ATTENTION: Signups for April SCR trips & activities will begin on Wednesday March 29. Stop in at the SCR Front Desk or give us a call: 216-749-5367 on or after Wednesday March 29, no signups will be taken before that date. Some trips / activities will require a lottery.

Dyngus Day is a Polish tradition that is celebrated on Easter Monday to mark the completion of Lent, and usually includes Polish food (pierogies, polish sausage, paczki), polka music, and parades.

Let’s celebrate Dyngus Day! The party will start around 10 a.m. on Monday April 10: we will offer a special meal ($4) of kielbasa, kraut, pierogies and onions and enjoy some great polka music. See Cassie or Tina to purchase your $4 ticket for this holiday meal. Come celebrate with us!

Join us at SCR on Thursday April 13 at 11 a.m. for a speaker from Western Reserve Area Agency on Aging. The topic will be “aging well” and the program is free! This presentation focuses on how a sense of well-being can be achieved through social engagement, intellectual stimulation, and physical activity (all things we offer here at SCR!).

Save the date:
The Cleveland Department of Aging will be hosting Senior Day on Thursday May 25 at Public Hall. The day starts at 10 a.m. and will include an info fair, program, lunch, entertainment, and more. SCR will be making trip to Senior Day – stay tuned for more details. Signups won’t begin until late April.
We will be making a trip to the Quilt 2023 Showcase at Lake Metropark Farmparks in Kirtland on Friday April 14 @ 9:30 a.m. This is one of Ohio’s finest shows with up to 200 quilts and quilt-related works on display. Show visitors can vote for the People’s Choice award. Farmpark admission for seniors is $8. We will stop at Angelo’s Pizza in Kirtland for lunch afterwards. 12 person max for this trip. Talk to the SCR Front Desk to get signed up.

SCR will once again have space at the local neighborhood garden. The beautiful Ben Franklin Community Garden was founded in 1979 and is the largest community garden in the county (over 200 plots!). Talk to Cassie if you’re interested in being part of the gardening group this summer, starting in May.

Our next free produce day will be Monday April 3 @ 10 a.m. here at SCR. Bring a cart, wagon, or bag. See you there!

Signups for April SCR trips & activities will begin on Wednesday March 29. Stop in at the SCR Front Desk or give us a call: 216-749-5367 on or after , no signups will be taken before that date. Some trips / activities will require a lottery.

APRIL SHOPPING SCHEDULE
Mondays, every three weeks

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/3</td>
<td>WALMART STEELYARD</td>
</tr>
<tr>
<td>4/10</td>
<td>MIDTOWN</td>
</tr>
<tr>
<td>4/17</td>
<td>WALMART BROOKPARK</td>
</tr>
<tr>
<td>4/24</td>
<td>WALMART STEELYARD</td>
</tr>
</tbody>
</table>

Tuesdays/Thursdays

<table>
<thead>
<tr>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>GIANT EAGLE</td>
</tr>
<tr>
<td>MARC’S</td>
</tr>
</tbody>
</table>

Fridays

<table>
<thead>
<tr>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALDI’S</td>
</tr>
<tr>
<td>DRUG MART</td>
</tr>
<tr>
<td>SAV A LOT</td>
</tr>
</tbody>
</table>

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. – 1:30 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.

Our next free produce day will be Monday April 3 @ 10 a.m. here at SCR. Bring a cart, wagon, or bag. See you there!

Please search for our Facebook page: “Senior Citizen Resources - Old Brooklyn” and make sure to ‘like’ and ‘follow’ us!
We will head to Parmatown Mall (Shoppes at Parma) on Thursday April 27 @ 10 a.m. for some shopping. We will stop at Mission BBQ on Ridgewood Rd. afterwards for lunch.

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!

We will be making a trip to the amazing Rock & Roll Hall of Fame on Tuesday April 25 @ 10 a.m. The museum is free for Cleveland residents (must show driver’s license, state ID, or City of Cleveland-addressed utility bill). We will stop for lunch afterwards – driver’s choice! 12 person max for this trip.

Join us for a Thrift Trip on Friday April 7 @ 9:30 a.m. We will be going to both Salvation Army on Biddulph Rd. and Savers on Brookpark Rd. We will stop afterwards at Long John Silver’s on Brookpark Rd. for lunch afterwards. Talk to the front desk to get signed up!

The art and craft studio has been in session since October 2022. We meet every Tuesday at 9am with art and craft alternating every other week. Come join Ellen O’Neill for watercolor and other painting – learn the techniques involved! Join Rosemary Williams for crafting a variety of projects. All materials provided. Hope to see you there!

Breakfast Bunch:
Golden Corral on Brookpark Rd., Friday April 21 @ 10 a.m.

