

Seniors in Touch

September
2022



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

Serving persons 60 & over
in Old Brooklyn for
50 years

SCR would like to give a HUGE thank you to the following sponsors who helped make our 50th Anniversary celebration so memorable.

Golden Sponsors

Jackie Oberg
Doris Schwab

Silver Sponsors

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Councilman Kris Harsh, Ward 13
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Thank you!

SCR's 50th anniversary was a memorable night, with supporters, volunteers, staff, and board members coming together to acknowledge the momentous occasion. We paid tribute to our founder Doris Schwab and we were thrilled she could join us. A founding board member, Don Messenger, was also honored as he was instrumental in SCR's formation and continues to support the organization as an active board member. Thanks to all who attended or supported our event. We are so grateful to all of you. We look forward to the next 50 years and hope to continue to strive to meet the needs of the seniors in Old Brooklyn and support their independence and pursuit of an active and purposeful life.



The City of Cleveland Department of Aging presents the 32nd Annual Senior Day! All seniors are invited to attend this FREE event which begins at 10 a.m. on Thursday Sept 15 at Cleveland Public Hall. An information fair, program, lunch and entertainment are included. Our own Bonnie Robertson will receive an award for being named Ward 13 Senior of the Year at the event. The event is free, but **pre-registration with the Department of Aging** is required: call 216-664-6152 to sign up. SCR will be providing transportation to this event, give us a call if you'd like to go to Senior Day with us.



NO PRODUCE IN SEPTEMBER
NEXT PRODUCE GIVEAWAY IS MONDAY, 10/3



Our sincere condolences to the family of **Mary Ann Chegan**, a long time SCR participant who we will truly miss.

Our thoughts are with all of you.
Rest in peace Mary Ann. We hope there is a sewing machine up there in heaven waiting for you.



**REMEMBER,
THERE'S A TWO (2) BAG
LIMIT ON YOUR
SHOPPING TRIPS.
SCR AND THE DRIVERS
THANK YOU.**

IEWS FROM OUR BEN FRANKLIN GARDEN!



**Tina
is always
there on
Wednesday
mornings,**



**come join
her!**



SEPTEMBER SHOPPING SCHEDULE

Mondays, every three weeks

WALMART BROOKPARK 9/12

WALMART STEELYARD 9/19

MIDTOWN 9/26

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.



Please search for our Facebook page:
"Senior Citizen Resources - Old Brooklyn"
and make sure to 'like' and 'follow' us!



Pics from our 50th Anniversary Celebration!



CALL AND RSVP FOR ALL ACTIVITIES

BERNADETTE IS BACK IN TOWN!



On September 7 @ 6:00pm Bernadette will be hosting a **Paint and Sip**—the emphasis is on PAINT. Transportation will be available.

Then on September 21 from 1-3, she will return for **ART IN THE GARDEN WITH BERNADETTE**

Lunch will be provided.



The start time listed for trips and shopping indicates when we will arrive at the destination. **Please arrive at SCR a half an hour before that time.** Thanks!



On Friday September 2nd we will be holding our early Labor Day celebration with ice cream treats AND music by Taylor.



Cossil Farms from North Royalton will be at SCR on September 14 at 10:00. Please use your Farmers Market coupons.



Book club: a group of people who meet to discuss a book or books that they have read. Sound like fun? Let Tina know if you're interested in having one here at SCR.



SEPTEMBER 28
SCR Picnic at the Zoo!
10am till 1pm
Free admission and box lunches.



Cleveland EMS is back to check blood pressure

Thursday morning, September 15th

"Once we finish with your blood pressure, we need to find out why your arm is purple."



Lakeview Cemetery tour
\$7.00 per person.
September 14th at 10am

"SCR's Writing Workshop has been engaging and a lot of fun since we started in April. We will take a temporary two-week break at the end of August and will resume on Wednesdays starting September 21st. If you haven't joined the group, you are more than welcome to do so at that time. We meet every Wednesday from 12:00 – 1:30 and are focusing our work primarily on memoir and essay writing. Call Cassie at SCR's front desk if you would like to join us."



