

January 12 — January 18, 2025

Judson Manor Happenings



THIS WEEK:

Acadia Trio Performance

Sun, Jan. 12, 4:00pm Ballroom

Flower Arranging

Mon, Jan. 13, 2:00pm Penthouse

Paper White Workshop

Tues, Jan. 14 2:00pm Penthouse

Sara Brown Reed Demonstration

Tues, Jan. 14 4:00pm Ballroom

Resident Council

Thurs, Jan. 16 10:00am Ballroom

Social Hour

Fri, Jan. 17 4:00pm Ballroom

UPCOMING EVENTS:

Ella Karasik Student Recital

Sun, Jan. 19 12:00pm Ballroom

State of Judson

Tues, Jan. 21 10:00am Ballroom

JUDSON TRANSPORTATION SCHEDULE JM & JP

DESTINATION	DAY	JP	JM	DEPART LOCATION
Cleveland Clinic, VA, University Hospital, Case School of Dentistry Trader Joe's	Monday	9:15	9:30	12:00
Cleveland Clinic, VA, University Hospital, Case School of Dentistry Heinen's, CVS	Monday	12:15	12:30	2:00
UH Green Road Medical Center	Monday	12:45	12:30	
Cleveland Clinic, VA, University Hospital, Case School of Dentistry Dave's Cleveland Hts. Market	Tuesday	9:15	9:30	12:00
Marc's, Severance Ctr., Huntington Bank	Tuesday	10:45	10:30	3:00
UH Green Road Medical Center and Metro Health Medical Center	Tuesday	12:45	12:30	
Cleveland Clinic, VA, University Hospital, Case School of Dentistry	Wednesday	9:15	9:30	
Cleveland Clinic, VA, University Hospital, Case School of Dentistry	Wednesday	12:45	12:30	
***Call to schedule trip to Rite Aid and Walgreens on Chester Avenue				
Cleveland Clinic, VA, University Hospital, Case School of Dentistry	Thursday	9:15	9:30	
Heinen's, CVS	Thursday	9:45	9:30	11:00
UH Green Road Medical Center	Thursday	9:45	9:30	
Cleveland Clinic, VA, University Hospital, Case School of Dentistry	Thursday	12:45	12:30	
University Circle Museum Shuttle	Thursday	12:45	12:30	3:00
<ul style="list-style-type: none"> • Botanical Garden • Cleveland Museum of Natural History • Severance Hall • Cleveland Museum of Art • Museum of Contemporary Art 				
Cleveland Clinic, VA, University Hospital, Case School of Dentistry	Friday	9:15	9:30	
Ahuja	Friday	12:00	11:45	

For trip requests please call Tom McGraw at 216-392-3054 or email tmcgraw@judsonsmartliving.org. PLEASE SIGN UP IN TRIP BOOK 24 HOURS IN ADVANCE OF TRIPS LISTED HERE. Please arrive **10 minutes** prior to posted departure time. Shopping Trips are for 1 hour. **We request 48 hour advance notice for all trips not listed here. Trips not listed here are subject to ride & mileage fee.** ALL TRIPS SUBJECT TO CHANGE AND CANCELLATION. (jb 9.29.22)

January Birthdays

Karen Holtkamp	January 2
Sandra Dee	January 3
Becky Zuti	January 4
Sara Chisholm	January 7
Sarah Wiehe	January 12
Gann Roberts	January 20
Martha Stitt	January 20
Jane Baldwin	January 23
Barbara Gray	January 25
Janet Neary	January 25
Wink Baldwin	January 29
Ursula Korneitchouk	January 31

Happy Birthday!

THE SHOP AROUND
THE CORNER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <i>2:30-4:00</i>	4
5	6	7 <i>3:00-4:00</i>	8	9	10 <i>2:30-4:00</i>	11
12	13	14 <i>3:00-4:00</i>	15	16	17 <i>2:30-4:00</i>	18
19	20	21 <i>3:00-4:00</i>	22	23	24 <i>2:30-4:00</i>	25
26	27	28 <i>3:00-4:00</i>	29	30	31 <i>2:30-4:00</i>	

DONATIONS WELCOME! PROCEEDS BENEFIT RESIDENT COUNCIL.



