

BARTON CENTER CONTACTS



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JeAnna Activities Coordinator

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Pam Activities Coordinator

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Barton Center offices will be closed on Monday, May 26 for the holiday.

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

The Corner Store

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

Book Nook

Hours: Tuesdays & Thursdays 9:30 a.m. - 2:30 p.m.

Salon & Barber Shop

Hours: Thursdays & Fridays 9 a.m. - 2 p.m. Call: Chris Fordyce to schedule appointment.

(216) 287-6634

Hodge Podge Resale Shop

Hours: Monday 5 p.m. - 7 p.m., Wednesday 9 a.m. - 2:30 p.m., & Thursday 6 p.m. - 8 p.m.

\$7 Lunch Delivery

Catering lunches are paused for May.



Check back with staff for other lunch opportunities during the month!

<u>May Movie Days</u>

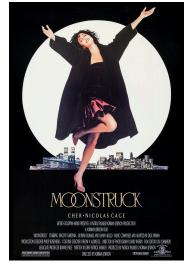
Vote for your pick in the Carr Lounge. Popcorn is provided at each movie!

Moonstruck vs. Casablanca

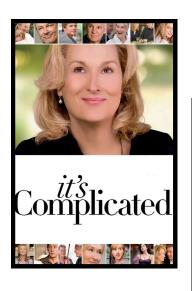
When: Monday, May 5

Where: Faulhaber Auditorium

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







It's Complicated vs. The Intern

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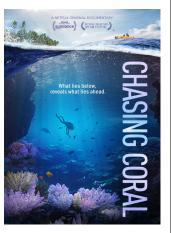
<u>When:</u> Monday, May 12 <u>Where:</u> Faulhaber Auditorium <u>Time:</u> 2 p.m. - 4 p.m.

Chasing Coral vs. Mission Blue

When: Monday, May 19

Where: Faulhaber Auditorium

<u>Time:</u> 2 p.m. - 4 p.m.





May Crafts

Mural Painting

When: Thursday, May 1

Where: Craft Room

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



Pipe Cleaner Flowers

When: Thursday, May 8
Where: Craft Room
Time: 1 p.m. - 3 p.m.



Wooden Popsicle Stick Craft

When: Thursday, May 15

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



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Air Dry Clay

When: Thursday, May 22 & 29

Where: Craft Room

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

This is a two-part craft. One week is sculpting your creations, the second is painting them.

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

May Activities

Food Box Distribution -

Cleveland Food Bank

<u>When:</u> Friday, May 2

Where: Cafe

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

You must pre-register.

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



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Music Bingo w/ Kenny Glider

When: Wednesday, May 14

Where: Cafe

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

Join us in the Cafe to play music bingo

with Kenny Glider!

May Birthdays

When: Friday, May 16

Where: Cafe

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

Join us in the cafe for cake and fun!

All are welcome!



"Understanding Your Medications" w/ Tom Strong

When: Thursday, May 22

Where: Cafe

<u>Time:</u> 12:30 p.m. - 2 p.m.

Join us in the Cafe for an informational presentation about medications.

Lunch is provided. Must sign-up with staff.



May Activities

Signature Health presents "Brain Health"

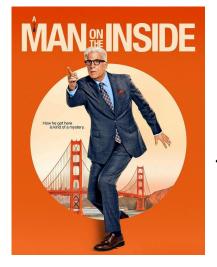
When: Wednesday, May 28

Where: Cafe

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

Come and learn about best ways to keep

your brain in its best shape!



"Man on the Inside" Showing

When: Every Friday

Where: Auditorium

Time: 1:30 p.m.

Join us in the Auditorium to watch the TV show Man on the Inside, which follows a private investigator as a mole in a nursing home. Starring Ted Danson.

Walking Club

When: Mondays, May 5 & 19

Where: Meet in the Cafe

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

Meet us in the Cafe to walk around

Lakewood for an hour with rest stops, weather

permitting.



Meditation Moment

When: Daily

Where: Cafe

Time: 12 p.m.

Come join us in the Cafe to meditate and relax for five minutes. All are welcome!

May Activities

Seated Rhythms & Seated Tap Classes

When: Wednesdays, May 7 & 21

Where: Community Room

Time: 11:30 a.m. - 12:15 p.m.

We will be taking a summer break from classes after these two sessions and resuming in September.





Prize Bingo

When: Wednesdays, May 7 & 21

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

Where: Cafe

Come join friends and win fun prizes!

M2B2 Band Rehearsals

When: Thursdays, May 8 & 22

Where: Faulhaber Auditorium

Time: 7 p.m. - 9 p.m.

All are welcome!



Tech Help & Wi-Fi Concierge

When: Thursday, June 5

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

Where: Cafe

Have any questions about your phone or computer? Sign-up with Barton staff to get

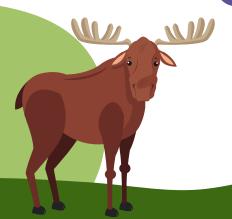
some tech help! Appointments are 20 minutes.



YELLOWSTONE: HOOVES, PAWS, & CLAWS

MAY 29 12:00 P.M. – 1:00 P.M. CAFE

SIGN UP REQUIRED WITH THE BARTON CENTER





SPONSORED BY FOUNDATIONS HEALTH SOLUTIONS







Thursdays, May 15 & 22 1:30 p.m. - 2:30 p.m. Cafe

This program will run on Thursdays from May to October.

Food for the Soul is an hour of music and discussion, connecting you to your neighbors, to music, to our shared history, and life experiences.

Come share in the beat, sing along to the tune, and be part of the experience. Join us in this celebration of music, community, and shared stories—you belong here.







