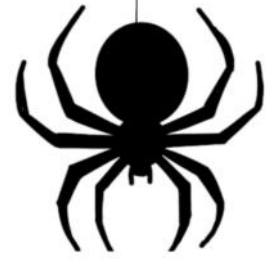


# Seniors in Touch



October 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 Oct 9 in honor of Indigenous Peoples' Day.**



After four years, the SCR **Night at the Races** is BACK! This fun night is our biggest fundraiser of the year.

Come join us on the evening of Friday November 4 at SCR for a night of dinner, drinks, horse race betting, entertainment, raffle baskets and FUN!

**Sponsor a horse race for \$100 –**

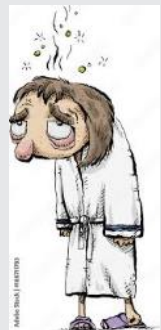
Your name will be featured in the Race Program and in next month's newsletter.

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

Tickets to the event are \$20 and include dinner & dessert, 1 drink Ticket plus a night of fun and entertainment.

Talk to the SCR Front Desk to purchase a race sponsorship, horse, or an event ticket (tickets available after Oct 2); or go to **EventBrite.com** and search for SCR to purchase online.

SCR will be hosting a FREE flu shot clinic in conjunction with Sam's Club Pharmacy on Tuesday October 3 @ 9:30 a.m. (depending on the timing of FDA approval, we may also have COVID vaccines available that day).



Everyone that gets a flu shot at SCR on October 3 will get a \$10 Walmart gift card! You do NOT need to be an SCR client - flu shots are available to anyone. Give us a call to get signed up: 216-749-5367. Free transportation to / from SCR is available; let us know if you need a ride. Light refreshments will be served.

The CDC recommends that almost everyone get a seasonal flu vaccine every year, ideally by the end of October. People age 65+ are at a much higher risk of developing serious complications from the virus.



Halloween and black cats go together like peanut butter and jelly. We have scattered 10 black cats throughout this newsletter. Can you find them all? (The black cat pictured here counts. Her name is Lydia and she lives with the editor of the *Seniors in Touch* newsletter and she is The Greatest Black Cat in the World!)

**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. 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.



*"It's a very simple procedure. We slice off the top of your head, scoop out your innards with a spoon, and carve out your eyes and mouth."*

**Self-care** is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. Research suggests self-care promotes positive health outcomes such as fostering resilience, living longer, and becoming better equipped to manage stress. Come learn some tips at Cassie's Self Care Class, now Mondays at 10 a.m. (except October 2)



## OCTOBER SHOPPING SCHEDULE

### Mondays, every three weeks

Mon Oct 2	Walmart Brookpark
Mon Oct 16	Walmart Steelyard
Mon Oct 23	Midtown
Mon Oct 30	Walmart Brookpark

### 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.

## **FREE PRODUCE!**

Our next free produce day will be **Monday October 2 @ 10 a.m.** at SCR.

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





On Monday October 30 @ 12 noon we will visit Buckland Museum of Witchcraft & Magick, right here in our neighborhood on Broadview Road.

The museum offers a wide variety of witchcraft and magick-related exhibits and occult curiosities. The cost is \$8 for the tour, but if you'd like to just visit the gift store (including new & used books, magickal supplies, and museum souvenirs), there is no fee. We will have a box lunch available for you when you return. We need to purchase museum tickets ahead of time, so please get your RSVP and money turned into the SCR Front Desk by **Monday October 23**.

Its not too late to join the SCR Hiking Group – new members are always welcome. We are tracking our miles – come join us and see how many “foot” tokens you can earn!

We head out each Tuesday at 10 a.m., and you can hike at your own pace & length. This month we will be going to Big Creek Reservation – don't forget a water bottle!



**(No Hiking Group on October 3 or Halloween).**

### Breakfast Bunch:

*The 27 Club* on W 10th  
Wed Oct 4 @ 9:30 a.m.  
11 person max

### Lunch Bunch:

*Saucy Brew Works* on  
Detroit: Mon Oct 23 @  
11 a.m., 12 person  
max



**Friday October 27**  
@ 6 p.m. is Scary Movie Night  
at SCR! We will be watching  
*The Shining* and  
pizza, popcorn and drinks  
will be served. Transportation  
is available.

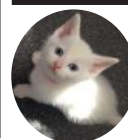
*The Shining* is a 1980 horror film  
produced and directed by Stanley  
Kubrick, based on Stephen King's 1977  
book. It stars Jack Nicholson,  
Danny Lloyd, Shelley Duvall, and Scatman  
Crothers and is  
considered to be intense,  
psychological, and violent.  
Join us at your own risk!



On **Wednesday Oct 12**, we will be  
going to Lakeview Cemetery near  
University Circle at 10 a.m. Lakeview was first  
organized in 1869 and is one of the most beau-  
tiful and historically significant cemeteries in  
America. We will stop for lunch afterwards  
(driver's choice).  
12 person limit for this trip.



