

# Seniors in Touch

APRIL 2023

Newsletter is now  
**\$5.00 per copy!**



(April Fools'!- it's still free)



**Senior Citizen  
Resources**

**3100 Devonshire Rd  
Cleveland, OH 44109  
Office: 216-749-5367**

**Serving persons 60 & over  
in Old Brooklyn for  
50 years**

**ATTENTION:** Signups for April SCR trips & activities will begin on **Wednesday March 29**. Stop in at the SCR Front Desk or give us a call: 216-749-5367 on or after **Wednesday March 29**, no signups will be taken before that date. Some trips / activities will require a lottery.



Dyngus Day is a Polish tradition that is celebrated on Easter Monday to mark the completion

of Lent, and usually includes Polish food (pierogies, polish sausage, paczki), polka music, and parades.

Let's celebrate Dyngus Day! The party will start around 10 a.m. on Monday April 10: we will offer a special meal (\$4) of kielbasa, kraut, pierogies and onions and enjoy some great polka music. See Cassie or Tina to purchase your \$4 ticket for this holiday meal. Come celebrate with us!



**Western Reserve**  
Area Agency on Aging

Join us at SCR on  
Thursday April 13 at  
11 a.m. for a speaker  
from Western

Reserve Area Agency on Aging. The topic will be "aging well" and the program is free! This presentation focuses on how a sense of well-being can be achieved through social engagement, intellectual stimulation, and physical activity (all things we offer here at SCR!).



**Save the date:**

**The Cleveland Department  
of Aging will be hosting  
Senior Day on Thursday**

**May 25 at Public Hall. The day  
starts at 10 a.m. and will include  
an info fair, program, lunch,  
entertainment, and more. SCR will  
be making trip to Senior Day – stay  
tuned for more details. Signups  
won't begin until late April.**



We will be making a trip to the Quilt 2023 Showcase at Lake Metropark Farm Parks in Kirtland on Friday April 14 @ 9:30 a.m. This is one of Ohio's finest shows with up to 200 quilts and quilt-related works on display. Show visitors can vote for the People's Choice award. Farm Park admission for seniors is \$8. We will stop at Angelo's Pizza in Kirtland for lunch afterwards. 12 person max for this trip. Talk to the SCR Front Desk to get signed up.



SCR will once again have space at the local neighborhood garden. The beautiful Ben Franklin Community Garden was founded in 1979 and is the largest community garden in the county (over 200 plots!). Talk to Cassie if you're interested in being part of the gardening group this summer, starting in May.

Our next free produce day will be Monday April 3 @ 10 a.m. here at SCR. Bring a cart, wagon, or bag. See you there!

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## APRIL SHOPPING SCHEDULE

Mondays, every three weeks

4/3 **WALMART STEELYARD**  
 4/10 **MIDTOWN**  
 4/17 **WALMART BROOKPARK**  
 4/24 **WALMART STEELYARD**

Tuesdays/Thursdays

GIANT EAGLE  
 MARC'S

Fridays

ALDI'S  
 DRUG MART  
 SAV A LOT

## SCR Transportation Guidelines

- Transportation is available to any resident of Old Brooklyn (and some surrounding areas) that is age 60+ and ambulatory. Our vans are wheelchair accessible, but we do not provide escort service.
- We provide transportation to / from our center for SCR activities, regularly scheduled shopping trips, and medical or other appointments.
- All rides must be scheduled through the SCR Front Desk (216-749-5367), not our drivers. Our receptionist is on duty weekdays 8:30 a.m. – 1:30 p.m. We ask that you try to schedule rides two weeks in advance. Please provide at least 24 hours notice for any cancellations.
- If you need a ride for a specific appointment, please keep in mind we can only provide round trip transportation if your appointment end time is no later than 1:30 p.m.
- There is a 2 shopping bag limit for shopping trips.
- Free will donations are accepted for transportation, but not required.



Please search for our Facebook page:  
**"Senior Citizen Resources - Old Brooklyn"**  
 and make sure to 'like' and 'follow' us!



We will head to Parmatown Mall (Shoppes at Parma) on **Thursday April 27 @ 10 a.m.** for some shopping. We will stop at Mission BBQ on Ridgewood Rd. afterwards for lunch.

Join us for a Thrift Trip on **Friday April 7 @ 9:30 a.m.** We will be going to both Salvation Army on Biddulph Rd. and Savers on Brookpark Rd. We will stop afterwards at Long John Silver's on Brookpark Rd. for lunch afterwards. Talk to the front desk to get signed up!



