

Seniors in Touch

December 2023



**Senior Citizen
Resources**

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

Serving persons 60 & over
in Old Brooklyn
for 50 years

Please note: SCR will be closed on Monday December 25 – Monday January 1,
re-opening on Tuesday January 2, 2024. Happy Holidays!

SCR Annual Fund Drive 2023: Please consider a year-end donation to SCR

We ask for your support to keep our community's seniors healthy, safe, and thriving. Your donations help us provide programming — including meals, transportation, activities, and social services — that are vital to our clients. Your donation keeps our seniors healthy, happy, and living independently. Thank you for considering a year-end donation to SCR.

All donations are tax deductible and can be made in person, via mail, or with a credit card on our website: **SeniorCitizenResources.org** (look for the yellow “Donate” button). We are so grateful for your continued support — thank you!

-
Senior Citizen Resources Annual Fund Drive 2023 Gift Form

Name: _____

Address: _____

Phone: _____

Please accept my generous gift of: ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$500 ☐ Other:

My gift is in honor of: _____ My gift is in memory of: _____

Please make checks payable to Senior Citizen Resources and mail your donation (3100 Devonshire Rd. Cleveland, OH 44109), or go to our website **SeniorCitizenResources.org** to pay with a credit card (yellow “Donate” button). SCR is a registered 501c3 tax exempt organization. Since no goods or services were received by the donor, the full amount is tax-deductible as provided by law.



It's Christmas, and we're looking for reindeer this month. We've hidden 17 reindeer throughout the newsletter. Can you find them all?

An article contributed by an SCR client

Helen Sroka that will make you think:

Liminality: *Liminality* is a quality of being in between two places or stages, on the verge of transitioning to something new. There's a *liminality* to the brief moment between being asleep and being fully awake.

The Fall of Liminality

by *Mitch Allen*

We humans generally abhor liminality. We like to know exactly where we stand. That's one reason adolescence is so difficult. As we move from childhood to adulthood, we don't know where or what we are.

But a liminal moment doesn't have to be so deep or metamorphosing.

It's also that moment between sleep and being awake; it's the time between jobs when instead of relishing a few weeks of freedom, we are stressed about finding a new job; it's the 10-hour drive to the beach when we are no longer at home but not yet at the beach house. Instead of enjoying the liminal journey, stopping to have a picnic lunch, viewing scenic overlooks, or seeing the world's biggest ball of twine, we become anxiety-ridden, white-knuckling it in the fast lane so we can arrive 38 minutes sooner.

And *that* has all along been my problem with fall. I experienced it as dreadful liminality, a threshold between glorious summer and terrible winter rather than seeing it as a season all its own. Fall is not the end of summer nor the beginning of winter. It is its own beautiful moment—crisp mornings, pleasant afternoons, surreal blue skies, a bountiful harvest of fresh, local produce. I am even seeing fallen leaves not as a mess to be cleaned up, but as decorations magically supplied by Mother Nature rather than by Hobby Lobby.

I am the Grinch, only it is autumn instead of Christmas, and my small heart has grown three sizes.

—*Mitch@MimiVanderhaven.com*

DECEMBER SHOPPING SCHEDULE

Mondays, every three weeks

Mon Dec 4

Mon Dec 11

Mon Dec 18

Midtown

Walmart Brookpark

Walmart Steelyard

Tuesdays/Thursdays

GIANT EAGLE

MARC'S

(no shopping Thur, Dec 14)

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.



SCR will be making a trip to **Castle Noel in Medina on Friday Dec 1 @ 11 a.m.** Castle Noel has the world's largest collection of Hollywood

Christmas movie props and costumes. They also have millions of dollars of animated Christmas window displays from New York City department stores, a huge collection of old fashioned toys, a 25 foot tall animated Christmas tree, and much more. Cost is \$33 (including an extra transportation fee for gas). We will stop for quick lunch on the way back. RSVP and payment is required ahead of time and unfortunately there are NO refunds for this trip.

