

**FEBRUARY
2018**

*Happy
Valentine's
Day*

**Knickerbocker
Senior Center
Hours: 9-2:30 M-F
Cheryl Shaver
Activities
440-835-1111
activities.cheryl@
gmail.com**



The Knickerticker Newsletter

Welcome to the month of February! It's the month of love and past the half way mark to spring! This month we continue with soup, an Appreciation Lunch for our building volunteers, a Valentines Lunch with entertainment and back by demand, the Irish Dancers!

Thank you to the large group who helped with our Kitchen Clean up! You made a grueling chore into an enjoyable afternoon. Special thanks to Candice for tackling the OVEN – quite the overwhelming task, but she worked until it was cleaned inside and out. Thanks to all of you for your participation. Please don't forget to RSVP for the Volunteer Lunch if you are coming – I need to order at least 2 days in advance.

Jim starts inspection this month on the 5th, starting on the 8th floor and working down.

The construction of the new elevators are SUPPOSED to start the first week of February. It should not disrupt any of our regularly scheduled programs, although there is always the possibility, so we will play it by ear.

There is a talk on healing and exercise with Amanda, our instructor along with a Chronic Disease Self Management workshop. Take advantage of these to learn about taking care of yourself.

Take advantage of our lunch special this month – 2 days notated in events you can get lunch for a discounted price of \$3! This is for first time participants only. Give it a try, it's a steal for a homemade hot lunch!

Happy Groundhogs Day AND Valentines Day,
Cheryl



Ads for February

Please submit your ad to Cheryl by the 3rd Monday of the month

Are you needing to let out or take in or hem some clothes? Judith @707-380-5910 can help you out. She is reasonable, affordable and fast. Judith also does organizing and sorting and can help you get those drawers and closets organized for a reasonable hourly fee.

Would you like something different for your apartment? Come down to the craft room and check out a variety of jigsaw puzzles being worked on for the great price of \$10. You will receive a brand-new puzzle, completed and sealed for hanging. If interested let Cheryl in Senior Center know. The \$10 needs to be paid to Roberta before sealing. The \$10 will be donated to the Senior Center. As of Jan. 2017, five puzzles have been purchased and \$50 donated to our Senior Center. Roberta says "Thank You Residents".

IRISH DANCERS

Be sure and set aside Saturday afternoon Feb. 24th at 2:30PM for the Irish Dancers. They were so wonderful last year and we are excited to have them back.





Tuesday-Thursday Lunches

Lunches are \$5.50 each. Please circle the lunches you would like to purchase and pay Cheryl in Senior Center at least 2 days prior. Soup is \$2.50. You can check day of, to see if there is extra if you decide at the last minute.

Thursday Feb. 1- Cheeseburger w/Lettuce/Tomato/French Fries

Tuesday Feb. 6- Tuna Melt on Rye w/Swiss Cheese/Lettuce/Tomato/Chips

Thursday Feb. 8- Slow Roasted Pork Chop w/Mashed Potatoes/Gravy/Vegetable

Tuesday Feb. 13- Baked Hot Ham and Cheese Sandwich w/Cup of Soup

Thursday Feb. 15- Chicken Pot Pie w/Tossed Salad

Tuesday Feb. 20- Fried Chicken w/Mashed Potatoes/Gravy/Vegetable

Thursday Feb. 22- Chili Cheese Dog w/Onions/French Fries

Tuesday Feb. 27- Patty Melt on Rye w/Grilled Onions/Swiss Cheese/French Fries

Total for month is \$44.00

There is a lunch special running this month. Anyone purchasing for the first time can do so for \$3.00 on Feb. 8 or Feb. 27. Don't miss this chance to come try lunch.





ACTIVITIES FOR FEBRUARY

- Feb. 6 1 PM Healing Discussion with Amanda – benefits of movement
Feb. 7 Volunteer Appreciation Luncheon (Invitation only)
Feb. 9 Soup (\$2.00 if you bring your own cup)
Feb. 14 Valentine's Day Lunch with One Man Band (tomato soup & grilled cheese) \$4.00
Feb. 19 Game Night with appetizers
Feb. 21 4:00 Book Club
Feb. 23 Soup (\$2.00 if you bring your own cup)
Feb. 24 2:30 Irish Dancers

DON'T FORGET TO CHECK YOUR CALENDAR FOR REGULAR EVENTS: COFFEE 9AM EXCEPT THURSDAY LUNCH (TUESDAY AND THURSDAY); NIA EXERCISE ON WEDS.; BIBLE STUDY ON FRIDAY AND BINGO ON WEDS., ETC.

