

SEPTEMBER KNICKERTICKER 2024

Interested in receiving the
Knickerticker in your email? Contact
Annie at
acohen@bartoncommunities.org.



440-871-3234
27100 KNICKERBOCKER RD,
BAY VILLAGE OH 44140
WWW.KNICKERBOCKERAPARTMENTS.ORG

Knickerbocker Office Hours

Monday - Friday 8 a.m. - 4 p.m.

Activities Hours*:

Tuesdays and Wednesdays 8:30 a.m. to 4:30 p.m.

OFFICE CLOSED MONDAY, SEPTEMBER 2ND

**Happy
Birthday!**

**We will celebrate September birthdays on Thursday,
September 19 at 2:30 p.m. in the Social Hall.**

Happy birthday to:

September 11 - Mary Haas

September 20 - Catherine Henry

September 25 - Maria Mileusnich

Want your birthday listed in the Knickerticker? Let Annie know with a note at her office. If you are unsure whether you already have your birthday listed, leave one anyways!

Emergencies - call (440) 871-3234 ext. 9

What is an emergency?

- No heat
- Clogged toilet
- After hours lockout - costs \$10
- Leaks
- Smoke detector
- Elevator out

Smoking is not permitted in the building. In the event you are found guilty of smoking cigarettes in your apartment, it can and will lead to an eviction.

The exterminator will be on the 2nd floor on Thursday, September 12 at 10 a.m.

Vegetable Boxes

Wednesday, September 4 from 12 - 1 p.m. in the Social Hall

You must sign up for a box.

You may want to share a box with a friend as they are quite large!

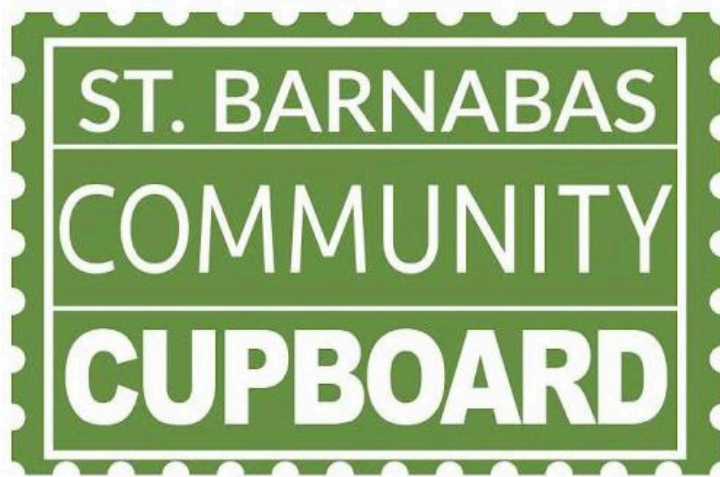
Bay Food Ministry Distribution

Friday, September 20

You must pre-register for transportation on the sign up sheet by the mail boxes. Transportation leaves at 9:00 a.m. Shopping hours are from 9:00 to 11:00 a.m.

Please contact Carryeanne with any questions at: (440) 871-3234 ext. 3





Take what you need, leave what you can.

Open from 7:00 am to 7:00 pm every day.

The mission of the St. Barnabas Community Cupboard is to provide free, supplemental food for our neighbors in need, honoring their dignity through anonymity and quality choices.

The Community Cupboard is housed in the large vestibule on the south side of our building, which is easily accessible from the Bay Lodge parking lot. The exterior door is open and accessible for our neighbors seeking food from 7:00 am to 7:00 pm every day. Fresh, dry, and frozen foods are available. Additionally, hygiene products and pet food are often available. It's completely anonymous, so please take what you need and leave what you can.

ST. BARNABAS EPISCOPAL CHURCH • 468 BRADLEY ROAD,
BAY VILLAGE, OHIO 44140

See Carryanne with questions.

HEAP

The Home Energy Assistance Program (HEAP) is a federally funded program that provides eligible Ohioans assistance with their home energy bills. You may even qualify if you do not pay a utility bill.