SCR is making an autumn  
trip to Red Wagon Farm in  
Columbia Station on  
**Thursday Oct 19 @ 10**  
**a.m.** Cost is \$13 (which  
includes a \$3 donation  
towards gas.) We will have  
a wagon ride, enjoy some  
popcorn, and get to take  
home a pumpkin. Order  
an SCR boxed lunch to take  
along. RSVP required by  
Thursday Oct 12 for this  
trip.



She's not black so she  
doesn't count, but boy  
is she cute, right?





Cossel Farms from North Royalton will be here at SCR for a farmer's market on **Tuesday Oct 10 around 10 a.m.** This is one of the last opportunities 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). See you there!



It's Felix the Cat, the wonderful, wonderful cat! Of course, he counts!



Consider joining us for the SCR Writing Workshop! We meet Wednesdays @ 12:30 – 2 p.m., and 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.



Studio Go will be back at SCR on Friday October 20 @ 10 a.m. for a fun project. 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.

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



### **Stability & Strength – Tuesdays @ 12:30pm**

This new class is designed to build strength so we can continue to live independently and continue with daily activities! We focus on both lower body strength (ankles, knees, and hips) and upper body (arms and core).

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

(benefits of yoga include: chronic pain relief, decreased blood pressure, better stability & balance, greater flexibility, and improved respiration)

### **Tai Chi - Fridays @ 12:30 p.m.**

(benefits of tai chi include: improved balance, decreased blood pressure, improved hand-eye coordination & strength, and increased blood circulation)

Cooking with Cassie continues this month, now Wednesdays at 10 a.m. (except for October 4). Cassie will show us some simple, healthy, fun recipes. Join us!



**Halloween Party at SCR:**

**Tuesday Oct 31 @ 10 a.m.!**

**We will have a DJ, costume contest, and more holiday fun! Let Cassie know if you'd like to bring a potluck dish to share.**

### ***Adult Show & Tell***

This month we are asking seniors to bring photos to share as part of Show & Tell on Friday Oct 6 @ 11 a.m. We have Show & Tell the first Friday of each month and really enjoy learning more about each other!



Have you ever wanted to learn sign language? SCR will be offering American Sign Language classes this month, Fridays at 10 a.m. ASL

originated in the early 19th century in the American School for the Deaf in Connecticut. Since then, ASL use has been propagated widely by schools for the deaf and deaf community organizations. Join us to learn some basics!



Just a reminder – you can always find our latest newsletter online, both on our website **SeniorCitizen-Resources.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!

# SCR ACTIVITIES - OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9am Coffee & Convo 10am Produce Pickup 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>3</b> 9am Coffee & Open Studio 9am Crochet Group 9:30am Flu Shot Clinic 10am Floor Games 12pm SCR Lunch 12:30pm Stability & Strength	<b>4</b> 9am Coffee & Music 9:30am Breakfast Bunch: 27 Club 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	<b>5</b> 9am Coffee & Trivia 10am Chair Volleyball 10:45am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	<b>6</b> 9am Coffee & Puzzles 10am Sign Language 11am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
<b>9</b>  <b>SCR Closed: Indigenous Peoples' Day</b>	<b>10</b> 9am Coffee & Open Studio 9am Crochet Group 10am Farmers Market 10am Floor Games 10am Hiking Group: Big Creek 12pm SCR Lunch 12:30pm Stability & Strength	<b>11</b> 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	<b>12</b> 9am Coffee & Trivia 10am Lakeview Cemetery 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	<b>13</b> 9am Coffee & Puzzles 10am Sign Language 12pm SCR Lunch 12:30pm Tai Chi
<b>16</b> 9am Coffee & Convo 10am Self Care Class 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo	<b>17</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Big Creek 12pm SCR Lunch 12:30pm Stability & Strength	<b>18</b> 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	<b>19</b> 9am Coffee & Trivia 10am Red Wagon Farm 10am Chair Volleyball 10:30am Blood Pressure Screenings 12pm SCR Lunch 12:30pm Bingo	<b>20</b> 9am Coffee & Puzzles 10am Sign Language 10am Studio Go Art 12pm SCR Lunch 12:30pm Tai Chi
<b>23</b> 9am Coffee & Convo 10am Self Care Class 10:30am Cards & Games 11am Lunch Bunch: Saucy Brew Works 12pm SCR Lunch 12:30pm Bingo	<b>24</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Big Creek 12pm SCR Lunch 12:30pm Stability & Strength	<b>25</b> 9am Coffee & Music 10am Cooking w/Cassie 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga 12:30pm Writing Class	<b>26</b> 9am Coffee & Trivia 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	<b>27</b> 9am Coffee & Puzzles 10am Sign Language 12pm SCR Lunch 12:30pm Tai Chi 6pm Scary Movie Night
<b>30</b> 9am Coffee & Convo 10am Self Care Class 10:30am Cards & Games 12pm SCR Lunch 12pm Buckland Museum 12:30pm Bingo	<b>31</b> <b>Happy Halloween!</b> 9am Coffee & Open Studio 9am Crochet Group 10am SCR Halloween Party 12pm SCR Lunch 12:30pm Stability & Strength			

