

Seniors in Touch

AUGUST
2023



Senior Citizen
Resources

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

Serving persons 60 & over
in Old Brooklyn
for 50 years



As you may know, the month of August was named after Augustus Caesar, who was the nephew of Julius Caesar and the first emperor of Rome. There are 9 pictures of Augustus Caesar throughout this month's newsletter. Can you find them all? (the one to the left counts.)

On Friday,
August 25,
SCR will be
hosting a **Pot-
luck Cookout**
at Lakewood
Park.

SCR will provide hot dogs, burgers, and drinks. Please bring a side or dessert to share. We have reserved an enclosed patio at the park, so the event will be held rain or shine, 10:30 a.m. – 1:30 p.m. Make sure to RSVP for the cookout so that we can plan the food. **All other activities for this day will be cancelled.**



SCR has a plot at the Ben Franklin Community Garden. We go every Thursday morning at 9:30 a.m. – join us! Gardening offers so many health benefits, especially for seniors, and fresh air & sunshine really can do wonders for your mood and your health! No gardening experience required.



Join the SCR Hiking Group – we have been having so much fun! We head out each **Tuesday at 10 a.m.**, and you can always hike at your own pace and length. Just bring a water bottle. We are tracking our miles – come join us and see how many “foot” tokens you can earn! This month we will be going to the beautiful Tuxedo Park and Brookside Reservation.



Cool off this summer with refreshing water exercise! SCR is continuing our regular trips to Senior Water Walking Sessions at Estabrook Rec Center Mondays @ 9:30 a.m. Come join us – you can wear anything that is NOT cotton in the pool, and showers are available.



Just a reminder – you can always find our latest newsletter online, both on our website SeniorCitizenResources.org), and on our Facebook page (**Senior Citizen Resources - Old Brooklyn**). Let us know if you are tired of waiting to receive your newsletter in the mail – you can access the newsletter online much earlier!

Generally our trips & activities are not First Come / First Served. If too many people sign up for a particular trip or class, we will hold a lottery about one week before the event. Stop in at the SCR Front Desk or give us a call (216-749-5367) to be added to the list for any of our activities or trips.



Practicing an art, no matter how well or badly, is a way to make your soul grow, for heaven's sake. Sing in the shower. Dance to the radio. Tell stories. Write a poem to a friend, even a lousy poem. Do it as well as you possibly can. You will get an enormous reward. You will have created something.

KURT VONNEGUT

Geri enjoying a frozen treat from the ice cream truck on Senior Safety Day. More photos from Senior Safety Day on Page 4.



On Friday August 18 @ 10 a.m., we will make a trip to the **Cleveland Museum of Natural History** in University Circle. In addition to many interesting exhibits, the museum includes both a planetarium and the Perkins Woods Garden. Bring money for admission and lunch: museum cost is \$7 for seniors, or just \$1 if you have a SNAP card. We will make a lunch stop on our way back (driver's choice). **12 person limit.**



On Thursday August 31 @ 10 a.m., we will play **mini golf at Sweeties Golf and Park!** Cost is \$7.50 for 18 holes; bring money for lunch at the concession stand or a treat from the Soda Shoppe. We will also have time to shop in the world's largest candy store! Max of 12 for this trip.



Our next free produce day will be Monday August 7 @ 10 a.m. at SCR. Bring a cart, wagon, or bag. Talk to a Benefits Outreach Counselor from the Cleveland Food Bank that day to enroll or renew your SNAP benefits. See you there! Next produce giveaway will be Monday Sept 11.



AUGUST SHOPPING SCHEDULE

Mondays, every three weeks

Mon August 7	Midtown
Mon August 14	Walmart Brookpark
Mon August 21	Walmart Steelyard
Mon August 28	Midtown



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) who 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. – 2:00 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 1:30pm.
- There is a 2 shopping bag limit for shopping trips.
- Free will donations are accepted for transportation, but not required.



SCR would like to offer a 4-week Afro Latin Dance Class next month in cooperation with the Broadway School of Music & the Arts. Afro Latin Dance rhythms include salsa, cha-cha-cha, zamba, and merengue - so the music itself is a whole experience! We need to know if we have enough interested people before we can commit to offering the class. Please let Mari at the SCR Front Desk know if you'd like to try Afro Latin Dance in September!



Juan Delgado impressed us all with his guitar skills at our Talent Show in June. Also showcasing their talents were James Batsky, Charlene Kordan, Tim Koch, Mae Mcfadden, Greg Cznadel, and Mark Fenster



On **Tuesday August 8 @ 10 a.m.**, we will go to Jack Cleveland Casino in Public Square! Have fun with both casino machines and table games. Bring money for lunch at one of the restaurant options there (Taco Tuesday all-you-can-eat taco buffet will be available at 12 noon for \$10). 12 person limit for this trip.

