance & Chair Yoga, Homecoming Dance Notes, Brainersize classesPage 6
 Community Partnership on Aging, MV Reg. Form.....Page 7
 Ongoing ActivitiesPage 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.

Shane McAviney,
Parks and Recreation Director

Donna J. Heath,
Senior Program Coordinator

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

Council Representatives:
Allen Meyers and 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.

WEATHER CLOSINGS POLICY

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 workers Sarah Finch or Nancy Thorne at 440-442-2626, ext. 244.

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.

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

When: Wednesday, December 18, 2019
 Wednesday, January 15, 2020
 Wednesday, February 19, 2020
Where: Governor's Village, 280 North Commons Blvd., Mayfield Village
Dec. Movie: "Miracle on 34th Street"
Dec. Menu: Pot roast, carrots & potatoes, cauliflower, spice cake.
Jan. Movie: "Blinded by the Light"
Jan. Menu: Spaghetti & meat sauce, house salad, garlic bread, chocolate cake.
Feb. Movie: "The Mustang"
Feb. Menu: Baked Tilapia, tomato salad, rice pilaf, mixed vegetables, lemon tarts.
Time: 12:30 p.m.
Cost: \$5.00 (pay during lunch)
RSVP: 440-919-2332 at least one week prior to Lunch & Movie date. Call us for movie descriptions and complete menus.

**LUNCH & LEARN:
"HOW TO AVOID FRAUD"**

Join us for a light lunch and a special program presented by Mary Jo of Citizens Bank.

Date: Wednesday, February 7, 2020
Time: 12:00 noon
Where: MV Civic Center
Deadline to Register: Wednesday, January 29—or the first 30 people who RSVP to MV Senior Services.

**LUNCH & LEARN:
"NAME THAT TUNE"**

Put on your thinking caps and try to recognize some of your favorite oldies as Laura from the Fountains & The Greens plays snippets of music. A light lunch will be served.

Date: Wednesday, March 4, 2020
Time: 12:00 noon
Where: MV Civic Center
Deadline to Register: Monday, February 24—or the first 30 people who RSVP to MV Senior Services.

**NEED HELP WITH YOUR
CELL PHONE OR TABLET**

If you need help with your cell phone or tablet, call Donna at 440-919-2332. She will make arrangements for Shane to assist you.

**WATERCOLOR PAINTING
CLASSES WITH FLO SMITH**

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. 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.

When: Thursdays December 4 & 11

Time: 9:00 a.m.—12:00 p.m.

Where: Mayfield Village Community Room

Instructor: Flo Smith

Cost: \$17.50/Mayfield City School District Residents/2-week session
 \$20/Non-School District Residents/
 2-week session

Plus: \$2 material fee paid to instructor for each 2-week session.

Deadline to Register: Please register as soon as possible.

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.

Note: Flo Smith will be retiring in January after she teaches a Gesso class. If you would be interested in taking a Gesso class, please contact us for details. Flo has taught Watercolor classes for Mayfield Village for 8 years and everyone will miss her. We wish Flo well in her retirement.

Watercolor classes will be continuing with Kathy Oravec. See page four for class details.

**WATERCOLOR PAINTING
CLASSES WITH KATHY ORAVECZ**



This course is an introduction to traditional principles and contemporary techniques in watercolors. Students will gain a greater working knowledge of the skills involved to create a watercolor painting including:

- composition
- brush techniques
- color theory
- the elements of art
- perspective
- Critique

When: Tuesdays
 January Session: Jan. 7, 14, 21, 28
 February Session: Feb. 4, 11, 18, 25
 March Session: March 3, 10, 17, 24

Time: 9:00 a.m.—12:00 p.m.

Where: Mayfield Village Community Room

Instructor: Kathy Oravec

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: *Ten days prior to the class start date. Class sizes are limited, so early registration is recommended.

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

**WATERCOLOR PAINTING
CLASSES (continued)**

Course Description:

Experience the exciting medium of watercolor as you learn to see composition in terms of line, shape, color, texture, and value. Gain skills to develop your artwork in grid drawing, spatial relationships, effective use of light and shadow, use of design in representational or abstract painting and traditional watercolor techniques. Class time will be used experimenting with hands on painting projects along with emphasis on critique and development of personal style. Beginners through advanced levels welcome.



**2020 TRIP
PREVIEW PROGRAM**

Join us for a light lunch and a preview of the 2020 trips.

Date: Monday, January 20
Time: 12:00 noon
Where: MV Community Room
Cost: Free

Deadline to Register: Wednesday, January 8—or the first 100 people who RSVP to MV Senior Services, 440-919-2332.

**2020 TRIP: FRANKLIN
PARK CONSERVATORY /
DALE CHIHULY EXHIBIT**

The Conservatory is beautiful anytime with its glass-enclosed gardens filled with exotic plant life from around the world—but with the addition of a special exhibit of Dale Chihuly glass, it will be exceptional! First, we will enjoy a boxed lunch from the Garden Café at the Conservatory with reserved seating. (On our trip several years ago, many people commented that it was the best boxed lunch they have ever had.) Then, we will tour the Conservatory on our own. The tour will include the Conservatory's permanent collection of Dale Chihuly's glass artwork which will be completely reimagined and complemented by a collection of new installations on loan from Chihuly Studios. The popular glass will be placed within the plant collection under natural light. Personal amateur photography is permitted as long as it is for personal use and enjoyment, rather than for commercial or gallery use. We will be taking a large Lakefront bus.

Date: Wednesday, March 25
Depart: 8:45 a.m. from MV Community Room
Lunch: 12:15-1:30 p.m. (Approx.)
Tour: 2:00-3:30 p.m. (Approx.)
Cost: \$94 includes lunch, tour, transportation
Return: 6:30 p.m. to MV Community Room
Deadline to Register: Wednesday, January 22

Menu choices are listed below. Please give us your selection when you register. All sandwiches and salads come with a "chef's choice deli side", grapes, a cookie, iced water and lemonade.

