

Seniors in Touch



May 2024



**Senior Citizen
Resources**

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, please 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 early 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.)



CITY OF CLEVELAND
Department of Aging

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.

MAY SHOPPING SCHEDULE

Mondays, every three weeks

Monday Shopping Schedule:

Mon May 6 Midtown
Mon May 13 Walmart Brookpark
Mon May 20 Walmart Steelyard

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

Tuesdays/Thursdays **Fridays**

GIANT EAGLE ALDI
MARC'S DRUG MART
 SAV A LOT

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!



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!

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!



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 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!

This guy's a *sky* walker, Luke Skywalker. Plus he's fighting, not walking. Doesn't count.



- **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!

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)



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

**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.

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.**




**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.



MAY 2024 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
		1 9am Coffee & Music 10am Self Care w/Cassie 10am Open Activities 12pm SCR Lunch 12:30pm Gentle Yoga	2 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	3 9am Coffee & Crafts 10am Show & Tell 10am Rummage Sale 12pm SCR Lunch 12:30pm Tai Chi
6 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	8 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	10 9am Coffee & Crafts 10am Important Ladies Day 10am Nature Club 12pm SCR Lunch 12:30pm Tai Chi
13 9am Coffee & Convo 10am Gametime 12pm SCR Lunch	14 9am Coffee & Open Studio 9am Crochet Group 10am Puzzle Challenge 10am Hiking Club 10am Credit Talk 12pm SCR Lunch 12:30pm Stability & Strength	15 9am Coffee & Music 10am Self Care w/Cassie 10am Open Activities 10am Annual Senior Day 12pm SCR Lunch 12:30pm Gentle Yoga	16 9am Coffee Social 10:30am Blood Pressure Screenings 10am Trivia 10am Vision Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	17 9am Coffee & Crafts 10am Nature Club 10am Studio Go 10am Crocker Park Trip 12pm SCR Lunch 12:30pm Tai Chi
20 9am Coffee & Convo 10am Gametime 10am Gardening Club 12pm SCR Lunch 12:30pm Bingo	21 9am Coffee & Open Studio 9am Crochet Group 10am Puzzle Challenge 10am Hiking Club 12pm SCR Lunch 12:30pm Stability & Strength	22 9am Coffee & Music 10am Open Activities 10:15am Library Craft Trivia Finals 12pm SCR Lunch 12:30pm Gentle Yoga	23 9am Coffee Social 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	24 9am Coffee & Crafts 9am Thrift Trip 10am Nature Club 12pm Memorial Day Lunch 12:30pm Tai Chi
27 Memorial Day □ SCR Closed	28 9am Coffee & Open Studio 9am Crochet Group 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength 1pm Papers & Prints Art Show and Demo	29 9am Coffee & Music 10am Open Activities 10am Self Care w/Cassie 12pm SCR Lunch 12:30pm Gentle Yoga	30 9am Coffee Social 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	31 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
<p>Choice of 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p><i>*=Take Temperature of Milk and all food preceded by an asterisk.</i></p>	<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>1</p> <p>*Breaded Fish 4 oz Tartar Sauce 1PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Lemon 1 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT= CF TR</p>	<p>2</p> <p>*Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c</p> <p>ALT = CBG V</p>	<p>3</p> <p>*BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c</p> <p>ALT = CF RB</p>
<p>6</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Corn ½ c 2 Whole Grain White Pears ½ c</p> <p>ALT = CS RB</p>	<p>7</p> <p>*Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c</p> <p>ALT = CF V</p>	<p>8</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Wheat Bread Peaches ½ c</p> <p>ALT = CBG T</p>	<p>9</p> <p>*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</p> <p>ALT = CF RB</p>	<p>10</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c</p> <p>ALT = CBG TR</p>
<p>13</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c Apricots ½ c Apple Juice ½ c</p> <p>ALT = CS TR</p>	<p>14</p> <p>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 Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>15</p> <p>*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</p> <p>ALT = CF V</p>	<p>16</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 Fresh Grapes 1 c</p> <p>ALT= CBG TR</p>	<p>17</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *California Blend ½ c 2 Whole Grain White Tropical Fruit ½ c</p> <p>ALT = CF TR</p>
<p>20</p> <p>*Sloppy Joe 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Bun, 2 oz. Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>21</p> <p>* Chicken Parmesan Patty 3 oz. *W.G. Pasta W. Pesto Sauce ½ c *Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Applesauce ½ c</p> <p>ALT = CF RB</p>	<p>22</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c</p> <p>ALT = CBG T</p>	<p>23</p> <p>* Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange</p> <p>ALT = CF V</p>	<p>24</p> <p>*Hamburger, 3 oz *Seasoned Potato Wedges ½ c *Green Peas ½ c 1 Whole Grain Rye Banana Oatmeal Cookie, 1 oz</p> <p>ALT = CBG TR</p>
<p>27</p> <p>Memorial Day</p> <p>Site Closed</p>	<p>28</p> <p>*Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c</p> <p>ALT = CS RB</p>	<p>29</p> <p>*Swedish Meatballs 3-1 oz w/*Gravy 2 oz, *Noodles ½ c *Peas ½ c, *Mushrooms ½ c 1 Whole Wheat Bread Orange</p> <p>ALT = CF TR</p>	<p>30</p> <p>*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</p> <p>ALT = CBG T</p>	<p>31</p> <p>* 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</p> <p>ALT = CF RB</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



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

THEN AND NOW IS BACK!



Here comes the Mayflower(s)!

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!

TRIMBLE

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.

Questions: The theme is colors, and the jumble consists of one word.

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?

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.
9. This is the appropriate gift for a fiftieth anniversary.
10. What color is known worldwide as the signal for surrender or truce?

A	A	B	B	B	B	D	D	E	E
E	E	E	E	E	E	E	E	G	G
G	H	I	I	L	L	L	L	L	L
N	N	N	N	N	O	O	O	O	O
R	R	R	R	R	R	R	S	T	U
U	V	V	W	W	W	Y	Y	Z	



Tom's Trivia





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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 May 2 around 10:30 a.m.

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

PUZZLE ANSWERS

- | | |
|-----------|-----------|
| 1. Silver | 2. Ruby |
| 3. Yellow | 4. Bronze |
| 5. Green | 6. Brown |
| 7. Blue | 8. Orange |
| 9. Gold | 10. White |

Jumble Answer:
 Lavender



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 @ 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: 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. *

**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