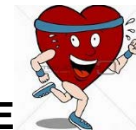
OTHER ITEMS OF INTEREST

***DON'T FORGET TO RSVP FOR THE VOLUNTEER LUNCH IF YOU RECEIVED AN INVITATION.**

***LUNCH SPECIAL OF \$3.00 FOR ANYONE TRYING OUR TUESDAY/THURSDAY LUNCH FOR THE FIRST TIME FEB. 8 OR FEB. 27.**



DON'T FORGET TO EXERCISE



Tai Chi – Monday, Wednesday and Friday 10 AM in Social Hall

NIA Wednesday at 1 PM in Social Hall

10 AM Exercise every Tuesday and 11 AM every Thursday in Social Hall

NEWS AND SERVICES

MEALS ON WHEELS: Carryanne facilitates this service of daily meals delivered to your door. Cost is \$6.00 per meal. See Carryanne to sign up. There are also catered lunches in Social Hall every Tuesday and Thursday at 5.50 per meal. See Cheryl in Senior Center between 9a-2:30p Mon-Fri.

Religious Services: All are welcome to any of the services, no matter what your denomination.

Bay Presbyterian live stream service every Sunday at 11am in Social Hall.

Rosary (2nd and 4th Thursdays) : February 8th & 22nd in Social Hall.

Bible Study: Fridays at 3pm in Craft Room

ELIZA JENNINGS is

LOCATED ON THE 2nd floor and is available for all of your lab needs. Visit the clinic directly or call Roberta **440.235.8592**



**Podiatrist will be here on
March 20th**

DONNA IS IN THE BUILDING
every Wednesday for haircuts. Call for appointment.



440.463.2091



FRIDAY DOLLAR DAYS

FEB. 2 - PERKINS IN AVON

**FEB. 9 - CANARY'S IN NORTH
OLMSTED**

**FEB. 16 - SCRAMBLERS GREAT
NORTHERN MALL**

**FEB. 23 - FOOD MINISTRY (SIGN UP
SHEET AT KNICKERBOCKER)**

All pick up times are 10:30 AM. Please call Maureen @ 899-3410 to reserve your spot. Don't forget we need 8 people to sign up or trip may be cancelled.



February Birthdays

Feb. 4 Debbie Spinks Apt 811
Feb. 6 Eileen Mueller Apt 215
Feb. 7 Nan Russyn Apt 705



If you want your birthday listed, please see Cheryl by the 15th of this month so it can be listed next month.

OPEN TO ALL RESIDENTS:

Come and wish HAPPY BIRTHDAY to the residents who are celebrating each month.

Carol Matear is kind enough to provide the cake and Frank leads the songs...

It's a great way to socialize with your fellow neighbors and wish them the best on their special day.

Thursday Feb. 15 at

4PM

in Social Hall



GROUNDHOGS DAY

Everybody is wondering what's going down?
Punxsutawney Phil shadow nowhere to be found.
The sun searched the skies looking for clues
The wind gathered faint whispers of darken hues
Old Man Winter has played his played his last hand
Spring will soon be on its way
Warming breezes, green beer celebrating St. Patrick's Day.

Bruce C Petty



RECYCLE DO YOUR PART & SAVE

We generate a lot of plastic, paper and styrofoam waste at the Knickerbocker. Please do your part to limit the waste and recycle! It's for the benefit of our planet and our future generations. Recycling bins are located on the side of the building.

We are trying to cut down on styrofoam waste in the kitchen by requesting that residents bring your own cup or bowl for Soup Friday's. If you bring your own container you will receive \$.50 off the price of your soup, so your soup will be \$2.00 instead of \$2.50 and we will be helping our planet. The planet and your wallet will thank you!



Love Yourself

On Feb. 6 at 1 PM Amanda Brown will be presenting a discussion class about NIA. We will be talking about what we can do to “feel better”. Something most of us would like to be able to achieve. Become the Unicorn! Please join us. There will be a raffle after the meeting.



IMPORTANT NOTES



*Please note that the library is not a dump for old books and magazines. Donations are appreciated but please be sure books are fairly current (last five years) and magazines are not older than two months. Thank you for your cooperation.



*When doing your laundry be considerate of other residents wanting to do theirs. If you leave your laundry and go upstairs while it washes or dries make sure you get back in time to take it out of the machine. Washers take 34 minutes and dryers take 60. Set a timer to remind you when you need to go and attend to your laundry. Let's be considerate of each other!



*Don't forget if you want your birthday mentioned in the KnickerTicker you need to let Cheryl know the month before or it will not appear. Thanks for your cooperation!