Are you concerned about falling?











Take steps to make falls less likely — Participate in A Matter of Balance!

Sign up for A Matter of Balance: This nationally-recognized program reduces the fear of falling and increases activity levels.

Get some exercise: Lack of exercise weakens legs, which increases the chance of falling. Exercises like Tai Chi increase strength and improve balance, making falls less likely.

Be mindful of medications: Some medications, or combinations of medicines, can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to reduce risky side effects.

Keep your vision sharp: Poor vision makes it harder to get around safely. Have your eyes checked yearly and wear glasses or contact lenses with the right prescription strength.

Remove hazards at home: About half of all falls happen at home. A home safety check helps identify hazards, like clutter & poor lighting, that should be removed or changed.



The Westerly Apartments, 14300 Detroit Avenue, Lakewood, OH 44107 call (216) 816-9124 to register or sign up in Barton Center 8/6-9/24, Wednesdays, 1-3pm

SIGN UP TODAY! In person Matter of Balance Workshop at

2 hours a session, 8 sessions

12200 Fairhill Road, Cleveland OH 44120 (216) 421-1350 • programs@fairhillpartners.org www.fairhillpartners.org





A Matter of Balance was developed by Boston University and is licensed by MaineHealth. This program is made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area A The Cleveland Foundation Encore Cleveland Initiative, volunteers, and gifts to the Fairhill Partners Annual Fund.

Center 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!

Wednesday Morning Coffee

When: Every Wednesday

Where: Cafe

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

To be greener, we encourage residents to bring their own mugs for coffee.

Book Club

LIBRARY

When: Wednesday, May 7

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

Where: Craft Room

We are discussing *The Boys in the Boat* and will be given *Carrie Soto is Back* for next month.



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!

Stories On Paper

When: Wednesdays,

May 14 & 28

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

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!

Friday Trivia

When: Friday, May 30

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

Where: Cafe



Beginner's Spanish Class

When: Every Tuesday

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

Where: Cafe

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



Karaoke

When: Sunday, May 4 & Saturday,

May 17



Where: Cafe

with Ron Walden



Janis & Tony

When: Sundays,

May 11 & 25

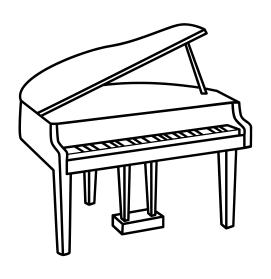
Time: 6:30 p.m. - 8 p.m.

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,

May 1 & 15

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!



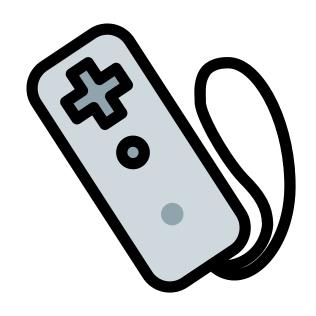
Wii Bowling

When: Wednesdays,

May 7 & 21

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

Where: Cafe



Tabletop Bowling

When: Wednesdays, May 14

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

Where: Cafe

Tabletop is taking a summer break and will resume in September.

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

Music & Memories Class

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: Craft Room

with Mary

NO CLASS ON MONDAY, MAY 26.

Religion & Worship Activities

Rosary Services

When: Every Tuesday

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

Where: Community Room

with Ms. Tyburski



Bible Study

When: Wednesdays,

May 14 & 28

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

Where: Community Room

with Ron Walden



Support Groups

CA Meeting

When: Every Sunday

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

Where: Community Room

with Ms. Durrah

Raffle every meeting!



Health & Wellness Activities

Free Hearing & Hearing Aid Checks

When: Monday, May 5

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

Where: Wellness Center

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



Dr. Mark Massie Podiatrist

When: Thursdays

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

By appointment ONLY 216-402-4233



Balance Class

When: Every Monday

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

Where: Community Room

No class on 5/26.

This class is designed to improve balance and lower body strength for older adults through chair exercise. **We will focus on stability and strength exercises as well as fall prevention techniques.**

Movement & Lightweights Class

When: Every Tuesday

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

Where: Community Room

Participants will be given 1 lb or 2 lb weights in this seated class.

Tai Chi w/ Jan

When: Every Thursday

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

Where: Community Room

Barton Center Wellness Corner

Neighborhood Paramedic Blood Pressure and Glucose Checks with Oliver Harper

When: Thursday, May 15

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

Where: Cafe



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 Services



(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

<u>Westgate Trip:</u> <u>Wednesday, May 14</u>

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!!

Barton transportation reserves the right to refuse rides based on resident behavior.

"Celebration of Life"

(Non-denominational)

Wednesday, May 7th
2 pm to 3 pm
Brosky Commons
(Rotunda/Greenhouse)

A time to come together to, Celebrate those We Loved and Lost.

There Will be Readings, Music and Sharing Memories.

"Our loved ones will be part of an Immortal presence in us, Because Love never ends."









DATE: 05/09/25

TIME: 1:30PM-2:30 PM

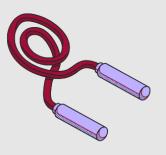
LOCATION: BARTON

CENTER DINING

ROOM

SIGN UP AT THE TRANSPORTATION DESK.





LISA LACKNER FROM BLUE SKY THERAPY

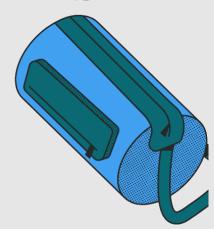
TOPIC: EXERCISE FOR SENIORS-TIPS FOR PREVENTING FALLS



Date: 05/23/25

Time: 1:30 pm-2:30 pm

Location: Carr Lounge



Free raffle to Giant Eagle!!