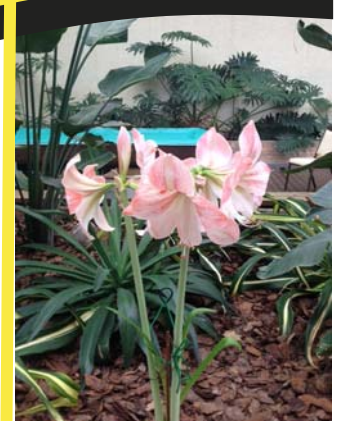
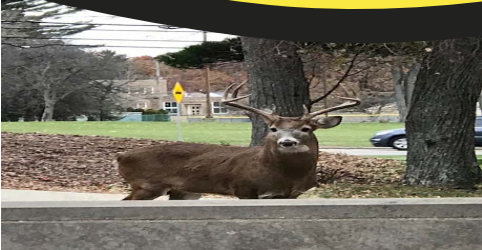


# Brooklyn Senior Chit Chat

Jan. / Feb. 2019

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



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## **Life Line Screening,**

a leading provider of community-based preventive health screenings, is pleased to offer a preventive health event at the Brooklyn Senior Center on **Monday, January 7, 2019**

(See Page 3 for more details)

## **Happy New Year!**

### **A.A.R.P. INCOME TAX SERVICE**

***AARP WILL AGAIN be providing  
FREE Income Tax Assistance  
Mondays and Wednesdays from  
February 4th to the April 10th.***

***To Schedule your Appointment  
Call Senior Center after Jan. 7<sup>th</sup>***

***At: (216) 635-4222***

***Be sure to bring the following  
to your appointment:***

***Last year's tax return and all related tax forms, including social security, A photo I.D. for all dependants. If stocks have been sold, bring in all information regarding the sale, date of purchase & original cost***

***· No age restriction  
AARP membership not required***

Letter from the Senior Center Director

Dear Friends,

Well Happy New Year 2019! We sincerely hope it is a great new year for all of you.

As we move forward into a brand new year it can be a time to take up a new activity or wipe the slate clean and start fresh. We certainly invite you to come up to the center and give something new a try. We would be happy to help you in any way we can. Look over the list of activities and give us a call if interested.

Below are some photos of the Veterans Day Breakfast that the Brooklyn Firefighters put on for all the Veterans. We thank them for their kindness in honoring our Veterans and making them feel so special and remembered. And the breakfast was awesome! Thanks Chief Paul and all your crew.

It was a busy time during the holiday season. Our annual Christmas Party on December 6th was a sold out event. Brenda, our cook outdid herself with a wonderful turkey dinner and all the trimmings. See some photos on page 11. We had a great band, The Wayne Tomsic Trio. Music & dancing also made for a fun day.

Ceramic Class made many lovely Christmas Trees and ceramic pieces. We had a lot of happy people as they bought items to give as gifts or for themselves. There is so much talent there! Sandy and class do a fantastic job! Even Santa thought so and came to visit all the class with his elf - aka Gene and Brea.

Lastly below see the picture George, of one of the family of squirrels that we have adopted after Kathy started feeding them this year. They come right up to her now and will come to our window when they are hungry. They are so cute and we hope to keep them well feed in these cold winter months. Come up and visit too, our doors are always open. It's a cozy place and coffee is always ready and warm on a cold winter day.

Best Regards,  
Karen Fratto



**NOTE:**  
In the event of very bad weather and the Brooklyn City Schools are CLOSED, All of the Senior Centers daily activities and it's transportation services will be **CANCELLED**



## Speakers / Featured Events/ Programs

**Thursday, February 14th**  
**11:30 a.m. Luncheon Starts**  
**State of the City Address**  
**Starts at Noon**

**All are Welcome to Come and hear**  
**Mayor Katherine Gallagher**

**As she gives her annual**  
**State of the City Address**

Advanced tickets are available  
for the luncheon. Cost is \$6.00  
Please purchase 1 week prior

