Seniors in Touch



May 2024



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

Serving persons 60 & over in Old Brooklyn for 51 years

* We will be closed on Monday, May 27 for Memorial Day. *

We are excited to kick off several seasonal weekly clubs this month – get outside and have fun with friends!

- SCR Hiking Club: *Tuesdays @ 10 a.m.*, starting May 7. Join us as we enjoy some fresh air and exercise and explore several local parks together. Please bring a water bottle and small snack. Keep earning more "foot" charms! * No Hiking May 28. *

- SCR Gardening Club: Mondays @ 10 a.m., start date is still TBD, based on when the Ben Franklin Community Garden opens. SCR has a plot, and we will be getting some vegetables and plants started soon! No gardening experience needed.

We are so lucky to have a really wonderful community garden right in our neighborhood.

- SCR Nature Club: Fridays @ 10 a.m., starting May 10. Led by Mae and Greg, we will going to different locations and learning about plants, bugs, trees, and more!

If you receive a newsletter while you are at the center, or with a meal delivery, <u>please</u> let us know if you are willing to 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 <u>early</u> via e-mail, on our website (seniorcitizenresources.org), or Facebook page (Senior Citizen Resources - Old Brooklyn).



May is National Walking Month, so we've gotten
21 people and animals to stroll through this month's
newsletter. Can you find all 21 walkers?
(Creatures in Claudio Orso-Gianco's print on Page 3 don't
count, because we weren't sure if they were walking or not.)



On Wednesday May 15 @ 10 a.m., we will make a trip to the 34th Annual Senior Day, presented by the city of Cleveland Department of Aging.

The FREE event is held at Cleveland Public Hall, and includes an info fair, program, lunch, and entertainment.

Talk to the SCR front desk to get signed up for this event.

Since last November, we have had several dedicated clients enjoying classes twice a week at Seeds of Literacy. Their session wrapped up at the end of April, and we will recognize their accomplishments on Thursday May 2 @ 12:15 p.m.

Join us in congratulating them!

FREE VEGGIE BOX!



Our next free veggie box day will be Monday May 6
@ 10 a.m. at SCR.
Bring a cart, wagon, or bag.
See you there!



MAY SHOPPING SCHEDULE

Mondays, every three weeks

Monday Shopping Schedule:

Mon May 6
Mon May 13
Walmart Brookpark
Walmart Steelyard

There will **NOT** be a shopping trip on **Tuesday May 27**, **Memorial Day**

Tuesdays/Thursdays Fridays

GIANT EAGLE MARC'S

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.



Friday May 10 will be Important Ladies Day: we will have a special craft and refreshments will be served around 10 a.m., as we honor the special women in our lives. Join us!

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On Friday May 3 @ 10 a.m., we will go to the Rummage Sale at Pearl Road
United Methodist Church
(4200 Pearl Road).
Regular garage sale trips
will start in June!



We will make a trip to Crocker Park outdoor shopping mall, including Trader Joes, on Friday May 17 @ 10 a.m. Bring money to buy lunch on your own there. 12 person limit, talk to the SCR Front Desk to get signed up.



Our seniors were lucky to participate in a three-month collaborative paper making / print making class with artist Claudio Orso-Gianco from Broadway School of

Claudio Orso-Gianco from Broadway School of the Arts. Our seniors were encouraged to discover their "inner artist," tell their own stories and express their thoughts, while inspiring and learning from each other. We plan to celebrate the work of this class with an art show / demo on May 28!



On Wednesday May 22 at 10:15 a.m., we will be going to the South Brooklyn branch of the Cleveland Public Library to work together with a librarian on a butterfly yarn craft for spring.

Join us for this free creative outing!



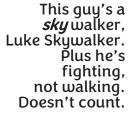
We will make a Thrift Store Trip with Ed on Friday May 24 @ 9 a.m., including a stop for lunch. Talk to the SCR Front Desk to sign up.



Good luck to our Mind Challenge competitors, who are hoping to make it to the challenge finals in Beachwood on Wednesday

May 22 @ 11a.m.!

This year's trivia competition includes 66 cities and 700 participants, and we are excited to be a part of the fun!





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- Breakfast Bunch: Wednesday May 8 @ 10 a.m., at a **MYSTERY** LOCATION!! - 12 person limit

- Lunch Bunch: Friday May 31 @ 11 a.m., Winking Lizard in Lakewood -12 person limit



Cooking with Cassie continues this month, Wednesday May 8 at 10 a.m.

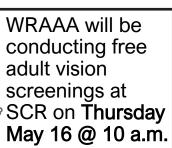
Cassie will show us some simple, healthy, fun recipes. Join us!



