

# Seniors in Touch

MAY 2023



Lilies of the Valley, or May Bells



**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 May 29 in observance of Memorial Day,  
honoring those who have died in our nation's wars.**



May 20 is World Bee Day, designated by the UN to raise awareness of the importance of pollinators, the threats they face, and their contribution to sustainable development. There are **16 bees** buzzing around this May newsletter—can you find them all?

A just society ensures that everyone, regardless of age, can participate and contribute in meaningful ways. Too often, we limit opportunities for older people and minimize their contributions. Ageism is discrimination or unjust treatment of older people based on stereotypes. Starting at an early age, ageism shapes the way we think about ourselves and others as we grow older. Underlying ageism is implicit bias – the unconscious attitudes and beliefs that lead to snap judgements about older people. Our words matter (“I’m having a senior moment!” or “I’m too old to try that,” or “You look good for your age.”) Changing the way to talk will change attitudes about aging and ultimately will advance policies and programs that support us at every age and stage of life.

Read more about  
The Reframing Aging Initiative here:  
<https://www.reframingaging.org/>

The Cleveland Department of Aging will be hosting the 33<sup>rd</sup> Annual Senior Day on Thursday May 25 at Public Hall on Lakeside Ave. 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. There is a 12 person max for this trip.



**A reminder that our computer room is available for your use any time during program hours. Check your email, read the paper online, or go to Google and ask questions about stuff you've always wondered about!**

**ATTENTION:** Signups for May SCR trips & activities will begin on Thursday April 27. Stop in at the SCR Front Desk or give us a call: 216-749-5367 **on or after Thursday April 27**, no signups will be taken before that date. Some trips / activities will require a lottery.

**Thrift Trip on Friday May 12 @ 9 a.m.:** We will stop at a few thrift stores (Goodwill and Salvation Army), then stop for lunch afterwards at Culvers and finish at Dollar Tree. Talk to the SCR Front Desk to get signed up. 12 person max for this trip.  
**On Friday May 19 @ 10 a.m.** we will go to Shopper's World on Lorain Rd., then stop for lunch at Dimitri's Family Restaurant across the street 10 person max for this trip.  
**Talk to the SCR Front Desk to get signed up.**

**ATTENTION AGAIN:** If you use the vans for appointments, trips, or home pick-up/drop-off, it's important that you **notify Linda at the front desk**, even if you've already told the driver or other staff member. She makes the schedule and needs to know that information. Thank you!



Gardening offers so many health benefits, especially for seniors (relieve stress and anxiety, improve immune function, maintain mobility and flexibility, and may even reduce the risk of dementia). Fresh air and

sunshine really can do wonders for your mood and your health! SCR will once again have space at the beautiful **Ben Franklin Community Garden**. Talk to Cassie if you're interested in being part of the gardening group on Thursday mornings this summer!

Our next free produce day will be Monday **May 1 @ 10 a.m.** here at SCR. Bring a cart, wagon, or bag. See you there!

**MAY SHOPPING SCHEDULE**

**Mondays, every three weeks**

<b>5/1</b>	<b>MIDTOWN</b>
<b>5/8</b>	<b>WALMART BROOKPARK</b>
<b>5/15</b>	<b>WALMART STEELYARD</b>
<b>5/22</b>	<b>MIDTOWN</b>
<b>5/29</b>	<b>CLOSED FOR MEMORIAL DAY</b>

<b><u>Tuesdays/Thursdays</u></b>	<b><u>Fridays</u></b>
GIANT EAGLE	ALDI'S
MARC'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!





SCR will be making a trip to the Cleveland Art Museum in University Circle on Wednesday May 10 @ 10 a.m. The museum was founded in 1913 and is one of the world's most distinguished and comprehensive art museums – and it's also always free! Feel free to eat lunch or grab a snack at the museum's Provenance Café. 12 person max for this trip.



**May 4<sup>th</sup> and the 18<sup>th</sup>** we will be joining the seniors at the Donna Smallwood Center for **jazzercise**, and will continue every Thursday in June at 10:30.

Donna Smallwood Center has also invited us over for their **rummage sale** on May 11<sup>th</sup> and a **dance** on the 18<sup>th</sup>. You are welcome to buy a ticket for the dance at \$8.00, and lunch the 18<sup>th</sup> for \$2.00. The jazzercise classes are free, but there is a minimum of 5 people signing up in order to go.