**January 17, 2019**

Come and hear Rick DeLaRosa of  
**Blameless Body Fitness**

Topic: Are You Disease Free /  
Nutrition Help for Seniors

Thursday, Feb 21st at Noon

**Maureen Shannon of**  
**Hospice of the Western Reserve**  
Topic: "Tapping into your Inner Self"

**Brooklyn Point Assisted**  
**Living and Memory Care**

***Come and hear them speak on***

***Thursday February 28th***  
***At Noon***

**Topic: "Falls Prevention for**  
**the Winter Months"**

**Life Line Screening**, a leading provider of community-based preventive health screenings, is pleased to offer a preventive health event at the **Brooklyn Senior Center on January 7, 2019**. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **There are three ways to register for this event and to receive a \$10 discount off any package priced above \$129, please call toll-free 1-888-653-6441 or visit <http://lifelinescreening.com/communitycircle> or text the word circle to 797979**

**MOVIE DAY's @ Noon \$5.00**

**Friday, February 8, 2019—NOON**

***"Mama Mia Here We Go Again"***

***Musical Romantic Comedy***

***Starring Pierce Bronson, Meryl Streep, and Cher***  
**Serving Pizza**

Brooklyn Library to Speak on  
**January 31st and Feb. 28th**  
Come and hear all about the  
great things going on at our  
Local Brooklyn Library and  
the many exciting programs  
they have county wide

## Ongoing Services

### EXERCISE PROGRAMS

#### Walkers Program

Tuesday & Thursday at 8:00 a.m.

#### Chair Yoga with Sandy

Monday and Wednesday at 9 a.m.

#### Low Impact Cardio Class with Sandy

Tuesday & Thursday at 9:00—10:00 a.m.

#### Ladies Bocce Ball—indoors

Wednesday starts at 9 a.m.

#### Jazzercise—Wed. 11:45 am. Back Jan 16

#### Men's Bocce Ball—indoors

Thursday starts at 10:30 a.m.

#### Wii Bowlin—Friday starts at 9:00 a.m.

### ARTS & CRAFTS PROGRAMS

*fees may apply*

#### Ceramics

Monday & Tuesday at 9:00 a.m.

#### Quilt & Sew

Wednesday at 9:30 a.m.

#### Craft Class

Thursday at 9:00 a.m.

#### Art Class with John Cua every Mondays at 1pm

### GET TOGETHER

Bingo - Tuesday at Noon—Everyone Welcome

Ladies Poker - Mon. & 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

### Health and Welfare Programs

#### Blood Pressure Screenings

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

#### Brooklyn Paramedics

3rd and 4th Thursday from 10:00 - 11:00 a.m.

#### Brooklyn Pointe Assisted Living and Memory Care Nurse

2nd Tuesday from 10:30—11:30 a.m.

#### University Hospital—Parma

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

### Free Hearing Test

By Lee Anne Christner, Inc.

2nd Tuesday of every month from 10:00 a.m. to

Noon **By appointment only**— call Senior Center

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

<><><><><><><><><>

### Post Office on Wheels

- Purchase stamps, money orders, & package supplies
- Mail letters and packages first class, priority, express, certified, insured & registered mail First Thurs. of Month 11:40 a.m. until noon


### MEALS ON WHEELS

The Brooklyn Senior Center has recently changed its Meals on Wheels program. We now work with Senior Citizen Resource in providing Meals. Each meal, which is delivered Monday through Friday, consists of an entrée, milk and a fruit. Eligibility requirements, including a health assessment and income must be met, as well as being a home-bound senior 65 + who is unable to drive. This program serves the Brooklyn area. If interested, please call Kathy at (216) 635-4222.

