

Seniors

March 2024

in Touch



**Senior Citizen
Resources**

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

Serving persons 60 & over
in Old Brooklyn
for 50 years

Daylight saving time will begin this month – don't forget to "spring forward" on Sunday March 10 (the U.S. Senate unanimously approved the Sunshine Protection Act in 2022, a bill that would make daylight saving time permanent. However, it did not pass in the House of Representatives and was not signed into law.)



It is expensive
to create, print,
process, and
mail our news-

letters each month. 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 will save SCR money!). Also keep in mind, you can always access the newsletter early via email, on our website (seniorcitizenresources.org), or Facebook page (*Senior Citizen Resources - Old Brooklyn*).



Time to start getting prepared
for **Mind Challenge!**

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. We will meet **Tuesdays March 5 and March 19 @ 11 a.m.** in the back craft room. This will be in addition to our regular Thursday morning trivia sessions. Everyone's welcome!

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.



Since Easter falls in March this year, we're doing a traditional Easter Egg Hunt in this month's newsletter. There are 25 Easter eggs hiding in these pages. Can you find them all?



LEAGUE PARK 1891 - 1946

On **Friday March 22 @ 10 a.m.**,
SCR will make a trip to the
Baseball Heritage Museum.

The museum is located at League Park,
the original home of Cleveland baseball,
in the center of the historic Hough
neighborhood. The museum is dedicated
to preserving the artifacts and stories of
baseball's past with a special focus on
diversity in the sport. Lunch stop on
our way back: driver's choice.

Admission is \$10 per person
(or FREE for veterans).
12 person limit for this trip.



MARCH SHOPPING SCHEDULE

Mondays, every three weeks

Monday Shopping Schedule:

Mon March 4 Midtown
Mon March 11 Walmart Brookpark
Mon March 18 Walmart Steelyard
Mon March 25 Midtown

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.



On **Thursday March 21 @ 10 a.m.**,
Ed will be making a dollar store run:
Dollar Tree on Brookpark & Ridge,
and **Family Dollar** on Memphis.

One more stop may be added,
plus a stop for lunch.
12 person limit for this trip, talk to
the SCR Front Desk to get signed up.



SCR is excited to offer a five-session Financial
Literacy class with Benjamin Rose. 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 fourth class of the session will be
Wednesday March 13 @ 10 a.m.

Join us for this great FREE opportunity!

FREE VEGGIE BOX!

Our next free veggie box day will be
Monday March 4
@ 10 a.m. at SCR.



Bring a cart, wagon, or bag.
See you there!

We are continuing transportation to the
Seeds of Literacy program on West 25th
every **Tuesday & Thursday at 9 a.m.**
(Excluding March 14)

This nonprofit offers FREE one-on-one
tutoring in basic reading and writing skills.

SPEAKERS? WE'VE GOT SPEAKERS!



On Friday March 1 @ 10 a.m., Tom Sawyer from the Cleveland Sight Center will join us at SCR for an informative talk about their programs and services. Join us!



On Tuesday March 5 @ 10 a.m. Bill from Christian Home Healthcare will join us to talk about home health care options and services. Join us for this informative chat. Light brunch will be provided.



On Thursday March 7 @ 10 a.m., we will have presenters from the Housing Division of The Legal Aid Society of Cleveland with an informative talk about **Knowing Your Rights as Tenants**. Join us to learn more!



Jacqueline from McGregor PACE will join us on Friday March 8 @ 10 a.m. to talk more about the services and programs that they offer, including their new center in Brooklyn.

Matt from **Dedicated Health** will be at the center on **Tuesday March 12 @ 10 a.m.** Come learn more about Medicare options and more.



On Wednesday March 20 @ 10 a.m., Garrett Ormiston, Manager of Preserve Operations for the Cleveland Museum of Natural History, will join us. This informative talk will help us get ready for the kickoff of SCR's new Nature Club, starting on Fridays in April!



Our clients are having a great time with our newest art class, **paper making and print making** with the amazing **Claudio Orso-Gianco**. Students are being encouraged to discover their "inner artist" and tell their stories by making images on paper. It's a collaborative class and our seniors are enjoying inspiring and learning from each other.



Last month at our Valentine's Brunch, we enjoyed a performance from our SCR **Keyboarding Class**. This group has been working since November with Broadway School of Music & the Arts instructor **Joseph Mook** to learn note reading and hand positions, focusing on proper technique and musicality. We are so proud of these seniors for trying something new, and loved hearing their music and seeing these smiles!



Join us for a morning of bowling fun on **Tuesday March 19 @ 10 a.m.** at Rollhouse Bowling in Parma. **Bring money for 2 games (\$5) and for lunch at the alley.** Shoe rental is free for seniors. 12 person limit for this trip.