Eligibility: A single household, whose total GROSS income is at or below 175% of the 2024-2024 federal poverty guidelines, may be eligible.

Size of Household:

1 person.....\$26,335

2 person.....\$35,770

For more information, visit the website energyhelp.ohio.gov or call toll free (800) 282-0880 OR contact Carryeanne, Resident Services Coordinator at (440) 871-3234 x 3

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Classes are held once a week, for 8 weeks, 2 hour sessions

Start Date: September 3, 2024

End Date: October 22, 2024

Time: 12:30PM - 2:30PM

Location: Social Hall

**Contact Carryanne with questions and to sign up at
(440) 871-3234 ext. 3**



Western Reserve

Area Agency on Aging

September Activities



Board Games & Puzzles

When: Tuesday, September 3

Where: Craft Room

Time: 10:30 a.m. - 12 p.m.

Play some board games or build a puzzle and spend time with other residents.

Ice Cream Social

When: Tuesday, September 3

Where: Social Hall

Time: 2:30 p.m. - 4 p.m.

Celebrate Labor Day with some ice cream! Please sign up in the mail room by August 30.



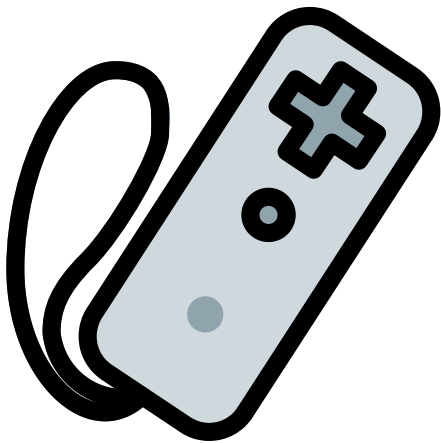
Wii Bowling

When: Wednesday, September 4

Where: Social Hall

Time: 2 p.m. - 3:30 p.m.

Bring your friends or come as a solo player!



September Activities



**O'Neill
Healthcare**

O'Neill's Bingo

When: Monday, September 9

Where: Social Hall

Time: 1 p.m.

Knick @ Nite

When: Monday, September 9

Where: Social Hall

Time: 6:30 p.m. - 8 p.m.

Friends from Bay Presbyterian Church will be here to have dessert and play games.



Creative Writing

When: Tuesday, September 10

Where: Craft Room

Time: 11 a.m. - 12 p.m.

Follow a provided prompt or write from the heart. There will be time to share your writing at the end of the session.

September Activities

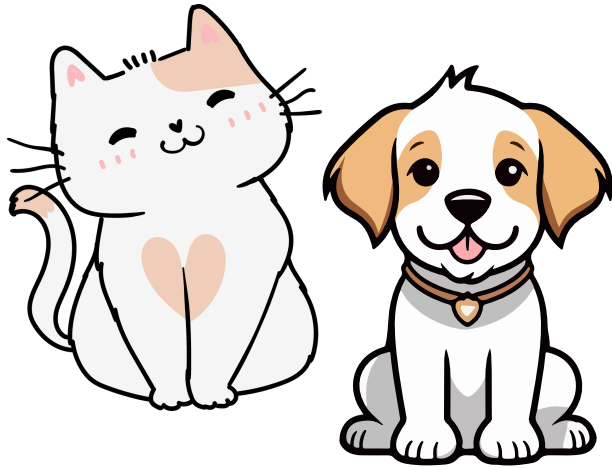
Scrapbooking

When: Tuesday, September 10

Where: Craft Room

Time: 2:30 p.m. - 4 p.m.

Bring pictures to make some scrapbook pages. Construction paper and decorations will be available.



Movie

When: Wednesday, September 11

Where: Media Room

Time: 1:30 p.m. - 3:30 p.m.

We are watching *Inside the Mind of a Cat* and *Inside the Mind of a Dog*.

Popcorn provided!

Historical Preservation

Presentation

When: Friday, September 13

Where: Social Hall

Time: 1 p.m. - 2 p.m.

