

**November 2023**

# *Seniors in Touch*



**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 Friday Nov 10 in honor of Veterans Day; and Thursday Nov 23 & Friday Nov 24 for Thanksgiving.



## **SCR NIGHT AT THE RACES ! FRIDAY, NOVEMBER 3!**

Thanks to our jockey sponsors **Jackie Oberg** and **Cleveland Councilman Kris Harsh**, the SCR Night at the Races is BACK! This fun night is our biggest fundraiser of the year. Come join us on Friday November 3 @ 6 p.m. at SCR for a night of dinner, drinks, horserace betting, entertainment and raffle baskets – all while supporting our mission of enhancing independent living and promoting the quality of life for seniors in Old Brooklyn!

•  
Tickets to the event are \$20 and include dinner & dessert and 1 drink ticket  
•

Sponsor a horse for \$20 – you get naming rights!

Talk to the SCR Front Desk to purchase a horse or an event ticket; or go to **EventBrite.com** and search for “SCR” to purchase online.



We're looking for turkey legs this month in honor of Thanksgiving.  
We've hidden 14 turkey legs throughout the newsletter.  
Can you find them all?

*The painting on top is “Bouquet of Chrysanthemums” by Renoir. Chrysanthemums are the official flower of November.*

**ATTENTION:** If you need to cancel a ride, we ask for 24 hours notice. Our drivers have very full schedules and lately we have had so many last-minute cancellations with no notice. This affects our drivers' time, our receptionist's time, gas, and our ability to provide rides to other clients. Please be respectful of our staff and let us know ahead of time if you no longer need a ride for a medical appointment, shopping trip, SCR activity, or just a ride to & from the center.



**Reminder:** 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. We also need a minimum of five participants for any given trip (especially breakfast bunch/lunch bunch). 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.



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



We will start offering transportation to the Seeds of Literacy program. This nonprofit offers FREE one-on-one tutoring in basic reading and writing skills (along with GED test prep) on West 25th. The first visit will be an orientation session on **Tuesday Nov 7 @ 12:15 p.m.** After that, classes will be every Tuesday & Thursday at 9 a.m. (for 1 hour sessions).



## FREE PRODUCE!

Our next free produce day will be **Monday November 6 @ 10 a.m.** at SCR.

Bring a cart, wagon, or bag.  
See you there!

## NOVEMBER SHOPPING SCHEDULE

### Mondays, every three weeks

Mon Nov 6	Walmart Steelyard
Mon Nov 13	Midtown
Mon Nov 20	Walmart Brookpark
Mon Nov 27	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) 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 that there is more round-trip transportation available for appointments in the morning.
- There is a 2 shopping bag limit for shopping trips.
- Free will donations are accepted for transportation, but not required.





Organizational experts Peggy & Chris will join us on **Tuesday Nov 14 @ 10 a.m.** for a talk on decluttering our homes. They will offer tips & tricks for organizing, sorting, and deciding what's worth keeping without getting overwhelmed. They will have books for sale (\$5) that day.



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!



**Don't forget to vote on Tuesday, November 7. There are two important issues on the ballot—take time to familiarize yourself with what they are about and Vote!**



**On Wednesday Nov 8 @ 10 a.m.** we will



have a speaker from the National Federation of the Blind. This organization encourages those losing vision to learn more about the alternative techniques that blind and low-vision people use to work, care for their homes & families, and engage in recreational activities.



Our hiking group is on hold for the season unless we hit some especially nice weather on a Tuesday morning. We are tracking our miles – come join us and see how many “foot” tokens you can earn (you can hike at your own pace & length).



It is time to think about Medicare options! SCR will have a speaker on **Thursday Nov 9 @ 11 a.m.** to discuss Medicare plans with our clients. The presenter is an independent broker and deals with all types of Medicare plans, and he will be here to present information and answer questions. Join us for this free opportunity to learn about your Medicare options!

**Breakfast Bunch: Monday Nov 13 @ 10 a.m.,**  
Metropolitan Coffee on Broadview – 12 person limit

**Lunch Bunch: Monday Nov 20 @ 11 a.m.,**  
City Diner on Memphis – 12 person limit



A **big** thank you to Bonnie Robertson for her donation of a **big** 100-cup coffee urn to our program.

She's showing off two legs, all right, but they're orangutan legs, not turkey legs!





On **Wednesday Nov 1 @ 10 a.m.**, we will head to the **Rock Hall**. Tickets are free to Cleveland residents, but must be purchased online ahead of time so RSVP is required. Join us for some music history fun!

