

# Seniors in Touch

JUNE 2023



**Senior Citizen  
Resources**

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

**Serving persons 60 & over  
in Old Brooklyn  
for 50 years**

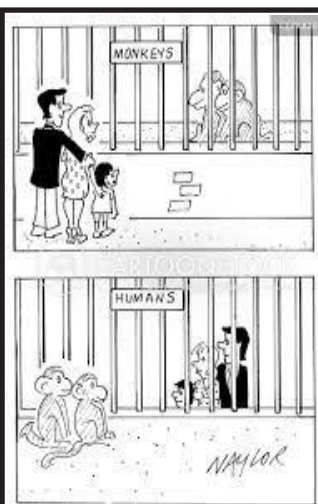


Please note, SCR will be closed on **Monday June 19** in observance of Juneteenth – a new federal holiday commemorating the emancipation of enslaved African Americans.

It is celebrated on the anniversary of General Order No. 3, issued by Major General Granger on June 19, 1865, proclaiming freedom for slaves in Texas.



The rose (and the honeysuckle) are flowers that reach their peak during the sixth month of the year and have long been associated with June. Roses are one of the most recognizable flowers, often given as a sign of affection due to the fact that it's long been a symbol of love. We've planted 17 roses throughout this month's newsletter to show our affection for you — can you find them all?



SCR will be going to the Cleveland Metro-Parks Zoo on **Friday June 9!** Admission will be free for SCR clients and a box lunch will be included. *(Please note: the center will be open that day but no other activities will be offered, and congregational meal will not be served. Box lunch and*

*some limited transportation will still be available. No shopping trips on Friday June 9 due to the zoo outing.)* Talk to the SCR Front Desk to get signed up for Zoo Day!



SCR would like to introduce Mari as our new receptionist.  
**¡Se habla español!**

Welcome, Mari.



Cassie has been with us for almost exactly a year now, and has gone from receptionist to Activities Director in that time. But we never put her photo in the newsletter when she was hired, so here she is!



Just a reminder – you can always find our latest newsletter online, both on our website ([SeniorCitizenResources.org](http://SeniorCitizenResources.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!

Signups for June SCR trips & activities will begin on **Tuesday May 30**. Stop in at the SCR Front Desk or give us a call: 216-749-5367 on or after Tuesday May 30, no signups will be taken before that date. Some trips / activities will require a lottery.



**Western Reserve**  
Area Agency on Aging

SCR will follow 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 will publish the menu provided by WRAAA with listed meal choices in the monthly newsletter, and post 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.



SCR will be hosting an art show on Wednesday June 7 @ 10:30 a.m. to celebrate the work from our past two art classes (Drawing & Ceramics). Come enjoy the beautiful talents of our clients! Snacks will be served.

Gardening offers so many health benefits, especially for seniors (relieve stress and anxiety, improve immune function, maintain mobility and flexibility, and may even reduce the risk of dementia). Fresh air and sunshine really can do wonders for your mood and your health! SCR will once again have space at the beautiful **Ben Franklin Community Garden**. Talk to Cassie if you're interested in being part of the gardening group on Thursday mornings this summer!



Our next free produce day will be Monday, June 5 @ 10 a.m. here at SCR. Bring a cart, wagon, or bag. See you there!



## JUNE SHOPPING SCHEDULE

### Mondays, every three weeks

6/5  
6/12  
6/19  
6/26

**WALMART BROOKPARK**  
**WALMART STEELYARD**  
**CLOSED FOR JUNETEENTH**  
**MIDTOWN**

### Tuesdays/Thursdays

GIANT EAGLE  
MARC'S

### Fridays

ALDI'S  
DRUG MART  
SAV A LOT

\* There will be NO Aldis – DrugMart – SavALot trip on Friday June 9 \*

### SCR Transportation Guidelines

- Transportation is available to any resident of Old Brooklyn (and some surrounding areas) that 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 we can only provide round-trip transportation if your appointment end time is no later than 1:30 p.m.
- There is a 2 shopping bag limit for shopping trips.
- Free will donations are accepted for transportation, but not required.