# January 2019

Mon	Tue	Wed	Thu	Fri
	<b>1</b> <b>Happy New Year 2019</b> <b>Senior Center Closed</b>	<b>2</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew <b>NO Jazzercise</b> 12:00 Ladies Poker 1:00 Dominos	<b>3</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 10:30 Men's Bocce 11:30 Luncheon 12:00 Cards	<b>4</b> No Wii Bowling—it will resume on the 11th
<b>7</b> <b>Lifeline Screen</b> 9:00 Chair Yoga—Kitchen Side 9:00 Ceramics 10:30 <b>NO Corn Hole</b> 1:00 Art with John	<b>8</b> 8:00 Walkers Program 9:00 Cardio with Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	<b>9</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew <b>NO Jazzercise</b> 12:00 Poker / 1:00 Dom	<b>10</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 10:30 Men's Bocce 11:30 Luncheon 12:00 Cards	<b>11</b> 9:00 Wii Bowling is back
<b>14</b> 9:00 Chair Yoga 9:00 Ceramics 10:30 Corn Hole 12:00 Cards 1:00 Art with John	<b>15</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 10:00 Ceramics 11:00 <b>SOUP N SANDWICH</b> 12:00 BINGO	<b>16</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew 11:45 Jazzercise Starts 12:00 Poker / 1:00 Dom	<b>17</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 10:30 Men's Bocce 11:30 Luncheon 12:00 Cards	<b>18</b> 9:00 am Wii Bowling
<b>21</b> <b>Senior Center is Closed for Martin Luther King Day</b>	<b>22</b> 8:00am Walkers Prog. 9:00 Cardio with Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	<b>23</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Poker / 1:00 Dom	<b>24</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 10:30 Men's Bocce 11:30 Luncheon 12:00 Cards	<b>25</b> 9:00 Chair Yoga make-up class 9:00 Wii Bowling
<b>28</b> 9:00 Chair Yoga 9:00 Ceramics 10:30 Corn Hole 12:00 Cards 1:00 Art with John	<b>29</b> 8:00am Walkers Prog. 9:00 Cardio with Sandy 10:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	<b>30</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Poker / 1:00 Dom	<b>31</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 10:30 Men's Bocce 11:30 Luncheon 12:00 Cards	<b>Brooklyn Senior Center</b>

# February 2019

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
 <p>Copyright © Chud Tsinker ~ www.HiTeam.com/158935</p>				<b>1</b> 9:00 Wii bowling
<b>4</b> 9:00 Ceramics 9:00 Chair Yoga 10:30 Corn Hole 12:00 Cards 1:00 Art w John	<b>5</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	<b>6</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Poker / 1:00 Dom	<b>7</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 10:30 Men's Bocce 11:30 Luncheon 12:00 Cards	<b>8</b> 9:00 Wii Bowling 12:00 Lunch n Movie
<b>11</b> 9:00 Ceramics 9:00 Chair Yoga 10:30 Corn Hole 12:00 Cards 1:00 Art w John	<b>12</b> 8:00 Walkers Prog 9:00 Cardio with Sandy 9:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	<b>13</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Poker / 1:00 Dom	<b>14</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 10:30 Men's Bocce 11:30 Mayor's State of the City Address and Luncheon 12:00 Cards	<b>15</b> 9:00 Wii Bowling 9:00 Coffee with the Mayor
<b>18</b> <b>Center Closed for Presidents Day</b>	<b>19</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	<b>20</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Poker / 1:00 Dom	<b>21</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 10:30 Men's Bocce 11:30 Luncheon 12:00 Cards	<b>22</b> 9:00 Wii Bowling 9:00 Chair Yoga - make up class
<b>25</b> 9:00 Ceramics 9:00 Chair Yoga 10:30 Corn Hole 12:00 Cards 1:00 Art w John	<b>26</b> 9:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Ceramics 11:00 Soup n Sandwich 12:00 BINGO	<b>27</b> 9:00 Ladies Bocce 9:00 Chair Yoga 9:30 Quilt n Sew 11:45 Jazzercise 12:00 Poker / 1:00 Dom 1:00 Dominos	<b>28</b> 8:00 Walkers Prog. 9:00 Cardio with Sandy 9:00 Craft Class 10:30 Men's Bocce 11:30 Luncheon 12:00 Cards	