Judson Manor Winter Wellness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Open Swim Judson Park Pool 8:00am – 2:00pm	Open Swim Judson Park Pool 8:00-10:45am 12:00pm-2:45pm AquaFit @ JP Pool 11:00am-11:45am	Open Swim Judson Park Pool 8:00am –2:00pm	Open Swim Judson Park Pool 8:00 -10:45am 12:00pm-2:45pm AquaFit @ JP Pool 11:00am-11:45am	Open Swim Judson Park Pool 8:00-2:00pm
Strength & Stretch 10:00-10:30am Group Exercise Studio	Silent Meditation 10:00-10:45am 10 th Floor Library	Strength & Stretch 10:00-10:30am Group Exercise Studio	Silent Meditation 10:00-10:45am 10 th Floor Library Gentle Conditioning 10:00-10:30am Terrace	Strength & Stretch 10:00-10:30am Group Exercise Studio
Chair Yoga 11:00-11:30am Group Exercise Studio	Gentle Conditioning 11:00-11:30am Terrace		*T'ai Chi 11:30am-12:30pm Group Exercise Studio	Chair Yoga 11:00-11:30am Group Exercise Studio
*Massage Appointments 10:00am-3:00pm w/Anthony Lima, LMT 216-704-0794		*Massage Appointments 10:00am-3:00pm w/Anthony Lima, LMT 216-704-0794	*Massage Appointments 10:00am-3:00pm w/Anthony Lima, LMT 216-704-0794	

Judson Park Pool is open Saturdays 9:00am – 11:45am Pool Office: 216-791-2393

*T'ai Chi is a fee-based class. Preregistration is required.

* Massage Therapy is fee-based by appointment only

Manor Wellness Center is open 24 hours a day, 7 days a week.

Schedule may vary. Any questions please call Rosanna Eliser @ 216-791-2457

MUSIC AT THE MANOR

Acadia Trio

Sunday, January 12

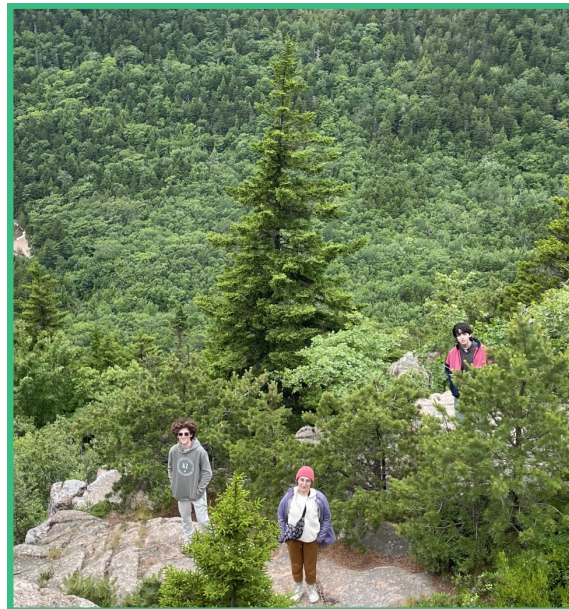
4:00—Ballroom

Maude Cloutier, violin

Ari Peraza-Webb, cello

Jude Giddens, piano

Program: Robert Schumann, Arno Babajanyan.