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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.

SEPTEMBER Activities

Mon	Tue	Wed	Thu	Fri
			1 9 Coffee/Trivia 10 Chair Volleyball 11 Core Fitness 12:30 Bingo	2 9-11 Labor Day celebration MUSIC BY TAYLOR ICE CREAM TREATS
5 LABOR DAY CENTER IS CLOSED	6 9 Coffee & music 9 Crochet / Matmaking 10 Plinko game 12:30 Stretch 'n Strength	7 9 Chit Chat 9 Board Games 9:30 Breakfast Bunch at Denny's 11:45 Shopping at Shoppes at Parma	8 9 Coffee/Trivia 10 Chair Volleyball 11 Core Fitness 12:30 Bingo	9 9 Garage Sales 9 Movie 11:30 Tai Chi 12:30 Chair Yoga
12 9 Coffee and Music 10:30 Card-playing 10:30 Table Bowling 12:30 Bingo	13 9 Coffee & music 9 Crochet / Matmaking 10 Plinko game 12:30 Stretch	14 9 Chit Chat 9 Board Games 10 Lakeview Tour 10 Farmer's Market 11 Lunch Bunch	15 10am—1pm Senior Day Trip 9 Coffee/Trivia 10 Chair Volleyball 11 Core Fitness 12:30 Bingo	16 9 Movie 11:30 Tai Chi 12:30 Chair Yoga
19 9 Coffee and Music 10:30 Card-playing 10:30 Table Bowling 12:30 Bingo	20 9 Coffee & music 9 Crochet / Matmaking 10 Plinko game 12:30 Stretch 'n Strength	21 9 Chit Chat 9 Board Games 10-12 walk at Tuxedo park w/ box lunch 12 Writing Class 1-3 Art in the garden	22 9 Coffee/Trivia 10 Chair Volleyball 11 Core Fitness 12:30 Bingo	23 9 Movie 11:30 Tai Chi 12:30 Chair Yoga
26 9 Coffee and Music 10:30 Card-playing 10:30 Table Bowling 12:30 Music Bingo	27 BIRTHDAY CELEBRATION 9 Coffee & music 9 Crochet / Matmaking 10 Plinko game 12:30 Stretch 'n Strength	28 SCR PICNIC AT THE ZOO 10AM—1PM	29 9 Coffee/Trivia 10 Chair Volleyball 11 Core Fitness 12:30 Bingo	30 9 Movie 11:30 Tai Chi 12:30 Chair Yoga