Lunch Bunch:
City Diner (new!) on Memphis Ave., Tuesday April 11 @ 11 a.m. – limit of 10 for this trip

Looking ahead to next month:
our Lunch Bunch trip will be Tuesday May 2 @ 11 a.m. at Fuji Grill Buffet in Parma.

SCR will make a trip to Medina County Career Center Café Restaurant on Liberty Street in Medina at 11 a.m. on Wednesday April 5.
Food is prepared and served by students of the Chef & Restaurant Management program. Soup is about $4, sandwiches are about $8, salads are about $9, and entrees are about $13. 12 person max limit for this trip.
SCR is starting a monthly Hiking Group! Get out and stretch your legs, breathe the fresh air, feel the sunshine and enjoy nature! We will head out regularly from now until November, and will be tracking our miles! Hike at your own pace and length. We will be part of the Cleveland MetroPark’s “Healthy Aging: Walk with Ease Program” at the Rocky River Reservation. This program is designed by the Arthritis Foundation for adults of various fitness levels who want to begin a walking program to gain benefits of aerobic exercise. We will go at 10 a.m. on Tuesdays April 18 and 25, and will continue into May. Enjoy a SCR box lunch after the walk. 6 person minimum required for this trip – come join us!

On the first Tuesday of the month (not Monday), our client Denise will be offering Texas Hold’em Instruction. She hopes to teach a group, then eventually have a Texas Hold’em tournament. Come join us on Tuesday April 4, and the first Tuesday of the month going forward.

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.