Judson
MANOR

Sunday, January 12

8:15	Trip to St. Ann's Church—sign up in trip book.	South Concourse
8:00– 10:00	Breakfast Cart– bring your own mug	Wade Park Grill
9:00	Visit with Betsy and Naja and the Friendly Cats	Terrace Lounge
9:30	Trip to The Church of the Covenant, Plymouth Church, Fairmount Presbyterian—sign up in trip book.	South Concourse
10:30	Trip to Holy Rosary, St Paul's Episcopal Church, Church of the Savior—sign up in trip book.	South Concourse
10:00	Church in the Circle us02web.zoom.us/j/549435041 <i>in-person at 11:00 in the Great Hall</i>	Online
10:00	The Church of the Covenant www.covenantweb.org <i>in-person service at 10:00</i>	Online
10:30	St. John the Evangelist Mass on WUAB Channel 43 (the CW) dioceseofcleveland.org	Online
10:30	Plymouth Church plymouthchurchucc.org/livestream <i>in-person service at 10:30 in the Sanctuary</i>	Online
11:00	Fairmount Presbyterian Church fairmountchurch.org <i>in person service at 11:00 in the sanctuary. Online at 11:00</i>	Online
11:00	St. Dominic stdominicchurch.net <i>in-person worship at 9:00 and 11:00.</i>	Online
11:15	St. Paul's Episcopal stpauls-church.org/live/ <i>in- person worship at 11:15.</i>	Online
11:15	Trinity Cathedral Eucharist service trinitycleveland.org/ <i>in- person worship at 8:00, 9:00 & 11:15.</i>	Online
2:30– 4:00	Coffee and Tea Cart	Lobby
4:00	Acadia Trio Concert	Ballroom

Acadia Trio Concert
4:00 Ballroom

Plants, Flowers & Things

with Nancy

Group Meets on the 2nd Monday of each month,

8 person maximum

Sign up with Juliana Kasczak

Please return used vases to Tori or Juliana

Monday, January 13 — Flower Arranging

2:00 Penthouse



Monday, January 13

8:00– 10:00	Breakfast Cart– bring your own mug	Wade Park Grill
9:30	Trip to Cleveland Clinic, VA, University Hospital, CWRU School of Dentistry– sign up in trip book.	South Concourse
10:15-12:00	Trader Joes—sign up in trip book	South Concourse
10:15	Morning Stretch	Terrace Lounge
10:00-10:30	Strength & Stretch	Group Exercise Studio
10:30	Craft Corner	Terrace Lounge
11:00– 11:30	Gentle Yoga	Group Exercise Studio
12:30– 2:00	Trip to Cleveland Clinic, VA, University Hospital, CWRU School of Dentistry, Heinen’s, CVS and UH Green Rd. Medical Center - sign up in trip book.	South Concourse
2:00	Plants, Flowers & Things	Penthouse
2:30– 4:00	Manor Mart Open	Pavilion
2:30– 4:00	Coffee and Tea Cart	Pavilion
2:30	Mingle with Megan—3rd Floor Residents	Pavilion

**Plants, Flowers & Things:
Flower Arranging
2:00—Penthouse**

**Mingle with Megan
3rd Floor Meeting
2:30 Pavilion**

PAPERWHITE WORKSHOP: JANUARY 15, 2025!!!



***Flowers and fragrance for the winter!
Join us up in the Penthouse at 2 pm***

Sign up with Juliana for a workshop spot

Limited to 10 participants

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Sara Brown
Reed Demonstration
Tuesday, January 14
4:00pm Ballroom

Our talented CIM oboe student Sara Brown spends her days in class, practicing and performing. But, in addition, she also spends a lot of her time making reeds for her instrument. In her presentation she will demonstrate the precision of this process and compare oboe reeds with those of clarinets, saxophones and other woodwind instruments.



Tuesday, January 14

8:00– 10:00	Breakfast Cart– bring your own mug	Wade Park Grill
9:30	Trip to Cleveland Clinic, VA, University Hospital, CWRU School of Dentistry, sign up in trip book	South Concourse
10:00	Topics of Interest with Eleanor	Terrace Lounge
10:00– 10:45	Meditation	Library 10th Fl.
10:30– 12:00	Trip to Dave’s Cleve. Hts. Market, sign up in trip book	South Concourse
11:00	Gentle Chair Exercise with Thai-Linn	Terrace Lounge
11:30-12:00	Balance & Barre Class	Group Exercise Studio
12:30	Trip to Marc’s, Severance Ctr., Huntington Bank, UH Green Rd. Med. Ctr. and Metro Health Med. Ctr.	South Concourse
1:30	Pottery with Donna Ernst	Creative Arts Studio
2:00	Travel to Oxford, England	Terrace Lounge
2:00	Paper White Workshop—Registration Required	Penthouse
2:30– 4:00	Manor Mart OPEN	Pavilion
2:30– 4:00	Coffee and Tea Cart	Pavilion
3:00	Loving Hands Group Discussion	Terrace Lounge
3:00– 4:00	Shop Around the Corner– OPEN TO ALL!	Pavilion
4:00	Sara Brown Reed Demonstration	Ballroom