Breakfast Brunch: Daybreak on Memphis, **Monday March 25 @ 10 a.m.**—12 person limit

Lunch Bunch: Slyman's Tavern in Independence, **Friday March 8 @ 11 a.m.**— 12 person limit



Wednesday Self-Care Class with Cassie is back this month: **Wednesday March 27 @ 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!



Cooking with Cassie continues this month, **Wednesday March 6 at 10 a.m.** Cassie will show us some simple, healthy, fun recipes. Join us!

Studio Go will be back at SCR on **Fri-day March 15 @ 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 taking a winter break from our Hiking Group, but SCR does offer rides to the **Fulton Road Planet Fitness** on Tuesday mornings. Give us a call if you'd like to join us.

Give us a call to get signed up for one of our great 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). No cost, but freewill donations are welcome.



They go good with eggs, but they ain't eggs! They're **Eggos!** Doesn't count.



Stability & Strength Tuesdays @ 12:30 p.m.

Gentle Yoga Wednesdays @ 12:30 p.m.

Tai Chi Fridays @ 12:30 p.m.
(no class on March 1)



Let's celebrate St. Patrick's Day! SCR will be hosting a party **Thursday March 14 @ 10 a.m.** We will be having a potluck of foods that are either green or traditionally Irish. A DJ will add to the holiday fun - join us for games, music and more. Regular activities will be cancelled this day.

MARCH 2024 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
				1 9am Coffee & Crafts 10am Show & Tell 10am Sight Center Talk 12pm SCR Lunch
4 9am Coffee & Convo 10am Veggie Box Day 10am Gametime 12pm SCR Lunch 12:30pm Bingo	5 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Puzzle Challenge 10am HomeHealthcare Talk 11am Mind Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	6 9am Coffee & Music 10am Cooking w/Cassie 10am Open Activities 11am Writing Class #1 12pm SCR Lunch 12:30pm Gentle Yoga	7 9am Coffee Social 9am Seeds of Literacy 10am Know Your Rights 10:45am Mobile Post Office @ SCR 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	8 9am Coffee & Crafts 10am McGregor PACE 11am Lunch Bunch: Slyman's Tavern 12pm SCR Lunch 12:30pm Tai Chi
11 9am Coffee & Convo 10am Gametime 12pm SCR Lunch 12:30pm Bingo	12 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Puzzle Challenge 10am Dedicated Talk 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	13 9am Coffee & Music 10am Open Activities 10am Financial Literacy 11am Writing Class #2 12pm SCR Lunch 12:30pm Gentle Yoga	14 10am  St. Patrick's Party	15 9am Coffee & Crafts 10am Studio Go 12pm SCR Lunch 12:30pm Tai Chi
18 9am Coffee & Convo 10am Gametime 12pm SCR Lunch 12:30pm MUSIC Bingo	19 First Day of Spring! 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Puzzle Challenge 10am Bowling Trip 11am Mind Challenge 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	20 9am Coffee & Music 10am Open Activities 10am Nature Talk 11am Writing Class #1 12pm SCR Lunch 12:30pm Gentle Yoga	21 9am Coffee Social 9am Seeds of Literacy 10am Trivia 10am Dollar Store Run 10:30am Blood Pressure Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	22 9am Coffee & Crafts 10am Baseball Museum 12pm SCR Lunch 12:30pm Tai Chi
25 9am Coffee & Convo 10am Gametime 10am Breakfast Bunch: Daybreak 12pm SCR Lunch 12:30pm Bingo	26 9am Coffee & Open Studio 9am Crochet Group 9am Seeds of Literacy 10am Puzzle Challenge 11am March Birthdays 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Papers & Prints	27 9am Coffee & Music 10am Self Care w/Cassie 10am Open Activities 11am Writing Class #2 12pm SCR Lunch 12:30pm Gentle Yoga	28 9am Coffee Social 9am Seeds of Literacy 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	29 9am Coffee & Crafts 12pm SCR Lunch 12:30pm Tai Chi