The art and craft studio has been in session since October 2022. We meet every Tuesday at 9am with art and craft alternating every other week. Come join Ellen O'Neill for watercolor and other painting—learn the techniques involved! Join Rosemary Williams for crafting a variety of projects. All materials provided. Hope to see you there!



We will be making a trip to the amazing Rock & Roll Hall of Fame on **Tuesday April 25 @ 10 a.m.** The museum is free for Cleveland residents (must show driver's license, state ID, or City of Cleveland-addressed utility bill). We will stop for lunch afterwards – driver's choice!  
12 person max for this trip.



SCR will make a trip to Medina County Career Center Café Restaurant on Liberty Street in Medina **at 11 a.m. on Wednesday April 5.**

Food is prepared and served by students of the Chef & Restaurant Management program. Soup is about \$4, sandwiches are about \$8, salads are about \$9, and entrees are about \$13. 12 person max limit for this trip.



SCR is now making weekly trips to the **South Brooklyn Branch** of the Cleveland Public Library (CPL.org) at the intersection of Pearl & State Roads. We will go the first three Mondays of the month at 10 a.m. On the fourth Monday of the month @ 10 a.m., we will go to **Brooklyn Branch** of Cuyahoga County Public Library (CuyahogaLibrary.org) on Ridge Road. These libraries have a lot to offer – join us!

#### Breakfast Bunch:

Golden Corral on Brookpark Rd., Friday April 21 @ 10 a.m.



#### Lunch Bunch:

City Diner (new!) on Memphis Ave., Tuesday April 11 @ 11 a.m. – limit of 10 for this trip

#### Looking ahead to next month:

our Lunch Bunch trip will be Tuesday May 2 @ 11 a.m. at Fuji Grill Buffet in Parma.





Drawing Class with Bernadette finished up in March, now we will be offering a 9 Week Ceramics Class with Mark on Wednesdays @ 10 a.m. starting April 5, thanks to our friends at Broadway School of Music & the Arts. There will be a 15 person limit for this class, and participants need to commit to the entire session. Talk to the SCR Front Desk to get signed up!



SCR is starting a monthly Hiking Group! Get out and stretch your legs, breathe the fresh air, feel the sunshine and enjoy nature! We will head out regularly from now until November, and will be

tracking our miles! Hike at your own pace and length. We will be part of the Cleveland Metro-Park's "Healthy Aging: Walk with Ease Program" at the Rocky River Reservation. This program is designed by the Arthritis Foundation for adults of various fitness levels who want to begin a walking program to gain benefits of aerobic exercise. We will go at 10 a.m. on Tuesdays April 18 and 25, and will continue into May. Enjoy a SCR box lunch after the walk. 6 person minimum required for this trip – come join us!

On the first Tuesday of the month (not Monday), our client Denise will be offering **Texas Hold'em** Instruction. She hopes

to teach a group, then eventually have a Texas Hold'em tournament. Come join us on Tuesday April 4, and the first Tuesday of the month going forward.



**Water exercise can help limit arthritis and joint pain, can help increase balance and flexibility while decreasing bone**

**and muscle loss, and can build strength and endurance! SCR is continuing our regular trips to Senior Water Walking Sessions at Estabrook Rec Center, Wednesdays @ 9:30 a.m. Come join us – you can wear anything that is NOT cotton in the pool, and showers are available.**



Come decorate some Easter eggs with us on **Thursday April 6 @ 11 a.m.** We will work on some creative ways to embellish & beautify our eggs – come have fun with us!

## SENIORS SHOW TELL

**Show & Tell @ SCR: Friday April 14 @ 10 a.m.** – bring in any favorite item or talent, and share some facts or stories about your object or skill. Sharing provides a sense of pride & meaning, and creates a chance for dialogue and new ideas. Learning about each other helps us to connect and relate to each other better! Join us the first Friday of the month.



In preparation for our SCR Cinco de Mayo party next month (Friday May 5), we will be working on creating a special pinata on **Friday April 21 @ 10 a.m.** Come help us get ready for the holiday that commemorates the anniversary of Mexico's 1862 victory over the Second French Empire.