Paper White Workshop
2:00 Penthouse
Registration Required

Sara Brown Reed
Demonstration
4:00 Ballroom

Wednesday, January 15

8:00– 10:00	Breakfast Cart– bring your own mug	Wade Park Grill
9:30	Trip to Cleveland Clinic, VA, University Hospital, CWRU School of Dentistry- sign up in trip book.	South Concourse
10:00– 10:30	Strength and Stretch	Group Exercise Studio
10:15	Morning Stretch	Terrace Lounge
10:30	Do You Know Your Neighbor?	Terrace Lounge
12:30	Trip to Cleveland Clinic, VA, University Hospital, CWRU School of Dentistry– sign up in trip book.	South Concourse
1:00—3:30	Open Art Studio with Laura Cooperman	Creative Arts Studio
2:30	Visits with K9 Grace	Terrace Lounge
2:00– 4:00	Coffee and Tea Cart	Pavilion
2:30– 4:00	Manor Mart OPEN	Pavilion
5:00	Piano Music with Volunteer Grace	Terrace Dining



Thursday, January 16

10:00 AM

Ballroom



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Thursday, January 16

8:00– 10:00	Breakfast Cart– bring your own mug	Wade Park Grill
9:30	Trip to Cleveland Clinic, VA, University Hospital, CWRU School of Dentistry, Heinen’s, CVS and UH Green Rd. Medical Ctr. - sign up in trip book.	South Concourse
10:00	Resident Council	Ballroom
10:00	Gentle Chair Exercise with Thai-Linn	Terrace Lounge
10:00– 10:45	Meditation	Library 10th Fl.
11:30	Current Events	Terrace Lounge
11:30– 12:30	T’ai Chi with Y Chan– fee based class, preregistration required.	Group Exercise Studio
12:15	Trip to Cleveland Clinic, VA, University Hospital, CWRU School of Dentistry, Meijer Market, sign up in trip book.	South Concourse
12:15– 3:00	University Circle Museums Shuttle, sign up in trip book	South Concourse
2:00	Life on Earth	Terrace Lounge
2:00-3:00	Friendly visits with volunteer Jane	Terrace
2:00– 3:30	Open Art Studio with Laura Cooperman	Creative Arts Studio
3:30	Terrace Town Hall Meeting	Terrace Lounge
2:30– 4:00	Manor Mart OPEN	Pavilion
2:30– 4:00	Coffee and Tea Cart	Pavilion

Resident Council

10:00 Ballroom

Social Hour

Hot Buttered Rum

Friday, January 17

4:00 Lounge

Have a good time with your friends and neighbors,
don't miss this Friday's Social Hour,
hot buttered rum, and other treats will be provided.



Judson
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Friday, January 17

8:00– 10:00	Breakfast Cart– bring your own mug	Wade Park Grill
9:30	Trip to Cleveland Clinic, VA, University Hospital, CWRU School of Dentistry- sign up in trip book.	South Concourse
10:00– 10:30	Strength and Stretch	Group Exercise Studio
10:00	Poetry, Stories, and More with Laura Berick	Terrace Lounge
11:30	Sing Along with Music Therapist Marilou Barrett	Terrace Dining
11:00– 11:30	Gentle Yoga	Group Exercise Studio
2:00	Brain Games with Janice	Terrace
2:30– 4:00	Coffee and Tea Cart	Pavilion
2:30– 4:00	Shop Around the Corner– OPEN TO ALL!	Pavilion
3:00	Resident’s Choice Movie	Terrace
4:00	Social Hour– Hot Buttered Rum	Wade Park Grill
6:00	Congregation Mishkan Or -Shabbat Evening Service is at 6:00 in the sanctuary. It can be streamed at https://www.mishkanor.org/worship/live-stream/	2nd Floor on TV by request

**Social Hour
Hot Buttered Rum
4:00—Ballroom**

Resident– Recommended Movie:

Bohemian Rhapsody

Musical and Documentary

2 Hr. 15 Min. 2018

With his impeccable vocal abilities, Freddie Mercury and his rock band, Queen, achieve superstardom. However, amidst his skyrocketing success, he grapples with his ego, sexuality and a fatal illness.

