

Seniors in Touch

April 2024



**Senior Citizen
Resources**

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

**Serving persons 60 & over
in Old Brooklyn
for 51 years**

Please note: Morning appointments will be very limited on **Tuesday April 2** as all of our vans will be undergoing a required annual inspection. We will not be offering shopping trips that morning, and some meal deliveries will also be delayed on this day as each of our vans will be limited for some period of time. We ask for your patience, understanding, and flexibility on Tuesday April 2.

SCR is a non-profit organization that relies on a variety of financial sources to meet our budget, including contracts, grants, fundraising, and donations.

While almost all of our services - including transportation, meals, and activities - are available at no cost, we do accept and appreciate voluntary free will donations (example: \$2 / ride, \$1 / meal). We very much appreciate our regular donors, and SCR manages our budget each year to ensure that we can provide all services to all qualifying people. While donations for regular services are not required, they are always very much appreciated!



Monday April 1 – Friday April 5 will be Eclipse Week @ SCR! Join us for special crafts, educational sessions, activities and more to get ready for the total solar eclipse on Monday April 8 (please note: **SCR will be serving an early lunch at 11:30 a.m. and closing at 12 noon on Monday April 8**). A total solar eclipse happens when the moon passes between the sun and Earth, completely blocking the face of the sun. The sky will darken as if it were dawn or dusk. A partial eclipse will begin around 2 p.m. on Monday April 8 in our area. Maximum totality around Cleveland will be at 3:15 p.m., and the eclipse will end completely around 4:30 p.m.



It's April, and April starts off with April Fool's Day! We have hidden a lucky 13 jokers and fools throughout this month's newsletter. Can you find them all?

If you receive a newsletter while you are at the center, or with a meal delivery, please let us know if you could be removed from our mailing list (it is expensive to create, print, process, and mail our newsletters each month). Also keep in mind, you can always access the newsletter early via e-mail, on our website (seniorcitizenresources.org), or Facebook page (*Senior Citizen Resources - Old Brooklyn*).



In addition to trips to the Fulton Road Planet Fitness on **Tuesdays @ 9 a.m.**, SCR now offers rides to the Snow Road Planet Fitness location on **Thursdays @ 12:30 p.m.**

Give us a call if you'd like to join us! Please note: even if you've already been visiting the Fulton Road location, you will need to bring your insurance card and ID to get signed up with the Snow Road location.

We encourage participation in our activities and meals, but if you are sick, please stay home for all our sake. COVID, Flu, RSV and many other germs are all making the rounds, and can all be spread easily. If you have any symptoms, please rest at home.



We are continuing transportation to the **Seeds of Literacy** program on West 25th every **Tuesday & Thursday at 9 a.m.** This nonprofit offers FREE one-on-one tutoring in basic reading and writing skills. This is our last month going to Seeds of Literacy.

FREE VEGGIE BOX!



Our next free veggie box day will be **Monday April 1 (no fooling!)** @ 10 a.m. at SCR. Bring a cart, wagon, or bag. See you there!

APRIL SHOPPING SCHEDULE

Mondays, every three weeks

Mon Apr 1	Walmart Brookpark
Mon Apr 8	Walmart Steelyard
Mon Apr 15	Midtown
Mon Apr 22	Walmart Brookpark
Mon Apr 29	Walmart Steelyard

Tuesdays/Thursdays

GIANT EAGLE
MARC'S

Fridays

ALDI
DRUG MART
SAV A LOT

* There will **NOT** be a shopping trip on **Tuesday April 2.** *

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 wrapping up a five-session **Financial Literacy class** with Benjamin Rose this month. These workshops 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 last class of the session will be **Wednesday April 17 @ 10 a.m.**

Show & Tell @ SCR: Join us on **Friday April 5 @ 11 a.m.** We love to learn more about each other! Bring in any favorite item or talent, and share some facts or stories about your object or skill. We have Show & Tell the first Friday of each month.



On Friday April 12 @ 10 a.m., we will make a trip to the Quilts 2024 show at Lake Metroparks Farmpark in Kirtland. This is one of Ohio's finest quilt shows, with up to 200 quilts and quilt-related works on display. Show visitors can vote for the People's Choice award. Senior tickets at \$8 each; we will stop for lunch in the area after the show (Dale's choice). 12 person limit and \$2 suggested transportation donation for this trip.



