

Seniors in Touch

February 2024



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 February 19 for Presidents' Day

Winter Heating
Assistance
Available:

Stay warm this
winter, with help
from Cuyahoga

County Division of Senior and
Adult Services (DSAS).

Ohio's Home Energy
Assistance Winter Crises
Program may be able to help
pay for your winter heating
costs, and application
assistance for eligible
households is also

available. Call the DSAS
Connection Center for
assistance: 216-420-6700.

This program is made possible
by a grant from the Ohio
Department of Aging through
the Western Reserve Area
Agency on Aging.



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.

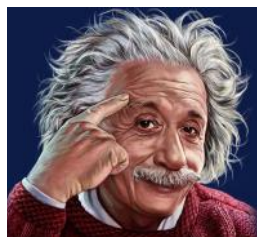
In our spring class with Broadway School of Music & the Arts, we will be learning about paper making and print making! We will be physically making paper, and you will be encouraged to discover your "inner artist" and make images on paper, using drawings to tell your own stories and express thoughts. The collaborative interaction of the classes will allow us to inspire and learn from each other. Teaching artist **Claudio Orso-Gianco** is a well-known local artist - you can find his work online and at many local galleries. He will bring openness and passion to the class, and the art will inspire and uplift you. No experience necessary! Class size limited to 15: **Tuesdays 12:30 - 2:30 p.m. starting Feb 6, continuing through the end of April.** Talk to the SCR Front Desk to get signed up.



It's a leap month in this leap year,
so we've hidden 24 leaping
(and sitting) frogs in this month's newsletter.
Good luck finding them all!

Breakfast Bunch:
Friday Feb 9 @ 10 a.m.,
 Goody's on Snow Rd. 12 person limit

Lunch Bunch:
Friday Feb 16 @ 11 a.m.
 Union House on Brookpark Rd.
 12 person limit.



We are thinking ahead and want to gauge interest in putting together our next **Mind Challenge Trivia Teams!** SCR has had a Mind Challenge Team the

last few years and has had so much fun competing in trivia challenges with groups from other local senior centers. Mind Challenge is a team-oriented tournament that starts in early May, so it's time to start getting ready! Teams have 4 – 6 players each, and SCR can have more than one team. Talk to Cassie if you're interested in joining the Mind Challenge group – practices will be **Tuesday mornings**, starting in **March**.



Our next thrift store trip will be **Monday, Feb 26 @ 9 a.m.** If you'd like to join us, talk to the SCR Front Desk to get signed up. Limit of 12, we'll come back to center for lunch.

FREE VEGGIE BOX!



Our next free veggie box day will be **Monday February 5 @ 10 a.m.** at SCR. Bring a cart, wagon, or bag. See you there!

FEBRUARY SHOPPING SCHEDULE

Mondays, every three weeks

Monday Shopping Schedule:

Mon Feb 5	Midtown
Mon Feb 12	Walmart Brookpark
Mon Feb 26	Walmart Steelyard

Tuesdays/Thursdays

GIANT EAGLE
 MARC'S

Fridays

ALDI
 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 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.



Escape the cold this winter and experience a variety of exotic orchids: SCR will make a trip to the Cleveland Botanical

Gardens to enjoy the "Orchids Forever" exhibit on *Tuesday Feb 27 @ 10 a.m.* Senior tickets are \$12 (special EBT tickets are \$1 with photo ID and EBT card thru the "Museums for All" program). Bring cash or card to buy your own ticket at the gate. We will eat lunch at the Garden Café (soups, salads, sandwiches, and snacks). 12 person max for this trip, talk to the SCR Front Desk to get signed up.

NOTHING BUT FOOD NEWS!

SCR follows Western Reserve Area Agency on Aging guidance to offer meal choice to all clients who participate in the Home Delivered Meal Program or the Congregate Meal Program. SCR publishes the menu provided by WRAAA with listed meal choices in the monthly newsletter, and posts in the lunchroom. SCR will inform all clients that they are eligible to choose an alternative meal, if ordered by the Tuesday prior to the week of the meal, by making it part of a regular announcements and reminders in the newsletter. All alternative meals will be served or delivered at regularly scheduled times.

