

Brooklyn Senior Chit Chat

Brooklyn Senior Center
7727 Memphis Ave.
Brooklyn, OH 44144
(216) 635-4222
Hours 8:00 a.m. to 4:30 p.m.

July / August 2019



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Summer Dance

Monday, July 22nd
Noon to 2:30pm

WAYNE TOMSIC BAND

Cost \$6

Coffee & Dessert Served



Senior Carnival

**Thursday, August 8th from
11:30am-1:30pm**

Please join Mayor Katie Gallagher, our staff and some local vendors for a fun filled day of games, food, and ice cream!

The Carnival is FREE to card carrying members of the Brooklyn Senior Center that are **55+**.

Please pre-register by August 1st at the front desk or call us to sign up!



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A Letter from the Brooklyn Senior Center Coordinator

Dear Friends,

As I type this letter it is raining again. Lets hope this rain clears soon and summer arrives. It will be fun to do some outdoor activities when the sun is shinning. Fingers crossed!

We have some exciting news. We will now be doing a quarterly (3 month) newsletter jointly with the Recreation Dept. It will be called “Active Brooklyn”. The first publication will be for the Fall - Sept/Oct /Nov . It will be mailed out to all Brooklyn Residents and replace our bimonthly “Chit Chat”. The Active Brooklyn newsletter will capture a larger audience. A great step forward in trying to reach those 55 plus residents that are not signed up as members. This will be our last edition of the Chit Chat. A great big thank you to all the volunteers who over the years have helped with it. Please see me if you would like to continue to volunteer as we have plenty of other opportunities available.

One of our big summer events will be our Senior Carnival on August 8th. We hope you can come and join in. It will be a fun time with many of our local supporters and city departments having tables with games, prizes, hot dogs and ice cream. See details on cover page.

A big shout out and thanks to all those that made our annual Women’s Tea on May 10th. Thanks to all our volunteers for your dedication in making it a great success.

Our Brooklyn Senior Center participated in the 33rd Annual Senior Olympics this year. A special thanks to Senior Citizen Resources for organizing another great Senior Olympics. We had several medal winners that represented our center and a great time was had by all.

We celebrated and honored our many volunteers with a volunteer lunch on May 22nd. It was nice to wait on them for a change, Mayor Gallagher and some of the council and directors helped serve. Our volunteers truly are the backbone of the Senior Center.

On June 6th we did a Lolly the Trolley trip to Downtown, University Circle including a tour of the International Gardens, & the Flats. This trip proved to be a fan favorite. Brian the guide was so informative. Lots of fun was had by all.

Best Regards,
Karen Fratto

****IMPORTANT****

SNOW REMOVAL FORM IS ENCLOSED
HERE in this issue—Please keep to fill out and bring in
Sign Ups START ON SEPT. 10th



Brooklyn Senior Center Speakers / Featured Events/ Programs

July 11th - 12:00pm NOPEC Speaker

Who is NOPEC?

A representative from NOPEC

will join us to teach us about
saving on utility bills.

Speaker—July 25 - 12:00pm

Chris Lotenero to speak on

tips for easy ways to get rid of clutter.

What sells, where to donate, and what to
throw out

Very Useful information for all

August 22nd Thursday

Care Patrols, Marissa Olczak

Will Speak on Elder Care Options and
how to Pay for them

They can HELP Seniors find safer living options
It is a Free Service

Thursday, July 18th 9:00 am,

CRAFT CLASS

Bring your own t-shirt to decorate

Cost \$5—tons of stuff to use

Brooklyn Library Speakers

Come hear what's new at our
fabulous library and get the latest update on
their programs.

Thursday, July 18th —Thursday, August 29th—

Thursday, Sept. 26th—TIME NOON

Trip

Hartville Kitchen & Flea Market Trip

Friday, September 6th

Meet at Senior center at 9:00 am

Price of \$30 Includes Lunch at Hartville Kitchen and
Transportation to and from Hartville

There will be plenty of time for shopping at Hartville
Flea Market and the indoor shops.

Sign-ups Start on July 10th on a first come basis.

LOOK For the New Newsletter

"Active Brooklyn"

"Active Brooklyn" will combine Recreation
& Senior Services with a joint quarterly
newsletter replacing the Chit Chat.

1st edition Sept / Oct / and Nov will be
sent out before Sept.

Active Brooklyn will reach a much larger
audience city wide in an effort to inform
residents over 55 who may not be signed
as members at the Senior Center

Senior Center

Indoor Garage Sale

Sat. September 21, 2019

Hours: 9:00 a.m. - 2:00 p.m.

