

Seniors in Touch

April 2025



**Senior Citizen
Resources**

Serving persons 60 & over
in Old Brooklyn
for 54 years

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



Felt vases



Felt bird

Our next art class with Broadway School of Music & the Arts will be The Fiber Art of Felting, **Wednesdays 10 a.m. – 12 noon** starting April 9. Learn how felting can serve as an alternative to traditional painting, as well as a medium for creating sculptures and wearable art! We will begin with two-dimensional creations, focusing on landscapes and portraits. Later we will progress to crafting 3D birds, vases, and flowers! This class will continue through mid-June. Talk to the SCR Front Desk to get signed up.



Felt flowers

Our next free Veggie Box Day will be **Monday April 7 @ 10 a.m.** at SCR.

Bring a cart, wagon, or bag.

Unfortunately we are no longer able to provide delivery for these boxes, and they are first come /first served on distribution day.



We offer several amazing exercise classes with JoAnn here at our center each week!

Tuesdays @ 12:30 p.m. **Stability & Strength**

Wednesdays @ 12:30 p.m.: **Gentle Yoga**


Fridays @ 12:30 p.m.: **Tai Chi**

Please note: A few generous donors have stepped up to cover some of the instructor costs so that we can continue to offer these classes in 2025! We are so grateful for their contributions. While not required, we do appreciate donations to help cover the costs of these sessions – if you regularly attend one of these classes, a suggested donation of \$15 per month per class is not required but much appreciated. Hope you can join us – the classes are FUN and no experience necessary! Thanks again to our some of our generous seniors that are helping to support these sessions.



Sure, April has April Fool's Day and Earth Day and Easter, but this month *Seniors in Touch* is celebrating **National Pillow Fight Day**, which is on April 5th! Your mission is not to count pillows, but count how many pillow **feathers** are flying around this newsletter. We counted 33. Clean your glasses, this might be a tough one.

Stay tuned: SCR is currently working on a long-term sustainability plan that will merge SCR and Benjamin Rose, creating a more stable future for SCR to continue as a resource for Old Brooklyn seniors. Benjamin Rose has supported the aging journeys of adults since 1908, and their focus is the development and delivery of accessible, centralized programs and services. Benjamin Rose will join us on **Wednesday, April 2nd @ 10:00** to share more about their organization and what it will mean for us here at SCR. Please make plans to attend.



As a general guideline, activity times listed are when the activity will **start**. Pickups for most regular activities will usually start around **8:30 a.m.**

APRIL SHOPPING SCHEDULE

Mon April 7	Walmart Brookpark
Mon April 14	Walmart Steelyard
Mon April 21	Midtown
Mon April 28	Walmart Brookpark

Tuesdays

Drug Mart
Dollar Tree
Save A Lot

Thursdays

Ridge Park Square
(includes Giant Eagle on Biddulph)

* Whatever store you are dropped off at will be the store where you are picked up.


* **Bank and pharmacy trips** will be scheduled for Thursdays during Bingo from 12:30 –1pm.

SCR Transportation Guidelines

*** TWO BAG LIMIT rule has not changed!**

*

Transportation is available to any resident of Old Brooklyn (and some surrounding areas) who is age 60+ and ambulatory. Our vans are wheelchair accessible, but we do not provide escort service.



Today We Honor Transit Workers Everywhere

Our SCR drivers are the BEST!
DALE DANNY ED
STEVE LARRY ALLEN

National Transit Employee Appreciation Day !!

Several of our clients celebrated our SCR Drivers last month for Transit Worker Appreciation Day. We are so grateful for all our drivers do. Thank you to **Dale, Danny, Ed, Larry, Steve and Al.**

Save the date: The Cleveland Department of Aging will be hosting the 35th Annual Senior Day on **Wednesday May 21 @ 10 a.m.** at Cleveland Public Hall. This event is free and open to all seniors! The day includes an info fair, program, lunch and entertainment. For more information, go to: ClevelandOhio.gov/city-hall/departments/aging



On **Friday April 11 @ 10 a.m.**, local community specialist Micki Ray will join us to talk about how the city's **Community Development Department** is working to improve our neighborhood. She can also answer questions about fair housing, consumer affairs, and financial empowerment. Don't miss this chance to learn more about our neighborhood!