Join Cathy Flament from Bay Village Historical Society as she tells us about the Society's historical preservation techniques



Bay
Village
Historical
Society

"Preserving the Character of Our City"

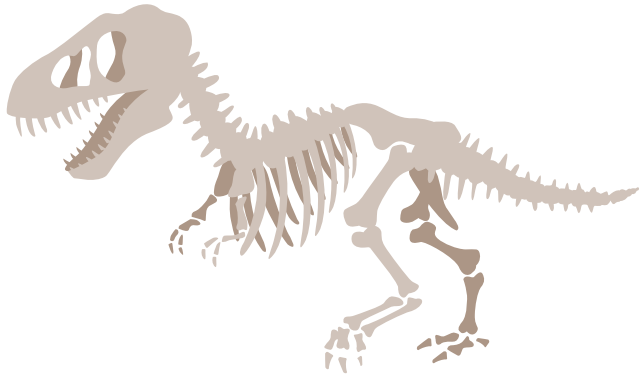
September Activities

Piano Playing by Annie

When: Tuesday, September 17

Where: Atrium

Time: 11:30 - 12 p.m.



Virtual Tour

When: Tuesday, September 17

Where: Social Hall

Time: 2:30 p.m. - 3:30 p.m.

Take a virtual tour of the Smithsonian National Museum of Natural History.

Karaoke

When: Wednesday, September 18

Where: Social Hall

Time: 2 p.m. - 3 p.m.



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Music Bingo

When: Monday, September 23

Where: Social Hall

Time: 12:30 p.m.

Join Kenny G for music bingo. Please bring \$3 to Annie to sign up!

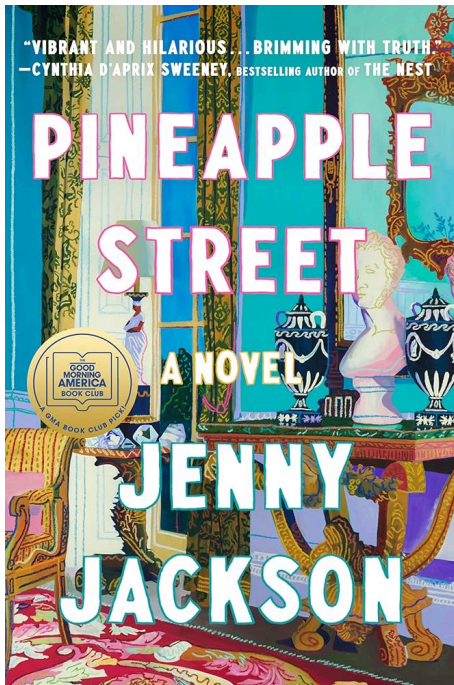
September Activities

Beaded Keychains

When: Tuesday, September 25

Where: Craft Room

Time: 2:30 p.m. - 4 p.m.



Book Club

When: Wednesday, September 25

Where: Craft Room

Time: 2 p.m. - 3 p.m.

We will be discussing *Pineapple Street* by Jenny Jackson. See Annie for your copy.

Creative Space

When: Wednesdays

Where: Craft Room

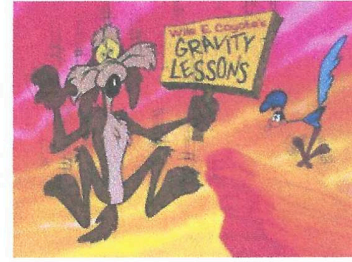
Time: 10 a.m. - 12 p.m.

This is a time to unleash your creativity! Join Annie in the craft room for access to basic supplies, as well as a space to work on art, writing, or anything else!