**Cooking with Cassie continues this month, now Wednesdays at 10 a.m. (except no cooking on Nov 8 & Nov 29). Cassie will show us some simple, healthy, fun recipes. Join us!**



We are excited to kick-off a new music class with partners at Broadway School of Music & the Arts: **keyboarding!** This intro class starts with familiarizing ourselves with the basics of the piano keyboard. We will learn note reading and hand positions as we learn popular & holiday songs. Proper technique and musicality will be emphasized. Classes will culminate with a performance at SCR in February! Keyboards will be provided and NO experience is necessary. However, regular attendance and practice between classes is expected for the entire session (through the end of January). Group classes will be taught by BSMA instructor Joseph @ **Mondays 1 – 1:45 p.m.**, followed by optional individual instruction **1:45 - 2:30pm**, starting **Nov 6**. 10 person limit for this class.

On Friday Nov 17, we will celebrate **Friends-giving!** We will enjoy some Thanksgiving fun, games, and crafts along with live music from Tom Todd. Feel free to bring a friend, family member, or grandchild to join in on the fun. Let Cassie know if you'd like to bring something for the holiday potluck. **Studio Go** will also be back at SCR for a fun project as part of our Friendsgiving 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 – join us for a fun art experience!). All other regular activities will be cancelled for this day.



We will be starting a new Nature Art class, **Thursdays 10 a.m. – 12 noon starting Nov 2**. Limit of 15 people for this 4-week session (no class on Thursday Nov 23). We will look for inspiration from the natural world around us. Processes will include painting, repurposing found & recycled objects, print-making, and drawing. Participants will be encouraged to bring materials from home or the natural world for some projects. Classes will be taught by Meri from Broadway School of Music & the Arts who is both a teaching artist and a naturalist.

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

Give us a call to get signed up for one of our wonderful

FREE exercise classes with JoAnn:

Stability & Strength – Tuesdays @ 12:30 p.m.

Gentle Yoga - Wednesdays @ 12:30 p.m.

Tai Chi - There will be NO Tai Chi in November



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

**savers™**

SCR will make a trip to Savers on **Monday Nov 27 @ 9 a.m.** Talk to the SCR Front Desk to get signed up, 12 person limit for this trip.

*Adult Show & Tell*

Join us for Show & Tell on Friday Nov 3 @ 11 a.m. We have Show & Tell the first Friday of each month and really enjoy learning more about each other!

This is not a turkey leg.  
This is a leg lamp.  
Nice try.



# SCR ACTIVITIES - NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
		<b>1</b> 9am Coffee & Music 10am Rock Hall 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	<b>2</b> 9am Coffee & Trivia 10am Chair Volleyball 10am Nature Art Class 10:45am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	<b>3</b> 9am Coffee & Puzzles 10am Sign Language 11am Show & Tell 12pm SCR Lunch 6pm SCR Night at the Races Fundraiser!
<b>6</b> 9am Coffee & Convo 10am Produce Pickup 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	<b>7</b> 9am Coffee & Open Studio 9am Crochet Group 10am TBD Hiking Group 10am Floor Games 12pm SCR Lunch 12:15pm Seeds of Literacy Orientation 12:30pm Stability & Strength	<b>8</b> 9am Coffee & Music 10am Speaker: Natl Federation of the Blind 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	<b>9</b> 9am Coffee & Trivia 9am Seeds of Literacy 10am Chair Volleyball 10am Nature Art Class 10:45am Mobile Post Office @ SCR 11am Medicare Info 12pm SCR Lunch 12:30pm Bingo	<b>10</b>  <b>SCR Closed: Veterans Day</b>
<b>13</b> 9am Coffee & Convo 10am Bingo 10am Breakfast Bunch: Metropolitan 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	<b>14</b> 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Decluttering Talk 10am Floor Games 10am TBD Hiking Group 12pm SCR Lunch 12:30pm Stability & Strength	<b>15</b> 9am Coffee & Music 9:30 Praxis Fiber Trip 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	<b>16</b> 9am Coffee & Trivia 9am Seeds of Literacy 10am Chair Volleyball 10am Nature Art Class 10:30am Blood Pressure Screenings 12pm SCR Lunch 12:30pm Bingo	<b>17</b>  SCR Friendsgiving!
<b>20</b> 9am Coffee & Convo 10am Bingo 10:30am Cards & Games 11am Lunch Bunch: City Diner 12pm SCR Lunch 1pm Keyboarding	<b>21</b> 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Floor Games 10am TBD Hiking Group 12pm SCR Lunch 12:30pm Stability & Strength	<b>22</b> 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	<b>23</b>  <b>SCR Closed: Thanksgiving</b>	<b>24</b>  <b>SCR Closed: Thanksgiving</b>
<b>27</b> 9am Coffee & Convo 9am Savers Trip 10am Bingo 10:30am Cards & Games 12pm SCR Lunch 1pm Keyboarding	<b>28</b> 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Floor Games 10am TBD Hiking Group 12pm SCR Lunch 12:30pm Stability & Strength	<b>29</b> 9am Coffee & Music 10am Holiday Decorating 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	<b>30</b> 9am Coffee & Trivia 9am Seeds of Literacy 10am Chair Volleyball 10am Nature Art Class 12pm SCR Lunch 12:30pm MUSIC Bingo	