On Friday April 19 @ 9 a.m., we will make a trip to MGM Northfield Park Casino. Along with spending money, bring money for lunch there. Talk to the SCR Front Desk to get signed up; 12 person limit for this trip.



Trips Trips Trips Trips



We will take a trip to the downtown trip to the downtown branch of the Cleveland Public Library to see an immersive art installation called The Archive by world-renowned artist Rebecca Louise Law, comprised of thousands of flowers. The installation is comprised of over 500,000 botanical objects, including flowers, pinecones, seed pods, and other items (over

50,000 of these were from Northeast Ohio). These natural materials are suspended from an 18-foot-tall timber frame. Join us on Wednesday April 24 @ 10 a.m. for this trip. We will be back at SCR in time for lunch.



On Thursday April 25 @ 10 a.m., SCR will make a trip to the Cleveland Ballet performance of *Sleeping Beauty* at Playhouse Square.

Sleeping Beauty is a ballet to music by Tchaikovsky, who also wrote *The Nutcracker* and *Swan Lake*. Focusing on the two conflicting forces of good and evil, the story of *Sleeping Beauty* begins with the evil Carabosse placing a curse on Princess Aurora during her christening celebration. The Lilac Fairy cannot lift the curse but can soften it: Princess Aurora won't die but will sleep for one hundred years until a prince awakens her with true love's kiss. Bring money for lunch at Yours Truly after the show; 12 person limit for this trip.

* TICKETS ARE \$10 *



We will have a speaker here at SCR to talk about group life insurance options, Monday April 15 @ 11:30 a.m. Ayisha from C. Ash Insurance Agency will offer information on term life, whole life, indexed unified life plans, and more. Join us for this free session.



-Breakfast Bunch:
Friday April 26 @ 10 a.m., Canary's on Puritas - 12 person limit

-Lunch Bunch:
Wednesday April 10 @ 11 a.m., Old Brooklyn Cheese Co. on Broadview - 12 person limit

April is National Poetry Month. Here is one of our favorite poems that is short enough to fit into this space and appropriate for the upcoming warmer months, by the great, funny, and famous poet, Ogden Nash:

The Fly
"God in his wisdom made the fly
And then forgot to tell us why."



Monday April 29 @ 11 a.m. will be Senior Movie Day at AMC Theatre at Ridge Park Square. Oak Street Health will be providing free movie tickets, popcorn, and bottled water. Movie title is still to be determined, but a fun free day at the movies will be had by all. Box lunches will be available this day.



Studio Go will be back at SCR on **Friday April 19 @ 10 a.m.** 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.



We are so glad to be able to offer several high-quality classes right at our center each week! There is no charge for these sessions, but **SCR does accept donations to help cover the costs of the exercise classes.** We hope you can join us:

Stability & Strength - Tuesdays @ 12:30 p.m.
Gentle Yoga - Wednesdays @ 12:30 p.m.
Tai Chi - Fridays @ 12:30 p.m. (no class April 5)

Give us a call to get signed up for one of our fun exercise classes with JoAnn!

Wednesday Self-Care Class with Cassie is back this month: **Wednesdays April 10 and 24 @ 10 a.m.** 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!



On *Monday April 22 @ 10 a.m.*, we will celebrate Earth Day by working with a local librarian from the South Brooklyn branch of the Cleveland Public Library to start some seeds. We will transfer these plants to our SCR garden plot at the Ben Franklin Community Garden next month! Talk to our front desk to get signed up for this free activity.