Sitting, Standing, and Stooping

**Safe Skills to Maintain Your Independence and
Decrease Your Risk of Falling**

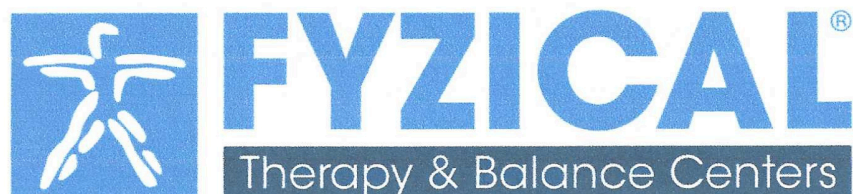


Come Join us on

Wednesday, September 25 at 11am

**at Knickerbocker Apartments followed by a pizza
lunch!**

**If you have questions please see
Carryeanne**



We Can Help



**Sign up in the mail
room for Free One-
on-One Tech
Support with
IConnect**

**Date: Thursday, September 26
Time: 2 p.m. - 4 p.m.
Where: Craft Room**



Apple



Android

- ⇒ Questions on your new device?
- ⇒ Need help downloading games or apps?
- ⇒ Want to know how to check or send email?
- ⇒ Want to watch a movie on your tablet?
- ⇒ Questions on saving pictures?
- ⇒ Trouble with storage?



Community Member

Group Activities



Pinochle

When: Mondays

Time: 6:00 p.m. - 11:00 p.m.

Resident-Led Bingo

When: Wednesdays

Time: 7:00 p.m.

We are looking for a bingo caller!



Happy Hour

When: Thursdays

Time: 4:00 p.m. - 9:00 p.m.

Where: Social Hall

Community Member

Group Activities

Morning Coffee

When: Mondays through Fridays

Time: 8:30 - 10:30 a.m.

Bring down your coffee and have a nice conversation with friends.



Movie Night

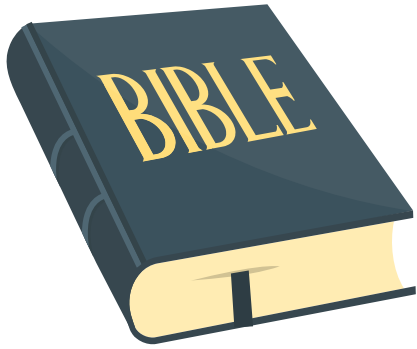
When: Saturday, September 21

Time: 7:00 p.m.

Bring your own snacks!



Religion & Worship Activities



Bible Study

When: Fridays

Time: 3:00 p.m. - 4:00 p.m.

Where: Craft Room

Join Marlene and Fred from Bay Presbyterian for non-denominational Bible study. Coffee and a sweet treat provided.

Funnell's Scripture Study

When: Fridays

Time: 7 p.m.

Where: Craft Room



Weekly Church Services

When: Sundays

Time: 10:30 a.m. - 11:30 a.m.

Where: Social Hall

We will be livestreaming the 11 a.m. service from Common Ground Church in Brunswick. Coffee and treats provided.

Monthly Church Services with Christ Church Westshore

When: Wednesday, September 18

Time: 10:30 a.m. - 11:30 a.m.

Where: Social Hall



Health & Wellness

Activities



Chair Yoga

When: Mondays, Wednesdays, & Fridays

Time: 12 p.m. - 1 p.m.

Where: Media Room

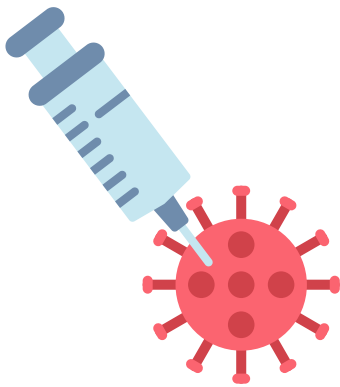
Exercise with Jeanine

When: Thursdays

Time: 11 a.m. - 11:45 a.m.

Where: Social Hall

Cost: Free for Silver Sneakers participants;
\$3.00 for all others



Vaccine Clinic

When: Monday, September 23

Time: 10 a.m. - 1 p.m.

Where: Social Hall

Sign up with Carryeane. Please bring your insurance or Medicare card with you

Podiatry on Site

When: Tuesday, September 24

Time: 8:30 a.m.

Where: In your apartment

Call (216) 529-1800 to schedule!