Starring

Rami Malek

Ben Hardy

Gwilym Lee

Lucy Boynton

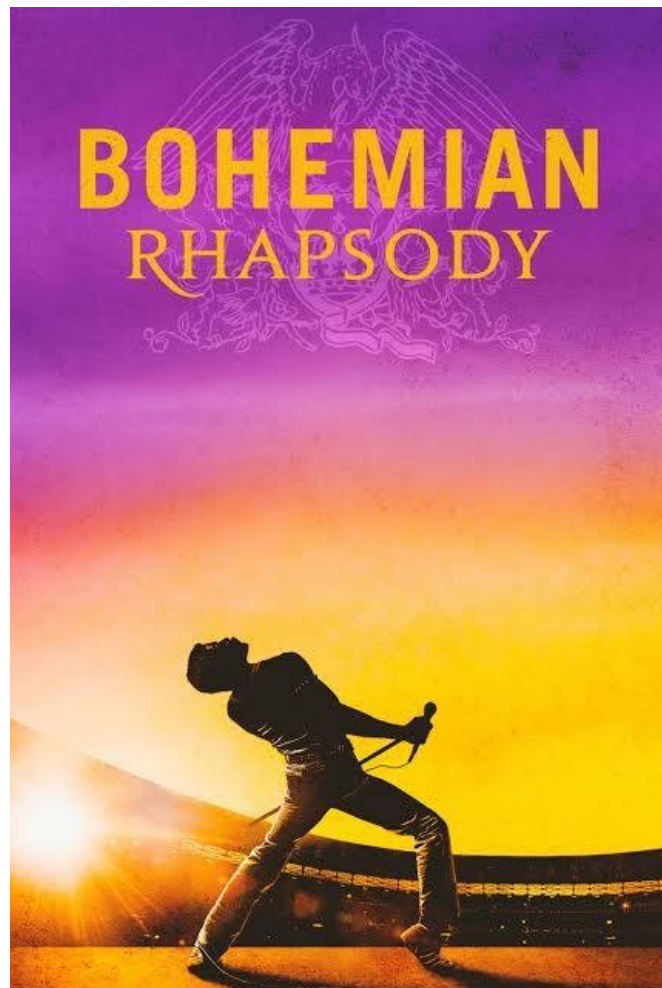
Joseph Mazello

Movie Room

Saturday, 18

January

2:00pm



Contact Tori Toth to make a movie recommendation.

Saturday, January 18

8:00– 10:00	Breakfast Cart– bring your own mug	Wade Park Grill
10:00	Morning Stretch and Volley	Terrace Lounge
10:30	Word Games	Terrace Lounge
11:00	You Be the Judge	Terrace Lounge
1:30-4:00	Friendly Visits with Volunteers	Terrace
2:00	Saturday Movie: Bohemian Rhapsody	Movie Room
2:30– 4:00	Manor Mart OPEN	Pavilion
2:30– 4:00	Coffee and Tea Cart	Lobby
5:30	Catholic Mass with Father Andrzej Panek	Chapel

**Saturday Movie:
Bohemian Rhapsody
2:00 Movie Room**

LINCOLN ROOM RESERVATIONS Call: 791-2972

WPG-Monday thru Saturday Lunch Dining Room Hours 12:00pm - 1:30pm

LDR-Monday thru Saturday Dining Room Hours 5:30pm - 7:30pm

LDR-Sunday Brunch Dining Room Hours 12:00pm - 2:00pm

WPG-Sunday Supper Hours 5:00pm-6:30pm

Please place all delivery orders by 2:00 pm



Sunday January 12th, 2025

Sunday Brunch

Oatmeal & Fresh Berries (contains gluten) 3.50

Alder Wood Smoke Salmon Platter with Capers, Dill Cream Cheese, Grated Eggs, Sliced Cucumber & Tomatoes with a Fresh Toasted Bagel (contains gluten, dairy) 12

