

Seniors

March 2022

in Touch



**MAY THE ROAD
RISE TO MEET YOU,
MAY THE WIND
BE ALWAYS AT
YOUR BACK.**



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

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

ATTENTION!

**OUR RECEPTIONIST TABBY
IS NOW ON DUTY UNTIL
2pm DAILY.
FOR QUESTIONS OR
APPOINTMENT SCHEDULING,
PLEASE CALL
IN THE MORNING.**

CONGREGATE MEALS ARE BACK!

After two years, SCR will be re-opening for congregate meals here at the center



starting Monday March 7! We are excited to welcome you back. Lunch will be served weekdays 11:45 a.m. – 12:15 p.m. Numbers will be limited, and reservations are required: talk to Tabby at the SCR Front Desk (216-749-5367) to save your spot and arrange transportation if needed. Masks required except when eating. "Takeout" meals will still be available weekdays between 11 – 11:30 a.m. There is no charge for lunch, but donations are welcome. You can always find the latest menu on our new Facebook page "Senior Citizen Resources - Old Brooklyn," on our website, or in our monthly newsletter (menus subject to change). Please be patient with us and we "work out the kinks" with these new processes!



Did you know we have a mobile post office at SCR every month?

As a community service for senior citizens, the Cleveland Post Office offers access to mail services through the Post Office on Wheels program. The van provides standard services including stamps, money orders, package supplies, and letter / package mailing. Special services (certified, insured, priority, express, etc.) are also available. The mobile unit stops at SCR every month; the next scheduled stop is Thursday March 3 around 10:15 a.m.



to all who send in donations of any kind—for meals, the newsletter, transportation; every little bit helps!
YOU ARE THE BEST!!!



Your help is invaluable. And we have plenty of opportunities here if you're interested in volunteering.
 Call **Kim Susak** during our normal hours.



**REMEMBER,
 THERE'S A TWO
 (2) SHOPPING BAG
 LIMIT ON
 YOUR SHOPPING
 TRIPS.**

**SCR AND
 THE DRIVERS
 THANK YOU.**

We have a new Facebook page! You can always find our latest newsletter & menus, along with lots of other great info, on our Facebook page. Search for **Senior Citizen Resources - Old Brooklyn**



Unfortunately our old FB account has been locked, so it still exists but will no longer be updated.

**MARCH SHOPPING
 SCHEDULE**

Mondays, every three weeks

WALMART BROOKPARK	3/7, 3/28
WALMART STEELYARD	3/14
MIDTOWN	3/21

Tuesdays/Thursdays

GIANT EAGLE
 MARC'S

Fridays

ALDI'S
 DRUG MART
 SAV A LOT

SCR Transportation Guidelines

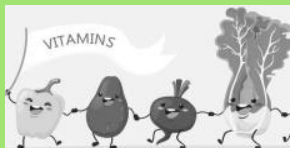
- We provide transportation to / from our center for SCR activities; regularly scheduled shopping trips; and medical or other important appointments.
- Transportation is available to any resident of Old Brooklyn (and some surrounding areas) that is age 60 or over and ambulatory. Our vans are wheelchair accessible, but we do not provide escort service.
- All rides must be scheduled through the SCR front desk (216-749-5367), not our drivers, and we ask that you try to schedule rides two weeks in advance. Please provide at least 24 hours notice for any cancellations.
- There is a 2 shopping bag limit for shopping trips.
- Freewill donations are accepted for transportation, but never required.

The national government recently started a program to help ensure Americans have COVID-19 home tests on hand in case they are needed. Free test kits can be ordered via their website www.CovidTests.gov, but people who do not have access to the Internet or who need additional assistance with ordering can call 800-232-0233 or 888-720-7489 to place an order. Phone lines are staffed Monday – Friday, 9 a.m. – 8 p.m.

FREE PRODUCE GIVEAWAY



Monday, MARCH 7
10:00 to 11:30 in
the DK Dining Room



please bring carts and shopping bags!

NEW TIME!
MEAL
PICK-UP
IS NOW FROM
11:00 UNTIL 11:30

COME JOIN US at SENIOR CITIZEN RESOURCES
 3100 Devonshire Ave.

WORLD
DRUMMING

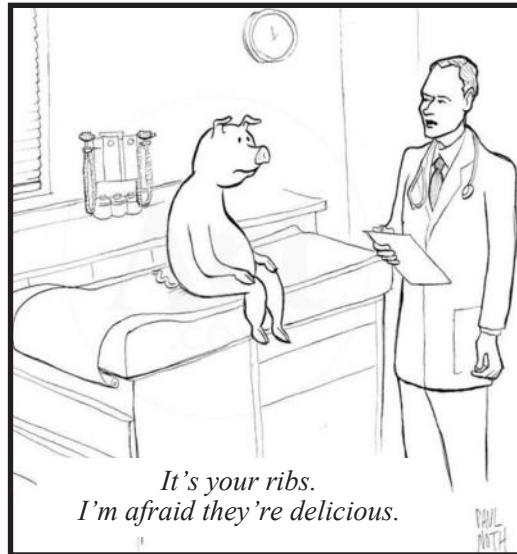
TUESDAYS, 10:00am-11:30am
BEGINNING MARCH 1

Drumming is a community experience that connects us to the rhythms of life and one another. Learn the basic rhythms of drumming, the important role drumming plays in African life, and experience the soothing effects of repetition.