Join us for a **Thrift Store Trip with Ed on Monday Dec 18 @ 10 a.m.** We will stop at a few different stores plus make a lunch stop (driver's choice).

On **Wednesday Dec 6**, we will make a trip to Great Northern Mall at 11 a.m. Do some Christmas shopping or just get some walking in while enjoying the holiday decorations! Bring money for lunch at the mall.



Our next free produce day will be **Monday December 4 @ 10 a.m.** at SCR. Bring a cart, wagon, or bag. See you there!



We want to extend a HUGE thank you to everyone that made our **Night at the Races Fundraiser** such a big success! It was such a fun night and we were able to raise money to support our mission of enhancing independent living and promoting the quality of life for seniors in Old Brooklyn.



**THANK
YOU!**

Thank you to our main “jockey” sponsors:

Jackie Oberg
Kris Harsh, Cleveland Council W13
Mike Rivera, Jr. - Paramount ProMedica

We are also so grateful to our race sponsors:

Mike & Nancy Biedenbach
Carmino's Pizza
Lynn Daugherty
Katie Digiantonio
Gabe's Family Restaurant
Bob & Lisa Goldstein
Historical Society of Old Brooklyn
Ed & Audrey Kancler
Kehoe Brothers Printing
Lenny's Service Inc.
Jim Lindley
Rebecca Maurer, Cleveland City Council W12
Doris Schwab
Mary Jo Slattery

In addition, we'd like to thank all those that generously supported SCR with raffle items, in-kind donations, and monetary gifts.
We are also so grateful for hard work from Greater Cleveland Volunteers, and SCR staff volunteers.

THANK YOU!

Join us on **Friday Dec 15 at 6 p.m.** for a fun evening **Christmas movie** at SCR AND holiday lights tour! We will have pizza, popcorn, hot chocolate and some holiday treats while we watch a Christmas movie, then afterwards we will head out for a short trip to look at some holiday light displays! 12 person limit for the lights tour, but no limit on the movie night. We will be doing an additional lights tour sometime during the week of Dec 18 (around 6 p.m.) for those that couldn't join us for lights on Dec 15.



Friday Dec 22 @ 11 a.m. will be **Gift Wrapping Day** at SCR! Bring some presents that need to be wrapped, and SCR will provide some wrapping paper and wrapping assistance as needed. Or feel free to bring some wrapping supplies from home to donate or trade. We will also enjoy some holiday treats while we wrap!

Breakfast Bunch:

Monday Dec 4 @ 10 a.m.,
Bob Evans on Brookpark –
12 person limit

Lunch Bunch: Wednesday
Dec. 13 @ 11 a.m.,
Cracker Barrel on
Tiedeman —
12 person limit



We will be kicking off the holiday season at SCR on **Wednesday Nov 29 around 10 a.m.:** help us decorate our lunchroom & Christmas tree and enjoy some Christmas music and treats!



Red nose?
Check.
Rudolph?
No!
W.C. Fields is **not**
a reindeer.

SCR is excited to offer a five-session **Financial Literacy class with Benjamin Rose**, starting this month. These workshops will help you recognize and avoid scams and fraud; prepare for your future through estate planning; budget and set realistic goals; take control of credit and debt; and learn about qualifying for benefits. The first class will be Tuesday Dec 5 @ 10 a.m., followed by the second session on Tuesday Jan 16 @ 10 a.m. (monthly classes will continue through April). Join us for this great FREE opportunity!

We are continuing transportation to the Seeds of Literacy program *every Tuesday & Thursday at 9 a.m.* (for 1 hour sessions). This nonprofit offers FREE one-on-one tutoring in basic reading and writing skills (along with GED test prep) on West 25th.



Since we are taking a break from our Hiking Group, SCR is kicking off a new fitness option: weekly trips to Planet Fitness Center on Fulton! We will make a trip **each Tuesday morning @ 9 a.m., starting Dec 5.** If you are interested, you must go on the first day for signup and orientation. Bring your insurance card to access a free membership. Cassie will join the group on Tuesday Dec 5 to help get everyone signed up and show you around!

