It’s Christmas, and we’re looking for reindeer this month. We’ve hidden 17 reindeer throughout the newsletter. Can you find them all?

SCR Annual Fund Drive 2023: Please consider a year-end donation to SCR

We ask for your support to keep our community’s seniors healthy, safe, and thriving. Your donations help us provide programming — including meals, transportation, activities, and social services — that are vital to our clients. Your donation keeps our seniors healthy, happy, and living independently. Thank you for considering a year-end donation to SCR.

All donations are tax deductible and can be made in person, via mail, or with a credit card on our website: SeniorCitizenResources.org (look for the yellow “Donate” button). We are so grateful for your continued support — thank you!

Senior Citizen Resources Annual Fund Drive 2023 Gift Form

Name: ______________________________________________________
Address: _____________________________________________________________________________
Phone: ______________________________________________________
Please accept my generous gift of: __$25 __$50 __$75 __$100 __$500 __Other: ________________________

My gift is in honor of: __________________ My gift is in memory of: __________________

Please make checks payable to Senior Citizen Resources and mail your donation (3100 Devonshire Rd. Cleveland, OH 44109), or go to our website SeniorCitizenResources.org to pay with a credit card (yellow “Donate” button). SCR is a registered 501c3 tax exempt organization. Since no goods or services were received by the donor, the full amount is tax-deductible as provided by law.

Please note: SCR will be closed on Monday December 25 – Monday January 1, re-opening on Tuesday January 2, 2024. Happy Holidays!
The Fall of Liminality
by Mitch Allen

We humans generally abhor liminality. We like to know exactly where we stand. That’s one reason adolescence is so difficult. As we move from childhood to adulthood, we don’t know where or what we are.

But a liminal moment doesn’t have to be so deep or metamorphosing.

It’s also that moment between sleep and being awake; it’s the time between jobs when instead of relishing a few weeks of freedom, we are stressed about finding a new job; it’s the 10-hour drive to the beach when we are no longer at home but not yet at the beach house. Instead of enjoying the liminal journey, stopping to have a picnic lunch, viewing scenic overlooks, or seeing the world’s biggest ball of twine, we become anxiety-ridden, white-knuckling it in the fast lane so we can arrive 38 minutes sooner.

And that has all along been my problem with fall. I experienced it as dreadful liminality, a threshold between glorious summer and terrible winter rather than seeing it as a season all its own. Fall is not the end of summer nor the beginning of winter. It is its own beautiful moment—crisp mornings, pleasant afternoons, surreal blue skies, a bountiful harvest of fresh, local produce. I am even seeing fallen leaves not as a mess to be cleaned up, but as decorations magically supplied by Mother Nature rather than by Hobby Lobby.

I am the Grinch, only it is autumn instead of Christmas, and my small heart has grown three sizes.

—Mitch@MimiVanderhaven.com

An article contributed by an SCR client Helen Sroka that will make you think:

Liminality: Liminality is a quality of being in between two places or stages, on the verge of transitioning to something new. There’s a liminality to the brief moment between being asleep and being fully awake.
We want to extend a HUGE thank you to everyone that made our Night at the Races Fundraiser such a big success! It was such a fun night and we were able to raise money to support our mission of enhancing independent living and promoting the quality of life for seniors in Old Brooklyn.

**Thank you to our main “jockey” sponsors:**

Jackie Oberg  
Kris Harsh, Cleveland Council W13  
Mike Rivera, Jr. - Paramount ProMedica

We are also so grateful to our race sponsors:  
Mike & Nancy Biedenbach  
Carmino's Pizza  
Lynn Daugherty  
Katie Digianantonio  
Gabe's Family Restaurant  
Bob & Lisa Goldstein  
Historical Society of Old Brooklyn  
Ed & Audrey Kancler  
Kehoe Brothers Printing  
Lenny's Service Inc.  
Jim Lindley  
Rebecca Maurer, Cleveland City Council W12  
Doris Schwab  
Mary Jo Slattery

In addition, we’d like to thank all those that generously supported SCR with raffle items, in-kind donations, and monetary gifts.  
We are also so grateful for hard work from Greater Cleveland Volunteers, and SCR staff volunteers.

THANK YOU!