# NOVEMBER 2023 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk Or Buttermilk	*=take temperature of Milk and all food proceeded <b>by an asterisk.</b>	1 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CBG TR	2 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c, *Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	3 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c, *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c ALT=CBG T
6 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w/ 2 oz Sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CS TR	7 *Tomato Basil Chicken 3oz. *W.G. Pasta ½ c w/Sce 2 oz. *Mixed Vegetables ½ c Breadstick, 1 oz Peaches ½ c Grape Juice 4 oz ALT=CBG T	8 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea ALT=CBG RB	9 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c / *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CBG RB	10 <b>Veteran's Day</b>  <b>Site Closed</b>
13 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS T	14 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c *Cauliflower ½ c Whole Grain Wheat Pineapple chunks ½ c ALT=CBG TR	15 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w Lemon 1PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz ALT=CBG RB	16 *Salisbury Steak 3 oz w *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Peaches ½ c ALT=CBG T	17 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c *Broccoli ½ c Whole Grain wheat Scalloped Apples ½ c ALT=CBG RB
20 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	21 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG T	22 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz ALT=CBG RB	23 <b>Thanksgiving Day</b>  <b>Site Closed</b>	24 <b>Site Closed</b>
27 *Vegetable Lasagna 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CS T	28 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG TR	29 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Green Peas ½ c 2 Whole Grain White Apricots ½ c ALT=CBG RB	30 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz Orange, 1 ea ALT=CBG T	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.

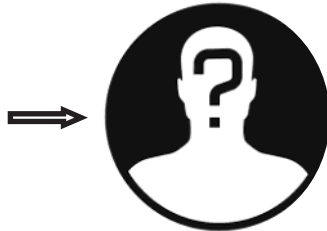
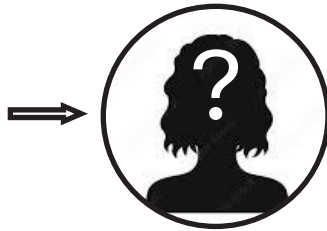
"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast





## THEN AND NOW



## LAST MONTH'S THEN AND NOW



Bonnie Robertson!



"Pearl Jam" Moser!

This month's girl pops in and out of the center at different times but everyone knows her, and the boy is here a lot with lots of stories to tell. Do you know them? We will reveal their identities in next month's newsletter. Who's next? Let Jim (or Leslie or Cassie) know if you have a photo you'd like to share, we'd love to have it.



## Tom's Trivia

## What Do They Have in Common?

*executive functioning  
attention to detail*

Each question contains a list of several items. Can you figure out what they have in common?

1. The U.S. flag, Hollywood, and the night sky

2. Cliff, Norm, Woody, and Sam

3. Chipper, driver, and wood

4. Blouses, elevators, and your belly

5. Eggplants, Barney, bruises, and amethysts

6. A car, a bull, a shoe salesman, and a brass band

7. Irving Berlin, Rose Kennedy, and Bob Hope

8. A mailbox, the alphabet, and a high school sports sweater

9. An engaged woman, a telephone, a school bell, and Saturn

10. Penny Lane, Lovely Rita, and Michelle

11. A hurricane, a needle, and a potato

12. Kidney, Orson, garbanzo, and jelly

13. Corn, cane, beet, and maple



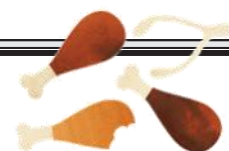


Senior Citizen Resources, Inc.  
3100 Devonshire Road  
Cleveland, Ohio 44109  
216-749-5367  
www.seniorcitizenresources.org

NONPROFIT.ORG  
U.S. Postage  
**PAID**  
Cleveland, OH  
Permit NO. 2841

**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 November 2** around 10:30 a.m.  
Next blood pressure screening & glucose level monitoring: **Thurs November 16** @ 10:30 a.m.

**Planning  
ahead:**



--We will be kicking off an Old Brooklyn Computer Smart Seniors Program on Friday Dec 8. You can bring in your tablet, smartphone, or laptop and learn some internet safety tips, how to be a smarter user of your computer, and much more.  
-Music Bingo will be Monday Dec 11 @ 10 a.m.  
-SCR will be closed December 25, 2023 – January 1, 2024

**PUZZLE ANSWERS**

1. They all have stars. 2. They are all characters from the tv show *Cheers* 3. They are all types of golf clubs. 4. They all have Buttons 5. They are all purple. 6. They all have horns. 7. They all lived past the age of 100. 8. They all have letters. 9. They all have rings. 10. They are all Beatles songs 11. They all have eyes. 12. They are all beans. 13. They are all types of sugar.

**FUNNY SIGNS**



\* 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 and appreciate donations towards our printing, processing, and mailing costs. \*

***Seniors in Touch***

Editor in Chief: Jim Mason  
Chief Editor: Leslie Brown