

BARTON CENTER CONTACTS

Allison Executive Director

216-521-7260 ext. 128

Christina
Lead Activities Coordinator

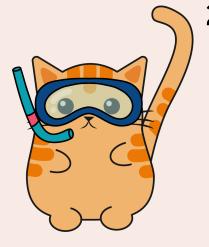
216-221-3400 ext. 136

Annie Floating Activities Coordinator

216-221-3400 ext. 134

Alex Activities Coordinator

216-221-3400 ext. 132





Would you like the newsletter delivered to your email each month?

See Christina or email her at: cstover@bartoncommunities.org!



BARTON CENTER SHOPS

The Library

Hours: Monday - Friday 9 a.m. - 8 p.m. Key FOB Entry

Book Sign-Out Steps

- Sign author card with name/date/apt # (nonresidents) please include phone number.
- Put 1st card in box on desk. Due Date: 2nd card, keep in book. PLEASE

Salon & Barber Shop

Hours: Thursdays & Fridays 9 a.m. - 2 p.m.

Call: Chris Fordyce to schedule appointment.

(216) 287-6634

The Corner Store

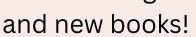
Hours: Monday 10 a.m. - 12 p.m. Tuesday - Thursday 10 a.m. - 3 p.m.

Hodge Podge Resale Shop

Hours: Monday 10 a.m. - 12 p.m. & Wednesday 9 a.m. - 2:30 p.m.

Book Nook

Hours: Tuesdays & Thursdays 9:30 a.m. - 2:30 p.m. A wide selection of gently used



Meet the Barton Center's Newest Employees

Annie Cohen and Alex Stevens

Meet Annie



open, so be sure to stop by and say hi!

Annie Cohen is an Activities Coordinator floating between the Barton Center at the Westerly and Knickerbocker Apartments. She is excited to continue her career in nonprofits, having worked for two since graduating college. She looks forward to bringing new and exciting activities to the residents of both communities! Originally from Columbus, Annie spends her free time exploring Cleveland and loves to try new restaurants. You can also find her walking her dog, Tucker, singing with the Cleveland Orchestra Chorus, or reading books. She cannot wait to build connections with you all!

Annie will be at the Barton Center on Mondays, Thursdays, and Fridays. Feel free to leave a voicemail for her and she'll respond as soon as she can!

Alex Stevens is the newest Activities Coordinator to join Barton Center's team! She is super excited to continue her passion of helping others and working in the non-profit field. In her free time, Alex enjoys cheering on her hometown's favorite football team (THE Ohio State Buckeyes!), going on walks with her fiancé around Lakewood, hanging out with their crazy kitty Ivy, playing volleyball at Whiskey Island, and enjoying everything else Northeast Ohio has to offer! She is so excited to start building connections with residents and others in the community while also bringing some fun and creative activities to the center. Her office door is always

Meet Alex



Congratulations to Christina!



Please also stop by and congratulate Christina Stover on her * promotion to Lead Activities Coordinator!

\$7 Lunch Delivery

Residents can choose from two options that will be delivered each Thursday at 11:30 a.m.

Residents are required to pre-pay for meals by 12 p.m. noon on Tuesday each week.

Meals can be prepaid at The Corner Store.

August 8 Menu:

Roasted chicken on the bone w/ herb sauce, lemon orzo w/ broccoli florets and sun-dried tomatoes, mixed greens salad w/ balsamic vinaigrette, roasted sweet potatoes w/ cinnamon butter, and snickerdoodle cookie.

August 15 Menu:

Teriyaki pork w/ pineapple, carrots, peppers, and onions, white rice, green salad w/ sesame ginger dressing, fortune cookies.

LUNCH TIME

August 22 Menu:

Greek lemon chicken and rice w/ spinach, feta, sundried tomatoes, and herbs, baked roll and butter, garden salad w/ lemon vinaigrette, and oatmeal raisin cookie.

August 29 Menu:

Old fashioned meatloaf w/ brown gravy, mashed potatoes, buttered peas and carrots, cinnamon applesauce, and fudge brownie.



<u>August Movie Days</u>

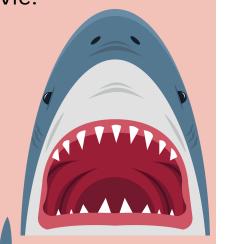
Vote for your pick in the Carr Lounge.
Popcorn is provided at each movie!

Jaws vs. The Shallows

When: Monday, August 12

Where: Faulhaber Auditorium

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







A League of Their Own vs. Field of Dreams

When: Monday, August 19
Where: Faulhaber Auditorium
Time: 2 p.m. - 4 p.m.