# SCR ACTIVITIES - APRIL 2023

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9am Coffee & Convo 10am Free Produce 10am S Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>4</b> 9am Coffee & Open Studio 9am Crochet Group 10am Texas Hold'em 10am Floor Games 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Workshop	<b>5</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Ceramics 11am MCCCCR Lunch 12pm SCR Lunch 12:30pm Gentle Yoga	<b>6</b> 9am Coffee & Trivia 10am Chair Volleyball 10:15am Mobile Post Office @ SCR 11am Easter Egg Fun 12pm SCR Lunch 12:30pm Bingo	<b>7</b> 9am Coffee & Puzzles 9:30am Thrift Trip 10:30am Movie 12pm SCR Lunch
<b>10</b> 9am Coffee & Convo 10am S Brooklyn Library 10am Dyngus Day Party! 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>11</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 11am Lunch Bunch: City Diner 12pm SCR Lunch 12:30pm Stretch & Strength	<b>12</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Ceramics 12pm SCR Lunch 12:30pm Gentle Yoga	<b>13</b> 9am Coffee & Trivia 10am Chair Volleyball 11am Aging Well Talk 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>14</b> 9am Coffee & Puzzles 9:30am Quilt Trip 10am Show & Tell 10:30am Movie 12pm SCR Lunch
<b>17</b> 9am Coffee & Convo 10am S Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo?	<b>18</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group 12pm SCR Lunch 12:30pm Stretch & Strength	<b>19</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Ceramics 12pm SCR Lunch 12:30pm Gentle Yoga	<b>20</b> 9am Coffee & Trivia 10am Chair Volleyball 10:30am Blood Pressure Screenings 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>21</b> 9am Coffee & Puzzles 10am. Breakfast Bunch: Golden Corral 10am Pinata Assembly 10:30am Movie 12pm SCR Lunch
<b>24</b> 9am Coffee & Convo 10am Ridge Rd. Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>25</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group 12pm SCR Lunch 12:30pm Stretch & Strength	<b>26</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Ceramics 12pm SCR Lunch 12:30pm Gentle Yoga	<b>27</b> 9am Coffee & Trivia 10am Chair Volleyball 10am Parmatown Trip 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>28</b> 9am Coffee & Puzzles 10am Rock Hall Trip 10:30am Movie 12pm SCR Lunch

# April 2023 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>Choice of 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>	<p>** emergency food items for these items should be served.</p>		
<p>3</p> <p>*Meatballs 3-1 oz * WG Spaghetti ½ c w/ Sce 2 oz *California Blend ½ c *Spinach ½ c /1 Lemon PC Whole Grain White Apricots, ½ c</p> <p>ALT = CS TR</p>	<p>4</p> <p>*Sliced Turkey, 3 oz *Mashed potatoes ½ c w gravy *Harvard Beets ½ c W.G. Dinner Roll, 1 oz **Cereal bar 1 oz Peaches ½ c</p> <p>ALT = CBG RB</p>	<p>5</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain Wheat Fresh grapes 1 c</p> <p>ALT = CBG T</p>	<p>6</p> <p>*Hamburger 3 oz Mustard &amp; Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Pears ½ c</p> <p>ALT = CBG TR</p>	<p>7</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Lima Beans ½ c 2 Whole Grain Wheat Apple Juice ½ c</p> <p>ALT = CBG RB</p>
<p>10</p> <p>*3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c</p> <p>ALT = CS TR</p>	<p>11</p> <p>* Tomato Basil Chicken 3 oz *w/ Sauce 2 oz *WG Penne ½ c *Zucchini ½ c, *Green Peas ½ c Dinner Roll, 1 oz Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>	<p>12</p> <p>*Roasted Turkey Breast 3 oz *Sweet Potatoes ½ c *Gravy 2 oz *Brussels Sprouts ½ c Whole Grain Dinner Roll, 2 oz Cranberry Juice ½ c</p> <p>ALT = CBG RB</p>	<p>13</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Wheat Bread Fresh Orange, 1 ea</p> <p>ALT = CBG T</p>	<p>14</p> <p>*Roasted Pork Loin 3 oz. *Butternut Squash ½ c *Broccoli ½ c 2 W.G. White Banana</p> <p>ALT = CBG TR</p>
<p>17</p> <p>*Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape juice ½ c</p> <p>ALT = CS RB</p>	<p>18</p> <p>*Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange</p> <p>ALT = CBG RB</p>	<p>19</p> <p>*Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c *Cauliflower ½ c, *Green Beans ½ c 1 Whole Grain White Tropical Fruit ½ c</p> <p>ALT = CBG T</p>	<p>20</p> <p>*Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Bermuda Blend ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>21</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT = CBG TR</p>
<p>24</p> <p>*Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c W. G. Dinner Roll 2 oz Pears ½ c</p> <p>ALT = CS TR</p>	<p>25</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Carrots ½ c **Vanilla Wafers 1 oz Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>	<p>26</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ 2 Whole Wheat Bread c Peaches ½ c</p> <p>ALT = CBG T</p>	<p>27</p> <p>*Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Banana, 1 ea</p> <p>ATL = CBG TR</p>	<p>28</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Corn ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT = CBG T</p>

Western Reserve Area Agency on Aging - 2022  
Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.  
"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef  
ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast





## THEN AND NOW



This week's "Then and Now" is your *Seniors in Touch* editor Jim Mason. We've had two staff members in a row now - we want photos of YOU! Bring in your "Then" photo and we'll take your "Now" photo, or send /bring in both a "Then" and "Now" to Jim @jmason.scrinc.org. We want to see how YOU'VE grown up now!

