

MARCH 2018



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

Happy St Pat's
Day



The Knickerticker Newsletter

Greetings all Leprechauns!

February sure was a dreary month, so I think we can all welcome the March winds in anticipation of warmer weather ahead. We will have a sort of non-traditional St. Pat's Day Celebration with our favorite violinist, Mary Beth Ions on March 7th and our REAL traditional gathering on the actual day, Saturday March 17th with the K5 performing Irish songs. Both will be welcomed. Keep in mind, Mary Beth is open and being advertised through the Dwyer Center, so it is possible to fill up.

There are many other special days in March including; Earth Day (March 20th), Palm Sunday (March 25th), Good Friday (March 30th) and Passover which is 8 days beginning March 30th. Whatever your faith, I hope you enjoy these special days.

Thank you for all the volunteers, we enjoyed having the lunch for everyone and hope more will get involved when needed. We appreciate you all.

Although it has its inconveniences, I believe you will all be thrilled when the new elevators are up and running. It was pretty amazing to see them take the entirety of the old out to replace! I believe we would all agree with "Good Riddance". Fresh shiny new elevators will be welcomed. It is important to remember, so don't forget on MARCH 11th @ 2am...set your clocks one hour forward!





Ads for March

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 this date, Roberta reports that 10 puzzles have been purchased and \$105 donated to the Senior Center. GO ROBERTA!*

**Do you need help with light housekeeping duties, errands, organizing, or picking up Rx, etc. If so call Gina Gilliam at 440-453-2533. Reasonable rates.*

PLEASE NOTE!!

Any social activities that anyone would like to conduct in our building, even church activities, need to be cleared with Cheryl Shaver, our Senior Center Coordinator, so conflicts don't arise. Thanks for your attention to this so activities and events won't be in conflict.

The office will be closed and there will be no transportation on Good Friday, March 30th.



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. Bring your own mug for soup and save \$.50. You can check day of, to see if there is extra if you decide at the last minute.

Thursday March 1- Baked Italian Sub Sandwich w/cup of Soup

Tuesday March 6- Sloppy Joe w/Oven Brown Potato/Applesauce

Thursday March 8- Cheeseburger w/Lettuce/Tomato/French Fries

Tuesday March 13- Grilled Chicken Cheese Philly Sandwich w/Chips

Thursday March 15- Chopped Sirloin w/Mushroom Gravy/Mashed Potato/Tossed Salad

Tuesday March 20- Sausage/Egg/Cheese Strata w/Fresh Fruit

Tuesday March 22- Slow Roasted Pork Chop/Mashed Potato/Gravy/Applesauce

Thursday March 27- Sausage Gravy over Biscuit/Fresh Fruit

Tuesday March 29- Fried Chicken w/Mashed Potato/Gravy/Vegetable

Total for month is \$49.50- Note price change from menu given out. One meal left off.





New “Where’s Waldo?” Contest!!

Starting March 1, we will be doing a weekly “Where’s Waldo” contest. A cutout of Waldo, as above, will be secreted somewhere on the main floor of the building. If you find Waldo, bring him to Cheryl and she will enter you in the monthly drawing. After returning Waldo to Cheryl he will be hidden again the next week for the next person to find. At the end of the month a drawing will be held, and the winner will receive a free lunch of their choice the following month. ***Have fun finding Waldo!!***



IN HONOR OF ST. PATRICK'S DAY

MARCH 17 AT 4 PM THE K5 WILL BE ENTERTAINING YOU IN THE SOCIAL HALL. BRING A DISH TO SHARE AND WE WILL EAT TOGETHER AFTER THE CONCERT.

YOU CAN BRING A ST. PAT'S DAY DISH OR JUST A GOOD DISH TO SHARE. CAROL WILL BE PROVIDING ONE OF HER DELICIOUS CAKES. SEE YOU THERE!!



www.clipartof.com - 1434735

MARY BETH IONS ON MARCH 7TH

On Wednesday March 7 at noon Mary Beth Ions is coming to entertain us again with her violin. Remember how much we enjoyed her last year so be sure and come enjoy lunch and stay to enjoy her concert. The price for entertainment with lunch is \$7 (pinwheel sandwiches, pasta salad and dessert). If you prefer only to watch Mary Beth it is \$3.50, or lunch only is \$3.50. Please sign up with Cheryl and pre-pay by March 5th.



MARCH 5 – 1-5 PM- **EARL GENTILE HEARING SERVICES**
(SEE FLYER AND CALL FOR APPT.)

MARCH 7 – NOON - **LUNCH WITH ENTERTAINMENT BY**
VIOLINIST MARY BETH IONS

MARCH 16–NOON- **PRESENTATION ON ANTHEM’S**
MEDICARE & MEDICAID PLANS BY
HEATHER MCQUADE, W/FREE BINGO
AND PRIZES

MARCH 17 – 4 PM **K 5 ENTERTAINING. BRING A DISH**
TO SHARE

MARCH 24 – 7PM **MOVIE NIGHT TITLE TBA**

MARCH 28 – 10:30 - **WESTERLY MIDDLE SCHOOL 4TH**
GRADE CHORUS SPRING PROGRAM

WEEKLY - **WHERE’S WALDO CONTEST**

DON’T FORGET TO CHECK YOUR CALENDAR FOR REGULAR EVENTS:
COFFEE 9AM EXCEPT THURSDAY.
LUNCH (TUESDAY AND THURSDAY)
NIA EXERCISE ON MON.
BIBLE STUDY ON FRIDAY
BINGO ON WEDS.
BOOK CLUB EVERY THIRD WED., ETC.



EXERCISE -- DON’T FORGET YOU HAVE TO KEEP MOVING TO KEEP MOVING

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

NIA Monday 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) : March 8th & 22nd in Social Hall.

Bible Study: Fridays at 3pm (watch for info on location due to elevator)

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

MARCH 2 - CRACKER BARREL IN SHEFFIELD VILLAGE

MARCH 9 – BAKERS SQUARE IN NORTH OLMSTED

MARCH 16 - BOB EVANS IN NORTH OLMSTED

MARCH 23 – BAY FOOD MINISTRY

**MARCH 30 – GOOD FRIDAY -BAY VILLAGE
CLOSED NO TRANSPORTATION**

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.





March Birthdays

March 2 – Barb Rasmussen	Apt. 508
March 3 – John Spyak	Apt. 200
March 6 - Nancy Boyer	Apt. 818
March 7 – Richard Schweichler	Apt. 603
*Note Richard is turning 98	
March 15 -Dicie Greila	Apt. 617
March 22- Diane Borowski	Apt. 623
March 26- Clara Mercurio	Apt. 201
March 29- Mary Paloney	Apt. 819

Come and celebrate this month's birthdays on Thursday [□]

March 21st at 4 PM in the Social Hall.

Cake by Carol and sing along with Frank and Shelia.

Social Hall Thursday March
15th at 4 PM



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!

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!

IMPORTANT NOTICE

On March 30, Good Friday, the office will be closed and there will be no transportation available from Bay Transportation. If you need to go to Heinens, please call Bay Transportation for an appointment earlier in the week.



Don't forget to turn your box tops in to Cheryl for the Box Tops for Westlake Schools.