**Many Treasures Both Old and New For
Sale – Come Buy or Come Sell!**

Refreshments will be for sale

Sausage-n-Pepper Sandwiches,

Hot Dogs, Sloppy Joes, Chips and Beverages

**You may Rent 1 table for \$25; 2 for \$40
to sell your items**

Sign up and Reserve your table now

Payment due no later than 9-10-19

Ongoing Classes & Summer Happenings

EXERCISE PROGRAMS

Summer Corn Hole

Monday 10:00 a.m.

Chair Yoga with Sandy

Monday & Wednesday at 9:00 a.m.

Walkers Program

Tuesday & Thursday at 8:00 a.m.

Senior Cardio w Sandy

Tuesday & Thursday at 9:00—10:00 a.m.

Ladies Bocce Ball

Wednesday starts at 9 a.m.

"Jazzercise Class - Wed. 11:45 a.m.—12:30 p.m

Men's Bocce Ball

Thursday starts at 9:30 a.m.

Wii Bowling

Friday starts at 9:00 a.m.

ARTS & CRAFTS PROGRAMS

Ceramics

Monday & Tuesday starts at 9:00 a.m.

Quilt & Sew—Wednesday starts at 9:30 a.m.

Craft Class—Thursday starts at 9:00 a.m.

GET TOGETHER

Bingo - Tuesday at Noon

Scrabble—Wed 10:15 am starting July 10th

Ladies Poker - Wed. at 12:00 p.m.

Ping Pong - Wed. mornings

Mexican Train Dominoes - Wed 1:00p.m.

Canasta - Thurs. 12:00p.m.

Billiards - anytime Library anytime

Post Office on Wheels

1st Thursday of the month at noon

Purchase stamps, money orders & supplies Mail letters and packages first class, priority, express, certified, insured & registered

Health and Welfare Programs

Blood Pressure Screenings

****Emergency Calls Take Priority****

Brooklyn Paramedics

3rd & 4th Thursday from 10:00 - 11:00

Brooklyn Point Nurse

2nd Tuesday from 10:00—11:00 a.m.

University Hospital—Parma

1st Thursday from 10:00 - 11:00 a.m.

Free Hearing Test

By Lee Anne Christner, July 10th and Aug. 14th

By appointment only - call Senior Center

For a small fee Lee Anne will clean, repair, adjust, & replace batteries in your hearing aids

Senior Tips to Beat the Heat This Summer

1. **Drink Plenty of Liquids** Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.
2. **Wear Appropriate Clothes** An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.
3. **Stay Indoors During Mid-day Hours** During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.
4. **Take it Easy** Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.
5. **Watch the Heat Index** When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.
6. **Seek Air-conditioned Environments** Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The mall, library or movie theater are all popular options. During heat waves, many cities also set up "cooling centers," air-conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

REMEMBER OUR SENIOR CENTER IS AIR CONDITIONED AND A GREAT PLACE TO ESCAPE THE HEAT. Come hang out with us on those Hot Summer Days. You are welcome here!

July 2019

Mon	Tue	Wed	Thu	Fri
1 9:00 Chair Yoga 10:00 Corn Hole 10:00 Ceramics 12:00 Hand and Foot	2 8:00 Walker Program 9:00 Cardio w/Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	3 9:00 Ladies Bocce 9:00 Chair Yoga -Sandy 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Ladies Poker 1:00 Mexican Dominos	4 Center Closed 4th of July!	5 9:00 Wii Bowling 9:00 Chair Yoga* 11:00 Line Dancing w Sandy
8 9:00 Chair Yoga 10:00 Corn Hole 10:00 Ceramics 12:00 Hand and Foot	9 8:00 Walker Program 9:00 Cardio w/Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	10 9:00 Ladies Bocce 9:00 Chair Yoga -Sandy 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Ladies Poker 1:00 Mexican Dominos	11 Walkers Prog. 8 am 9:00 Cardio w/ Sandy 9:00 Craft Class 9:30 Men's Bocce - Outside 11:30 Luncheon 12:00 Hand and Foot	12 9:00 Wii Bowling 11:00 Line Dancing w Sandy
15 9:00 Chair Yoga 9:00 Corn Hole 10:00 Ceramics 12:00 Hand and Foot	16 8:00 Walkers Program 9:00 Exercise with Sandy 10:00 Ceramics 11:00 SOUP N SANDWICH 12:00 BINGO	17 9:00 Ladies Bocce 9:00 Chair Yoga -Sandy 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Ladies Poker 1:00 Mexican Dominos	18 Walkers Prog. 8 am 9:00 Cardio w/ Sandy 9:00 Craft Class 9:30 Men's Bocce - Outside 11:30 Luncheon 12:00 Hand and Foot	19 9:00 Wii Bowling
22 9:00 Chair Yoga 9:00 Corn Hole 10:00 Ceramics 12:00 Hand and Foot	23 8:00 Walker Program 9:00 Cardio w/Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	24 9:00 Ladies Bocce 9:00 Chair Yoga -Sandy 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Ladies Poker 1:00 Mexican Dominos	25 Walkers Prog. 8 am 9:00 Cardio w/ Sandy 9:00 Craft Class 9:30 Men's Bocce 11:30 Luncheon 12:00 Hand and Foot	26 9:00 Wii Bowling 11:00 Line Dancing w Sandy
29 9:00 Chair Yoga 10:00 Corn Hole 10:00 Ceramics 12:00 Hand and Foot	30 8:00 Walker Program 9:00 Cardio w/Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	31 9:00 Ladies Bocce 9:00 Chair Yoga -Sandy 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Ladies Poker 1:00 Mexican Dominos		

