CR 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**
- Card, Palmer, Sibbison & Co.
- Councilman Kris Harsh, Ward 13
- Greater Cleveland Construction
- Jeanette Schroeder

**Bronze Sponsors**
- Busch Funeral Homes
- Daniel & Marie Gerow
- Historical Society of Old Brooklyn
- Carol Klun
- Lenny's Service Inc.
- Don & Sally Messinger
- Becky Moldover
- Speed Exterminating
- Gary Schwab

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**
SEPTEMBER SHOPPING SCHEDULE

Mondays, every three weeks

WALMART BROOKPARK      9/12
WALMART STEELYARD        9/19
MIDTOWN                  9/26

Tuesdays/Thursdays

GIANT EAGLE
MARÇ’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!

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.

VIEWS FROM OUR BEN FRANKLIN GARDEN!

Tina is always there on Wednesday mornings,

come join her!
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.

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

Cleveland EMS is back to check blood pressure

Thursday morning, September 15th

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.

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

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.

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!
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# SEPTEMBER 2022 WRAAA MENU

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| Menu Approved By:  
Ane Stahlheber MS, RDN, LD | Choice of 1% Milk or Buttermilk | *=take temperature of Milk and all food proceeded by an asterisk | *Roasted Turkey Breast 3 oz  
*Gravy 2 oz  
*Mashed Potatoes ½ c  
*Chickwagen Corn ½ c  
2 W.G. White Cranberry Juice ½ c  
ALT=CBG | *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 |
| Labor Day  
Sites Closed | Hamburger 3 oz  
Ketchup 2 PC  
*Seasoned Potato Wedges ½ c  
*Baked Beans, ½ c  
Whole Grain Bun  
Sliced Peaches ½ c  
ALT=CS | *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 | *Chicken, 3 oz and Dumplings ½ c  
*Green Beans ½ c  
*Spinach ½ c w/ Lemon 1 PC  
Whole Grain Wheat  
Tropical Fruit ½ c  
ALT=CBG | *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 |
| *Stuffed Pepper 6 oz  
*W.G. Pasta ⅛ c w/2 oz Sauce  
*Zucchini & *Yellow Squash 1 c  
W.G. Wheat  
Fruit Cocktail ⅛ c | *BBQ Chicken  
W.G. Macaroni and Cheese ¼ c  
*Baked Beans ⅛ c  
*Sautéed Swiss Chard ⅛ c  
W.G. Corn Muffin, 1 oz  
Banana  
ALT=CS | *Beef Sloppy Joe 4 oz  
*Seasoned Wedge Potatoes ½ c  
*Green Peas ½ c  
Whole Grain Bun  
Fresh Grapes 1 c  
ALT=CBG  
TR | *Chicken Cordon Bleu 6 oz  
*Mashed Potatoes ½ c w Gravy 2 oz  
*California Blend ½ c  
2 Whole Grain White Apricots ½ c  
ALT=CBG | *Beef Stew 8 oz  
*Brussel Sprouts ½ c  
*Buttered Sliced Carrots ½ c  
W G Biscuit  
Banana  
ALT=CBG  
T |
| *Stuffed Cabbage 6 oz  
*Noodles ⅛ c w/Gravy 2 oz  
*Mixed Vegetables 1 c  
Whole Grain Wheat  
Pineapple Chunks ⅛ c  
Grape Juice ⅛ c  
ALT=CS  
TR | *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=CS  
TR | *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 | *Roasted Turkey Breast 3 oz  
Gravy 2 oz, Bread Stuffing ½ c  
*Sweet Potatoes ⅛ c  
*Green Beans ⅛ c  
W.G. Dinner Roll  
Cranberry Juice 4 oz  
ALT=CBG | *Breaded Chicken Breast 3 oz  
Marinara Sauce 2 oz  
*W.G. Pasta ⅛ c  
*Capri Blend ⅛ c, *Zucchini ⅛ c  
W. G. Breadstick 1 oz  
Fresh Grapes 1 c  
ALT=CBG |
| *Chicken Alfredo 4 oz  
*W.G. Pasta ⅛ c  
*Broccoli ⅛ c  
*Cauliflower ⅛ c  
Whole Grain White  
Sliced Pears ⅛ c  
ALT=CS  
RB | *Breaded Fish 4 oz  
Tartar Sauce 1 PC  
*Scalloped Potatoes ⅛ c  
*Spinach ½ c / Lemon Juice 1 PC  
W.G. Dinner Roll 2 oz  
Mandarin Oranges ½ c  
ALT=CS  
RB | *Rosemary Pork Chop 4 oz  
*Sweet Potatoes ⅛ c  
*Brussels Sprouts ⅛ c  
W.G. Wheat  
Applesauce ⅛ c  
ALT=CBG  
T | *Swedish Meatballs 3-1 oz  
*Noodles ⅛ c w/Gravy 2 oz  
*Green Beans ⅛ c  
*Red Cabbage ⅛ c  
Whole Grain White Apricots ⅛ c  
ALT=CBG | *Sliced Ham 3 oz  
w/ Pineapple Glaze  
*Mixed Vegetables ⅛ c  
*Cheesy Potatoes ⅛ c  
Dinner Roll 2 oz  
Mixed Fruit ⅛ c  
ALT=CBG  
TR |

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  
ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast
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.

### 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 are born
5. Prince Harry
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.