Congrats to both of our SCR Trivia Teams, who competed in the 5<sup>th</sup> Annual Mind Challenge Trivia Competition in Brook Park last month! Regular trivia will continue on Thursdays at 9 a.m.



On **June 21 @ 11:00**, we will have a speaker from the Better Business Bureau speak on *"Top Scams Targeting Older Adults,"* They will discuss why older adults are targeted, top scams, and how to avoid being scammed. They will include real life examples of scams reported to them and other trending scams in the area.



**Friday June 23: Garage Sale Trip with Ed!** Pickups will begin around 8:30 a.m. and Ed will find a few good yard sale stops, plus a lunch stop. **10 person max for this trip.** Give us a call to get signed up. 



On Wednesday June 14 @ 10 a.m., SCR will be going to Jamie's Flea Market, followed by a lunch stop afterwards (driver's choice). Jamie's has been in South Amherst for over 50 years and has two buildings with an eclectic mix of indoor dealers, plus up to 400 outside vendors. 12 person max for this trip. \$3 suggested donation towards extra gas costs.



SCR will make a trip to the beautiful Cleveland Botanical Garden in University Circle on Tuesday June 6 @ 10 a.m., cost is \$19. We should be able to see Costa Rica & Madagascar Glasshouses, and many different gardens including perennial, restorative, inspiration, Japanese, rose, topiary, herb and woodland (both indoors and outdoors). Bring money to grab lunch or a snack from the Garden Café. Previous RSVP & payment required.



### **Breakfast Bunch:**

Dianna's Deli & Restaurant on W. 117<sup>th</sup>, **Friday June 2 @ 10 a.m.** - 12 person max .

**Lunch Bunch:** : Canary's Family Restaurant on Puritas, **Thursday June 22 @ 10 a.m.** - 12 person max



We will celebrate **Dudes' Day on Thursday June 15 @ 10 a.m.!** We will enjoy some special snacks and will be making a sculpture craft from recycled materials (thanks to Studio Go, the Cleveland Museum of Art's mobile art program).



SCR is now making weekly trips to the **South Brooklyn Branch** of the Cleveland Public Library (CPL.org) at the intersection of Pearl & State Roads. We will go the first three Mondays of the month at 10 a.m. On the fourth Monday of the month @ 10 a.m., we will go to **Brooklyn Branch** of Cuyahoga County Public Library (CuyahogaLibrary.org) on Ridge Road. These libraries have a lot to offer - join us!





Join the SCR Hiking Group! Being out in nature clears our minds and helps us be healthier. Truly “plugging in” to nature engages all your senses, and recent studies show that spending just 20 minutes per day immersed in the outdoors can

lower your heart rate & blood pressure, and improve your mental health. We head out each Tuesday at 10 a.m. (this month we will be going to Lakewood Park starting June 6), and you can hike at your own pace and length. Bring a water bottle and enjoy a SCR box lunch after the walk. We are tracking our miles – come join us and see how many “foot” tokens you can earn! 6 person minimum required for this trip – make sure to RSVP so that we will have a lunch for you. (Tuesday June 20 will be Canalway Center instead of Lakewood Park)



Joann, a certified group fitness instructor of 8+ years, will be back at SCR for both Gentle Yoga and Tai Chi classes in June! Both types of exercise offer so many health benefits, especially for seniors.

No floorwork, and  
No experience necessary!

Give us a call to join in  
on these free classes

**Tai Chi** will be Fridays @ 12:30 (starting June 2)  
**Gentle Yoga** will return to Wednesdays @  
12:30 p.m. (starting June 7)



**Water exercise can help limit arthritis and joint pain, can help increase balance and flexibility while decreasing bone**

**and muscle loss, and can build strength and endurance! SCR is continuing our regular trips to Senior Water Walking Sessions at Estabrook Rec Center, Wednesdays @ 9:30 a.m. Come join us – you can wear anything that is NOT cotton in the pool, and showers are available.**



# SHOW TELL



This month (Friday June 2 @ 10 a.m.), don't bring in an item, bring yourself and an interesting life story to share. This month's theme is “All About Me”! Learning about each other helps us to connect and relate to each other better! Join us the first Friday of each month for Show & Tell.



