



**Senior Citizen
Resources**

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

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

July means cookouts, especially on the Fourth. And every cookout has to include hot dogs, right? There are 18 hot dogs hidden throughout this newsletter.

Can you find them all? (the first one is free!) ➡



Save the date: SCR's Night at the Races is BACK! On Friday November 3, we will be hosting a fun evening of food, entertainment, raffle baskets, and horse races – all to support the important programs at SCR. We can't wait to see you there! More details to follow.



Come join us for SCR Senior Safety Day on **Monday July 17, 9 a.m. – 1 p.m.** Local experts will provide info on staying safe at home and out in the community; seniors will enjoy a meet & greet with local firefighters and police officers and get a closeup tour of some of their vehicles. Hope you will join us and our Cleveland Fire & Police officers to learn about how we can all make our community a safer place. We will also have games, live music from Tom Todd (11 a.m. – 1 p.m.), and a food truck! Cost of lunch from the food truck will be \$10 and will include pulled chicken, mac & cheese, a side salad, and a drink (SCR box lunches will also be available).



SCR GARDEN PEOPLE!

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, and we will even enjoy **lunch in the garden on Thursday July 27!**



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 signup 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.

On **Friday July 28**, SCR will make a trip to **Amish Country** (Berlin in Holmes County) with Dale. Pickups will begin around 8 a.m. and we will make several shopping stops, including the famous Heini's Cheese Chalet. Bring money for lunch at Berlin Farmstead Restaurant. We should return around 5 – 6 p.m. There will be a \$5 fee for this trip to help cover gas costs. 22 person max for this trip.



GARAGE SALE with Dale

Friday July 14 @ 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.



SCR will make a trip to Honey Hut for a summer ice cream treat on Tuesday **July 11 @ 12:30 p.m.** – join us!
Max of 12 for this trip.

No free produce in July. Plan ahead for our next distribution on Monday, August 7 (talk to a counselor that day to enroll or renew your SNAP benefits).



JULY SHOPPING SCHEDULE

Mondays, every three weeks

Mon July 3	Walmart Brookpark
Mon July 10	Walmart Steelyard
Mon July 17	Midtown
Mon July 24	Walmart Brookpark
Mon July 31	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. – 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 1:30 p.m.
- There is a 2 shopping bag limit for shopping trips.
- Free will donations are accepted for transportation, but not required.





SCR will be making a trip to the 1:10 p.m. Cleveland Guardians Baseball Game vs. the Kansas

City Royals on Wednesday July 26! Thanks to the Cleveland Guardians & Cleveland Councilman Kris Harsh, SCR clients get one free ticket (plus can bring one guest for free!) SCR will provide transportation around 12 noon on July 26. Bring money if you'd like to buy lunch or some snacks.



On Friday July 21 @ 10 a.m., we will make a visit to SCR client Greg's backyard nature preserve on Sunnyhill Circle!

Greg wants to give us a fun summer tour of his yard (a National Wildlife Backyard Habitat), that includes over 16 different types of trees, various garden plots, a Monarch butterfly waystation, and a new 40-foot rain garden. Call to get signed up.



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:

Breakfast Bunch:
Demetrios on Lorain Ave.
in Seven Hills: **Monday
July 31 @ 10 a.m.,
12 person max**

Lunch Bunch: Marie's
Restaurant on St. Clair:
**Monday July 24 @
11 a.m., 12 person max**



(This dog
looks hot.
It counts!)



SCR will be going to the Goodtime III boat trip on Wednesday July 19 @ 12 noon. This two-hour narrated cruise along the Cuyahoga River & Lake Erie provides an in-depth look at Cleveland's history and provides spectacular views of downtown Cleveland, the Flats, and all of the surrounding areas. Cost is \$25, bring money for optional snacks on board. Payment and RSVP are due by Thursday July 13. Because there is indoor and outdoor seating, the boat sails rain or shine.

On Friday July 7, SCR will be making a trip to Peninsula! Peninsula is a beautiful canal village located between Cleveland & Akron and surrounded by the Cuyahoga Valley National Park. Pickups will start around 8:15 a.m., and we should return around 2 p.m. We will do some shopping and hike to see the beautiful waterfalls (where we will try to spot Henry the great blue heron). We are asking for a \$3 donation towards gas for this trip. Bring money for lunch at Fishers Café. 10 person max for this trip.