Green pepper, onion, mushroom, ham and cheddar Quiche (contains dairy, gluten) 8

Blueberry Pancakes (contains gluten) 7

Blintz with Berry Compote (contains gluten) 8

Eggs benedict (contains dairy & gluten DF available)

\$10

WPG Dinner

Split Pea Soup (dairy free and gluten free) 3.50

Chicken Pot Pie (contains gluten, dairy) 10

Sides

Sautéed Zucchini 3.50

***The Wade Park Grill will be OPEN during regular supper hours,
5:00pm-6:30pm****

Monday January 13th 2025

Lunch

Carrot Ginger Soup 3.50

Balsamic Chicken Bowl with Mozzarella, Sundried Tomato, Lettuce and Tomato with Rice
(contains dairy) 8.00

Sides

House Made Potato Chips (mesquite) 3.50

Dinner

Chicken Vegetable Soup (Gluten free and Dairy free)
3.50

Cucumber Salad over Romaine 5.50

Roasted Turkey & dressing w/gravy 11

Fish and Chips (Mild White Fish, Beer Battered, contains alcohol)
Served With French Fries
12

Sides

Mashed Potatoes 3.50

Cole Slaw 3.50

Lima Beans (contains dairy) (dairy free available) 3.50

Tuesday January 14th 2025

Lunch

Mexican Tortilla Soup 3.50 (dairy free)

Chicken Quesadilla (contains dairy, gluten) 8

Mexican Rice 3.50

Dinner

Chicken Gumbo 3.50

House Salad 5.50

Jambalaya over White Rice 17

Grilled Lamb Loin Chops 30

Sides

Baked Sweet Potatoes 3.50

Fried Okra 3.50

Cornbread 2.00

Wednesday January 15th 2025

Lunch

Egg Drop Soup (dairy free) 3.50
Chicken Stir Fry (contains gluten) 8

Sides

Egg Roll (contains gluten) 3.50

Dinner

Pasta Fazool Soup (contains gluten, dairy free) 3.50
Berry Salad 5.50
Cozy White Bean Stew (Vegan) 12
Braised Short Ribs 15
Mediterranean Tilapia with Sundried Tomatoes, Shallots and Green Peppers
17

Sides

Roasted redskin Potatoes 3.50
Corn 3.50
Butter Peas 3.50

Thursday January 16th 2025

Lunch

Chicken Noodle Soup (contains gluten)
Corned Beef & Swiss Sandwich on rye (contains dairy, gluten)

Sides

Onion rings

Dinner

Tomato & Bread Soup 3.50
Pea Salad over Chopped Romaine (contains dairy & pork) 5.50
Herb Marinated Bronzini (Dairy Free) 15
Chicken Coq Au Vin (contains alcohol) 14

Sides

Baked Potato
Macaroni and Cheese
Sauteed Arugula (Vegan)

Friday January 17th 2025

Lunch

Black-Eyed Pea Soup (dairy free) 3.50
Fried Chicken sandwich w/lettuce, tomato and sliced pickle on a bun 8
Steak Fries 3.50

Dinner

New England Clam Chowder (contains dairy) 3.50
Irish Pub Salad 5.50
Fried Catfish (contains gluten) 12
Corned Beef 15

Sides

Colcannon (contains dairy) 3.50
Hush Puppies 3.50
Sautéed Cabbage 3.50

Saturday January 18th 2025

WPG Lunch

Beef Noodle Soup 3.50
Beef Tacos
Sweet Potato Fries 3.50

Dinner

Lemon Chicken Orzo Soup (contains gluten, dairy free) 3.50
Strawberry Salad with Grapes, Blue Cheese & Candied Pecans
(Contains dairy, nuts, DF available) 5.50

Meat Lasagna 14

Blackened salmon 16

Sides

Succotash (contains dairy) (dairy free available) 3.50
Turmeric-Roasted Cauliflower 3.50
Basmati Rice 3.50