The Greatest Night in Pop vs. Won't You be my Neighbor?

When: Monday, August 26

Where: Faulhaber Auditorium

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



August Crafts

Air Dry Clay Craft

When: Thursday, August 8

Where: Craft Room Time: 1 p.m. - 3 p.m.



Mural Painting

When: Thursday, August 15
Where: Craft Room
Time: 1 p.m. - 3 p.m.



Stained Glass Jar Painting

When: Thursday, August 22

Where: Craft Room Time: 1 p.m. - 3 p.m.



Cactus Pet Rock Painting

When: Thursday, August 29
Where: Craft Room
Time: 1 p.m. - 3 p.m.

Residents <u>MUST</u> pre-register for <u>ALL</u> crafts on the Craft Room door.
See Barton Staff with questions!

August Activities

Food Bank Distribution - Cleveland

Food Bank

When: Friday, August 2

Where: Cafe

Time: 10 a.m. - 2 p.m.

You must pre-register

Contact: Christina at (216) 221-3400 ext. 136





Barton Olympics Day

When: Monday, August 5

Where: Front Lawn

<u>Time:</u> 1 p.m. - 3:30 p.m.

Join us for cornhole, darts, bucket toss, and pool noodle javelin for an Olympic-esque afternoon! We'll be on the front lawn weather permitting or the Community Room if it rains.

August Birthdays & Jeopardy

will be celebrated on Friday, August 9, in the Cafe from 3 p.m. - 4 p.m. Cake will be provided!



August Activities

Mikey Klein - Piano Player

When: Thursday, August 15

Where: Cafe

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

Join us in the cafeteria to hear 7th grader,

Mikey, play various songs on the piano.

All are welcome!



<u> Ask a Banker – First Federal Lakewood</u>

When: Monday, August 19

Where: Cafe

<u>Time:</u> 1 p.m. - 2:30 p.m.

Join us to ask a banker any and all financial questions you may have!



BANK

When: Wednesday, August 21

Time: 10 a.m. - 2 p.m.

Where: Cafe

Representatives will be in the cafeteria

to answer any internet questions.



<u>Tyler - Guitar Player</u>

When: Wednesday, August 21

Where: Cafe

<u>Time:</u> 2 p.m. - 3 p.m.

Join us in the cafeteria to hear Tyler play various songs on his guitar. All are welcome!

Additional August Events

End of Summer Cookout

When: Monday, August 26

Where: Courtyard

Time: 12 p.m. - 1:30 p.m.

Join us for a cookout! This is a ticketed event and costs \$2 per person. Please reserve your spot by Friday, August 23.



Budgeting Presentation

When: Tuesday, August 27

Where: Cafe

Time: 1 p.m. - 2:30 p.m.

Join us for a presentation from First Federal Lakewood about budgeting tactics.

Prize Bingo

will be on Wednesday, August 7 & August 28 at 1 p.m. - 2 p.m. and take place in the Cafe. Come join friends to win fun prizes!



M2B2 Band Rehearsals

are on Thursday, August 8 and the 22 in the Faulhaber Auditorium from

7 p.m. - 9 p.m.

All are welcomed!



Free Hearing & Hearing Aid Checks

When: Monday, August 5

Time: 10 a.m. - 4 p.m.

Where: Wellness Center

Call now to schedule your appointment! Earl Gentile - 440-333-3271

D's Accessories Pop-Up Shop

When: Thursday, August 8

Time: 12 p.m. - 2 p.m.

Where: Carr Lounge

D's Accessories will be bringing jewelry and accessories to Barton Center at affordable prices. Join us in the Carr lounge to check out her beautiful pieces!









YOU'RE INVITED



to À La Cart, a series of live cooking demos

WHEN & WHERE

Tues. Aug. 13th @ 2pm Cove Community Center 12525 Lake Avenue

FEATURING

Omar McKay Chef & Owner of iRie Jamaican Kitchen





We can transport 10 people to this event. Please sign up with the Barton Center staff BY Friday, August 9.

First-come-first served.



HOSTED BY Heonnects



BEGINNERS & ADVANCED

DATE: Friday, August 16

TIME: 2 p.m. - 3 p.m.



WHERE: Cafe

We Can Help



You MUST sign up in advanced. See Barton Staff to sign up for a 15-minute slot.

Sign Up to receive Free One-on-One Tech Support with IConnect

Date: Tuesday, August 27

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

Where: Cafe

- 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: Every Saturday

Time: 9 a.m. - 11 a.m.