On Thursday July 20 @ 10 a.m., we will make a trip to Public Square, including stopping in at Tower City and the Soldiers' & Sailors' Monument (commemorating the American Civil War). 11 person max for this trip; bring money for a lunch stop in the area.



CR 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 Tuxedo City Park (and also the Cultural Gardens on Tuesday July 25).

ALSO We will be going to the Cleveland Cultural Gardens in Rockefeller Park on Tuesday July 25 @ 10 a.m. as part of our Hiking Group (non-hikers welcome!). These 29 individual gardens pay tribute to the cultures and diversity of Northeast Ohio and the world. Bring a water bottle and enjoy a SCR box lunch after the walk. We hope you’ll join us for a beautiful day - make sure to RSVP so that we will have a lunch for you. 12 person max.

Tom Strong, medical lecturer and patient advocate, is scheduled to speak at SCR on Thursday July 6 @ 11:15 a.m. about arthritis. Come join us for this free, informative info session.



Give us a call to get signed up for one of our wonderful FREE exercise classes with Joann:

Gentle Yoga Wednesdays @ 12:30 p.m.,
and **Tai Chi** Fridays @ 12:30 p.m.

No experience required!



Cool off this summer with refreshing water exercise! SCR is continuing our regular trips to Senior Water Walking Sessions at

Estabrook Rec Center, but the schedule has changed for the summer: SCR will now be making a trip to senior water walking **Mondays** (instead of Wednesdays) @ 9:30 a.m. Come join us – you can wear anything that is NOT cotton in the pool, and showers are available.



Usually on the first Friday of the month, but will be held on Friday July 14 @ 10 a.m. instead. 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!

3D ART CLASS

We will be offering a Summer 3D Art Sampler Class with Broadway School for the Arts, Wednesdays in July (10 a.m. – 12 noon), starting July 5. We will be working on weaving, wire sculpting, copper reliefs, and kinetic sculptures with 3D installation artist Melissa Daubert. Max of 15 for this class. We ask that you commit to the entire class session and please make every attempt to be on time each week so that our instructor doesn’t have to be interrupted.

LOOKING AHEAD TO JULY

-A Benefits Outreach Counselor from the Cleveland Food Bank will be at the SCR produce giveaway on

Monday August 7 to help enroll or renew clients for the SNAP program.

-**Friday August 18:** evening Lake County Captains game (including fireworks after the game)

-**Friday August 4 @ 10 a.m.,** Breakfast Bunch at Gus’s Old Brooklyn Family Restaurant



SCR ACTIVITIES - JULY 2023

Mon	Tue	Wed	Thu	Fri
3 9am Coffee & Convo 9:30am Water Walking 10am S. Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	4 SCR Closed: Independence Day	5 9am Coffee & Music 10am Wii & Board Games 10am 3D Art Sampler 12pm SCR Lunch 12:30pm Gentle Yoga	6 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 10:30am Mobile Post Office @ SCR 11:15am Arthritis Talk 12pm SCR Lunch	7 8:15am Peninsula Trip 9am Coffee & Puzzles 10:30am Movie 12pm SCR Lunch 12:30pm Tai Chi
10 9am Coffee & Convo 9:30am Water Walking 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	11 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Tuxedo 12pm SCR Lunch 12:30pm Stretch & Strength 12:30 Honey Hut	12 9am Coffee & Music 10am Wii & Board Games 10am 3D Art Sampler 12pm SCR Lunch 12:30pm Gentle Yoga	13 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	14 9am Coffee & Puzzles 9am Garage Sale Trip 10am Show & Tell 10:30am Karaoke 12pm SCR Lunch 12:30pm Tai Chi
17 9am Coffee & Convo 9am Safety Day 9:30am Water Walking 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo	18 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Tuxedo 12pm SCR Lunch 12:30pm Stretch & Strength	19 9am Coffee & Music 10am Wii & Board Games 10am 3D Art Sampler 12pm SCR Lunch 12pm Goodtime III 12:30pm Gentle Yoga	20 9am Coffee & Trivia 9:30am Commun Garden 10am Public Square Trip 10am Chair Volleyball 10:30am Blood Pressure Screenings 12pm SCR Lunch 12:30pm Bingo	21 9am Coffee & Puzzles 10am Greg's Garden 10:30am Karaoke 12pm SCR Lunch 12:30pm Tai Chi
24 9am Coffee & Convo 9:30am Water Walking 10am Ridge Rd. Library 11am Lunch Bunch: Marie's 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	25 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Cleveland Cultural Gardens 12pm SCR Lunch 12:30pm Stretch & Strength	26 9am Coffee & Music 10am Wii & Board Games 10am 3D Art Sampler 12pm Guardians Game 12pm SCR Lunch 12:30pm Gentle Yoga	27 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 10:30am Garden Lunch 12pm SCR Lunch 12:30pm Bingo	28 8am Amish Trip 9am Coffee & Puzzles 10:30am Karaoke 12pm SCR Lunch 12:30pm Tai Chi
31 9am Coffee & Convo 9:30am Water Walking 10am Breakfast Bunch: Demetrio's 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo				