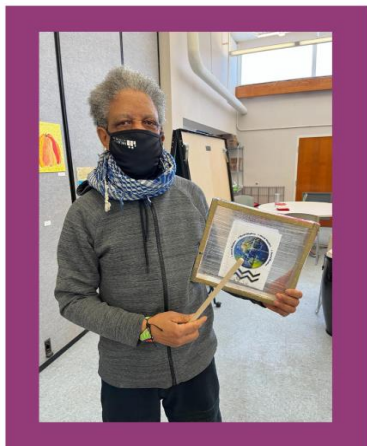
Many different drumming styles will be explored and taught such as Afro-Cuban, Afro-Brazilian, Bomba from Puerto Rico, Samba from Brazil and South America.

The classes will run for 12 weeks and will end with a celebratory performance. No experience necessary and all abilities welcome.

For more information, ask at SCR or call (216) 749-5367.



Don't forget to "spring ahead" on Sunday March 13 for the start of Daylight Saving Time (the change means there will be more light in the evening!).



On March 1st we will be making box drums like the one our instructor, Baba Jubal Haris, is holding here. The first 15 people who sign up will be able to make a drum that will be stored at SCR for use during classes.



Spring is just around the corner, and we would like to know if you're interested in participating in SCR's Garden Club at the Ben Franklin Garden this season. Please call Tabby, our receptionist, if you're interested and she can give you the details. Make sure you call no later than Friday, April 1, 2022, if you're interested.

Classes provided by

Funding provided by

MARCH Activities

Call 216-749-5367 to register for all activities. All activities /trips have capacity limits. If we have more people interested in a trip than we have room for, a lottery draw will be held one week before the activity.

MGM Northfield Park Wed March 30th
10am to 1:30
All costs (to include lunch) are on your own
12 participants only

Music Bingo on Monday March 28th
 and Monday April 11th 12:30 to 1:30



"Letters to those we love"

When was the last time you mailed a hand written note or letter to relatives/friends

Meet together, help each other and actually write a letter. We supply the paper, pens, envelopes and postage Friday afternoons in March 12:30- 1:30

Great Northern Mall

with lunch on your own
 Wednesday March 16th 10:45 am -1:30
 Limited to 12



St Patrick's Day Bingo
 March 10th 14th 17th
 12:30- 1:30

Wear green on these days to be entered in the March 17 raffle Prize to be announced

Make Texas Hold 'Em Hats

10am Monday March 21st 28th
 limited to 12Supplies provided



Dominos 12:30—1:30 Fridays in March

Lunch Bunch to Go—We drive....You buy

Self purchase a carryout lunch to enjoy at home.

11:30am Each trip limited to 12 seniors

Gyro Guys	Wednesday March 9
Gentiles	Thursday March 17
Panda Express	Thursday March 24

SCR TRIP ADVICE

- ◇ Think about your personal physical ability for the trip
- ◇ Pay attention to all of the driver instructions
- ◇ Remember the departure time:
we would not want to leave without you
- ◇ Staff do not accompany trips unless noted
- ◇ When seated for lunch or breakfast - please leave a tip



March Craft
 Shamrock lapel pin
 Thursday March 3rd and 10th
 10:30 to 11:30 limited to 12

World Drumming class

Start date of March 1st
 Tuesday 10:00-11:30
 12 week sessions
 Limited to 15 people
 drum making included in the class



Movies twice a week
 Wednesdays 12:30-2:00
 Fridays 9am -11:30
 Popcorn provided

Coming in April..... SCR Creative Writing Class

Wed April 6th - Wed May 11th 12:30 - 1:30.
 document the stories of your life -

call to register limited to 10
Deadline to sign up is March 31st.

Interested in the Lake Metroparks FarmPark
 30th annual quilt show in April?