In preparation for our SCR Cinco de Mayo party next month (Friday May 5), we will be working on creating a special pinata on Friday April 21 @ 10 a.m. Come help us get ready for the holiday that commemorates the anniversary of Mexico’s 1862 victory over the Second French Empire.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
</tr>
</tbody>
</table>
| 9am Coffee & Convo  
10am Free Produce  
10am S Brooklyn Library  
10:30am Cards & Games  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Open Studio  
9am Crochet Group  
10am Texas Hold’em  
10am Floor Games  
12pm SCR Lunch  
12:30pm Stretch & Strength  
12:30pm Writing Workshop | 9am Coffee & Music  
9:30am Water Walking  
10am Wii & Board Games  
10am Ceramics  
11am MCCCR Lunch  
12pm SCR Lunch  
12:30pm Gentle Yoga | 9am Coffee & Trivia  
10am Chair Volleyball  
10:15am Mobile Post Office @ SCR  
11am Easter Egg Fun  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Puzzles  
9:30am Thrift Trip  
10:30am Movie  
12pm SCR Lunch |
| **10** | **11** | **12** | **13** | **14** |
| 9am Coffee & Convo  
10am S Brooklyn Library  
10am Dyngus Day Party!  
10:30am Cards & Games  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Open Studio  
9am Crochet Group  
10am Floor Games  
11am Lunch Bunch: City Diner  
12pm SCR Lunch  
12:30pm Stretch & Strength | 9am Coffee & Music  
9:30am Water Walking  
10am Wii & Board Games  
10am Ceramics  
12pm SCR Lunch  
12:30pm Gentle Yoga | 9am Coffee & Trivia  
10am Chair Volleyball  
11am Aging Well Talk  
11am Music Ball  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Puzzles  
9:30am Quilt Trip  
10am Show & Tell  
10:30am Movie  
12pm SCR Lunch |
| **17** | **18** | **19** | **20** | **21** |
| 9am Coffee & Convo  
10am S Brooklyn Library  
10:30am Cards & Games  
12pm SCR Lunch  
12:30pm MUSIC Bingo? | 9am Coffee & Open Studio  
9am Crochet Group  
10am Floor Games  
11am Lunch Bunch: City Diner  
12pm SCR Lunch  
12:30pm Stretch & Strength | 9am Coffee & Music  
9:30am Water Walking  
10am Wii & Board Games  
10am Ceramics  
12pm SCR Lunch  
12:30pm Gentle Yoga | 9am Coffee & Trivia  
10am Chair Volleyball  
10:30am Blood Pressure Screenings  
11am Music Ball  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Puzzles  
10am Breakfast Bunch: Golden Corral  
10am Pinata Assembly  
10:30am Movie  
12pm SCR Lunch |
| **24** | **25** | **26** | **27** | **28** |
| 9am Coffee & Convo  
10am Ridge Rd. Library  
10:30am Cards & Games  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Open Studio  
9am Crochet Group  
10am Floor Games  
10am Hiking Group  
12pm SCR Lunch  
12:30pm Stretch & Strength | 9am Coffee & Music  
9:30am Water Walking  
10am Wii & Board Games  
10am Ceramics  
12pm SCR Lunch  
12:30pm Gentle Yoga | 9am Coffee & Trivia  
10am Chair Volleyball  
10am Parmatown Trip  
11am Music Ball  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Puzzles  
10am Rock Hall Trip  
10:30am Movie  
12pm SCR Lunch |
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Menu Approved By:</strong> Am Stahlmeier MS, RDN, LD</td>
<td>Choice of 1% Milk or Buttermilk</td>
<td><strong>emergency food items for these items should be served.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*=Take Temperature of Milk and all food proceeded by an asterisk.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALT = CS</strong></td>
<td><strong>ALT = CBG</strong></td>
<td><strong>ALT = CBG</strong></td>
<td><strong>ALT = CBG</strong></td>
<td><strong>ALT = CBG</strong></td>
</tr>
<tr>
<td><strong>TR</strong></td>
<td><strong>RB</strong></td>
<td><strong>TR</strong></td>
<td><strong>TR</strong></td>
<td><strong>RB</strong></td>
</tr>
<tr>
<td>3 *Meatballs 3-1 oz                                                   <strong>Sliced Turkey, 3 oz</strong>                                                 <strong>Chicken Alfredo 3 oz</strong>                                                <strong>Hamburger 3 oz</strong>                                                      *<em>2-2 oz. <em>Stuffed Shells</em></em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*WG Spaghetti ½ c w/ Sce 2 oz                                        *Mashed potatoes ½ c w gravy                                          *Sauce 2 oz / * Noodles ½ c                                          *Mustard &amp; Ketchup 1 PC each Entire</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*California Blend ½ c                                                  *Harvard Beets ½ c W.G. Dinner Roll, 1 oz                                *Broccoli ½ c                                                           *Preparation: ½ c</td>
<td></td>
<td>*w/Sauce 2 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Spinach ½ c / J Lemon PC Whole Grain White Apricots, ½ c              **Cereal bar 1 oz Peaches ½ c                                          *Cauliflower ½ c Whole Grain Wheat                                        *Zucchini ½ c</td>
<td>**Whole Grain Bun Pears ½ c                                           **Lima Beans ½ c</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALTERNATE:</strong> Pak Choi                                        <strong>Peaches ½ c</strong>                                                        <strong>Fresh grapes 1 c</strong>                                                   **2 Whole Grain Wheat                                                 <strong>Apple Juice ½ c</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 *Meatballs 3-1 oz                                                   <strong>Sliced Turkey, 3 oz</strong>                                                 <strong>Chicken Alfredo 3 oz</strong>                                                <strong>Hamburger 3 oz</strong>                                                      *<em>2-2 oz. <em>Stuffed Shells</em></em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*WG Spaghetti ½ c w/ Sce 2 oz                                        *Mashed potatoes ½ c w gravy                                          *Sauce 2 oz / * Noodles ½ c                                          *Mustard &amp; Ketchup 1 PC each Entire</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*California Blend ½ c                                                  *Harvard Beets ½ c W.G. Dinner Roll, 1 oz                                *Broccoli ½ c                                                           *Preparation: ½ c</td>
<td></td>
<td>*w/Sauce 2 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Spinach ½ c / J Lemon PC Whole Grain White Apricots, ½ c              **Cereal bar 1 oz Peaches ½ c                                          *Cauliflower ½ c Whole Grain Wheat                                        *Zucchini ½ c</td>
<td>**Whole Grain Bun Pears ½ c                                           **Lima Beans ½ c</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALTERNATE:</strong> Pak Choi                                        <strong>Peaches ½ c</strong>                                                        <strong>Fresh grapes 1 c</strong>                                                   **2 Whole Grain Wheat                                                 <strong>Apple Juice ½ c</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 *Meatballs 3-1 oz                                                   <strong>Sliced Turkey, 3 oz</strong>                                                 <strong>Chicken Alfredo 3 oz</strong>                                                <strong>Hamburger 3 oz</strong>                                                      *<em>2-2 oz. <em>Stuffed Shells</em></em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*WG Spaghetti ½ c w/ Sce 2 oz                                        *Mashed potatoes ½ c w gravy                                          *Sauce 2 oz / * Noodles ½ c                                          *Mustard &amp; Ketchup 1 PC each Entire</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*California Blend ½ c                                                  *Harvard Beets ½ c W.G. Dinner Roll, 1 oz                                *Broccoli ½ c                                                           *Preparation: ½ c</td>
<td></td>
<td>*w/Sauce 2 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Spinach ½ c / J Lemon PC Whole Grain White Apricots, ½ c              **Cereal bar 1 oz Peaches ½ c                                          *Cauliflower ½ c Whole Grain Wheat                                        *Zucchini ½ c</td>
<td>**Whole Grain Bun Pears ½ c                                           **Lima Beans ½ c</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALTERNATE:</strong> Pak Choi                                        <strong>Peaches ½ c</strong>                                                        <strong>Fresh grapes 1 c</strong>                                                   **2 Whole Grain Wheat                                                 <strong>Apple Juice ½ c</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 *Meatballs 3-1 oz                                                   <strong>Sliced Turkey, 3 oz</strong>                                                 <strong>Chicken Alfredo 3 oz</strong>                                                <strong>Hamburger 3 oz</strong>                                                      *<em>2-2 oz. <em>Stuffed Shells</em></em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*WG Spaghetti ½ c w/ Sce 2 oz                                        *Mashed potatoes ½ c w gravy                                          *Sauce 2 oz / * Noodles ½ c                                          *Mustard &amp; Ketchup 1 PC each Entire</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*California Blend ½ c                                                  *Harvard Beets ½ c W.G. Dinner Roll, 1 oz                                *Broccoli ½ c                                                           *Preparation: ½ c</td>
<td></td>
<td>*w/Sauce 2 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Spinach ½ c / J Lemon PC Whole Grain White Apricots, ½ c              **Cereal bar 1 oz Peaches ½ c                                          *Cauliflower ½ c Whole Grain Wheat                                        *Zucchini ½ c</td>
<td>**Whole Grain Bun Pears ½ c                                           **Lima Beans ½ c</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALTERNATE:</strong> Pak Choi                                        <strong>Peaches ½ c</strong>                                                        <strong>Fresh grapes 1 c</strong>                                                   **2 Whole Grain Wheat                                                 <strong>Apple Juice ½ c</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 *Meatballs 3-1 oz                                                   <strong>Sliced Turkey, 3 oz</strong>                                                 <strong>Chicken Alfredo 3 oz</strong>                                                <strong>Hamburger 3 oz</strong>                                                      *<em>2-2 oz. <em>Stuffed Shells</em></em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*WG Spaghetti ½ c w/ Sce 2 oz                                        *Mashed potatoes ½ c w gravy                                          *Sauce 2 oz / * Noodles ½ c                                          *Mustard &amp; Ketchup 1 PC each Entire</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*California Blend ½ c                                                  *Harvard Beets ½ c W.G. Dinner Roll, 1 oz                                *Broccoli ½ c                                                           *Preparation: ½ c</td>
<td></td>
<td>*w/Sauce 2 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Spinach ½ c / J Lemon PC Whole Grain White Apricots, ½ c              **Cereal bar 1 oz Peaches ½ c                                          *Cauliflower ½ c Whole Grain Wheat                                        *Zucchini ½ c</td>
<td>**Whole Grain Bun Pears ½ c                                           **Lima Beans ½ c</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALTERNATE:</strong> Pak Choi                                        <strong>Peaches ½ c</strong>                                                        <strong>Fresh grapes 1 c</strong>                                                   **2 Whole Grain Wheat                                                 <strong>Apple Juice ½ c</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Then and Now