Where: Cafe

Enjoy some coffee and get to know someone new!

Stories On Paper

When: Wednesdays,

August 14 & 28

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

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story that can be shared with the group. Come write and chat with us!

Lunch & Chat

When: Every Thursday

Time: 11:30 a.m. - 1 p.m.

Where: Cafe

Bring your own lunch and get to know someone new!

Book Project

When: Every Thursday

Time: 9 a.m. - 11 a.m.

Where: Craft Room

Repurpose greeting cards and make

picture books for children.

All materials are provided!



Book Club

When: Wednesday, August 21

Where: Craft Room

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

with Christina



Lakewood Public Library:

Homebound Service

When: Every Tuesday

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



Call LPL Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110. Library representative available to receive books to be returned at this time in the Cafe area.



Open Craft Room Hours

When: Every Monday

Where: Craft Room

Time: 9 a.m. - 12 p.m.

Come hang out and work on your crafts!

Wednesday Morning Coffee

When: Every Wednesday

Where: Cafe

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



Friday Trivia

When: Friday, August 30

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

Where: Cafe



Rummikub Game Play

When: Every Friday

Where: Cafe

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

Join residents in the Cafe every

Friday to play Rummikub!

Everyone is welcome!





IHOLAI

Beginner's Spanish Class

When: Every Tuesday

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

Where: Community Room

Join Irene to learn beginner's Spanish! It is recommended that you attend weekly and bring a notebook and writing utensil to this class.

Karaoke

Karaoke will be taking a summer break and start back up on Saturday, September 7th.



Janis & Tony

When: Sundays, August 11 & 25

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

Where: Brosky Commons

This duo performs 40's and 50's music.

Janis plays the piano, and Tony sings standards and show tunes. All are welcome!

Janis & Peter

When: Thursdays,

August 15 & 29

Time: 7 p.m. - 8:30 p.m.

Where: Brosky Commons

This duo performs light classical music. Janis plays the piano and Peter plays the violin.

All are welcome!



<u>Creative</u> <u>Therapy Activities</u>

Music Therapy

When: Every Thursday

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

Where: Community Room

with Gavin

Art Therapy

When: Every Monday

Time: 4 p.m. - 5:30 p.m.

Where: Community Room

with K.D.



Religion & Worship

<u>Activities</u>

Rosary Services

When: Every Tuesday

Time: 7 p.m. - 8 p.m.

Where: Community Room

with Ms. Tyburski

Bible Study

When: Wednesdays,

August 14 & 28

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

Where: Community Room

with Ron Walden



Lakewood

Community Activities

Lakewood Black Caucus

When: Saturday, August 17

Time: 12 p.m. - 2 p.m.

Where: Lakewood

Presbyterian Church

with Ms. Wellborn & Ms. Hill

Enter in the rear of the church. FREE parking.

Support Groups

Parkinsons Support Group

When: Wednesday, August 21

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

Where: Community Room

with Steve Gannis



Health & Wellness

Activities

Stretching into Health w/ Cat Donovan

When: Every Tuesday

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

Where: Greenhouse

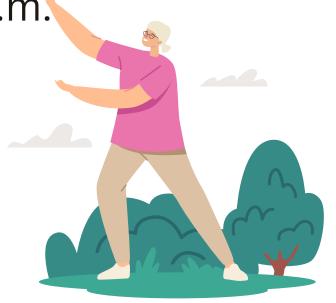
Stretching into Health is gentle stretching that is done while seated or using a chair for balance.

Tai Chi w/ Jan

When: Every Thursday

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

Where: Greenhouse



Barton Center Wellness Corner

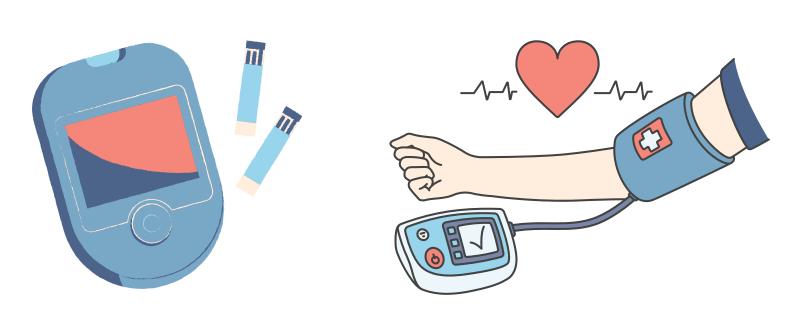
Neighborhood Paramedic

Blood Pressure and Glucose Checks with Ryan Birth

When: Thursday, August 15

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

Where: Cafe



Wellness Center Offerings

Dr. Mark Massie Podiatrist

When: Every 3rd

Thursday

Time: 9 a.m. - 3 p.m.