August 2019

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Come and have lunch and hear our very knowledgeable speakers

Thursday Luncheons - Please buy your tickets in advance

Every Thursday Lunch is served at the Brooklyn Senior Center at 11:30 am. The cost is \$6.00. Tickets must be purchased no later than the Friday before the luncheon date. Pick up of Take Outs is not until 12:30 p.m. Please let us know of your take out prior to the luncheon. No Refunds.

Menus for July

July 4th CLOSED

July 11, 2019-Gyro w/Fixings & Fries, Dessert

July 18 2019 - Spaghetti & Meatballs, Tossed-Salad, Garlic Bread & Dessert

July 25, 2019 - Ham & Scalloped Potatoes, Veggies, Roll & Dessert



Menus for August

August 1, 2019 - Meatloaf w/Mashed Potatoes, Gravy, Veggies, Salad & Dessert

August 8, 2019 -Pork Chop w/Stuffing, Green Bean Casserole, Salad & Dessert

August 15, 2019 - Sweet & Sour Meatballs over Rice, Veggies, Roll & Dessert

August 22, 2019 - Chicken Cordon Bleu, Baked Potato, Veggies and Dessert

August 29, 2019 - Large Spring Salad w/ Chicken, Poppy-seed Dressing, Roll & Dessert



July and August Lunch before Bingo \$3.50

July Soup & Sandwich

July 2, 2019 - BLT w/Cookie

July 9, 2019 - Minestrone Soup, 1/2 Turkey Sandwich

July 16, 2019 - Chicken Sandwich w/Chips

July 23, 2019 - Bean & Bacon Soup w/Garlic Toast

July 30, 2019 - Sloppy Joe w/Fritos



August Soup & Sandwich

August 6, 2019 - BBQ Wings w/Celery and Dressing

August 13, 2019 - Chili w/Biscuit

August 20, 2019 - Ham & Swiss w/Chips & Pickle

August 27, 2019 - Veg. Soup w 1/2 Bologna Sandwich

Council Notes

April 22, 2019

- Accepted the bid from TC Construction Co. for the 2019 Repair & Resurfacing of Various Streets in the amount of \$1,053,681.05. (Work will be performed on Hurricane Alley (by Library entrance), Ansonia, West Biddulph and portions of Clinton Rd. Construction will begin early to mid-June and be complete on or before Oct. 25th.)
- Amended Codified Ord. Section 331.45, "Use of Mobile Telephones While Operating a Motor Vehicle" (includes texting, reading, scrolling, etc. to prohibited uses of mobile device while driving a vehicle.)
- Adopted new Codified Ord. Section 149.17, "Positions" (clarifies unclassified part-time, hourly, and seasonal positions in the Recreation and Service Departments)
- Authorized purchase of a new 2019 12-passenger bus for use by the Senior Services from Valley Ford for \$69,579 (using a \$53,504 grant from NOACA Enhanced Mobility for Seniors and Individuals with Disabilities)

May 13, 2019

- Provided notification of grant award of \$50,000 from the Community Development Supplemental Grant Program (to be used for the Exterior Home Repair Grant Program for residents)
- Provided notification of grant award of \$750 towards the purchase of AEDs (Automated Electronic Defibrillators) for the Police Dept.
- Approved salt consortium agreement (for road salt)
- Authorized consent legislation for the resurfacing of Ridge Rd. from Memphis Ave. to Denison Ave. (with Cuyahoga County)
- Adopted a Resolution Honoring Pastor Kevin Folger (retiring from Cleveland Baptist Church after 41 years)
- Approved the 2019 replacement pages to the Brooklyn Codified Ordinances (updates both local and state codes)
- Approved the purchase of 2019 John Deere 524L Wheel Loader for use by the Service Dept. (for a cost of \$155,466.29 from Murphy Tractor & Equipment)
- Amended fees at the Recreation Center by adding Summer Field House rates (programs for use inside the Rec Center while the ice is down from June 1-July 31 to include basketball, pickleball, soccer, volleyball, cornhole, and other activities)