We will host a special **Memorial Day lunch on** Friday May 24. We hope you can join us.



On Tuesday May 14 @ 10 a.m., we will have a speaker join us at SCR to help us learn more about credit. This informational session is FREE - join us!



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! Self-Care Class with Cassie is back this month: Wednesdays May 1, May 15, and May 29 @ 10 a.m. Friends from **Brooklyn Heights Community** Center will be joining us for SCR Self Care Class on Wednesday May 29.

We are so glad to be able to offer several amazing exercise classes here at our center each week!

Tuesdays @ 12:30 p.m.: Stability & Strength Wednesdays @ 12:30 p.m.: Gentle Yoga Fridays @ 12:30 p.m.: Tai Chi

Give us a call to get signed up for one of our fun exercise classes with JoAnn. Hope you can join us! (SCR appreciates donations to help cover the costs of these sessions)

Show & Tell @ SCR: Join us on Friday May 3 @ 10 a.m. We love to learn more about each other! Bring in a 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.

> Studio Go will be back at SCR on Friday





May 17 @ 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.

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MAY 2024 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
		9am Coffee & Music 10am Self Care w/Cassie 10am Open Activities 12pm SCR Lunch 12:30pm Gentle Yoga	9am Coffee Social 10am Trivia 10:30am Mobile Post Office @ SCR 11am Chair Volleyball 12pm SCR Lunch 12:15pm Seeds of Literacy Celebration 12:30pm Bingo	9am Coffee & Crafts 10am Show & Tell 10am Rummage Sale 12pm SCR Lunch 12:30pm Tai Chi
9am Coffee & Convo 10am Veggie Box Day 10am Gametime 12pm SCR Lunch 12:30pm MUSIC Bingo	7 9am Coffee & Open Studio 9am Crochet Group 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength	9am Coffee & Music 10am Cooking w/Cassie 10am Open Activities 10am Breakfast Bunch: Mystery Location 12pm SCR Lunch 12:30pm Gentle Yoga	9 9am Coffee Social 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	9am Coffee & Crafts 10am Important Ladies Day 10am Nature Club 12pm SCR Lunch 12:30pm Tai Chi
9am Coffee & Convo 10am Gametime 12pm SCR Lunch	9am Coffee & Open Studio 9am Crochet Group 10am Puzzle Challenge 10am Hiking Club 10am Credit Talk 12pm SCR Lunch 12:30pm Stability & Strength	9am Coffee & Music 10am Self Care w/Cassie 10am Open Activities 10am Annual Senior Day 12pm SCR Lunch 12:30pm Gentle Yoga	9am Coffee Social 10:30am Blood Pressure Screenings 10am Trivia 10am Vision Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	9am Coffee & Crafts 10am Nature Club 10am Studio Go 10am Crocker Park Trip 12pm SCR Lunch 12:30pm Tai Chi
9am Coffee & Convo 10am Gametime 10am Gardening Club 12pm SCR Lunch 12:30pm Bingo	9am Coffee & Open Studio 9am Crochet Group 10am Puzzle Challenge 10am Hiking Club 12pm SCR Lunch 12:30pm Stability & Strength	9am Coffee & Music 10am Open Activities 10:15am Library Craft 11am Mind Challenge Trivia Finals 12pm SCR Lunch 12:30pm Gentle Yoga	9am Coffee Social 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	9am Coffee & Crafts 9am Thrift Trip 10am Nature Club 12pm Memorial Day Lunch 12:30pm Tai Chi
27 Memorial Day SCR Closed	9am Coffee & Open Studio 9am Crochet Group 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 1pm Papers & Prints Art Show and Demo	9am Coffee & Music 10am Open Activities 10am Self Care w/Cassie 12pm SCR Lunch 12:30pm Gentle Yoga	9am Coffee Social 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	9am Coffee & Crafts 10am Nature Club 11am Lunch Bunch: Winking Lizard 12pm SCR Lunch 12:30pm Tai Chi