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**Join us on Friday Dec 15 at 6 p.m. for a fun evening Christmas movie at SCR AND holiday lights tour!**  
We will have pizza, popcorn, hot chocolate and some holiday treats while we watch a Christmas movie, then afterwards we will head out for a short trip to look at some holiday light displays! 12 person limit for the lights tour, but no limit on the movie night. We will be doing an additional lights tour sometime during the week of Dec 18 (around 6 p.m.) for those that couldn’t join us for lights on Dec 15.

**Breakfast Bunch:**

Monday Dec 4 @ 10 a.m., Bob Evans on Brookpark – 12 person limit

**Lunch Bunch:**  
Wednesday Dec. 13 @ 11 a.m., Cracker Barrel on Tiedeman — 12 person limit

**Friday Dec 22 @ 11 a.m. will be Gift Wrapping Day at SCR!** Bring some presents that need to be wrapped, and SCR will provide some wrapping paper and wrapping assistance as needed. Or feel free to bring some wrapping supplies from home to donate or trade. We will also enjoy some holiday treats while we wrap!
SCR is excited to offer a five-session **Financial Literacy class with Benjamin Rose,** starting this month. These workshops will 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 first class will be Tuesday Dec 5 @ 10 a.m., followed by the second session on Tuesday Jan 16 @ 10 a.m. (monthly classes will continue through April). Join us for this great FREE opportunity!

Since we are taking a break from our Hiking Group, SCR is kicking off a new fitness option: weekly trips to Planet Fitness Center on Fulton! We will make a trip **each Tuesday morning @ 9 a.m., starting Dec 5.** If you are interested, you must go on the first day for signup and orientation. Bring your insurance card to access a free membership. Cassie will join the group on Tuesday Dec 5 to help get everyone signed up and show you around!

Give us a call to get signed up for one of our wonderful **exercise classes with JoAnn:**

- **Stability & Strength** – Tuesdays @ 12:30 p.m.
- **Gentle Yoga** - Wednesdays @ 12:30 p.m.
- **Tai Chi** - Fridays @ 12:30 p.m.

Have you ever wanted to learn sign language? SCR will be continuing American Sign Language classes, **Fridays at 10 a.m., through the end of January.** We have really been having fun with this new skill - join us to learn some basics!

Eliannie Marrero Ortiz from the Cleveland Clinic will join us at SCR on **Thursday Dec 21 @ 10 a.m.** to speak about colon cancer. Join us for important information about the third most common type of cancer.
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# DECEMBER 2023 WRAA MENU

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| **Menu Approved By:**<br>Ann Stahlheber, MS, RDN, LD | *=take temperature of Milk and all food proceeds by an asterisk<br>Choice of 1% Milk or Buttermilk | *=Mashed Potatoes ¼ c<br>*Gravy 2 oz<br>*Macaroni and Cheese ½ c<br>*Spinach ½ c w/ Vinegar 1 PC<br>*Baked Beans ½ c<br>*W.G. Corn Muffin 1 oz | *=BBQ Chicken Breast 3 oz<br>*Mashed Potatoes ¼ c<br>*Harvard Beets ½ c<br>*W.G. Dinner Roll 2 oz<br>*Scalloped Apples ½ c | *(1) Baked Chicken Breast 4 oz<br>*Gravy 2 oz<br>*Butternut Squash ½ c<br>*Broccoli ¼ c<br>*W.G. Dinner Roll 2 oz<br>Cinnamon Applesauce ½ c | *(ALT=CBG) T

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| *Chicken Alfredo 4 oz<br>*W.G. Pasta ½ c<br>*Mixed Vegetables ½ c<br>*Broccoli ¼ c<br>*W.G. White<br>Sliced Pears ½ c | *=Beef Ravioli 8 oz<br>Cereal bar, 1 oz<br>*Green Beans ½ c<br>*Corn ¼ c<br>Fruit Cocktail ¼ c<br>Vanilla Wafers 1 oz | *=Stuffed Cabbage w/ Beef 6 oz<br>*Mashed Potatoes ¼ c<br>*Gravy 2 oz<br>*Harvard Beets ½ c<br>*W.G. Dinner Roll 2 oz<br>*Scalloped Apples ½ c | *=BBQ Chicken Breast 3 oz<br>*Macaroni and Cheese ½ c<br>*Spinach ½ c w/ Vinegar 1 PC<br>*Baked Beans ½ c<br>*W.G. Corn Muffin 1 oz<br>*Sliced Peaches ½ c | *(Sliced Ham 3 oz w/ Pineapple Glaze<br>*Mixed Vegetables ¼ c<br>*Cheesy Potatoes ½ c<br>*Grapes 1 c | *(ALT=CBG) T

