

# AUGUST KNICKERTICKER 2024

Interested in receiving the  
Knickerticker in your email? Contact  
Annie at  
[acohen@bartoncommunities.org](mailto:acohen@bartoncommunities.org)!



440-871-3234  
27100 KNICKERBOCKER RD,  
BAY VILLAGE OH 44140  
[WWW.KNICKERBOCKERAPARTMENTS.ORG](http://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.**

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**Happy  
Birthday!**

**We will celebrate August birthdays on Thursday,  
August 15 at 2:30 p.m. in the Social Hall.**

**Happy birthday to:**

**August 14 - Cindy Conklin**

**August 28 - Claire Barkdoll**

**August 30 - Geraldine Jones**

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.**

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**The exterminator will be on the 3rd floor on Thursday, August 8 at 10 a.m.**

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**If you use the fitness center, please see Annie to fill out the new waivers!**

# **Vegetable Boxes**

Wednesday, August 7 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, August 23

**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**





# 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

## **WHO SHOULD ATTEND?**

- ▣ anyone concerned about falls
- ▣ anyone interested in improving balance, flexibility and strength
- ▣ anyone who has fallen in the past
- ▣ anyone who has restricted activities because of falling

**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

# August Activities

Cuyahoga  
County  
Public  
Library

## Tech Navigators

When: Thursday, August 1

Where: Craft Room

Time: 1 - 3 p.m.

Sign up for a 30-minute appointment with Cuyahoga County Public Library's Digital Navigators to improve your phone and/or computer skills. Sign up in the mail room!

## Play Reading

When: Tuesday, August 6

Where: Media Room

Time: 11 a.m. - 12:30 p.m.

We will be reading from *Peter Pan*.

See Annie with any questions.



## Olympics Watch Party

When: Tuesday, August 6

Where: Social Hall

Time: 1 - 4 p.m.

Watch the Olympics with other residents! Light refreshments provided, as well as Olympic themed activities to keep you company during the advertisements!



# August Activities

## Wii Bowling

When: Wednesday, August 7

Where: Social Hall

Time: 2 - 3:30 p.m.

Bring your friends or come as a solo player!



## O'Neil's Bingo

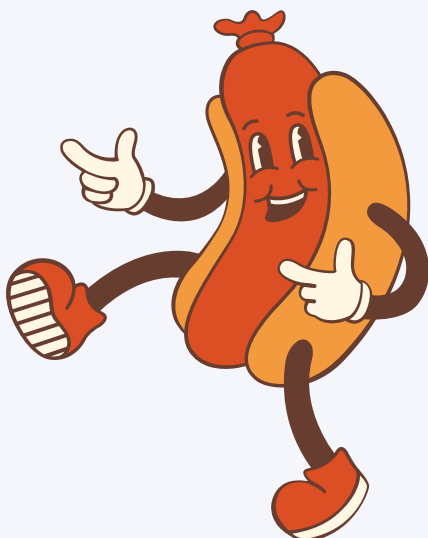
When: Monday, August 12

Where: Social Hall

Time: 1 p.m.



**O'Neil**  
Healthcare



## Knick @ Nite

When: Monday, August 12

Where: Social Hall

Time: 6:30 - 8 p.m.

Friends from Bay Presbyterian Church will be here to host an end of summer cookout! RSVP with \$1 to Annie by Thursday, August 8.

# August Activities

## Walking Club

When: Tuesday, August 13

Where: Meet in the atrium

Time: 10:30 a.m.

Wear your walking shoes for a nice stroll around the neighborhood. This event will only take place if the weather is good!



## Air Dry Clay Craft

When: Tuesday, August 13

Where: Craft Room

Time: 2 - 3:30 p.m.

## Grief Lunch and Learn

When: Wednesday, August 14

Where: Social Hall

Time: 12 - 1 p.m.

Join Carleen Broberg from Nivalis Health as she discusses how grief affects us.

Light lunch and dessert provided. Sign up in the mail room. See Carryeanne with questions.





# August Activities

## Daytime Movie

When: Wednesday, August 14

Where: Media Room

Time: 2 - 4 p.m.

We are watching either *Ferris Bueller's Day Off* or *The Breakfast Club*. Vote for your favorite in the mail room!



## Movie Night

When: Saturday, August 17

Where: Social Hall

Time: 7 p.m.

We are watching *The Beekeeper*! As always, bring your own snacks.