We are making regular trips to Planet Fitness on **Tuesday & Thursday mornings at 9 a.m.**, assuming we have at least three clients interested.

We would love to continue to provide winter rides to the gym through the end of this month, but we can only do so if we have enough people. Please talk to the SCR Front Desk if you're interested.



Reminder: The Cleveland Department of Aging has a program to help seniors (and adults with a disability) address one home maintenance or home repair need including:

roof replacement or repair, exterior painting, porch repairs or replacements, installation of ramps or lifts, electrical work, accessibility modification, detached garage structural repair, gutter replacement or repair, plumbing repair, broken window repair, cement pathway repair, floor repair, furnace repair and/or replacement and driveway patching/repair. Because the Age Friendly Home Investment Program is a grant, specific documentation is required by the City of Cleveland. Please call **216-664-3757** for more information!



The Cleveland Department of Aging offers outdoor walks all summer long at ten local parks. But did you know: They also offer indoor walking get togethers during the colder months at three local rec centers! All seniors are invited to meet **Wednesday mornings in April at 9:30 a.m.** at Gunning Park Recreation Center (16700 Puritas Ave.). You can take these **FREE** walks at your own pace but with the support of others. Contact Nicole at the Department of Aging at 216-664-6152 with questions about these walks. Next month, the SCR Hiking Club will be re-starting – we are excited to get back outside with you!

On Monday April 28 @ 10:15 a.m., we will continue our Poetry Workshop Series with Lauren. We will read a few poems that are related thematically, then brainstorm some ideas, and then from these ideas we will each write our own poem. Lauren's goal is to show that poetry is accessible, joyful, and surprising. We hope you will join us each fourth Monday of the month!



In addition, in honor of National Poetry Month, we will be going to the South Brooklyn branch of the Cleveland Public Library on Tuesday April 29 @ 10:15 a.m. for a poetry open mic! Feel free to share some of your own work, or a favorite poem written by someone else, or just enjoy listening to others share their love of poetry. National Poetry Month was first recognized in 1996 and celebrates poets' integral role in our culture, and marking poetry's important place in our lives.



Breakfast Bunch:
Friday April 11 @ 10 a.m., Juneberry Table on Lorain, 12 person limit
Lunch Bunch:
Tuesday April 25 @ 11 a.m., Red Robin in Independence, 12 person limit



Celebrate Earth Day with us on **Tuesday April 22 @ 10 a.m.** for some seed bombing. Seed bombing is a method of planting seeds by throwing or dropping balls of soil, compost, clay, and seeds. The clay / dirt protect the seeds from erosion and animals, and when it rains, the seeds will grow roots and sprout!



We will be heading back to the at South Brooklyn branch of the Cleveland Public Library again for some fun spring crafts:

Monday April 7 we will work on a tulip bouquet and **Monday April 14** will be an Earth Day necklace. Both sessions meet at 10:15 a.m. Hope you will join us for these creative, **FREE** outings!

We will be making a trip to the Dittrick Medical History Center at Case Western Reserve University on Euclid Ave. on **Friday April 18 @ 10:30 a.m.** The Center is dedicated to the study of the history of medicine through a collection of rare books, museum artifacts, archives, and images. The museum was established in 1898 and is now housed in CWRU's Allen Medical Library. We will stop for lunch at the afterwards, driver's choice. Give us a call to get signed up: 216-749-5367.



A registered dietician will join us on **Tuesday April 29** for an informative session on nutrition. Hope you can join us for this **FREE** helpful session!



Thanks to new sponsor **Avenue at Brooklyn**, Music Bingo has returned. Join us on the **first Thursday of the month @ 12:30 p.m.!**



On **Tuesday April 8**, join us for a wellness presentation called "Keep Going." This free information session will be presented by At Home Therapies, a company dedicated to providing seniors with high quality rehabilitation services in the comfort of their own home.