MARCH Activities

Mon	Tue	Wed	Thu	Fri	S
	1 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 drum 12:30-1:30 Stretch and Strength	2 9am Game 10-12 Art Class 12:30-2:00 Movie	3 9am Coffee/Trivia 10-11 Chair Volleyball 10:30 shamrock 12:30 Bingo	4 Movie 9-11:30 11:30-12:30 Tai Chi Dominos 12:30-1:30 Letter writing 12:30 -1:30	
7 Food Bank 9-10 Coffee and Conversation 10:30 Texas Hold'em 12:30 Bingo	8 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 drum 12:30-1:30 Stretch and Strength	9 9am Game 10-12 Art Class 11:30 lunch bunch 12:30-2:00 Movie	10 9am Coffee/Trivia 10-11 Chair Volleyball 10:30 shamrock 12:30 Bingo	11 Movie 9-11:30 11:30-12:30 Tai Chi Dominos 12:30-1:30 Letter writing 12:30 -1:30	
14 9-10 Coffee and Conversation 10:30 Texas Hold'em 12:30 Bingo	15 9-12 Open Studio 9-11 Crochet/mat 10 -11:30 drum 12:30-1:30 Stretch and Strength	16 9am Games 10-12 Art Class 10:45 Mall trip 12:30-2:00 Movie	17 9am Coffee/Trivia 10-11 Chair Volleyball 11:30 lunch bunch 12:30 Bingo	18 Movie 9-11:30 11:30-12:30 Tai Chi Dominos 12:30-1:30 Letter writing 12:30 -1:30	
21 9-10 Coffee and Conversation 10 Texas holdem hats 10:30 Texas Hold'em 12:30 Bingo	22 9-12 Open Studio 9-11 Crochet/Mat 10 -11:30 drum 12:30 -1:30 Stretch and Strength	23 9am Games 10-12 Art Class 12:30-2:00 Movie	24 9am Coffee/Trivia 10-11 Chair Volleyball 11:30 lunch bunch 12:30 Bingo	25 Movie 9-11:30 11:30-12:30 Tai Chi Dominos 12:30-1:30 Letter writing 12:30 -1:30	
28 9-10 Coffee and Conversation 10 Texas holdem hats 10:30 Texas Hold'em 12:30 Music Bingo	29 9 -12 Open Studio 9 -11 Crochet/Mat 10 -11:30 drum 12:30 -1:30 Stretch and Strength	30 9am Games 10-12 Art Class 10-1:30 MGM trip 12:30-2:00 Movie	31 9am Coffee/Trivia 10-11 Chair Volleyball 12:30 Bingo		

MARCH Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p>1</p> <p>*Baked Chicken Breast 3 oz. Gravy 2 oz. *Mashed Potatoes ½ c *California Blend ½ c 2 Whole Grain White Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>	<p>2</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 = CBG T</p>	<p>3</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>4</p> <p>*Vegetable Lasagna 6 oz. *California Blend ½ c Whole Grain Wheat Sliced Peaches ½ c Cranberry Juice ½ c W.G. Vanilla Wafers 1 oz</p> <p>ALT = CBG RB</p>
<p>7</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c</p> <p>ALT = CS TR</p>	<p>8</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</p> <p>ALT = CBG RB</p>	<p>9</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</p> <p>ALT = CBG T</p>	<p>10</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 = CBG RB</p>	<p>11</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 TR</p>
<p>14</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</p> <p>ALT = CS RB</p>	<p>15</p> <p>*Salisbury Steak 3 oz. * Mushroom Gravy 2 oz. *W.G. Noodles ½ c *Green Beans ½ c Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p>16</p> <p>*Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c</p> <p>ALT = CBG RB</p>	<p>17</p> <p>*Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG TR</p>	<p>18</p> <p>*2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Capri Blend ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c</p> <p>ALT = CBG T</p>
<p>21</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</p> <p>ALT = CS RB</p>	<p>22</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</p> <p>ALT = CBG TR</p>	<p>23</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</p> <p>ALT = CBG RB</p>	<p>24</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</p> <p>ALT = CBG T</p>	<p>25</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c W.G. Hamburger Bun Scalloped Apples</p> <p>ALT = CBG TR</p>
<p>28</p> <p>*Beef Sloppy Joe 4 oz. *Cauliflower ½ c * Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT = CS TR</p>	<p>29</p> <p>*Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c Dinner Roll, 1 oz Pears ½ c</p> <p>ALT = CBG RB</p>	<p>30</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</p> <p>ALT = CBG T</p>	<p>31</p> <p>*Beef Stew 8 oz *California blend ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c Grape Juice ½ c</p> <p>ALT = CBG TR</p>	<p>Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i></p>

MENU SUBJECT TO CHANGE



Tom's Trivia Corner

(and Beverly's)



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

SHAMROCK
 PIPES
 ST. PATRICK'S
 LUCKY
 PRIEST

PUB
 IRELAND
 DANNY
 MARCH
 ST PATRICK

LEPRECHAUN
 EYES
 WHISKEY
 PARADE
 JIGS

GUINNESS
 HOLY TRINITY
 STEP
 CORNED BEEF



Senior Citizen Resources, Inc.
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PLEASE DO NOT DELAY**

SENIOR CITIZENS RESOURCES, INC.

HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY
MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR **50 YEARS**



Three of our seniors and the crafts they have been working on in our Open Studio from 9am to 12pm every Tuesday here at the center.
From left to right; Stuart Wootton, Maria Ortiz, and Esperanza Solval.

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 & appreciate donations towards our printing, processing, and mailing costs.