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"I used to work at a calendar factory, but then I got fired because I took a couple of days off."

"A ham and cheese sandwich walks into a bar and orders a beer. The bartender says to the sandwich, 'Sorry, we don't serve food here.'"

"Two peanuts were walking down the street. One was a salted."

## CAKE TIME! (thanks Susan Randall-Alexander!)

1. WHAT KIND OF CAKE DO YOU GET IN HEAVEN? \_\_\_\_\_
2. WHAT KIND OF CAKE DO YOU EAT IN BED? \_\_\_\_\_
3. WHAT KIND OF CAKE DOES A MONKEY LIKE? \_\_\_\_\_
4. WHAT KIND OF CAKE DO YOU EAT ANNUALLY? \_\_\_\_\_
5. WHAT KIND OF CAKE DO YOU FEED YOUR RABBIT? \_\_\_\_\_
6. WHAT IS THE HEAVIEST CAKE? \_\_\_\_\_
7. WHAT KIND OF CAKE GOES WELL ON A SAUCER? \_\_\_\_\_
8. WHAT KIND OF CAKE IS A BIG FLOP? \_\_\_\_\_
9. WHAT KIND OF CAKE IS ALWAYS ON THE CALENDAR? \_\_\_\_\_
10. WHAT KIND OF CAKE IS A GAME FOR CHILDREN? \_\_\_\_\_
11. WHAT KIND OF CAKE DOES A MOUSE LIKE BEST? \_\_\_\_\_
12. WHAT KIND OF CAKE DO YOU HAVE FOR BREAKFAST? \_\_\_\_\_
13. WHAT KIND OF CAKE IS FOUND ON THE OCEAN FLOOR? \_\_\_\_\_
14. WHAT KIND OF CAKE DO YOU ORDER AT A SEAFOOD RESTAURANT? \_\_\_\_\_

### ANSWERS:

1. Angel food cake 2. Sheet cake 3. Banana cake 4. Birthday cake 5. Carrot cake 6. Pound cake 7. Cupcake 8. Upside down cake 9. Date cake 10. Patty cake 11. Cheesecake 12. Pancake 13. Sponge cake 14. Crab cake



Tom's  
Trivia



## Tree Word Scramble

1. ogdowdo \_\_\_\_\_
2. ceehb \_\_\_\_\_
3. nlatwu \_\_\_\_\_
4. itraocp \_\_\_\_\_
5. urmelbyr \_\_\_\_\_
6. octootnodw \_\_\_\_\_
7. laceyuustp \_\_\_\_\_
8. hrcery \_\_\_\_\_
9. ibchr \_\_\_\_\_
10. uctthesn \_\_\_\_\_
11. hcirkoy \_\_\_\_\_
12. liwowl \_\_\_\_\_
13. pelpbraac \_\_\_\_\_
14. erdoowd \_\_\_\_\_
15. sutcol \_\_\_\_\_
16. lmepa \_\_\_\_\_
17. byukcee \_\_\_\_\_
18. iaonamlg \_\_\_\_\_
19. cdear \_\_\_\_\_
20. lmap \_\_\_\_\_

### ANSWERS:

1. dogwood 2. beech 3. walnut 4. apricot 5. mulberry 6. cottonwood 7. eucalyptus 8. cherry 9. birch 10. chestnut 11. hickory 12. willow 13. crabapple 14. redwood 15. locust 16. maple 17. buckeye 18. magnolia 19. cedar 20. palm



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3100 Devonshire Road  
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216-749-5367  
[www.seniorcitizenresources.org](http://www.seniorcitizenresources.org)

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**HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY  
MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR 51 YEARS**



Our Front Desk Receptionist is on duty weekdays 8:30 a.m. - 1:30 p.m. For questions, appointment scheduling, or activity signup, please call during these hours.

Next mobile post office: Thurs April 6 around 10:30 a.m.

Next blood pressure screening & glucose level monitoring: Thurs April 20 @ 10:30 a.m.

## April Fools' ideas



If you would prefer to receive a newsletter via e-mail instead of in the mail, please let us know (this option is not only quicker, it also saves SCR money). Contact us: [LBrown@SCRinc.org](mailto:LBrown@SCRinc.org) or 216-749-5367. Our newsletter is free, but we do always accept & appreciate donations towards our printing, processing, and mailing costs.