APRIL 2025 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
	1 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Cooking w/Cassie 12pm SCR Lunch	2 9am Coffee & Music 10am SCR Update 10am Benjamin Rose mtg 12pm SCR Lunch 12:30pm Gentle Yoga	3 9am Coffee Social 10am Trivia 10:45am Mobile PostOffice 11am Chair Volleyball 12pm SCR Lunch 12:30pm MUSIC Bingo	4 10am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
7 9am Manic Mondays 10am Veggie Box Day 10:15am Library Craft: Tulip Bouquet 12pm SCR Lunch 12:30pm Bingo	8 9am Coffee & Open Studio 9am Crochet Group 10am Wellness Presentation 12pm SCR Lunch 12:30pm Stability & Strength	9 9am Coffee & Music 10am Open Discussion 10am Felting Class 12pm SCR Lunch 12:30pm Gentle Yoga	10 9am Coffee Social 10am Seeds of Literacy 10am Trivia 10am Community Talk 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	11 10am Community Talk 10am Breakfast Bunch: Juneberry Table 12pm SCR Lunch 12:30pm Tai Chi
14 9am Manic Mondays 10:15am Library Craft: Earth Day Necklace 12pm SCR Lunch 12:30pm Bingo	15 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Self Care w/Cassie 12pm SCR Lunch 12:30pm Stability & Strength	16 9am Coffee & Music 10am Open Discussion 10am Felting Class 12pm SCR Lunch 12:30pm Gentle Yoga	17 9am Coffee Social 10am Seeds of Literacy 10am Trivia 10:30am Blood Pressure Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	18 10am Coffee & Netflix 10:30am Medical Museum Trip 12pm SCR Lunch 12:30pm Tai Chi
21 9am Manic Mondays 12pm SCR Lunch 12:30pm Bingo	22 Happy Earth Day 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Earth Day Seed Bombing 12pm SCR Lunch 12:30pm Stability & Strength	23 9am Coffee & Music 10am Open Discussion 10am Felting Class 12pm SCR Lunch 12:30pm Gentle Yoga	24 9am Coffee Social 10am Seeds of Literacy 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	25 10am Coffee & Netflix 11am Lunch Bunch: Red Robin 12pm SCR Lunch 12:30pm Tai Chi
28 9am Manic Mondays 12pm SCR Lunch 12:30pm Bingo 1pm Poetry Workshop	29 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Senior Nutrition Talk 10:15am Poetry Open Mic 12pm SCR Lunch 12:30pm Stability & Strength	30 9am Coffee & Music 10am Open Discussion 10am Felting Class 12pm SCR Lunch 12:30pm Gentle Yoga		



APRIL 2025 WRAAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Roasted Turkey 3 oz *Mashed potatoes ½ c w gravy *Green Beans ½ c W.G. Dinner Roll 2 oz Pears ½ c ALT = CBG RB	2 *Meatballs 3-1 oz * WG Spaghetti ½ c w/ Sce 2 oz *California Blend ½ c *Spinach ½ c /1 Lemon PC Whole Grain White Apricots ½ c ALT = CF T	3 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit 2 oz Fresh grapes 1 c ALT = CBG V	4 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Antigua Blend ½ c *Lima Beans ½ c 2 Whole Grain Wheat Orange ALT = CF TR
7 *Chicken Stew 8 oz *California Blend 1/2 c Whole Grain Dinner Roll 2 oz Apple Juice ½ c Applesauce ½ c ALT = CS RB	8 *Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Mixed Fruit ½ c ALT = CBG T	9 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT = CF RB	10 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Wheat Bread Banana ALT = CBG TR	11 *Vegetable Lasagna 6 oz. *Carrots ½ c *Green Peas ½ c Whole Grain Wheat Pineapple Chunks ½ c Vanilla Wafers 1 oz ALT = CF T
14 *Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Dinner Roll 2 oz Pears ½ c ALT = CS RB	15 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Orange ALT = CBG V	16 *Meatballs 3-1 oz W.G. Sub Roll 2 oz *California Blend ½ c Applesauce ½ c Cranberry juice ½ c ALT = CF T	17 *Lemon Piccata Chicken 3 oz *Brown Rice Pilaf ½ c *Bermuda Blend ½ c *Carrots ½ c Whole Grain White Mandarin oranges ½ c ALT = CBG RB	18 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape juice ½ c ALT = CF TR
21 *Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT = CS TR	22 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Carrots ½ c Vanilla Wafers 1 oz Apricots ½ c ALT = CBG RB	23 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c ALT = CF T	24 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun 2 oz Banana ATL = CBG TR	25 *3 oz Corned Beef Horseradish Sauce 1 PC Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT = CF T
28 *Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain Wheat Peaches ½ c ALT = CS T	29 *Sloppy Joe 3 oz. *Sweet Potatoes ½ c *Corn ½ c Whole Grain Bun 2 oz Fruit Cocktail ½ c ALT = CBG T	30 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Wheat Bread Orange ALT = CF TR	Choice of 1% Milk or Buttermilk, or Calcium fortified Juice * =Take Temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