MARCH 2024 WRAA MENU



Western Reserve

Area Agency on Aging

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>**GCFB providers will serve emergency cereal bars. Caterer will replenish cereal bars for emergency supply</p>	<p>Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i></p>		<p>1</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. ALT = CF TR</p>
<p>4</p> <p>*Salisbury Steak 3 oz. w/ *Gravy 2 oz. *W.G. Noodles ½ c *Green Beans ½ c *Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c ALT = CS TR</p>	<p>5</p> <p>*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas **W.G. Cereal Bar 1 oz Pineapple ½ c ALT = CBG RB</p>	<p>6</p> <p>*Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Banana ALT = CF T</p>	<p>7</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 ALT = CBG V</p>	<p>8</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c W.G. Hamburger Bun Scalloped Apples ½ c ALT = CF TR</p>
<p>11</p> <p>*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun, 2 oz Sliced Pears ½ c ALT = CS V</p>	<p>12</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c ALT = CBG T</p>	<p>13</p> <p>*Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c ALT = CF RB</p>	<p>14</p> <p>*3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c ALT = CBG TR</p>	<p>15</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CF T</p>
<p>18</p> <p>*Roasted Turkey Breast 3 oz. *Gravy 2 oz./ *Sweet Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Cranberry Juice ½ c ALT = CS RB</p>	<p>19</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c W.G. Corn Bread 2 oz Pears ½ c ALT = CBG TR</p>	<p>20</p> <p>*Lemon Gravy 2 oz/ Chicken 3 oz. *Brown Rice ½ c Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Orange ALT = CF V</p>	<p>21</p> <p>*Swedish Meatballs 3-1 oz. w/Gravy 2 oz./ *Noodles ½ c *California Blend ½ c Sautéed Mushrooms ½ c. Whole Grain White Sliced Apricots ½ c ALT = CBG T</p>	<p>22</p> <p>2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c ALT=CF TR</p>
<p>25</p> <p>*Beef Sloppy Joe 4 oz. *Cauliflower ½ c *Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c ALT = CS TR</p>	<p>26</p> <p>*Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c, Zucchini ½ c Dinner Roll, 1 oz Pears ½ c ALT = CBG RB</p>	<p>27</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Butternut Squash ½ c W. G. Dinner Roll, 2 oz Banana ALT = CF T</p>	<p>28</p> <p>*Beef Meatloaf w/ Ketchup Glaze 3 oz. *Mashed Potatoes ½ c/ 2 oz gravy *Broccoli ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CBG V</p>	<p>29</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Green Peas ½ c *Potato Wedges ½ c W.G. Hamburger Bun Grapes 1 c ALT = CF TR</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



The name for these Easter eggs -*pysanka* in the singular and *pysanky* as plural- is derived from the Ukrainian verb *pysaty*, which means "to write," or *nucamu* in Ukrainian. So in this case, the word refers to the writing on the eggs. While many people might be familiar with dying Easter eggs with solid colors, Ukrainian Easter eggs often feature complex geometric and floral designs.



I used to think I was poor. Then they told me I was not poor, I was needy. They told me it was self-defeating to think of myself as needy. I was deprived. Then they told me underprivileged was overused. I was disadvantaged. I still do not have a dime. But I have a great vocabulary.

— Jules Feiffer —

What next?

God was talking to one of his angels and said, "Do you know what I've just done? I've just created a 24-hour period of alternating light and darkness on Earth. Isn't that great?" The angel said, "Yes, but what will you do now?" God said, "I think I'll call it a day."



Chuckles from Bev and Tom's Trivia



A _____ AND A _____ WENT INTO A _____ ON _____ 15TH. "IT'S _____ DAY," YELLED THE LITTLE GREEN MAN. "BARTENDER, GIMME A _____ AND _____!" FATHER O'BRIEN ORDERED A _____ SANDWICH.

FATHER O'BRIEN HELD UP A 3-LEAF _____ AND EXPLAINED THE CONCEPT OF THE _____, JUST AS _____ DID IN _____, MANY YEARS AGO.

"LET'S GO DOWNTOWN AND WATCH THE _____," HE SAID. "THERE WILL BE BAG _____, IRISH DANCING AND _____, AND IF WE'RE _____, SOMEONE WILL SING _____ Boy."

"GOOD IDEA," REPLIED THE LITTLE GREEN MAN, AND OFF THEY WENT, SINGING "WHEN IRISH _____ ARE _____."

FIND THESE WORDS

SHAM ROCK	PUB	LEPRECHAUN	GUINNESS
PIPES	IRELAND	EYES	HOLY TRINITY
ST. PATRICK'S	DANNY	WHISKEY	STEP
LUCKY	MARCH	PARADE	CORNER BEEF
PRIEST	ST PATRICK	JIGS	



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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 March 7 around 10:30 a.m.**
Next blood pressure screening & glucose level monitoring:
Thurs March 21 @ 10:30 a.m.



Planning ahead:

SCR **Friday Nature Club** will begin in **April**.
Hiking Club will make a comeback with some
warmer April weather!

April 1 – 5 Eclipse Week: crafts, educational sessions,
activities and more to get ready for the total solar eclipse on
Monday, April 8.

Financial Literacy Class #5: **Wednesday April 17 @
10 a.m.**

Studio Go: **Friday April 19 @ 10 a.m.**

On **Monday April 22**, we will work together with local
library staff to get some seeds started!

Friday April 26: SCR trip to the Cleveland Ballet
performance of **“Sleeping Beauty”** at Playhouse Square

Show & Tell @ SCR: Join us on
Friday March 1 @ 10 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.



You can beat real eggs,
but nothing beats a great pair
of L'eggs!
Doesn't count.

* 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

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