## Piano Playing

When: Tuesday, August 20

Where: Atrium

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



# August Activities

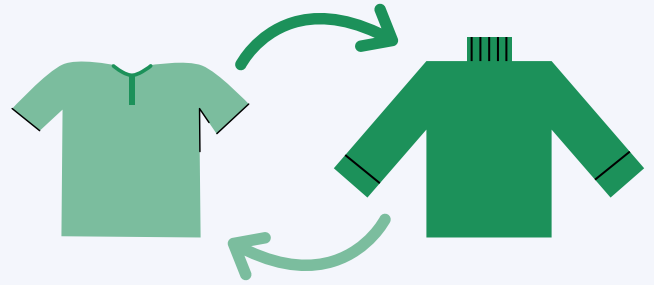
## Swap Meet

When: Tuesday, August 20

Where: Social Hall/Atrium

Time: 1 - 3 p.m.

Bring down your gently-used items that you no longer want for a swap meet. See Annie with questions!



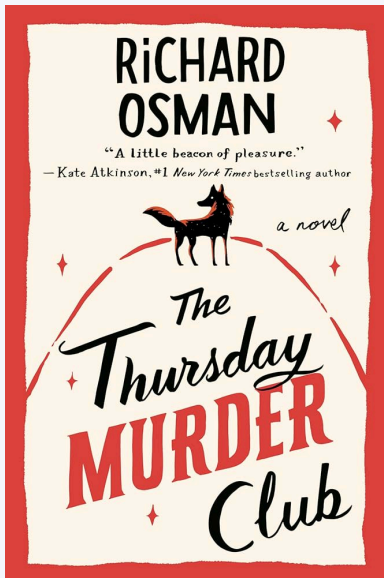
## Book Club

When: Wednesday, August 21

Where: Craft Room

Time: 2 - 3 p.m.

We will be discussing *The Thursday Murder Club* by Richard Osman. See Annie for your copy.



## Creative Writing

When: Tuesday, August 27

Where: Craft Room

Time: 1 - 2 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.





# August Activities



## Baseball Field Trip

When: Wednesday, August 28

Where: Off-Site

Time: 11:30 a.m.

We are going to the Lake Erie Crushers play the Gateway Grizzlies. Tickets are \$25 and include entry and transportation. See Annie to sign up!



## Creative Space

When: Wednesdays (other than 8/28)

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!

# We Can Help



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

**Date: Tuesday, August 27**

**Time: 2- 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

### Coffee With Friends

When: Monday - Friday

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

Where: Social Hall

Enjoy some coffee and get to know someone new! Please bring your own cup.



### Pinochle

When: Mondays

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

### Resident-Led Bingo

When: Wednesdays

Time: 7:00 p.m.

We are looking for a bingo caller!



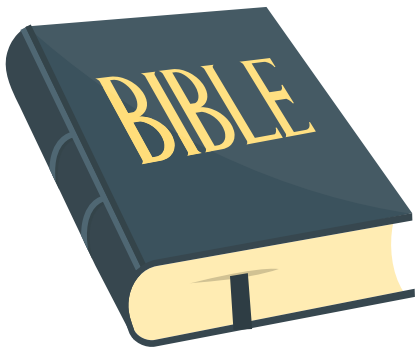
### Happy Hour

When: Thursdays

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

Where: Social Hall

# 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.

## 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.



## Funnell's Scripture Study

When: Fridays

Time: 7 p.m.

Where: Craft Room

## Monthly Church Services with Christ Church Westshore

When: Wednesday, August 21

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

Where: Social Hall



# Health & Wellness

## Activities



### Chair Yoga

When: Mondays, Wednesdays, & Fridays

Time: 12 - 1 p.m.

Where: Media Room

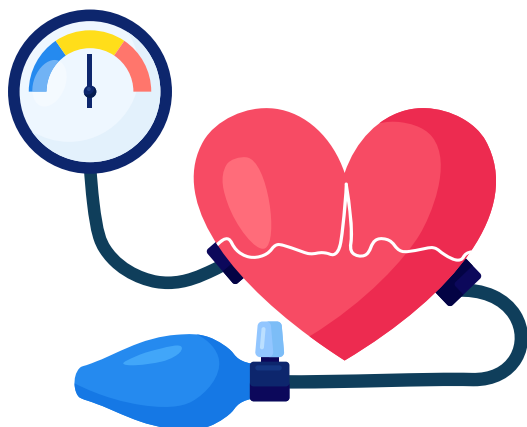
### Exercise with Jeanine

When: Thursdays

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

Where: Social Hall

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



### Blood Pressure Checks

When: Wednesday, August 7

Time: 10 - 11 a.m.

Where: Media Room

Call (216) 529-1800 to schedule!