SCR will be hosting a Talent Show @ 10 a.m. on Friday June 16! Signup with Cassie ahead of time to participate, but DON'T reveal what your talent will be! We want to be surprised with your special skills. We will be celebrating June birthdays on this day also.

## LOOKING AHEAD TO JULY




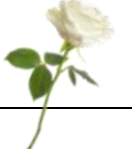
- SCR will be closed on Tuesday July 4 (but will be open on Monday July 3)

- Tom Strong, medical lecturer and patient advocate, is scheduled to speak at SCR on Thursday, July 6 @ 11:15 a.m. about arthritis.

- Friday July 7 @ 9 a.m.: Peninsula Trip details to follow

- There will be no produce distribution in July.

# SCR ACTIVITIES - JUNE 2023

Mon	Tue	Wed	Thu	Fri
			<b>1</b> 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 10:15am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	<b>2</b> 9am Coffee & Puzzles 10am Show & Tell: All About Me 10am Breakfast Bunch: Dianna's 10:30am Karaoke 12pm SCR Lunch 12:30pm Tai Chi
<b>5</b> 9am Coffee & Convo 10 am Free Produce 10am S. Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>6</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Lakewood Park 10am Botanical Garden Trip 12pm SCR Lunch 12:30pm Stretch & Strength	<b>7</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 10:30am Art Show 12pm SCR Lunch 12:30pm Gentle Yoga	<b>8</b> 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>9</b> 10 a.m. SCR Zoo Day!
<b>12</b> 9am Coffee & Convo 10am S. Brooklyn Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo	<b>13</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Lakewood Park 12pm SCR Lunch 12:30pm Stretch & Strength	<b>14</b> Happy Flag Day! 9am Coffee & Music 9:30am Water Walking 10am Jamie's Market Trip 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	<b>15</b> 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 10am Dudes Day 10:30am Blood Pressure Screenings 11am Music Ball 12pm SCR Lunch	<b>16</b> 9am Coffee & Puzzles 10am SCR Talent Show 10:30am Karaoke 12pm SCR Lunch 12:30pm Tai Chi 
<b>19</b> <b>SCR Closed: Juneteenth</b>	<b>20</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group: Canalway Center 12pm SCR Lunch 12:30pm Stretch & Strength	<b>21</b> Happy Summer! 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 11am Avoiding Scams 12pm SCR Lunch 12:30pm Gentle Yoga	<b>22</b> 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 10am Lunch Bunch: Canary's 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>23</b> 8:30am Garage Sale Trip 9am Coffee & Puzzles 10:30am Karaoke 12pm SCR Lunch 12:30pm Tai Chi
<b>26</b> 9am Coffee & Convo 10am Ridge Rd. Library 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	<b>27</b> 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 10am Hiking Group 12pm SCR Lunch 12:30pm Stretch & Strength	<b>28</b> 9am Coffee & Music 9:30am Water Walking 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	<b>29</b> 9am Coffee & Trivia 9:30am Commun Garden 10am Chair Volleyball 11am Music Ball 12pm SCR Lunch 12:30pm Bingo	<b>30</b> 9am Coffee & Puzzles 10:30am Movie 12pm SCR Lunch 12:30pm Tai Chi