APRIL 2024 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
1 April Fool's Day! 9am Coffee & Convo 10am Veggie Box Day 10am Gametime 12pm SCR Lunch 12:30pm Bingo	2 9am Coffee & Cards 9am Crochet Group 9am Seeds of Literacy 9am Planet Fitness: Fulton 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	3 9am Coffee & Music 10am Oak Street Blood Pressure Sreening 10am Open Activities 11am Writing Class 12pm SCR Lunch 12:30pm Gentle Yoga	4 9am Coffee Social 9am Seeds of Literacy 10am Trivia 10:45am Mobile Post Office @ SCR 11am Chair Volleyball 12pm SCR Lunch 12:30pm Planet Fitness: Snow 12:30pm Bingo	5 9am Coffee & Crafts 11am Show & Tell 12pm SCR Lunch
8 Total Solar Eclipse: SCR closes early 9am Coffee & Convo 10am Gametime 11:30am SCR Lunch 12pm SCR closes	9 9am Coffee & Cards 9am Crochet Group 9am Seeds of Literacy 9am Planet Fitness: Fulton 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	10 9am Coffee & Music 10am Self Care w/Cassie 10am Open Activities 11am Writing Class 11am Lunch Bunch: Old Brooklyn Cheese Co. 12pm SCR Lunch 12:30pm Gentle Yoga	11 9am Coffee Social 9am Seeds of Literacy 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Planet Fitness: Snow 12:30pm Bingo	12 9am Coffee & Crafts 10am Quilt Show 12pm SCR Lunch 12:30pm Tai Chi
15 9am Coffee & Convo 10am Gametime 11:30am Insurance Talk 12pm SCR Lunch 12:30pm Bingo	16 9am Coffee & Cards 9am Crochet Group 9am Seeds of Literacy 9am Planet Fitness: Fulton 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	17 9am Coffee & Music 10am Open Activities 10am Financial Literacy 11am Writing Class 12pm SCR Lunch 12:30pm Gentle Yoga	18 9am Coffee Social 9am Seeds of Literacy 10:30am Blood Pressure Screenings 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Planet Fitness: Snow 12:30pm Bingo	19 9am Coffee & Crafts 9am MGM Northfield Trip 10am Studio Go 12pm SCR Lunch 12:30pm Tai Chi
22 Earth Day 9am Coffee & Convo 10am Gametime 10am Seed Starting 12pm SCR Lunch 12:30pm Bingo	23 9am Coffee & Cards 9am Crochet Group 9am Seeds of Literacy 9am Planet Fitness: Fulton 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	24 9am Coffee & Music 10am Open Activities 10am Self Care w/Cassie 10am Library Art Exhibit 11am Writing Class 12pm SCR Lunch 12:30pm Gentle Yoga	25 9am Coffee Social 9am Seeds of Literacy 10am Sleeping Beauty 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Planet Fitness: Snow 12:30pm Bingo	26 9am Coffee & Crafts 10am Breakfast Bunch: Canary's 12pm SCR Lunch 12:30pm Tai Chi
29 9am Coffee & Convo 10am Gametime 11am Senior Movie Day 12pm SCR Lunch	30 9am Coffee & Cards 9am Crochet Group 9am Seeds of Literacy 9am Planet Fitness: Fulton 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints			

APRIL 2024 WRAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>*Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Applesauce ½ c</p> <p>ALT = CS TR</p>	<p>2</p> <p>*Roasted Turkey, 3 oz *Mashed potatoes ½ c w gravy *Green Beans ½ c W.G. Dinner Roll, 2 oz Peaches ½ c</p> <p>ALT = CBG RB</p>	<p>3</p> <p>*Meatballs 3-1 oz * WG Spaghetti ½ c w/ Sce 2 oz *California Blend ½ c *Spinach ½ c /1 Lemon PC Whole Grain White Apricots, ½ c</p> <p>ALT = CF T</p>	<p>4</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Fresh grapes 1 c</p> <p>ALT = CBG V</p>	<p>5</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Wheat Bread c Pears ½ c</p> <p>ALT = CF TR</p>
<p>8</p> <p>*Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Mixed Fruit ½ c</p> <p>ALT = CS V</p>	<p>9</p> <p>*Chicken Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Apple Juice ½ c Banana</p> <p>ALT = CF RB</p>	<p>10</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Wheat Bread Applesauce ½ c</p> <p>ALT = CBG TR</p>	<p>11</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c W.G. Corn Muffin, 1 oz Peaches ½ c</p> <p>ALT = CF RB</p>	<p>12</p> <p>*3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c</p> <p>ALT = CBG T</p>
<p>15</p> <p>*Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape juice ½ c</p> <p>ALT = CS RB</p>	<p>16</p> <p>*Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange, 1 ea</p> <p>ALT = CBG V</p>	<p>17</p> <p>*Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Applesauce ½ c Cranberry juice ½ c</p> <p>ALT = CF T</p>	<p>18</p> <p>*Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Bermuda Blend ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>19</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Antigua Blend ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c</p> <p>ALT = CF TR</p>
<p>22</p> <p>*Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c W. G. Dinner Roll 2 oz Pears ½ c</p> <p>ALT = CS TR</p>	<p>23</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Carrots ½ c *Vanilla Wafers 1 oz Mandarin Oranges ½ c</p> <p>ALT=CF RB</p>	<p>24</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT = CBG T</p>	<p>25</p> <p>*Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun, 2 oz Banana, 1 ea</p> <p>ATL = CF TR</p>	<p>27</p> <p>*Vegetable Lasagna 6 oz. *Carrots ½ c *Succotash ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz</p> <p>ALT=CBG T</p>
<p>29</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain Wheat Sliced Apricots ½ c</p> <p>ALT = CS T</p>	<p>30</p> <p>*Sloppy Joe 3 oz. *Sweet Potatoes ½ c *Corn ½ c W.G. Bun, 2 oz. Fruit Cocktail ½ c</p> <p>ALT = CBG T</p>		<p>Choice of 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>	<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>