JULY 2023 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>*Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Grape Juice 4 oz</p> <p>ALT=CS TR</p>	<p>4</p> <p>Closed</p> <p>Happy Fourth of July!</p>	<p>5</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p> <p>ALT=CBG T</p>	<p>6</p> <p>Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Applesauce ½ c</p> <p>ALT=CBG RB</p>	<p>7</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 T</p>
<p>10</p> <p>*Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend 1/2 c Whole Grain Wheat Mandarin Oranges ½ c Apple Juice ½ c</p> <p>ALT=CS TR</p>	<p>11</p> <p>*Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>12</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>13</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sauteed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>14</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes, 1 c</p> <p>ALT=CBG T</p>
<p>17</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c</p> <p>ALT=CS RB</p>	<p>18</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Buttered Sliced Carrots ½ c *Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz</p> <p>ALT=CBG TR</p>	<p>19</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz, WG Stuffing ½ c *Sweet Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Cranberry Juice 4 oz</p> <p>ALT=CBG T</p>	<p>20</p> <p>*Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Apricots ½ c</p> <p>ALT=CBG TR</p>	<p>21</p> <p>*Breaded Fish 3 oz Tartar Sauce 1 PC *Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Fresh Grapes 1 c</p> <p>ALT=CBG RB</p>
<p>24</p> <p>*Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CS TR</p>	<p>25</p> <p>*Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG T</p>	<p>26</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange</p> <p>ALT=CBG TR</p>	<p>27</p> <p>*Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw 1/2 c 2 Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p>	<p>28</p> <p>*Chicken Stuffed w Broccoli 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Harvard Beets ½ c 2 Whole Grain White Fresh Plum</p> <p>ALT=CBG T</p>
<p>31</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Corn ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT=CS TR</p>		<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>Choice of 1% Milk or Buttermilk *=take temperature of Milk and all food proceeded by an asterisk.</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



LAST MONTH'S THEN AND NOW



Whoops! We had a wipeout getting a photo before our deadline of last month's Then and Now motorcycle lady. No worries, she'll be shown here next month!

We have a woman and a man, double trouble, for you this month. 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 Tina or Cassie) know.



**Tom's
Trivia**

GEOGRAPHICAL DOUBLE ENTENDRES

This is a word game combined with a trivia game in which you name the geographical place—which is also a word for something entirely different.

1. An Asian country or . . . ceramic tableware.

7. A city in Germany or . . . ground beef.

2. A city on Lake Erie or . . . a bison.

8. A group of islands off Morocco or . . . a small bird.

3. A New York City borough or . . . a group of royal ladies.

9. A river in China or . . . a primary color.

4. A South American country or . . . a large nut.

10. A river in South America or . . . an online retailer.

5. A city in Florida or . . . the largest planet in the solar system.

11. A county in southern California or . . . a citrus fruit.

6. An ancient English city or . . . a nice, long soak.

(Nope. This dog is cool.)





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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 July 6** around 10:30 a.m.
Next blood pressure screening & glucose level monitoring: **Thurs July 20** @ 10:30 a.m.

Please note, SCR will be closed on **Tuesday July 4** in observance of Independence Day
(we will still be open on Monday July 3).

PUZZLE ANSWERS

1. China 2. **Buffalo** 3. Queens
4. **Brazil** 5. Jupiter 6. **Bath**
7. Hamburg 8. **Canary** 9. Yellow
10. **Amazon** 11. Orange



* 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. *