Give us a call to get signed up for one of our wonderful **exercise classes with JoAnn:**
Stability & Strength – Tuesdays @ 12:30 p.m.
Gentle Yoga - Wednesdays @ 12:30 p.m.
Tai Chi - Fridays @ 12:30 p.m.



Have you ever wanted to learn sign language? SCR will be continuing American Sign Language classes, **Fridays at 10 a.m.**, through the end of

January. We have really been having fun with this new skill - join us to learn some basics!



Our Hiking Club Winners

Charlene walked **23** miles
Robert walked **24** miles
James walked **25** miles

Congratulations, you are all an inspiration!



The winners of our very competitive **Halloween Costume Contest** in October, (from left):
Christine Laurence,
Rosemary Williams,
and Teresa Shumaker

The SCR Christmas Party will be **Friday Dec 8 @ 10 a.m.!** Join us for some fun games, entertainment, a Dessert Potluck, and more. We will be having an Ugly Hat Contest, a gift exchange, and Studio Go will also be back at SCR for a fun project as part of our Christmas celebration (Studio Go is the Cleveland Museum of Art's mobile art program. Their goal is sparking curiosity and creating deeper connections to the museum's world-renowned collection). All other regular activities will be cancelled this day.

Tuesday Dec 12 will be Kids Christmas Craft Day at SCR: we will have a great class of 4th graders here at SCR and we will work together with them to make fun winter pinecone ornaments! Join us around 10 a.m., treats will be served.



Now **THIS** is a red-nosed reindeer!




Eliannie Marrero Ortiz from the Cleveland Clinic will join us at SCR on **Thursday Dec 21 @ 10 a.m.** to speak about colon cancer. Join us for important information about the third most common type of cancer.

SCR ACTIVITIES - DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
 <p>Activities Director Cassie! (don't fall for it — not a reindeer.)</p>				1 9am Coffee & Puzzles 10am Sign Language 11am Castle Noel Trip 12pm SCR Lunch 12:30pm Tai Chi
4 9am Coffee & Convo 10am Produce Pickup 10am Bingo 10am Breakfast Bunch: Bob Evans 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	5 9am Coffee, Arts & Crafts 9am Crochet Group 9am Seeds of Literacy 9am Planet Fitness 10am Financial Literacy 10am Floor Games 12pm SCR Lunch 12:30pm Stability & Strength	6 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 11am GN Mall Trip 12pm SCR Lunch 12:30pm Gentle Yoga	7 9am Coffee & Trivia 9am Seeds of Literacy 10am Chair Volleyball 10:45am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	8 10am SCR Holiday Party! 
11 9am Coffee & Convo 10am MUSIC Bingo 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	12 9am Coffee, Arts & Crafts 9am Crochet Group 9am Seeds of Literacy 9am Planet Fitness 10am Floor Games 10am Kids Christmas Craft 12pm SCR Lunch 12:30pm Stability & Strength	13 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 11am Lunch Bunch: Cracker Barrel 12pm SCR Lunch 12:30pm Gentle Yoga	14 9am Coffee & Trivia 9am Seeds of Literacy 10am Chair Volleyball 11am Nutcracker 12pm SCR Lunch 12:30pm Bingo	15 9am Coffee & Puzzles 10am Sign Language 11am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi 6pm Christmas Movie & Holiday Lights Tour
18 9am Coffee & Convo 10am Bingo 10am Thrift Trip 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	19 9am Coffee, Arts & Crafts 9am Crochet Group 9am Seeds of Literacy 9am Planet Fitness 10am Floor Games 12pm SCR Lunch 12:30pm Stability & Strength	20 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	21 9am Coffee & Trivia 9am Seeds of Literacy 10am Colon Cancer Info 10am Chair Volleyball 10:30am Blood Pressure Screenings 12pm SCR Lunch 12:30pm Bingo	22 9am Coffee & Puzzles 10am Sign Language 11am Gift Wrapping Day 12pm SCR Lunch 12:30pm Tai Chi
25 SCR Closed: Happy Holidays	26 SCR Closed: Happy Holidays	27 SCR Closed: Happy Holidays	28 SCR Closed: Happy Holidays	29 SCR Closed: Happy Holidays