Western Reserve Area Agency on Aging - 2024

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

Sweet peas and daisies,
the birth flowers of April.



DID YOU KNOW...

that our own
Janice Petrow
went to Our Lady
of Angels with
Phil Donahue?



That's not
a joker.
That's
an ace of
spades.



SOBRIQUETS

long-term memory
working memory

Unlike nicknames, which are generally used in place of a person's given name, sobriquets are used to describe a person's character, skill, strength, personality, achievement, or reputation. Sobriquets are usually bestowed by historians, journalists, press agents, critics, or the public, and can be either an honor or an insult. How many famous people can you name when given their sobriquets?

1. Satchmo

7. The Donald

13. Bush's Brain

2. The Governorator

8. The Juice

14. The Velvet Fog

3. Wilt the Stilt

9. The Great One
(Entertainment)

15. The Wizard of Menlo
Park

4. Mr. Television

10. The Great One (Sports)

16. Charlie Hustle

5. Broadway Joe

11. The Greatest (Sports)

17. Governor Moonbeam

6. The Little Tramp

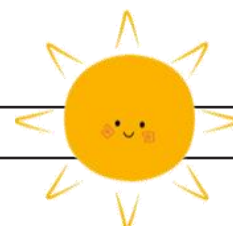
12. Scarface

18. Doctor Death

THIS is a
joker.



ANSWERS ON NEXT PAGE





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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 Post Office on Wheels @ SCR:
Thursday April 4 around 10:30 a.m.
Next blood pressure screening & glucose level monitoring:
Thurs April 18 @ 10:30 a.m.

PUZZLE ANSWERS

1. Louis Armstrong
2. Arnold Schwarzenegger
3. Wilt Chamberlain
4. Milton Berle
5. Joe Namath
6. Charlie Chaplin
7. Donald Frump
8. O.J. Simpson
9. Jackie Gleason
10. Wayne Gretzky
11. Muhammad Ali
12. Al Capone
13. Karl Rove
14. Mel Tormé
15. Thomas Edison
16. Pete Rose
17. Jerry Brown, Jr.
18. Jack Keuvorkian.



Looking ahead:

Several seasonal weekly clubs
will be kicking off next month:

SCR Hiking Club (keep earning more "foot"
charms!): **Mondays @ 10 a.m.**

SCR Gardening Club at our wonderful neighborhood
Community Garden: **Wednesdays @ 10 a.m.**

SCR Nature Club, led by Mae and Greg:
Fridays @ 10 a.m.

WRAAA will be conducting adult vision screenings
at SCR on **Thursday May 16 @ 10 a.m.**

Studio Go will join us again on **Friday May 17 @ 10 a.m.**

* 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 to-
wards our printing, processing, and mailing costs. *



Jim Mason

We are
NOT
fools!
We are
the
editors!



Leslie Brown