Sunday January 12th, 2025

Terrace Lunch

Cream of Broccoli Soup (contains dairy)

Swiss steak

House Salad

Sides

Mashed Potatoes with gravy

Broccoli

Terrace Dinner

Split Pea Soup (dairy free)

Chicken Pot Pie (contains gluten, dairy)

Chicken Caesar Salad (contains dairy, gluten, gf and df available)

Sides

Sautéed Zucchini

Monday January 13th, 2025

Terrace Lunch

Carrot Ginger Soup (dairy free)

Balsamic Chicken Bowl with Mozzarella, Sundried Tomato, Lettuce, and Tomato with
Rice (contains dairy)

Beet Salad with Pears, Oranges, Goat Cheese, and Dried Cherries (contains dairy)

Sides

House Made Potato Chips (mesquite)

Green Beans

Terrace Dinner

Chicken Vegetable Soup (Gluten free and Dairy free)

Cucumber Salad over Romaine (contains dairy)

Roasted Turkey & Dressing with Gravy

Fish and Chips (Mild White Fish, Beer Battered, contains alcohol)

Served With French Fries

Sides

Mashed Potatoes

Cole Slaw

Lima Beans (contains dairy) (dairy free available)

Tuesday January 14th, 2025

Terrace Lunch

Mexican Tortilla Soup (dairy free)
Chicken Quesadilla (contains dairy, gluten)
Taco Salad (contains dairy, DF available)

Sides

Roasted Broccoli & Confetti Peppers
Mexican Rice

Terrace Dinner

Chicken Gumbo
House Salad
Jambalaya over White Rice
Glazed Ham

Sides

Baked Sweet Potatoes
Fried Okra
Cornbread

Wednesday January 15th, 2025

Terrace Lunch

Egg Drop Soup (dairy free)
Chicken Stir Fry (contains gluten)
Asian Salad with Cilantro, Cabbage, Shaved Carrot & Red Peppers

Sides

Egg Roll (contains gluten)
Fried Rice

Terrace Dinner

Pasta Fagioli Soup (contains gluten, GF available)
Berry Salad
Cozy White Bean Stew (Vegan)
Braised Short Ribs
Mediterranean Tilapia with Sundried Tomatoes, Shallots and Green Peppers

Sides

Roasted Redskin Potatoes
Butter Peas
Corn

Thursday January 16th, 2025

Terrace Lunch

Chicken Noodle Soup (contains gluten)
Corned Beef & Swiss Sandwich on Rye (contains dairy, gluten)
Caesar Salad (DF available)

Sides

Onion Rings
Roasted Cauliflower

Terrace Dinner

Tomato & Bread Soup
Pea Salad over Romaine (contains dairy & pork)
Herb Marinated Bronzini
Chicken Coq au Vin (contains alcohol)

Sides

Baked Potato
Sauteed Arugula (Vegan)
Macaroni and Cheese

Friday January 17th, 2025

Terrace Lunch

Black-Eyed Pea Soup (dairy free)
Fried Chicken Sandwich with lettuce, tomato and sliced pickle on a bun (contains gluten)
House Salad

Sides

French Fries
Broccoli

Terrace Dinner

New England Clam Chowder (contains dairy)
Irish Pub Salad
Fried Catfish (contains gluten, DF available)
Corned Beef

Sides

Colcannon (contains dairy)
Hush Puppies
Sautéed Cabbage

Saturday January 18th, 2025

Terrace lunch

Beef Noodle Soup

Beef Tacos

House Salad

Sides

Sweet Potato Fries

Mixed Vegetables

Terrace Dinner

Lemon Chicken Orzo Soup

Strawberry Salad with Grapes, Blue Cheese & Pecans

(Contains dairy, nuts, DF available)

Meat Lasagna

Blackened Salmon

Sides

Basmati Rice

Turmeric-Roasted Cauliflower

Succotash (contains dairy)

MEAL TIMES

TERRACE HOURS

Subject to change and flexibility

Breakfast (8:00am-9:30am)

Lunch (12:00pm-1:30pm)

Dinner (5:30pm-7:00pm)

Judson

MANOR

**** NEW ENTREE**