Oak St. Health x 2

Oak Street Health will host a paint & sip session on **Friday August 11 at 10 a.m.** Juice will be provided; feel free to bring your own drink or snack to enjoy while you work on a painting project. Talk to the SCR front desk to get signed up.

Come learn more about heart attack and stroke signs & symptoms at a Lunch & Learn Session on **Wednesday August 30 @ 11 a.m.** The seminar will be hosted by Oak Street Health and snacks will be provided.

Give us a call to get signed up for our wonderful **FREE** exercise classes with Joann:
Gentle Yoga Wednesdays @ 12:30pm and
Tai Chi Fridays @12:30pm.

No experience required!



SCR makes a trip to the South Brooklyn Branch of the Cleveland Public Library (Pearl & State Roads) on the first Monday of the month, then on the fourth Monday of the month @ 10 a.m., we will go to Brooklyn Branch of Cuyahoga County Public Library (Ridge Road). These libraries have a lot to offer - join us!

Breakfast Bunch:

Gus's on State Rd.:
Friday August 11 @
10 a.m., 12 person
max

Lunch Bunch:

Olive Garden on Day
Dr. in Parma: Monday
August 28 @ 11 a.m.,
12 person max



Garage Sale trip with Dale: Friday August 4 @ 9 a.m. Max of 10 people for this trip; Dale will find a few good yard sale stops, plus a lunch stop (driver's choice!). Give us a call to get signed up.



Not this Caesar!
He's too Little!
(Pizza! Pizza!)

FARMER'S MARKET

Cossel Farms from North Royalton will be here at SCR for a farmer's market on **Monday July 31 and Monday August 14 @ 10 a.m.** This is a great opportunity to use your Senior Farmers' Market Nutrition Program coupons (SFMNP coupons can be used at a variety of locations, including the Old Brooklyn Farmers' Market).



SCR will be making an **evening trip** to the Lake County Captains Baseball Game versus Peoria Chiefs at Classic Park in Eastlake. The game starts at 7 p.m. on Friday August 18, and includes fireworks afterwards! SCR will provide transportation around 6 p.m. that evening. Tickets are \$12 each; RSVP and payment is due by Thursday August 10. Bring money if you'd like to buy dinner or some snacks at the game – please note, the ballpark is now cashless (they only accept credit / debit cards). Max of 12 for this trip.



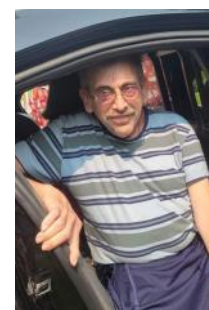
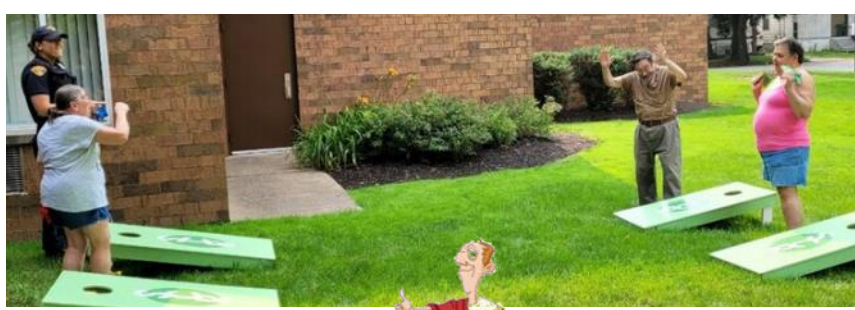
Show & Tell @ SCR: Join us on Friday August 4 @ 11 a.m. (note time change). Bring in any favorite item or talent, and share some facts or stories about your object or skill. Sharing provides a sense of pride & meaning, and creates a chance for dialogue and new ideas! We have Show & Tell the first Friday of each month.




SCR will make a trip to East Coast Custard for a summer ice cream treat on Tuesday August 22 @ 12:30 p.m. – join us! Max of 12 for this trip.

Cooking with Cassie -- Join Cassie on Fridays August 4 & 18 @ 10 a.m. to learn how to make some simple healthy recipes!

Everyone had a blast and learned a lot on our Senior Safety Day in July. Here's some pics!