## Come and have lunch and hear our very knowledgeable speakers

### Thursday Luncheons

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 January

**Jan. 3, 2019**—Roast Pork, Mashed Potatoes, Gravy, Veggies, Salad & a Roll

**Jan. 10, 2019**—Fish Fillet w/Pierogi's, Cole Slaw, Roll and Dessert

**Jan. 17, 2019**—Bacon Cheeseburger, w/ Toppings, Tater Tots, Cole Slaw, Dessert

**Jan. 24, 2019**—Poorman's Stuffed Cabbage, Mashed Potatoes, Salad, Garlic Toast & Dessert

**Jan. 31, 2019**—Broccoli Chicken Alfredo over Linguini, Salad, Roll & Dessert



#### Menus for February

**Feb. 7, 2019**—Meatloaf Mashed Potatoes & Gravy, Veggies, Salad, Roll & Dessert

**Feb. 14, 2019**— **State of the City Address:** Chicken Salad Croissant, Broccoli Salad, Chips & Dessert

**Feb. 21**—Buttermilk Biscuit Turkey Pot-Pie, Salad, and Apple Turn-over

**Feb. 28, 2019**— Beef Stew, Corn Bread, Salad & Dessert



### Tuesday Soup & Sandwich before BINGO

#### January Soup & Sandwich

**Jan. 8, 2019**— Corn Clam Chowder w/crackers

**Jan. 15, 2019**—1/2 Bologna Sandwich w/ Cauliflower Soup

**Jan. 22, 2019**—Italian Wedding Soup w/Garlic Toast

**Jan. 29, 2019**—Sub Sandwich w/Chips & a Pickle

#### February Soup & Sandwich

**Feb. 5, 2019**—Turkey & Swiss Sliders w/ Chips

**Feb. 12, 2019**— Chili Cheese Hot Dog, Chips & a Pickle

**Feb. 19, 2019**—Broccoli Soup Bread Bowl

**Feb. 26, 2019**—Loaded Baked Potato Soup and 1/2 Ham Sandwich

**NOTE:** In the event of bad weather and the Brooklyn City Schools are CLOSED, All of the Senior Centers daily activities and it's transportation services will be CANCELLED.

## **COUNCIL MEETINGS**

### **October 22, 2018**

Accepted a \$2,500 grant from Walmart to the Police Department for the Shop with a Cop program.  
Accepted a \$2,500 grant from Walmart to the Fire Department for smoke detectors and fire safety literature.  
Approved a resolution for the County Fiscal Officer to advance taxes for 2018  
Accepted rental fees for the Natatorium to all for small groups to use the pool for activities such as diving and scuba.

### **November 13, 2018**

Accepted a donation from Brooklyn Figure Skating Club valued \$1,585.42 for a professional music equipment.  
Authorized Mayor to sign a contract with the Cuyahoga County Board of health for 2019 and 2019 for \$52,941 and \$60,871.  
Accepted new medical insurance renewal from Medical Mutual of Ohio for 2019 and Delta Dental for 2019 and 2020. There was a small increase on dental costs.

### **November 26, 2018**

Amended Board of Control ordinance to mirror State O.R.C. language.  
Approved a credit card policy pursuant to O.R.C. 9.21(A).  
Established a Capital Reserve Fund to be used for paying debt, saving for depreciating assets or financing new debt and capital acquisitions.  
Approved percentages of gross receipts from Income Taxes with the following allocation: 84% to the general fund; 15% to the Capital fund; and 1% to the capital reserve fund.  
Approved a resolution to apply to the Supplemental Grant Program for and Exterior Home Repair Grant Program.

## **IG Warns Public About Fraudulent Phone Calls Threatening Arrest or Legal Action**

Posted on **December 7, 2018** by **Andrew Cannarsa, OIG Communications Director**

The Acting Inspector General of Social Security, Gale Stallworth Stone, is urging citizens to remain vigilant of telephone impersonation schemes that exploit the Social Security Administration's (SSA) reputation and authority. The Office of the Inspector General (OIG) continues to receive reports from across the country about fraudulent phone calls from people claiming to be from SSA. Recent reports have indicated that unknown callers are using increasingly threatening language in these calls. The callers state, due to improper or illegal activity with a citizen's Social Security number (SSN) or account, a citizen will be arrested or face other legal action if they fail to call a provided phone number to address the issue. This is a scam; citizens should not engage with these calls or provide any personal information.