Additional choices are now available:

- Choice to order buttermilk (if available)
- Additional cold plate and boxed lunch options are available:

Vegetarian Boxed Lunch ("V"): cheese on whole grain white bread, potato salad, juice, fruit, yogurt and milk.

Chef Salad ("CF"): Spring lettuce mix with hardboiled egg, ham, cheddar cheese, cucumber, grape tomatoes, carrots and dressing; fruit, breadstick, cereal bar, and milk

Reminder of the SCR Lunch Policy:

- Lunch will be served weekdays from 12 - 12:30 p.m.
- All participants should reserve a lunch for the days that they plan to attend. You can do that by calling the front desk, or in the dining room at the sign in desk. Reservations are due Tuesday of the week prior.
- If food is available at 12:30 p.m., the kitchen will call "seconds" for those who would like additional servings. There is no guarantee that seconds will be available.
- If you reserved a lunch and are not able to be here by 12:20 p.m., please call us - if you are on the way, we may be able to set aside a meal for you.
- If you arrive after 12:30 p.m., there is no guarantee of a lunch. We hope to provide a meal for everyone who reserved one and who is here to participate. If you reserved a lunch and will not be here, we appreciate a call to let us know.
- If you are here, but did not sign up for a lunch, we may be able to serve you based on any cancellations, or if the caterer sent extra food. We cannot guarantee there will be a lunch if you do not sign up. Reservations are due Tuesday of the week prior.

Please let us know if there are questions.

We hope to make your lunch experience an enjoyable one here at SCR, and hope you join us for activities before/after lunch!

Hope you can join us for a special **Valentine's Day Brunch on Wednesday Feb 14 @ 10 a.m.** We will be serving quiche, pancakes, and sausage. Tickets for this special meal will be \$3. We will also have



some fun crafts and games this day. Special musical performance by our keyboarding class!



Cooking with Cassie continues this month, **Wednesday Feb 7 at 10 a.m.** Cassie will show us some simple, healthy, fun recipes. Join us!



We will make a trip to Malley's on Brookpark on **Monday Feb 12 @ 10 a.m.** for some Valentine's shop-

ping!

Malley's has been making chocolate treats in Cleveland since 1935 and we will be visiting their factory headquarters store. Give us a call to get signed up!



Please note, our popular Chair Volleyball will be moving to

Thursdays at 11 a.m. (instead of 10 a.m.),

**starting Feb 1. No experience necessary –
feel free to join us for some fun on Thursdays!**



For this winter session of the SCR Writing Workshops, we are offering two different classes based on how experienced you are with writing. Both classes are one hour. See Linda Toney with any questions:

Class #1 is for inexperienced writers. If you have thought you might like to write a story or an essay but have never tried, or, if you have a little experience but would like to learn more, this is the class for you! Class #1 meets every other Wednesday @ 11 a.m.: **Feb 7, 21**

Class #2 is for more experienced writers. If you have already written parts of your memoir, or a collection of short stories, and have attended the first two sessions of the workshop, this is the class for you. Class #2 meets every other Wednesday @ 11 a.m.: **Feb 14, Feb 28**

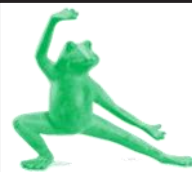
SCR will be making a trip to **The Great Big Home & Garden Show** at the I-X Center on **Wednesday Feb 7 @ 10 a.m.** This is a marketplace where you can shop for home-related products and services, checkout displays to help inspire your next home project, connect with industry experts, and enjoy informative presentations from home professionals. Tickets are \$13 each (includes a small contribution towards gas). Lunch will be on your own from on-site food vendors. Maximum of 12 people.



SCR is excited to offer a five-session Financial Literacy class with Benjamin Rose. These workshops will 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 second class of the session will be **Wednesday Feb 21 @ 10 a.m.** (monthly classes will continue through April). Join us for this great FREE opportunity!