Western Reserve Area Agency on Aging - 2025

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

Please keep in mind, our monthly menu is determined by Western Reserve Area Agency on Aging, and while it is almost always accurate, it is always subject to change.



Happy
April
Fool's Day!



**DANNY the DRIVER'S
JOKE OF THE MONTH**

Two factory workers are talking. The woman says, "I can make the boss give me the day off." The man replies, "And how would you do that?" The woman says, "Just wait and see." She then hangs upside-down from the ceiling. The boss comes in and says, "What are you doing?" The woman replies, "I'm a light bulb." The boss then says, "You've been working so much that you've gone crazy. I think you need to take the day off." She heads for the exit and the man starts to follow her. The boss says, "Where are you going?" The man says, "I'm going home, too. I can't work in the dark."

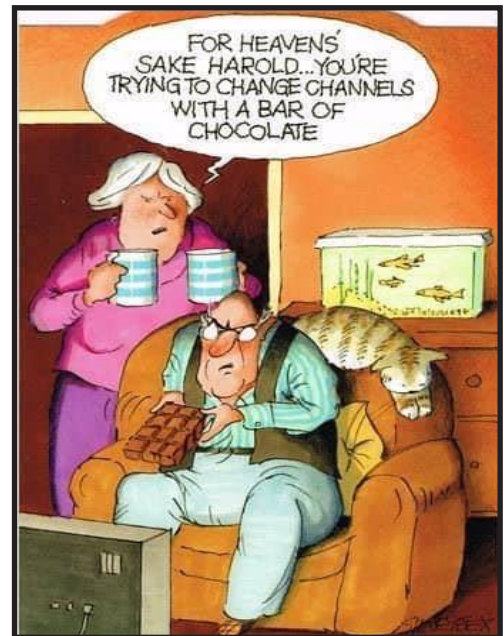


Tom's Trivia

Body Expressions

Fill in the blank space with the body part that completes the two-word phrase.

1. _____-tingling
2. _____-opening
3. _____-curdling
4. _____-tapping
5. _____-crushing
6. _____-raising
7. _____-rending
8. _____-dropping
9. _____-boggling
10. _____-watering



What do you call
cheese that's not
yours?

NACHO CHEESE!

ANSWERS ON BACK PAGE



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**DATED MATERIAL
 PLEASE DO NOT DELAY**

**Our Front Desk Receptionist is on duty weekdays 8:30 a.m. - 2:00 p.m.
 For questions, appointment scheduling, or activity signup,
 please call during these hours.**

**Next blood pressure screening & glucose level monitoring:
 Thursday April 17 @ 10:30 a.m.
 Next Post Office on Wheels @ SCR:
 Thursday April 3 around 10:45 a.m.**

Looking Ahead:



- In observance of Older Americans Month (May), we will focus on this year’s theme “Flip the Script on Aging” by doing some exercises on stereotyping and discussing what you’d like other age groups to know about seniors!
- We will be wrapping up both Seeds of Literacy and Planet Fitness in April, as we get ready for Hiking and Nature Clubs starting in May! Stay tuned for more details.

If you receive a newsletter while you are at the center, or with a meal delivery, please let us know if you are willing to be removed from our mailing list. It is expensive to create, print, process, and mail our newsletters each month! Also keep in mind, you can always access the newsletter early via e-mail, on our website (seniorcitizenresources.org) or Facebook page (Senior Citizen Resources - Old Brooklyn).

TRIVIA ANSWERS

- | | |
|-----------------|----------------|
| 1. Spine | 8. Jaw |
| 2. Eye | 9. Mind |
| 3. Blood | 10. Mouth |
| 4. Toe | |
| 5. Bone | |
| 6. Hair | |
| 7. Heart | |



Seniors in Touch
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