We are looking forward to a great trip to the beautiful **West Side Market in Ohio City on Monday May 22 @ 10 a.m.** Construction on the market started in 1908, and it opened to the public in 1912! Find lunch or snacks at the market, then we will head down the street to Mitchell's Ice Cream Shop & Kitchen where we can watch the workers make ice creams, baked ingredients, toppings, and sauces. **11 person max for this trip.**



We will celebrate Important Women Day on Thursday May 11 @ 10 a.m. We will enjoy some tea and snacks, and will be making a special poppy craft from recycled materials (thanks to Studio Go, the Cleveland Museum of Art's mobile art program).



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:**

Grumpy's Cafe on W. 14th St., Tuesday May 30 @ 9 a.m. 10 person max.



**Lunch Bunch:** Fuji Grill Buffet in Parma, Tuesday May 2 @ 11:30 a.m. 12 person max.



Good luck to our SCR Trivia Team, who will be heading to the 5<sup>th</sup> Annual Mind Challenge Trivia Competition on Tuesdays May 9, 16<sup>th</sup> and 23<sup>rd</sup> at 9:30 a.m. in Brookpark!





Join the SCR Hiking Group!  
This month we will be part of the Cleveland MetroPark'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 that are interested in starting Aerobic exercise. Hike at your own pace and length. We will go at 10 a.m. on Tuesdays May 2, May 9, May 16 & May 23. Enjoy a SCR box lunch after the walk. 6 person minimum required for this trip – make sure to RSVP so that we will have a lunch for you.

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! We will try out a new location in June.



# SENIORS SHOW TELL

Show & Tell @ SCR: Friday May 5 @ 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.



Join us for our SCR Cinco de Mayo party on Friday May 5 @ 10 a.m.! This special day commemorates the anniversary of Mexico's 1862 victory over the Second French Empire at the Battle of Puebla. Today Cinco de Mayo is associated with the celebration of Mexican-American culture, and is actually more popular in the United States than Mexico. Juan Delgado will be playing his guitar, we will have a special taco bar lunch, some games, and we will have fun with our pinata that we created last month.

This party is free! Sign up for this party at the SCR front desk ASAP.



Joanne Matson & May McFadden won't be needing any van rides after finding a tractor for themselves at the Quilt 2023 Showcase

Photo by Danny the Driver

## LOOKING AHEAD TO JUNE



Joann will be back at SCR for both **Gentle Yoga and Tai Chi** classes in June! Tai Chi will start Friday June 2 @ 12:30 p.m. and Gentle Yoga will start Wednesday June 7 @ 12:30 p.m.

**Breakfast Bunch** will be on June 2 at 10 am at **Diannas** on West 117<sup>th</sup> in Lakewood - 12 person max

SCR will make a trip to the beautiful **Cleveland Botanical Garden** in University Circle on Tuesday June 6 @ 10 a.m., cost is \$19. We should be able to see hundreds of newly emerged butterflies in the Costa Rica biome, along with the Madagascar Glasshouse, and many other gardens & exhibits (both indoors and outdoors). Please RSVP and pay for this trip by Monday May 22.

- SCR will be going to the **Cleveland MetroParks Zoo** on Friday June 9. More details to follow!