May 28, 2019

- Provided notification of grant award of \$1,600 from 2019 Recycle Ohio Grant Program (to be used for Keep America Beautiful certification)
- Authorized legislation to amend an age-related policy at the Recreation Center (in part, children under age 10 are required to be accompanied by an adult at all times, and children ages 10 & 11 have an adult in the Rec Center or Natatorium while using the facility. *does not affect participants in any youth program)

June 10, 2019

- State Representative Bride Rose Sweeney spoke on matters relating to the City of Brooklyn (specifically addressed the issue of how Brooklyn is affected by school funding issues currently before the House and Senate)
- Confirmed two appointments to the City of Brooklyn Tax Incentive Review Council
- Confirmed a Conditional Use request for Swensons Drive-In at 4660 Ridge Road
- Provided notification of donation of \$600 from Elwood City Forge (For the Fire Dept. use)
- Authorized legislation to amend Chapter 937, "Use of Public Ways for Small Cell Wireless Facilities and Wireless Support Structures" of the Streets, Utilities and Public Services Code of the Codified Ordinances of the City (updated relating to State Code and regulations)
- Authorized legislation to ratify the City of Brooklyn's Updated Statement of Investment Policy
- Authorized legislation to ratify the City of Brooklyn's Debt Management Policy
- Authorized legislation to adopt the Updated Capital Improvement Plan for 2019

BUS TRANSPORTATION

Bus runs from 8:30 a.m.—3:00 p.m.

Monday—Friday

Reservations required—call Center at least 1 business day in advance: 216-635-4222

Mon. - Medical appointments

Tues. - Medical appointments, Soup N Sandwich, Bingo

Wed. - 9:00 or 10:30 a.m. Shopping Brooklyn only

Thurs. - Shopping and Medical appointments, lunch at the Center

10:30 a.m.— Ridge Park Square & Biddulph Plaza

10:30 a.m.— Pick up for lunch at the Senior Center

10:30 a.m.— Ridge Park Square, Biddulph Plaza, medical appointments

Fri. - Medical Appointments in Brooklyn, Banking, Hair appointments, 10:30 Shopping at Wal-Mart & Aldi's

Donation: \$1.00 each way
absolutely *no tipping*

In and Around the Center

Volunteer Appreciation

Thanks to all the many Wonderful Volunteers who clocked more than **815 hours** in the months of April and May. Please, remember to sign the Volunteer Book so we can keep track of your hours.

**Wishing you all a Very
Happy 4th of July**

Tips for Avoiding Summer Falls

The Ohio Department of Aging recommends the following tips to prevent falls this summer:

- Wear loose clothing that won't snag or cause you to trip
- Wear sunglasses and a hat to reduce sun glare outdoors
- Let tinted eyeglasses transition before moving around indoors
- Trade sandals and flip-flops for well-fitting walking shoes
- Stay hydrated to prevent dizziness
- Keep fans and cords out of walkways. Immediately pick up items blown to the floor by fans.
- Don't walk through mud or water
- Secure rugs and mats to the floor

Have a Fun and Safe Summer!

Condolences

Our Sympathy goes out to all who have Lost Loved Ones in the past months.

May They Rest in Peace!

Barbara Bellisario

Ursula Coyne

Marie DeMarco

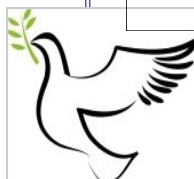
Mildred Drazdik

Helen Hulec

Margaret Rosicki

Jose Santiago

Helen Wilson



City of Brooklyn
Mayor Katherine Gallagher
7727 Memphis Avenue
Brooklyn, OH 44144-2197

No Return Mail Service

PRSR STD
U.S. POSTAGE
PAID
Cleveland, OH
Permit No. 141

DATED MATERIAL
DO NOT DELAY
MAILED: 6/28/19

Easy Summer Guacamole

Ingredients:

2 avocados, mashed
1/2 c up onion diced small
1/2 cup diced tomatoes small
Juice of 1 lime
Salt and pepper to taste



Instructions:

Mix it all together and chill. Serve with tortilla chips.

Tip for keeping your Guacamole green and

fresh: Water is a perfect barrier against oxygen, and since guacamole is dense, a little liquid won't water it down. Pour in a small amount of water to cover the top of the guacamole and refrigerate it for up to three days. Drain off water before serving.



*Every Tuesday at Noon
All Year Long
Get out and have some fun!*

**Snow Removal Forms are
Enclosed inside this issue
Sign Ups will start
Sept. 10th through Sept 30th
Late fees will apply after that**