# OCTOBER 2023 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll, 2 oz Sliced Peaches ½ c ALT=CS TR	3 *Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Biscuit, 2 oz Mandarin Oranges ½ c ALT=CBG RB	4 *Chicken, 3 oz and Dumplings ½ c *Carrot Coins ½ c *Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	5 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c ALT=CBG T	6 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Garlic Toast 2 oz Red Grapes 1 c ALT=CBG RB
9 <b>Indigenous People's Day</b>  <b>Site Closed</b>	10 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Tropical Fruit ½ c W.G. Vanilla Wafers 1 oz ALT=CS RB	11 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Beans ½ c W.G. White Applesauce ½ c ALT=CBG T	12 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend 1/2 c *Carrots ½ c W.G. Dinner Roll 1 oz Orange ALT=CBG RB	13 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c ALT=CBG TR
16 *Chicken stuffed with Broccoli 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CS RB	17 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c Green Peas ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG TR	18 *Stuffed Cabbage 6 oz *Noodles ½ c *Tomato Sauce 2 oz *Antigua Blend Vegetables ½ c Spinach ½ c/ Lemon Juice 1 PC Whole Grain Wheat Apricots ½ c ALT=CBG T	19 *Chicken Cacciatore 3 oz *WG Pasta ½ c W *Sauce 2 oz. *Mixed Vegetables ½ c California Blend ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	20 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Brussels Sprouts ½ c 2 Whole Grain Wheat Mandarin Oranges ALT=CBG TR
23 *Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Biscuit 2 oz Pears ALT=CS RB	24 *Meatball Sub 3 – 1 oz W.G. Sub Bun *Marinara Sauce 2 oz *Zucchini ½ c Applesauce ½ Grape Juice 4 oz ALT=CBG TR	25 *Breaded Fish 3 oz, Tartar Sce 1 PC W.G. Hamburger Bun Green Peas ½ c Harvard Beets ½ c Banana ALT=CBG RB	26 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Dinner Roll 2 oz Apricots ½ c ALT=CBG T	27 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Banana ALT=CBG RB
30 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS TR	31 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Applesauce ½ c ALT=CBG RB	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	

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



Ed Woskowicz!



Grace Hanson!

These two young ladies are now long-time regulars here at the Center. That's all we're gonna give you. 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.

### Correction



This person was misidentified in last month's *Then and Now*.

This is not Rosemarie Williams at all! This is **Rosemary** Williams. *Seniors in Touch* apologizes for this error.

Add "up" to a word or phrase and it has one meaning. Add "down" to the same word or phrase and the meaning is entirely different.

Tom's  
Trivia



1. With "up" it means to make a small improvement. With "down" it's a way to score points in football.

6. With "up" it's a person who likes to tell jokes or play pranks. With "down" it means to insult or belittle a person.

2. With "up" it means to stop talking. With "down" it means to close a factory . . . or turn off a computer.

7. With "up" it means to slow down or stop, as with rain or snow. With "down" it means to disappoint or fail to keep a promise.

3. With "up" it means to end a relationship. With "down" it's the sudden collapse of a person's mental health.

8. With "up" it means to make radical changes in an organization or routine. With "down" it means to extort or cheat money from someone.

4. With "up" it means to drive a short distance in reverse. With "down" it means to give up in an argument.

9. With "up" it's what a pitcher does just before throwing the ball. With "down" it means to slowly come to an end.

5. With "up" it means to burst into unrestrained laughter. With "down" it means to take severe measures to limit crime or bad behavior.

10. With "up" it means to appear suddenly or at the appointed time. With "down" it's what a chambermaid does to prepare the bed linens at night.

### GOOD ADVICE



If you have a problem with somebody, go and talk to that person about it. Telling other people about it is just gossip.

- Anonymous



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

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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 October 5** around 10:30 a.m.  
Next blood pressure screening & glucose level monitoring: **Thurs October 19 @ 10:30 a.m.**



**Planning  
ahead:**

-SCR Night at  
the Races  
Fundraiser will  
be **Friday Nov 4.**

-SCR will be closed on **Fri-  
day Nov 10** in honor of  
Veteran's Day, and also  
**Thurs Nov 23 & Fri Nov  
24** for Thanksgiving



If you think this is a black  
cat, don't ever ask us to  
come cat-sit. Pee-YOO!

**PUZZLE ANSWERS**

**1. Touch 2. Shut  
3. Break 4. Back  
5. Crack 6. Cut  
7. Let 8. Shake  
9. Wind 10. Turn**

\* 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. \*