By appointment ONLY 216-402-4233



Anthony Lima Licensed Massage Therapist

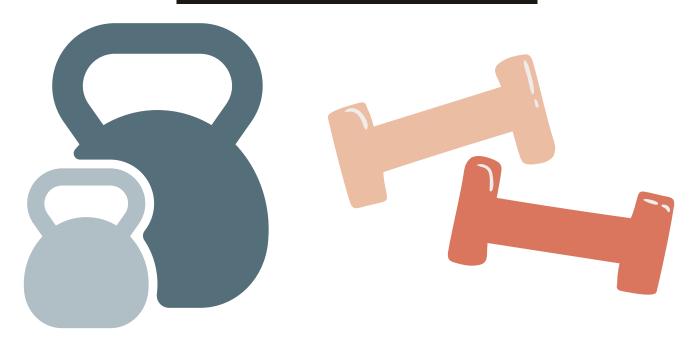
By appointment ONLY

Call or Text: 216-704-0794

Email: GITmassage@hotmail.com

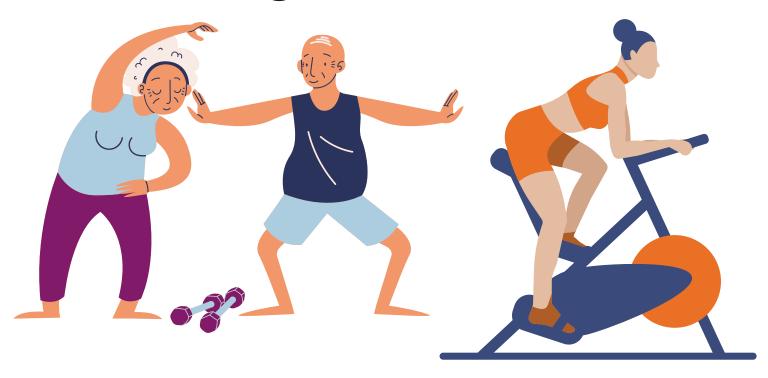


Fitness Center



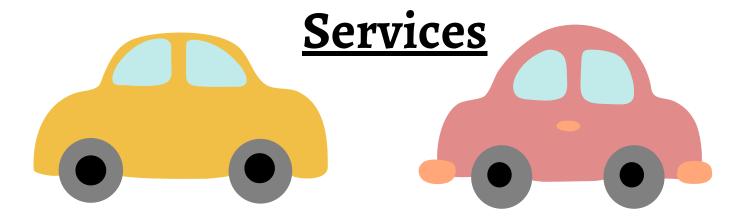
OPEN 24 HOURS

Please see the Westerly Office, room 110, to sign a waiver and activate your fob. A waiver must be completed prior to using the Fitness Center.



Barton Center

Transportation



(216) 221-4282 COST: \$2 one-way \$4 roundtrip Monday-Friday 9 a.m.-11:15 a.m. 1 p.m. - 3:15 p.m.

Must book in ADVANCE

Next Westgate Trip: Wednesday,

August 14

Must be able to get in and out of the car independently. The Barton Center is not responsible for any lost, stolen or damaged items.

You must be on time for your ride, or the car will leave without you!!

Westerly Service Coordinators bring you:

The FBI



Presenter: The FBI- Special Agent Olasz

Date: Friday, August 9, 2024

Location: The Auditorium

Time: 1:30 pm-2:30 pm

Free Giant Eagle Gift Card

Program Objectives

- Identify what the FBI does
- Identify different kinds of scams targeting the elderly

ANNUAL WESTERLY APARTMENTS SENIOR HEALTH & WELLNESS FAIR

Your Health, Our Priority!

Learn about Valuable Community Resources, Free Health Screenings and Raffles



August 14, 2024 10:00 am-2:00 pm



14300 Detroit Avenue,Lakewood, Ohio 44107



Westerly Service Coordinators are looking for residents to assist with volunteering and helping the Service Coordinators at this event! If you are interested, please see your Service Coordinator.

Westerly Service Coordinators Present.....



Topic: Medical Marijuana

- Basics of Cannabis
- Uses for Medical Marijuana
- How to sign up for the Medical Marijuana Program

Presenter: Katy Pack

Date: 08/30/24

Time: 1:30 pm-2:30 pm

Location : Carr Lounge

Raffle to Giant Eagle Gift Card