Wednesday Self-Care Classes with Cassie are back this month on Feb 28 @ 10a.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!

Studio Go will be back at SCR on **Friday Feb 16 @ 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.



Give us a call to get signed up for one of our great FREE exercise classes with JoAnn (please note, if Cleveland Public Schools are closed because of inclement weather, JoAnn's SCR fitness classes will also be cancelled):

Stability & Strength –

Tuesdays @ 12:30 p.m.

Gentle Yoga -

Wednesdays @ 12:30 p.m. (none 2/28)

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



There will be **hearing screenings** being conducted by Hearing Life here on **February 9 @10 a.m.** Limited appointments available.



SCR ACTIVITIES - FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
			1 9am Coffee Social 9am Seeds of Literacy 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	2 Groundhog Day 9am Coffee & Crafts 11am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
5 9am Coffee & Convo 10am Veggie Box Day 12pm SCR Lunch 12:30pm Bingo	6 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	7 9am Coffee & Music 10am Cooking w/Cassie 10am Home & Garden Show 10am Open Activities 11am Writing Class #1 12pm SCR Lunch 12:30pm Gentle Yoga	8 9am Coffee Social 9am Seeds of Literacy 10am Trivia 10:45am Mobile Post Office @ SCR 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	9 9am Coffee & Crafts 10am Hearing Screening 10am Breakfast Bunch: Goody's 12pm SCR Lunch 12:30pm Tai Chi
12 9am Coffee & Convo 10am Gametime 10am Malley's Trip 12pm SCR Lunch 12:30pm Bingo	13 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	14 Happy Valentine's Day 9am Coffee & Music 10am Open Activities 10am Valentine's Brunch 11am Writing Class #2 12pm SCR Lunch 12:30pm Gentle Yoga	15 9am Coffee Social 9am Seeds of Literacy 10am Trivia 10:30am Blood Pressure Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	16 9am Coffee & Crafts 10am Studio Go 11am Lunch Bunch: Union House 12pm SCR Lunch 12:30pm Tai Chi
19 SCR Closed: Presidents' Day	20 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	21 9am Coffee & Music 10am Open Activities 10am Financial Literacy 11am Writing Class #1 12pm SCR Lunch 12:30pm Gentle Yoga	22 9am Coffee Social 9am Seeds of Literacy 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	23 9am Coffee & Crafts 10am Movie 12pm SCR Lunch 12:30pm Tai Chi
26 9am Coffee & Convo 9am Thrift Trip 10am Gametime 12pm SCR Lunch 12:30pm Bingo	27 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Botanical Gardens Trip (Orchids) 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	28 9am Coffee & Music 10am Self Care w/Cassie 10am Open Activities 11am Writing Class #2 12pm SCR Lunch	29 Leap Day! 9am Coffee Social 9am Seeds of Literacy 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12pm February Bdays 12:30pm Bingo	

FEBRUARY 2024 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>			<p>1</p> <p>*Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CF V</p>	<p>2</p> <p>*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c</p> <p>ALT = CBG TR</p>
<p>5</p> <p>*Beef Stew 8 oz. *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea</p> <p>ALT = CS TR</p>	<p>6</p> <p>*Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c *Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz.</p> <p>ALT = CBG RB</p>	<p>7</p> <p>*Swedish Meatballs 3-1 oz. w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CF TR</p>	<p>8</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG V</p>	<p>9</p> <p>*Hamburger 3 oz. Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c</p> <p>ALT = CBG T</p>
<p>12</p> <p>*Tomato Basil Chicken 3 oz. w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT = CS RB</p>	<p>13</p> <p>*Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT = CF TR</p>	<p>14</p> <p>*Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Orange</p> <p>ALT = CBG RB</p>	<p>15</p> <p>*Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c</p> <p>ALT = CBG T</p>	<p>16</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Chunky Applesauce ½ c</p> <p>ALT = CBG RB</p>
<p>19</p> <p>PRESIDENT'S DAY</p> <p>Site Closed</p>	<p>20</p> <p>*Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>21</p> <p>*Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT = CF TR</p>	<p>22</p> <p>*Grilled Chicken strips 3 oz. With Alfredo sc 2 oz. *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz. Fresh Orange Apple Juice ½ c</p> <p>ALT = CBG T</p>	<p>23</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c</p> <p>ALT = CBG V</p>
<p>26</p> <p>*Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT = CS V</p>	<p>27</p> <p>*Chicken Stew 8 oz. *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz. Orange, 1 ea</p> <p>ALT = CBG RB</p>	<p>28</p> <p>*Roasted Turkey Breast 3 oz. *Gravy 2oz / *Stuffing ½ c *Green Beans ½ *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana</p> <p>ALT = CF T</p>	<p>29</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Sliced Apricots ½ c</p> <p>ALT = CBG T</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