DECEMBER 2023 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk or Buttermilk			1 * Baked Chicken Breast 4 oz *Gravy 2oz *Butternut Squash ½ c *Broccoli ½ c W.G. Dinner Roll 2 oz Cinnamon Applesauce ½ c ALT=CBG T
4 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Sliced Pears ½ c ALT-CS RB	5 *Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans ½ c *Corn ½ c Fruit Cocktail ½ c Vanilla Wafers 1 oz ALT=CBG TR	6 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Harvard Beets ½ c W.G. Dinner Roll 2 oz Scalloped Apples ½ c ALT=CBG T	7 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w/ Vinegar 1 PC *Baked Beans ½ c W.G. Corn Muffin 1 oz Sliced Peaches ½ c ALT=CBG RB	8 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Grapes 1 c ALT=CBG TR
11 *Stuffed Pepper 6 oz w/2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c ALT=CS TR	12 *Breaded Fish 4 oz Tartar Sce 1 PC *Brown Rice ½ c *Antigua Blend ½ c *Brussels Sprouts ½ c W.G. White Banana ALT=CBG RB	13 *Sloppy Joe 4 oz *Sweet Potatoes ½ c *Cape Cod Blend ½ c W.G. Hamburger Bun Apricots ½ c ALT=CBG TR	14 *Tomato Basil Chicken 3 oz *W.G. Pasta ½, w/ Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Orange ALT=CBG T	15 *Chicken Stir Fry, 3 oz *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c ALT=CBG RB
18 *Swedish Meatballs 3-1 oz *Mashed Potatoes* w/Gravy 2 oz *Broccoli ½ c 2, W.G. White Apricots ½ c ALT=CS TR	19 *Breaded Chicken Breast 3 oz *W.G. Pasta ½ c, *Tomato Sc. 2 oz *Capri Blend ½ c Spinach ½ c / Vinegar 1 PC W. G. Breadstick 1 oz Sliced Peaches ½ c ALT=CBG RB	20 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Sautéed Mushrooms ½ c *Beets ½ c W.G. White Orange ALT=CBG TR	21 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/ *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ c W.G. Dinner Roll 1 oz Cranberry Juice ½ c ALT=CBG T	22 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend ½ c *Green Peas ½ c W.G. Wheat Tropical Fruit ½ c ALT=CBG RB
25 Holiday Sites Closed	26 Site Closed	27  Site Closed ALT=CBG RB	28 Site Closed	29 Site Closed

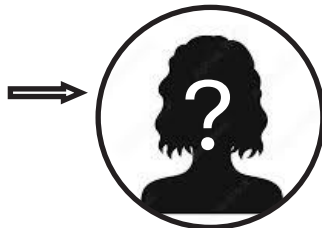
Western Reserve Area Agency on Aging - 2022

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 girl has been coming here for about a year, but has made herself a friend to all in that short time. Do you know who she is? We will reveal her identity in next month's newsletter. Who's next? Let Jim or Leslie or Cassie know if you have a childhood photo of yourself you'd like to share, we'd love to have it.

LAST MONTH'S THEN AND NOW



Linda Crane!