SCR ACTIVITIES - AUGUST 2023

Mon	Tue	Wed	Thu	Fri
	1 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Tuxedo 12pm SCR Lunch 12:30pm Stretch & Strength	2 9am Coffee & Music 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	3 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 10:45am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	4 9am Coffee & Puzzles 9am Garage Sales 10am Cooking w/Cassie 11am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
	7 9am Coffee & Convo 9:30am Water Walking 10am Produce Pickup 10am S. Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch	8 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Tuxedo 10am Casino Trip 12pm SCR Lunch 12:30pm Stretch &	8 9am Coffee & Music 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	10 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo
14 9am Coffee & Convo 9:30am Water Walking 10am Farmer's Market 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	15 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Brookside 12pm SCR Lunch 12:30pm Stretch & Strength	16 9am Coffee & Music 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	17 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 10:30am Blood Pressure Screenings 12pm SCR Lunch 12:30pm Bingo	18 9am Coffee & Puzzles 10am Cooking w/Cassie 10am Natural History Museum Trip 12pm SCR Lunch 12:30pm Tai Chi 7pm Captains Baseball Game
21 9am Coffee & Convo 9:30am Water Walking 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo	22 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Brookside 12pm SCR Lunch 12:30pm Stretch & Strength	23 9am Coffee & Music 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	24 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	25 10:30am Lakewood Park Cookout
28 9am Coffee & Convo 9:30am Water Walking 10am Ridge Rd. Library 10:30am Cards & Games 11am Lunch Bunch: Olive Garden 12pm SCR Lunch 12:30pm Bingo	29 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Brookside 12pm SCR Lunch 12:30pm Stretch & Strength	30 9am Coffee & Music 10am Wii & Board Games 11am Heart Attack & Stroke Session 12pm SCR Lunch 12:30pm Gentle Yoga	31 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 10am Sweeties PuttPutt 12pm SCR Lunch 12:30pm Bingo	

AUGUST 2023 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>1</p> <p>*Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c **W.G. Cereal Bar, 1 oz Mandarin Oranges ½ c</p> <p>ALT=CBG T</p>	<p>2</p> <p>*Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz *Scalloped Apples ½ c</p> <p>ALT=CBG RB</p>	<p>3</p> <p>*Chicken Parmesan 3 oz w/ Sauce 2 oz W.G. Rotini ½ c. *Spinach ½ c Lemon Jc. 1 PC *Bermuda Blend ½ c Whole Grain Wheat Diced Pears ½ c</p> <p>ALT=CBG RB</p>	<p>4</p> <p>*Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Banana</p> <p>ALT=CBG T</p>
<p>7</p> <p>*Salisbury Steak 3 oz, *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CS TR</p>	<p>8</p> <p>*Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c</p> <p>ALT=CBG RB</p>	<p>9</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c</p> <p>ALT=CBG TR</p>	<p>10</p> <p>*Turkey Tetrazzini 4oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>11</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana</p> <p>ALT=CBG T</p>
<p>14</p> <p>*Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange</p> <p>ALT=CS TR</p>	<p>15</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c w 2 oz sauce *Broccoli 1/2c, *Cauliflower 1/2c W.G. Roll 1 oz Apricots ½ c</p> <p>ALT=CBG RB</p>	<p>16</p> <p>*Tuna Salad 3 oz *Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>17</p> <p>*Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>18</p> <p>*Stuffed Cabbage 6 oz *Mashed Potatoes ½ c *California Blend ½ c *Green Peas ½ c Whole Grain Wheat Fresh Plum</p> <p>ALT=CBG TR</p>
<p>21</p> <p>*Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Pears ½ c</p> <p>ALT=CS TR</p>	<p>22</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy 2 oz *Brussels Sprouts ½ c 2 Whole Grain White Banana</p> <p>ALT=CBG RB</p>	<p>23</p> <p>*Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Spinach ½ c w Lemon 1 PC *Harvard Beets ½ c Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG T</p>	<p>24</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c W.G. Corn Bread 2 oz Grape Juice 4 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>25</p> <p>SCR PICNIC DAY</p> 
<p>28</p> <p>*Breaded Chicken Patty 3 oz Mayo 1 PC *Buttered Baby Carrots ½ c *Baked Beans ½ c Whole Grain Bun Mixed Fruit ½ c</p> <p>ALT=CS RB</p>	<p>29</p> <p>*Steak Stir Fry 3 oz, Sauce 2 oz *Brown Rice ½ c *Kyoto Blend ½ c *Peppers and Onions ½ c Vanilla wafers 1 oz Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>30</p> <p>*BLT with 2 oz Turkey Bacon Sliced Tomato, Lettuce ½ c Mayo 1 PC, *Potato Salad ½ c 2 Whole Wheat Pineapple Chunks ½ c Apple Juice 4 oz</p> <p>ALT=CBG RB</p>	<p>31</p> <p>*Pork Pattie 3 oz w BBQ Sauce *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Whole Grain Bun 2 oz Fresh Grapes 1 c</p> <p>ALT=CS T</p>	<p>Choice of 1% Milk or Buttermilk *=take temperature of Milk and all food proceeded by an asterisk. ** Serve Emergency Item (caterer will replace)</p>