# JUNE 2023 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu Approved By:</b> <i>Ann Stahlheber MS, RDN, LD</i>	*Take Temperature of Milk and all food proceeded by an asterisk	Choice of 1% Milk or Buttermilk	1 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Pears ½ c ALT = CBG T	2 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Creamed Spinach ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT=CBG RB
5 *Breaded Fish 4oz Tartar Sauce 1PC *Brown Rice ½ c *Zucchini ½ c Carrots ½ c 1 Whole Grain Wheat Peaches ½ c ALT = CS RB	6 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT = CBG T	7 Rubeen with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Pineapple tidbits, ½ c ALT = CBG RB	8 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz *Peppers and Onions ½ c *Carrot coins ½ c Dinner Roll, 1 oz Apricots ½ c ALT = CBG RB	9 <b>ZOO DAY</b> <b>Box Lunch</b> <b>Turkey Sandwich</b>
12 *Hamburger 3oz Mustard & Ketchup 1 PC ea. *Baked Beans ½ c *Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Pears ½ c ALT = CS TR	13 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c ALT = CBG TR	14 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c ALT = CBG RB	15 *Beef Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Apple Juice ½ c Banana ALT = CBG RB	16 *Chicken 3 oz and Gravy 2 oz w/ Broccoli 6 oz. *Green Beans ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT = CBG T
19 <b>Juneteenth</b> <b>Site Closed</b>	20 *Beef Lasagna 6 oz *Antiqua Blend ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c ALT = CS TR	21 *Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz *Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c ALT = CBG T	22 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c ALT = CBG RB	23 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT = CBG RB
26 *Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz ALT = CS TR	27 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Apple Juice 4 oz *Lima Beans ½ c ALT = CBG TR	28 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c ALT=CBG RB	29 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Wheat Bread Orange ATL=CBG T	30 *Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Green Peas ½ c Applesauce ½ c Cereal Bar, 1 oz ALT=CBG RB



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

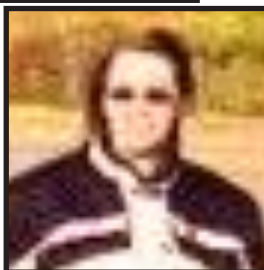


Western Reserve  
Area Agency on Aging



## THEN AND NOW

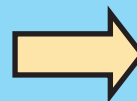
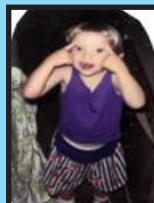
## LAST WEEK'S THEN AND NOW



Does anyone recognize this Easy Rider? It's a little blurry because she rode so fast!



It's James Batsky!



It's Amy Vaughn!



Thank you, Ms. Moto Lady, for contributing a photo for this month. We will reveal her identity in next month's newsletter. Who wants to be next? Certainly you have a picture of yourself when you were younger. We'd love to see it and have some fun figuring out who it is! Let Jim (or Tina or Cassie) know.



## Tom's Trivia

Answers on back page!



# What a Pair

long-term memory  
working memory  
executive functioning

*Harvard and Yale, Thunder and Lightning, Coke and Pepsi* are all common pairs . . . but what about *Wonder and Perrier*? If you redefine *Wonder and Perrier* correctly, you'll come up with the more familiar pairing *Bread and Water*. How many familiar pairs can you make from the clues below?

1. Mr. Brokaw . . . and Mr. Springer

7. Mr. Cavett . . . and Ms. Fonda

2. A mixed fruit juice drink . . . and Ms. Garland

8. Mr. Kerouac . . . and Ms. St. John

3. Mr. Flintstone . . . and a root spice that makes delicious cookies

9. William \_\_\_\_\_, founder of the Keystone State . . . and the person who serves customers in a bank

4. Comic actress Ms. White . . . and 1940s femme fatal Ms. Lake

10. Mr. Gibson or Kuralt . . . and Ms. Ross of the Supremes.

5. Mr. Franklin, for short . . . and Mr. Lewis, Dean's former partner

11. Where cows and sheep sleep . . . and belonging to the aristocratic class or showing high moral principles

6. Mongrel dog . . . and Mr. Foxworthy



Senior Citizen Resources, Inc.  
3100 Devonshire Road  
Cleveland, Ohio 44109  
216-749-5367  
[www.seniorcitizenresources.org](http://www.seniorcitizenresources.org)

NONPROFIT.ORG  
U.S. Postage  
**PAID**  
Cleveland, OH  
Permit NO. 2841

**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 mobile post office: Thurs June 1 around 10:30 a.m.  
Next blood pressure screening & glucose level monitoring: Thurs June 15 @ 10:30 a.m.**

## **PUZZLE ANSWERS**

1. Tom and Jerry
2. **Punch and Judy**
3. Fred and Ginger
4. **Betty and Veronica**
5. Ben and Jerry
6. **Mutt and Jeff**
7. Dick and Jane
8. **Jack and Jill**
9. Penn and Teller
10. **Charles and Diana**
11. Barnes and Noble



**Summer officially begins  
this month, on June 21st**

**\* 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. \***