- Ham and Havarti on Rye
- Turkey, Bacon & Muenster on Wheat
- Chicken Salad on Croissant
- Tuna Salad on Croissant
- Caesar Salad with Caesar Dressing
- Cobb Salad with Buttermilk Ranch Dressing
- Seasonal Salad: Chef's Choice of In-Season Toppings & Dressing

**2020 TRIP
MISS MOLLY'S TEA ROOM**



Join us for this first trip of 2020. Sip hot tea and relax in a cozy atmosphere while you enjoy finger sandwiches and miniature pastries. After lunch, you will have time to shop or browse in the beautiful gift shop. We will be taking a Shima limousine 25-passenger limo bus.

Date: Wednesday, March 18
Depart: 9:45 a.m. from MV Community Room
Lunch: 11:00-1:00 p.m. (Approx.)
Shopping: 1:00-1:30 p.m. (Approx.)
Cost: \$55
Return: 2:30 p.m. to MV Community Room
Deadline to Register: Wednesday, February 12 (unless we are sold out sooner.)

**2020 TRIP
HISTORIC CHURCHES**

Join us as we travel with JKL Tours around the Cleveland area to see several historic churches. Lunch at a surprise venue is also included. Please contact us as soon as possible for details. We need to have 30 participants for this trip to go forward.

Date: April Date TBD (probably a Wed. or a Fri.)
Depart: Time TBD from MV Community Room
Cost: TBD
Return: Time TBD to MV Community Room
Deadline to Register: Monday, February 3 (unless we are sold out sooner.)

OTHER 2020 TRIPS

You may contact us after January 20 to find out about the other 2020 trips we have planned. Details and flyers will be available at the Trip Preview Program and afterward by calling Senior Services.

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, January 27-March 16, 2020
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

What: Routine foot care such as toenail cutting, treatment of ingrown toenails, corns and calluses, etc.
When: *Fridays, 12/13, 12/20, **1/10, 1/24, 2/14, 2/28, 3/6, 3/27
Time: *1:00-3:00 p.m.
Where: M.V. Civic Center, 6622 Wilson Mills
 **M.V. Community Room, 6621 Wilson Mills
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 MV Senior Services at 440-919-2332 to make an appointment. 1/10 clinic will be at M.V. Comm. Room.

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. Instructors: Lois Wiesbrook and Diane Adelson.

When: Wednesdays, 2-3 p.m.
Session 1: January 8-February 12
Session 2: February 26-April 1
Cost: \$42/6-week session
Deadline to Register: One week prior to the class for which you wish to register.

Classes are held at the MV Community Room.

BRAINERSIZE (BRAIN EXERCISE) CLASSES

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 classes to exercise your brain are being offered by Jessica of Governor's Village Assisted Living. You may attend any number of sessions.

Dates: No Brainersize in December.
 Monday, January 27
 Monday, February 24
 Monday, March 30
Time: 1-2 p.m.
Where: MV Community Room
Cost: Free
Deadline to Register: A week prior to the session for which you wish to register.

HOMECOMING DANCE PARTY NOTES

If the picture on the front cover of this issue is any indication, I think our first Homecoming Dance Party was a success. While some people just listened to the music and visited with friends, others got out there and danced to a variety of music. Attendees also enjoyed pizza, punch, cookies, and cupcakes. Thanks to Wickliffe Country Place for providing the delicious cupcakes and to Dustin Ross of DiCicco and Sons Funeral Home for emceeding the event, providing a set of crowns for the King and Queen, door prizes and prizes for the King and Queen.

Look for information about the 2020 Homecoming Dance Party in future issues.



The 2019 Homecoming Queen and King were: Genevieve and Frank DeCepna (right) and the runner-up Queen and King were Nancy Gaspar and James Shelby (left.)

**PROGRAMS & ACTIVITIES
WITH THE
COMMUNITY PARTNERSHIP
ON AGING**

****All movies subject to change, based on DVD availability****

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.

December 16: "Where'd You Go Bernadette" (2019/PG13)
 January 27: TBA
 February 24: TBA
 March 16: TBA

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

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.

Dates: January 8
 February 12
 March 11

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.

Menus and movies TBA.

Registration required by calling the Community Partnership on Aging at 216-650-4029, no later than 3 p.m. on the Wednesday prior to each luncheon date. Cancellations required no later than the Monday prior to each luncheon date.

HOW TO REGISTER WITH MAYFIELD VILLAGE SENIOR SERVICES: (NOT FOR CPA ACTIVITIES)

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:

Mayfield Village Senior Services
6622 Wilson Mills Road
Mayfield Village, Ohio 44143

PRSR STD
U.S. POSTAGE
PAID
CLEVELAND, OH
PERMIT #170

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 Road, 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; call to ensure .)
- **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 once a month. (\$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**
Watercolor Painting, Balance & Chair Yoga, One-Stroke Painting, Intermediate Spanish Lessons, & 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. Held at the Mayfield Village Civic Center. (See page 3.)
- **SPECIAL PROGRAMS:** We offer Special Programs on various topics of discussion. (See page 4.)
- **LUNCH N' MOVIE PROGRAM:** We offer a Lunch n' Movie Program in cooperation with the Community Partnership on Aging. (See page 1.)
- **LUNCH & MOVIE PROGRAM:** We offer a Lunch & Movie Program in cooperation with Governor's Village. (See page 3.)
- Let us know of any other classes and trips in which you would be interested. Also, contact us if you are interested in **Beginning Bridge Lessons** or **Beginning or Advanced Spanish Lessons.**