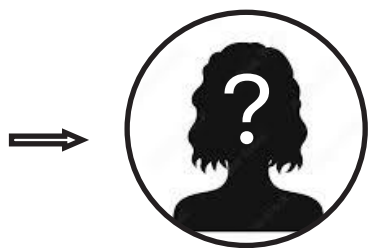
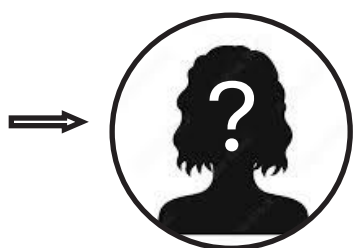
Western Reserve Area Agency on Aging - 2022

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

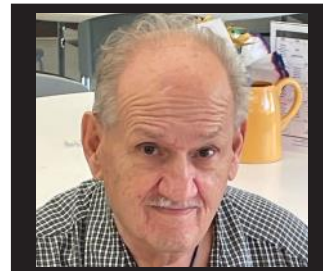


We have two again this month! One looking all wholesome with her dolls next to her Christmas tree, and one who sent a photo of herself behind bars! Can you guess who they are? We will reveal their identities in next month's newsletter. Who wants to be next? Certainly you have a picture of yourself when you were younger. We'd love to see it and have some fun figuring out who it is! Let Jim (or Leslie or Cassie) know.

LAST MONTH'S THEN AND NOW

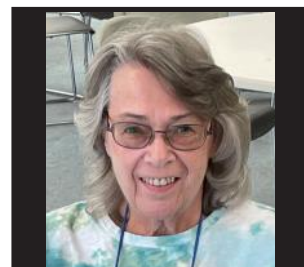
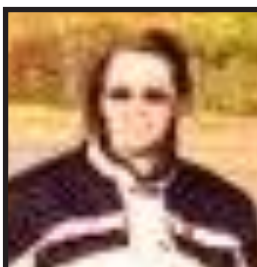


BARB PUCHALSKI



ROBERT HOLSHUE

AND FROM JUNE...



JOANNE MATSON

WHO THE WHAT? In this game, we supply the who and you must supply the what.

For example: *Felix the* _____ (*Answer: Cat*)

- | | |
|------------------------|---------------------|
| 1. Dora the _____ | 6. Ivan the _____ |
| 2. Jimmy the _____ | 7. Joe the _____ |
| 3. Catherine the _____ | 8. Jack the _____ |
| 4. Conan the _____ | 9. John the _____ |
| 5. Oscar the _____ | 10. Andre the _____ |

Answers on back page!



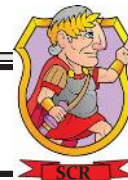


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**DATED MATERIAL
PLEASE DO NOT DELAY**

**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. - 2:00 p.m.
For questions, appointment scheduling, or activity signup, please call during these hours.**

Next mobile post office: **Thurs August 3** around 10:30 a.m.
Next blood pressure screening & glucose level monitoring: **Thurs August 17 @ 10:30 a.m.**

PUZZLE ANSWERS

1. Explorer 2. Greek
3. Great 4. **Barbarian
(or Destroyer)**
5. Grouch 6. **Terrible**
7. Plumber (or Bartender)
8. **Ripper (or Giant
Killer)** 9. Baptist
10. **Giant**



(A Caesar's
salad?
Delicious,
but wrong
Caesar.)

LOOKING AHEAD TO SEPTEMBER



- We will be making a thrift store shopping trip on Friday Sept 1.
- SCR will be offering an American **Sign Language (ASL)** class in September – stay tuned for more info.
- After a summer break, Session 2 of the Writing Workshop will begin next month (Wednesdays @ 12:30 p.m.). Everyone is welcome; no writing experience required since we learn together as we go. We encourage you to write anything: essays, short stories, fiction or non-fiction, poetry, memories, etc. Hope to see the original participants back, and looking forward to welcoming some new people!
- We are planning a trip to Holistic Harvest Farms on Friday Sept 22 – learn more about how CBD products are grown & harvested, and meet their alpacas! Details to follow.

* 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 or 216-749-5367.

Our newsletter is free, but we do always accept and appreciate donations towards our printing, processing, and mailing costs. *