SSA employees do contact citizens, generally those who have ongoing business with SSA, by telephone for customer-service purposes. However, SSA employees will never threaten you for information; they will not state that you face potential arrest or other legal action if you fail to provide information. In those cases, the call is fraudulent, and you should just hang up. "Unfortunately, scammers will try anything to mislead and harm innocent people, including scaring them into thinking that something is wrong with their Social Security account and they might be arrested," Stone said. "I encourage everyone to remain watchful of these schemes and to alert family members and friends of their prevalence. We will continue to track these scams and warn citizens, so that they can stay several steps ahead of these thieves." The OIG recently warned that some of these impersonation calls have "spoofed" SSA's national customer service phone number, displaying 1-800-772-1213 as the incoming number on caller ID. The Acting Inspector General urges citizens to be extremely cautious, and to avoid providing information such as your SSN or bank account numbers to unknown persons over the phone or internet unless you are certain of who is receiving it. If you receive a suspicious call from someone alleging to be from SSA, you should report that information to the OIG at 1-800-269-0271 or online at <https://oig.ssa.gov/report>.

For more information, please visit <https://oig.ssa.gov/newsroom/scam-awareness>.



## **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.* - 10:30 Shopping in Brooklyn only

*Thurs.* - Shopping and Medical appointments,  
lunch at the Center  
9:30 a.m.— Ridge Park Square &  
Biddulph Plaza  
10:30 a.m.— Pick up for lunch at the  
Senior Center  
11:00 a.m.— Ridge Park Square,  
Biddulph Plaza, & medical appointments

*Fri.* - Medical Appointments in Brooklyn  
Only, Banking, Hair appointments,  
Shopping at Wal-Mart & Aldi's

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

## **Christmas Party Fun**



## **Condolences**

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

May They Rest in Peace!

Angie Bewly

Jack Chambers

Frank Ferraro

Michael Gallagher

Marcia Gallo

Mary Ann Kolz

Maria Trower

Gene Wrost

John Yambor

Aldo Zappa



**Our Sincerest**

**Get Well Wishes**

**To all those under the weather  
Get Better and know that you  
are in our thoughts!**



## **Volunteer Appreciation**

Thanks to all the many Wonderful Volunteers who clocked more than **663** hours in the months of October and November

Please, remember to sign the Volunteer Book so we can keep track of your hours.

City of Brooklyn  
Senior Center  
7727 Memphis Avenue  
Brooklyn, OH 44144-2197

Return Service Requested

PRSR STD  
U.S. POSTAGE  
P A I D  
Cleveland, OH  
Permit No. 141

DATED MATERIAL  
DO NOT DELAY  
MAILED: 12/28/2019

**Thursday, January 17th  
at 9:00 a.m.**

**Our Craft Class will be making  
Valentine Wreaths**

**Cost is \$8 and includes all supplies  
Please sign up at the desk by 1/10**



### **Kathy's Salmon Patty Recipe**

Makes about 4 medium patties. You will need the following ingredients: One 7.5 oz. can of salmon (I get "Wild caught" Alaskan sockeye salmon)  
1 egg, beaten  
2 to 3 Tablespoons of milk  
1/4 cup of bread crumbs  
Salt and pepper to taste (Spike is also good instead)  
Optional - 1/4 to 1/3 cup finely chopped onions  
1 to 2 Tablespoons of olive oil for frying

Remove scaly matter and bones from the canned salmon. Then flake the salmon with a fork in a mixing bowl. Add in all other ingredients (except olive oil) Mix well. Fry till lightly browned in olive oil. Garnish with slice of cheese of your choice, lettuce, tomato and or mayo if you like.

Heat olive oil in a fry pan, on Medium heat. Form mixture into patties. Fry in the olive oil on both sides until brown. When almost done, add the slice of cheese and let it melt. Garnish as liked & Serve .