**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.**



# SCR ACTIVITIES - MAY 2023

Mon	Tue	Wed	Thu	Fri
<b>1</b> 9am Coffee & Convo 10am Free Produce 10am S. Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>2</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floors Games 10am Hiking Group: RR 11:30am Lunch Bunch: Fujis 12pm SCR Lunch 12:30pm Stretch & Strength	<b>3</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Ceramics 12pm SCR Lunch 12:30pm Exercise Time	<b>4</b> 9am Coffee & Trivia 10am Chair Volleyball 10:15am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	<b>5</b> Happy Cinco de Mayo! 9am Coffee & Puzzles 10am Show & Tell 10am SCR Cinco de Mayo Party 12pm SCR Lunch
<b>8</b> 9am Coffee & Convo 10am S. Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>9</b> 9am Coffee & Open Studio 9am Crochet Group 9:30am Mind Challenge 10am Floor Games 10am Hiking Group: RR 12pm SCR Lunch 12:30pm Stretch & Strength	<b>10</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Art Museum Trip 10am Ceramics 12pm SCR Lunch 12:30pm Exercise Time	<b>11</b> 9am Coffee & Trivia 10am Chair Volleyball 10am Important Women Day Celebration 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>12</b> 9am Coffee & Puzzles 9am Thrift Trip 10:30am Games with Cassie 12pm SCR Lunch
<b>15</b> 9am Coffee & Convo 10am S. Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo	<b>16</b> 9am Coffee & Open Studio 9am Crochet Group 9am Mind Challenge 10am Floor Games 10am Hiking Group: RR 12pm SCR Lunch 12:30pm Stretch & Strength	<b>17</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Ceramics 12pm SCR Lunch 12:30pm Exercise Time	<b>18</b> 9am Coffee & Trivia 10am Chair Volleyball 10:30am Blood Pressure Screenings 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>19</b> 9am Coffee & Puzzles 10am Shopper's World Trip 10:30am Games with Cassie 12pm SCR Lunch
<b>22</b> 9am Coffee & Convo 10am Ridge Rd. Library 10am West Side Market & Mitchells Trip 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>23</b> 9am Coffee & Open Studio 9am Crochet Group 9am Mind Challenge 10am Floor Games 10am Hiking Group: RR 12pm SCR Lunch 12:30pm Stretch & Strength	<b>24</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Ceramics 12pm SCR Lunch 12:30pm Exercise Time	<b>25</b> 9am Coffee & Trivia 10am Chair Volleyball 10am Senior Day Trip 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>26</b> 9am Coffee & Puzzles 10:30am Movie 12pm SCR Lunch
<b>29</b>  <b>SCR Closed:            Happy Memorial Day</b>	<b>30</b> 9am Coffee & Open Studio 9am Crochet Group 9 a.m. Breakfast Bunch: Grumpy's Café 10am Floor Games 10am Hiking Group: RR 12pm SCR Lunch 12:30pm Stretch & Strength	<b>31</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10am Ceramics 12pm SCR Lunch 12:30pm Exercise Time		

# May 2023 WRAAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 *Roasted Pork Loin 3 oz *Seasoned Potato Wedges ½ c *Green Peas ½ c 1 Whole Grain Rye Applesauce ½ c Oatmeal Cookie, 1 oz ALT = CS TR	2 2-2 oz. Cheese Ravioli *w/Sauce 2 oz *Broccoli ½ c *Glazed Baby Carrots ½ c W. G. Dinner Roll, 2 oz Apricots ½ c ALT = CBG RB	3 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c ALT = CBG T	4 *BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c ALT = CBG RB	5 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Grape Juice 4 oz ALT = CBG TR
8 *Chicken Cordon Bleu 6 oz *W.G. Pasta w. Pesto Sauce ½ c *Green Beans ½ c *Carrot Coins ½ c 2 Whole Grain White Pears ½ c ALT = CS RB	9 *Fish 4 oz/Tartar Sauce 1PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Vinegar 1 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG RB	10 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread Peaches ½ c ALT = CBG T	11 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *California Blend ½ c 2 Whole Grain White Banana ALT = CBG TR	12 *Chicken 3 oz. Lemon Gravy 2 oz/ *Brown Rice ½ c *Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Apple Juice ½ c ALT = CBG RB
15 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c W.G. Biscuit Apricots ½ c ALT = CS TR	16 *Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Green Beans ½ c 1 Whole Grain White Cranberry Juice ½ c ALT = CBG RB	17 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CBG RB	18 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Bermuda Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ALT = CBG T	19 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c WG Corn Muffin 1 oz Grapes 1 c ALT = CBG TR
22 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Beans ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CS TR	23 *Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT = CBG TR	24 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Mandarin Oranges ½ c ALT = CBG RB	25 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Harvard Beets ½ c 1 Whole Grain Wheat Pears ½ c ALT = CBG RB	26 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c / 1 Vinegar PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CBG T
29 <b>Memorial Day</b>  <b>Site Closed</b>	30 *Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Applesauce ½ c ALT = CS RB	31 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz *Noodles ½ c *Green Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Orange ALT = CBG TR	Choice of 1% Milk or Buttermilk *Take Temperature of Milk and all food preceded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i> 

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



Who recognizes this handsome young man? If you come to our Center his face is certainly a recognizably friendly one, and he looks just as friendly here as a young 'un. .

THEN AND NOW BONUS PIC!



And how about this cute little kid? She's here almost every day to socialize and help out with whatever might need doing around here!

Thank you, Mystery Man and Woman for contributing a photo for this month. 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 just who it is! Let Jim (or Tina or Cassie) know.