MAY 2024 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk, Buttermilk, or Calcium fortified Juice *=Take Temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: Ann Staklheber MS, RDN, LD	*Breaded Fish 4 oz Tartar Sauce1PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Lemon 1 Whole Grain Wheat Fresh Grapes 1 c ALT= CF TR	*Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c	*BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c ALT = CF RB
6 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Corn ½ c 2 Whole Grain White Pears ½ c	7 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c	*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Wheat Bread Peaches ½ c	*Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Carrot Coins ½ c 1 Whole Grain White Cranberry Juice ½ c	*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c
ALT = CS RB 13 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c Apricots ½ c Apple Juice ½ c	ALT = CF V 14 Rueben with *Turkey, 1oz *Swiss Cheese, 1 oz, Sauerkraut ½ c Thousand Island Dressing 1 PC *Tom., Cuc., Onion Salad ½ c 2 Whole Grain Rye	ALT = CBG T 15 *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 = CF RB 16 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun	*Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *California Blend ½ c 2 Whole Grain White Tropical Fruit ½ c
ALT = CS TR 20 *Sloppy Joe 3 oz. *Sweet Potatoes ½ c	Mandarin Oranges ½ c ALT=CBG RB 21 * Chicken Parmesan Patty 3 oz. *W.G. Pasta W. Pesto Sauce ½ c	ALT = CF V 22 *Beef Meatloaf 3 oz *Gravy 2 oz	Fresh Grapes 1 c ALT= CBG TR 23 * Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c	ALT = CF TR 24 *Hamburger, 3 oz *Seasoned Potato Wedges ½ c
*Broccoli ½ c W.G. Bun, 2 oz. Sliced Apricots ½ c ALT = CS TR	*Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Applesauce ½ c ALT = CF RB	*Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c ALT = CBG T	*Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CF V	*Green Peas ½ c 1 Whole Grain Rye Banana Oatmeal Cookie, 1 oz ALT = CBG TR
Memorial Day Site Closed	28 . *Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c ALT = CS RB	*Swedish Meatballs 3-1 oz w/ *Gravy 2 oz, *Noodles ½ c *Peas ½ c, *Mushrooms ½ c 1 Whole Wheat Bread Orange ALT = CF TR	*Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c/ 1 Lemon PC W.G. Dinner Roll, 2 oz Applesauce ½ c	* Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Peaches ½ c ALT = CF RB

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

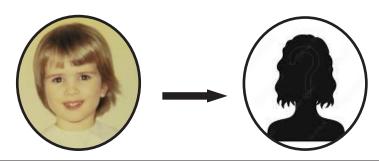


Looks like running, but it's actually race-walking. They count.



Here comes the Mayflower(s)!

THEN AND NOW IS BACK!



Here's somebody who's here every day. In fact, she's been coming here for many years. She's helped many of you in dealing with everyday living concerns. Do you know who it is? Answer next month!

TRIMBL®

long-term memory
working memory
executive functioning
multitasking

Trimble is a trivia game and a word jumble combined. First, answer the trivia questions and cross out the letters of each answer in the letter grid. Then rearrange the remaining letters (those that have not been crossed out) to reveal another word or phrase related to the same theme.



- 1. What was the name of the Lone Ranger's horse?
- 2. What was the color of Dorothy's magical slippers in *The Wizard of Oz?*
- 3. What was the color of the submarine in the Beatles song and animated movie?
- 4. What is the color of the third-place medal in the Olympics?
- 5. What color is Dr. Seuss's Grinch who stole Christmas?

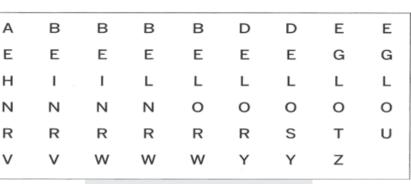
E

G

Ν

- 6. What was the last name of the television journalist character played by Candice Bergen?
- 7. What was the color of Paul Bunyan's ox Babe?
- 8. Prisoners are often made to wear this color jumpsuit so that they will be easy to see if they escape.
- This is the appropriate gift for a fiftieth anniversary.
- 10. What color is known worldwide as the signal for surrender or truce?







Tom's Trivia



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

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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 May 2 around 10:30 a.m.

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

Looking ahead to June:

- We will celebrate Important Guys Day

- Studio Go will join us again on Friday June 14 @ 10 a.m.

- On **Tuesday June 25 (a) 1:30 p.m.**, we will be working on a geometric painting craft at Cleveland Public Library

- On **Wednesday June 26**, Brooklyn Heights Community Center will join us for Cassie's Cooking Class.

* 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: <u>LBrown@SCRinc.org</u> or 216-749-5367. Our newsletter is free, but we do always accept and appreciate donations towards our printing, processing, and mailing costs. *

PUZZLE ANSWERS

Silver
 Ruby
 Yellow
 Bronze
 Brown
 Blue
 Orange
 White

*Jumble Answer:*Lavender

Not the walker we're looking for. That's Jimmie "J.J." Walker. Dyn-o-MITE!



Seniors in Touch

Editor in Chief: Jim Mason Chief Editor: Leslie Brown