This week’s “Then and Now” is your Seniors in Touch editor Jim Mason. We’ve had two staff members in a row now - we want photos of YOU! Bring in your “Then” photo and we’ll take your “Now” photo, or send /bring in both a “Then” and “Now” to Jim @jmason.scrinc.org. We want to see how YOU’VE grown up now!

Joke

“I used to work at a calendar factory, but then I got fired because I took a couple of days off.”

“A ham and cheese sandwich walks into a bar and orders a beer. The bartender says to the sandwich, ‘Sorry, we don’t serve food here.’”

“Two peanuts were walking down the street. One was a salted.”

Tom’s Trivia

1. dogwood
2. beech
3. walnut
4. apricot
5. mulberry
6. cottonwood
7. eucalyptus
8. cherry
9. birch
10. chestnut
11. hickory
12. willow
13. crabapple
14. redwood
15. locust
16. maple
17. buckeye
18. magnolia
19. cedar
20. palm

Answers:

Cake Time!

1. Angel food cake
2. Sheet cake
3. Sponge cake
4. Carrot cake
5. Birthday cake
6. Pound cake
7. Cupcake
8. Upside down cake
9. Brownie
10. Party cake
11. Chocolate cake
12. Banana cake
13. Carrot cake
14. Cheesecake

Answers:

Tree Word Scramble

1. ogdowdo
2. ceehb
3. nlatwu
4. itraocp
5. urmelbyr
6. octootnод
7. laceyuustp
8. hrercy
9. ibchr
10. uctthesn
11. hcirkoy
12. liowoli
13. pelpbraac
14. erdoowd
15. sutcol
16. Imepa
17. byuukcee
18. ianonamlg
19. cdead
20. lmap
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. - 1:30 p.m. For questions, appointment scheduling, or activity signup, please call during these hours.

Next mobile post office: Thurs April 6 around 10:30 a.m.
Next blood pressure screening & glucose level monitoring: Thurs April 20 @ 10:30 a.m.

April Fools' ideas

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.