THEN AND NOW



LAST MONTH'S THEN AND NOW



It's our receptionist **Mari!**

Well, we had no volunteers to give us a photo of themselves in their younger years, so we thought we'd throw in some celebrities to see how great they still look. Wanna share your photo? Let Jim (or Leslie or Cassie) know if you have a photo you'd like to share, we'd love to have it.

4 FUN FACTS ABOUT LEAP YEARS

4 MILLION
people in the
world are leap
day babies

In Greece, it's
sometimes considered
bad luck to be married
on a leap year

Leap day babies
are called leapers
or leaplings

The chances of
having a leap
year birthday are
1 IN 1,461

tutor
doctor
How learning fits home.



Life is amazing. And then it's awful.
And then it's amazing again.
And in between the amazing and awful,
it's ordinary and mundane and routine.
Breathe in the amazing, hold on
through the awful, and relax
and exhale during the ordinary.
That's just living heartbreaking,
soul-healing, amazing, awful, ordinary life.
And it's breathtakingly beautiful.

By LR KNOT

(thanks, Liz!)

what's the missing number?

Fill in the missing number from this list of expressions
and titles. (Answers on back page)

Tom's
Trivia



- | | | |
|--------------------------------------|--------------------------|--|
| 1. _____ <i>Minutes</i> (TV) | 5. _____ wheel drive | 10. _____ <i>Arabian Nights</i> |
| 2. _____ minutes of fame | 6. _____ dollar question | 11. _____ -wheeler |
| 3. _____ Pennsylvania
Avenue | 7. _____ Heinz varieties | 12. <i>The</i> _____ <i>Steps</i> |
| 4. _____ <i>Sunset Strip</i>
(TV) | 8. _____ finger discount | 13. _____ <i>Degrees of
Separation</i> |
| | 9. _____ keys on a piano | |

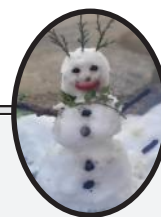


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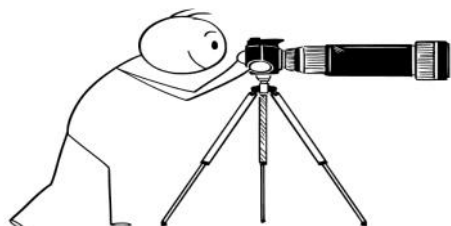
**DATED MATERIAL
PLEASE DO NOT DELAY**

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 Post Office on Wheels @ SCR: **Thursday Feb 8 around 10:30 a.m.**
Next blood pressure screening & glucose level monitoring:
Thurs February 15 @ 10:30 a.m.



Planning ahead:

- Financial Literacy
class #3:
**Wednesday March 13
@ 10 a.m.**

PUZZLE ANSWERS

1. 60
2. 15
3. 1600
4. 77
5. 4
6. 64,000
7. 57
8. 5
9. 88
10. 1,001
11. 18
12. 39
13. 6



Thought you'd get off easy this month, huh? Count away!

* 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. *

Seniors in Touch

Editor in Chief: Jim Mason
Chief Editor: Leslie Brown