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| *Stuffed Pepper 6 oz w/2 oz Sauce<br>*Mashed Potatoes ½ c<br>*Baby Lima Beans ½ c<br>*W.G. Wheat Biscuit 2 oz<br>*Tropical Fruit ¼ c | *=Breaded Fish 4 oz Tartar Sce 1 PC<br>*Brown Rice ½ c<br>*Antigua Blend ½ c<br>*Brussels Sprouts ½ c<br>*W.G. White<br>Banana | *=Sloppy Joe 4 oz<br>*Sweet Potatoes ½ c<br>*Cape Cod Blend ½ c<br>*W.G. Hamburger Bun<br>*Apricots ½ c | *=Tomato Basil Chicken 3 oz<br>*W.G. Pasta ½, w/ Sauce 2 oz<br>*Mixed Vegetables ½ c<br>*Broccoli ½ c<br>*W.G. White<br>Orange | *(Chicken Stir Fry, 3 oz<br>*Brown Rice ¼ c<br>*Kyoto Blend ¼ c<br>*Asian Blend ¼ c<br>*W.G. White<br>Mandarin Oranges ¼ c | *(ALT=CBG) TR

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| *Swedish Meatballs 3-1 oz<br>*Mashed Potatoes* w/Gravy 2 oz<br>*Broccoli ½ c<br>*W.G. White<br>Apricots ½ c | *=Breaded Chicken Breast 3 oz<br>*W.G. Pasta ½ c, *Tomato Sc. 2 oz<br>*Capri Blend ½ c<br>*Spinach ½ c / Vinegar 1 PC<br>*W.G. Breadstick 1 oz<br>*Sliced Peaches ½ c | *=Sweet & Sour Pork Loin 4 oz<br>*Rice Pilaf ½ c<br>*Sautéed Mushrooms ½ c<br>*Beets ½ c<br>*W.G. White<br>Orange | *=Roasted Turkey Breast 3 oz<br>*Gravy 2 oz w/ Stuffing ½ c<br>*Butternut Squash ½ c<br>*Green Beans ½ c<br>*W.G. Dinner Roll 1 oz<br>Cranberry Juice ½ c | *(Hawaiian Chicken 3 oz<br>*Rice Pilaf ½ c<br>*California Blend ½ c<br>*Green Peas ½ c<br>*W.G. Wheat<br>Tropical Fruit ¼ c | *(ALT=CBG) TR

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**Note:** Box Lunch Default Menu choice is shown in the right hand corner of each day.<br>
*T* = Tuna, *TR* = Turkey, *RB* = Roast Beef<br>
*ALT CS* = Chicken Salad with Croissant, *ALT CBG* = Spring Lettuce Salad w/Chicken Breast
This girl has been coming here for about a year, but has made herself a friend to all in that short time. Do you know who she is? We will reveal her identity in next month’s newsletter. Who’s next? Let Jim or Leslie or Cassie know if you have a childhood photo of yourself you’d like to share, we’d love to have it.

SCR will be making a holiday trip to beautiful Playhouse Square to see the Cleveland Ballet’s performance of The Nutcracker on Thursday Dec 14 @ 11a.m. The ballet is based on the original story by E.T.A. Hoffman with music composed by the renowned Pyotr Ilyich Tchaikovsky. Tickets are $10. RSVP due by ASAP, and NO refunds available for this trip. 22 person limit.

Then and Now?

Linda Crane!

Tim Koch!

Then and Now?

Reindeer?

No, that’s rain, dear.
Next mobile post office: **Thursday Dec 7 around 10:45 a.m.**
Next blood pressure screening & glucose level monitoring: **Thursday Dec 21 @ 10:30 a.m.**

**Planning ahead:**
- We hope to go to the beautiful downtown Heinen’s grocery store on **Wednesday Jan 3**
- Free Produce Pickup will be **Monday Jan 8**
- We are planning trips to both the Crawford Auto-Aviation Museum and International Women’s Air & Space Museum for January
- Music Bingo will be **Monday Jan 22**

**PUZZLE ANSWERS**
ACROSS:
1. Rudolph
3. Elves
5. Christmas
7. Eggnog
10. Frosty

DOWN:
3. December
4. Scrooge
6. Stockings
8. Gifts
9. Joy

We enjoyed a great trip to Praxis Fiber Workshop on Waterloo Rd. in November.

* 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. *