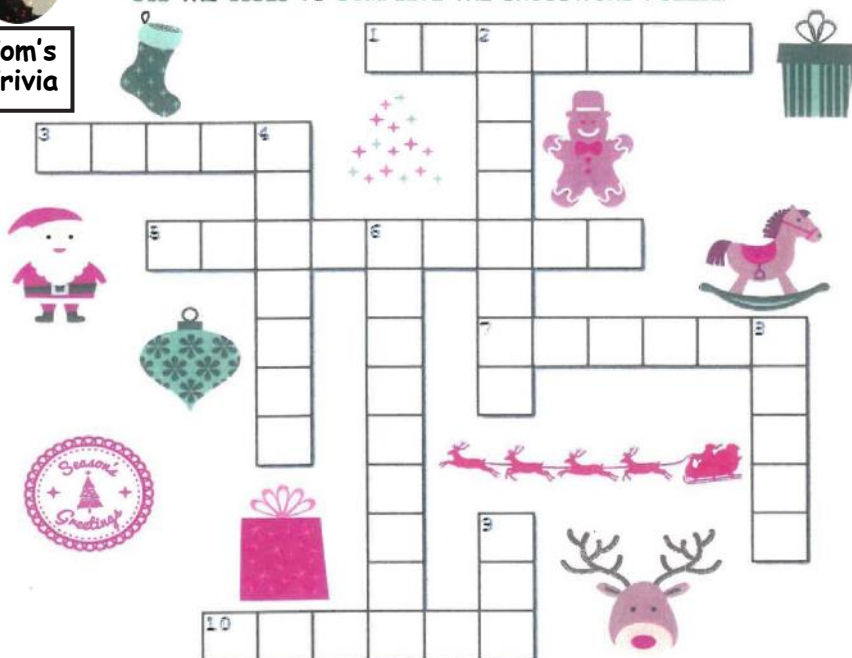
Tim Koch!



Tom's Trivia

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____
7. Christmas Drink
10. The name of a popular snowman.

Down

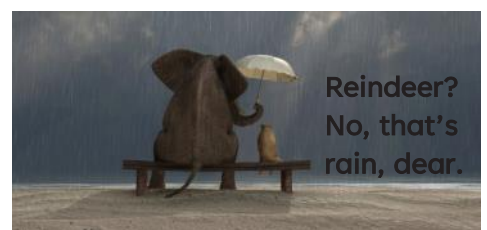
2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____
9. _____ to the world!

WWW.THRIFTYMOOMMASTIPS.COM



SCR will be making a holiday trip to beautiful Playhouse Square to see the Cleveland Ballet's performance of **The Nutcracker on Thursday Dec 14 @ 11a.m.** The ballet is based on the original story by E.T.A.

Hoffman with music composed by the renowned Pyotr Ilyich Tchaikovsky. Tickets are \$10. RSVP due by ASAP, and NO refunds available for this trip. 22 person limit.



Reindeer?
No, that's
rain, dear.



Senior Citizen Resources, Inc.
3100 Devonshire Road
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www.seniorcitizenresources.org

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**DATED MATERIAL
PLEASE DO NOT DELAY**

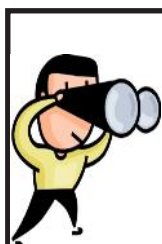


**HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY
MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR 51 YEARS**

**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: **Thursday Dec 7 around 10:45 a.m.**

Next blood pressure screening & glucose level monitoring: **Thursday Dec 21 @ 10:30 a.m.**



Planning ahead:

- We hope to go to the beautiful downtown Heinen's grocery store on **Wednesday Jan 3**

- Free Produce

Pickup will be **Monday Jan 8**

- We are planning trips to both the Crawford Auto-Aviation Museum and International Women's Air & Space Museum for January

- Music Bingo will be **Monday Jan 22**

**PUZZLE
ANSWERS
ACROSS:**

1. Rudolph
3. Elves
5. Christmas
7. Eggnog
10. Frosty

DOWN:

3. December
4. Scrooge
6. Stockings
8. Gifts
9. Joy



**We enjoyed a great trip to Praxis Fiber Workshop
on Waterloo Rd. in November.**

* 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. *

Seniors in Touch

Editor in Chief: Jim Mason
Chief Editor: Leslie Brown