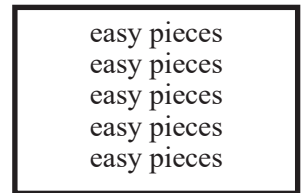
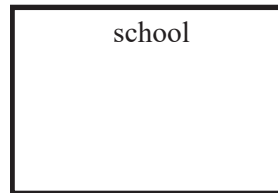


Tom's Trivia

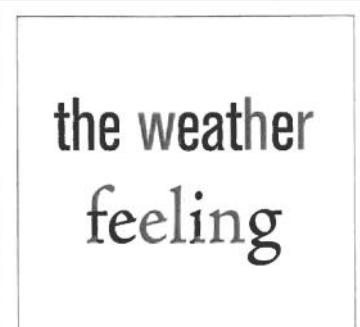
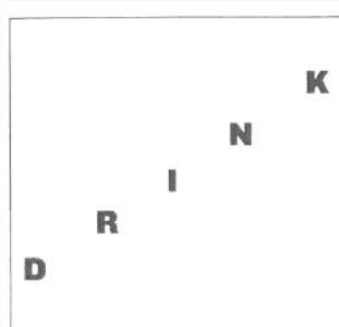
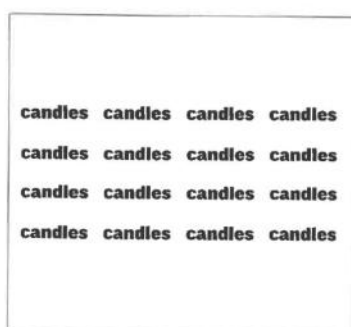
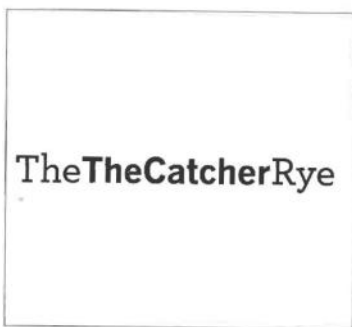
To solve these fun puzzles, look carefully at each frame, because the arrangement of the letters is a key clue to the familiar phrase contained within. For example, if the word *school* were placed high up in the frame, the answer would be *high school*. Or if the phrase "easy pieces" occurred five times in the frame, the answer would be *Five Easy Pieces*.

For example: **high school**

**Five easy pieces**



\* Answers on back page! \*

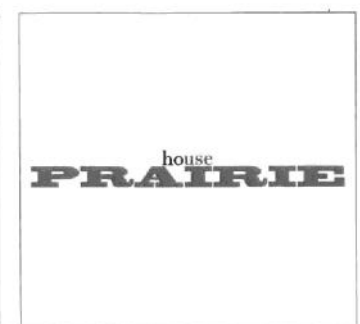


1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_



5. \_\_\_\_\_

4. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

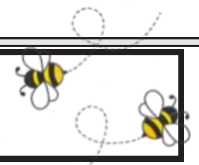


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 www.seniorcitizenresources.org

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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**



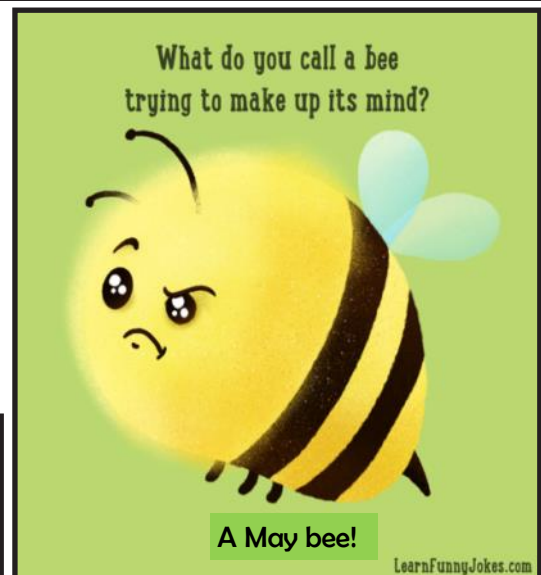
**Our Front Desk Receptionist is on duty weekdays 8:30 a.m. - 1:30 p.m.  
 For questions, appointment scheduling, or activity signup, please call during these hours.**

**Next mobile post office: Thurs May 4 around 10:30 a.m.  
 Next blood pressure screening & glucose level monitoring: Thurs May 18 @ 10:30 a.m.**

*Thank You!* **Thanks to everyone who values our program and continues to donate towards the costs of providing the meals. SCR relies on donations to meet our annual budget goals and keep our SCR programs strong. Our funders request that we let our clients know that a minimum \$1.00 donation per meal is the suggested donation and all proceeds help us meet the costs of providing the program. Thanks for your support.**

**PUZZLE ANSWERS**

**1. The Catcher in the Rye 2. Sixteen Candles 3. Undersea Diver 4. Walking backwards 5. Drink up 6. Feeling under the weather 7. Two peas in a pod 8. Little House on the Prairie.**



\* 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. \*