SEPTEMBER 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By:</p> <p><i>Ann Stahlheber MS, RDN, LD</i></p>	<p>Choice of 1% Milk or Buttermilk</p>	<p>*=take temperature of Milk and all food proceeded by an asterisk</p>	<p>1</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Chuckwagon Corn ½ c 2 W.G. White Cranberry Juice ½ c ALT=CBG RB</p>	<p>2</p> <p>*Meatball Sub 3 – 1 oz W.G. Sub Bun *Marinara Sauce 2 oz *Green Beans ½ c *Zucchini ½ c Applesauce ½ c ALT=CBG TR</p>
<p>5</p> <p>Labor Day</p> <p>Sites Closed</p>	<p>6</p> <p>*Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS TR</p>	<p>7</p> <p>*Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend 1/2 c *Carrots ½ c W.G. Dinner Roll 1 oz Orange ALT=CBG RB</p>	<p>8</p> <p>*Chicken, 3 oz and Dumplings ½ c *Green Beans ½ *Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB</p>	<p>9</p> <p>*Sweet & Sour Pork Loin 4 oz *Buttered Noodles ½ c *Sautéed Cabbage ½ c *Beets ½ c W.G. Dinner Roll Apricots ½ c ALT=CBG T</p>
<p>12</p> <p>*Stuffed Pepper 6 oz *W.G. Pasta ½ c w/2 oz Sauce *Zucchini & *Yellow Squash 1 c W.G. Wheat Fruit Cocktail ½ c ALT=CS TR</p>	<p>13</p> <p>*BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Banana ALT=CBG RB</p>	<p>14</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes 1 c ALT=CBG T</p>	<p>15</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c ALT=CBG RB</p>	<p>16</p> <p>*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c W G Biscuit Banana ALT=CBG T</p>
<p>19</p> <p>*Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c Grape Juice ½ c ALT=CS TR</p>	<p>20</p> <p>*Chicken Stir Fry 3 oz Brown Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c Mandarin Oranges ½ c W.G. Vanilla Wafer 1 oz ALT=CBG RB</p>	<p>21</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c W.G. Dinner Roll, 2 oz Pears ½ c ALT=CBG TR</p>	<p>22</p> <p>*Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB</p>	<p>23</p> <p>*Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *W.G. Pasta ½ c *Capri Blend ½ c, *Zucchini ½ c W. G. Breadstick 1 oz Fresh Grapes 1 c ALT=CBG RB</p>
<p>26</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Sliced Pears ½ c ALT=CS RB</p>	<p>27</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Mandarin Oranges ½ c ALT=CBG RB</p>	<p>28</p> <p>*Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Wheat 2 Applesauce ½ c ALT=CBG T</p>	<p>29</p> <p>*Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Apricots ½ c ALT=CBG TR</p>	<p>30</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG TR</p>

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





TOM'S TRIVIA CORNER

TOM'S BACK TO JOG YOUR SCHOOLDAY MEMORIES WITH THIS BACK TO SCHOOL WORD SEARCH PUZZLE

BACKPACK	HOMework	PENCIL
BUS	LAPTOP	READING
ENGLISH	LUNCHBOX	SCIENCE
GEOGRAPHY	NOTEBOOK	TEACHER
HISTORY	PAPER	

Y	J	N	H	I	S	R	R	E	H	C	A	E	T
C	J	Z	O	H	I	S	T	O	R	Y	E	I	U
I	A	R	N	T	E	E	C	N	E	I	C	S	U
P	A	P	E	R	E	L	Y	X	M	H	X	L	I
P	G	D	W	Q	H	B	C	V	V	O	B	Z	K
C	M	E	C	O	S	L	O	J	Q	M	G	E	O
D	F	X	O	U	L	K	Q	O	L	E	Z	Q	O
I	H	O	W	G	G	I	C	H	K	W	S	M	B
N	S	B	P	F	R	N	C	A	B	O	S	U	B
B	I	H	O	J	V	A	I	N	P	R	W	Z	B
P	L	C	T	O	D	R	P	D	E	K	H	N	X
R	G	N	P	I	S	A	R	H	A	P	C	Z	O
E	N	U	A	H	N	G	U	P	Y	E	Y	A	Q
X	E	L	L	U	Y	D	V	K	X	S	R	F	B



September is the only month with the same number of letters in its name as the number of the month:

it is the **ninth** month and has **nine** letters.

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Finger is moved. 2. Foot is not showing. 3. Back of chair is higher. 4. Nose is different. 5. Necktie is missing. 6. Sleeve is shorter.

NINE SEPTEMBER QUESTIONS

1. If you were born in September, besides Libra, what other star sign could you be?
2. What kind of moon can you expect to see in September?
3. What is the birthstone for September?
4. What happens more on a September day in the U.S. than on a day in any other month?
5. What member of the current British Royal Family was born in September 1984?
6. Which former President gave a pardon to former President Richard M. Nixon after Watergate in September?
7. In September 1972 who won a record seventh swimming gold medal?
8. Who took over in the Soviet Union on September 12, 1953?
9. What family members do we celebrate in September?

ANSWERS

1. Virgo
2. Harvest moon
3. Sapphire
4. Babies
5. Prince Harry
6. Gerald Ford
7. Mark Spitz
8. Nikita Khrushchev
9. GRANDPARENTS!!!



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



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