

# Seniors

# March 2025

# in Touch



**Senior Citizen Resources**

Serving persons 60 & over  
in Old Brooklyn  
for 54 years

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



SCR offers transportation weekdays between 8:30 a.m. – 2:30 p.m. If you have an appointment outside of those hours, or if our schedule is already full, Senior Transportation Connection is another option.

STC is for Cleveland residents 60 & older that have limited options for transportation and have pre-registered with the Cleveland Department of Aging. STC will provide one round trip or two one-way trips per week, at a fee of \$1.25 per one-way trip. Their service is available weekdays 8:30 a.m. – 4 p.m. and must be scheduled at least three days in advance. Medical-related trips are given priority and must be located within Cuyahoga County. Personal shopping & errand trips must be within the city of Cleveland and 8 miles or less each way.

Other notes about STC:

- Seniors must first register with the Cleveland Department of Aging by calling **216-664-2833**. Name, address, phone, and emergency contact info is required. This phone call will take about 10 minutes, and registration process should be complete in about five business days.
- Once registered, riders call **216-265-1489** to schedule a ride (at least three working days in advance, and up to three weeks ahead of time). Riders will receive an automated phone call conformation the day before their scheduled trip.
- Riders should be ready 10 minutes before pickup time, and should allow for traffic or other delays.
- Riders can have a personal care assistant (PCA) or escort with them at no additional fee, but this info must be provided when scheduling the ride.
- The fare is \$1.25 per one-way trip; drivers are not permitted to make change or accept tips.
- For shopping trips, there is a five bag limit.
- To cancel a ride, clients should call **216-265-1489** the day before their scheduled trip. Cancelling a trip on short notice will be considered a “no show.”

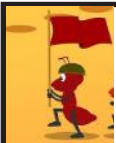


Join us for a St. Patrick's Day celebration on **Monday March 17**. All other

activities will be cancelled this day. Feel free to bring in a holiday snack or treat to share. Hope you can be there for some SCR holiday fun!

We will be making a trip to the main downtown branch of the Cleveland Public Library on **Monday March 31 @ 10 a.m.**

We will enjoy *The BAND* (an interactive art installation that brings together large autonomous robots that engage visitors through sound, movement, and technology!), then tour the Louis Stokes Wing with Mr. Spencer. Afterwards we will stop at City Diner for lunch. Talk to the SCR Front Desk to get signed up.



It's March, which has 31 days, so we're putting 31 marchers of all sorts in this month's newsletter. Can you find them all?

**Coming in April: The Fiber Art of Felting**

We invite you to explore the diverse realm of felting in this upcoming class. Participants will have the opportunity to learn how felting can serve as an alternative to traditional painting, as well as a medium for creating sculptures and wearable art. At the conclusion of the class, an exhibition will be held to showcase the remarkable works produced by the participants.



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.**

**MARCH SHOPPING SCHEDULE**

- Mon March 3 Midtown
- Mon March 10 Walmart Brookpark
- Mon March 17 Walmart Steelyard
- Mon March 24 Midtown

**Tuesdays**

Drug Mart  
Dollar Tree  
Sav A Lot

**Thursdays**

Ridge Park Square  
(includes Giant Eagle  
On Biddulph)

\* Whatever store you are dropped off at will be the store that you are picked up from.

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



shutterstock.com - 80618884

**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.



We are making regular trips to Planet Fitness on **Tuesday & Thursday mornings at 9 a.m.**, assuming we have at least 3 clients interested.

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

We will be continuing transportation to the Seeds of Literacy program. This nonprofit offers FREE one-on-one tutoring in basic reading and writing skills (along with GED test prep) on West 25th. Classes are every **Tuesday and Thursday at 10 a.m. thru April**. Several of our seniors really enjoyed these classes last winter and we are glad we have another group back at Seeds of Literacy again.



**FEBRUARY ART SHOW!!**



Our resident artists, seen gathered around their art works with their instructor, Bernadette, put on a great show in February with works inspired by the Four Elements of Nature: Water, Earth, Wind, and Fire.

**Our next free Veggie Box Day will be Monday March 3 @ 10 a.m. at SCR. Bring a cart, wagon, or bag.**



The Cleveland Department of Aging has a program to help seniors (and adults with a disability) address one home maintenance or home repair need. The program will also assist with referrals to other home repair programs. Repairs may include: 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.

To qualify, applicants:

- Must be a low or moderate income Cleveland homeowner aged 60+, or an adult receiving disability.
- Must be a single or two-family home that the applicant owns and resides in.
- Property taxes are current or applicant is on a payment plan.
- Property must not be in foreclosure or Bankruptcy
- Must have not received prior service from the Age Friendly Home Investment Program

For those selected, a further assessment will be completed by a contractor to determine and/or verify your repair needs. The contractor will inspect the interior and exterior of your home and determine the most critical repair needs.

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!



On Monday March 24 @ 10 a.m., we will continue our Poetry Workshop Series with Lauren. We will read a few poems that are

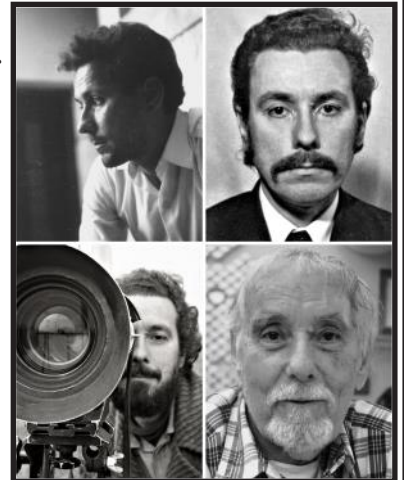
related thematically, then brainstorm some ideas, and then from these ideas we will each write our own poem. Lauren's goal is to show that poetry is accessible, joyful, and surprising. We hope you will join us!



**DON'T FORGET!**

During the week of March 10 - 14, SCR will feature a special exhibit of photos captured by one of our clients, photographer **Eugeniu Lupu!**

Eugeniu began as a professional filmmaker and photographer in his native Romania before he emigrated to the U. S. in 1991. His stunning portraits, still lifes, and landscapes have been featured in exhibits internationally. This art show will include a sampling of his work from around the world. Eugeniu lives in Old Brooklyn, has been an active member at SCR since last spring, and still continues his photography work today. Join us to enjoy this special exhibit!





**Breakfast Bunch: Friday March 28 @ 10am** Cracker Barrel on Tiedeman  
**Lunch Bunch: Friday March 14 @ 11am** Slyman's Tavern in Independence



Join us for a presentation on **Tuesday March 4 @ 10 a.m.** from McGregor Pace.

McGregor Pace provides extra support that some seniors need to continue to live at home independently – come to learn more about what they have to offer.

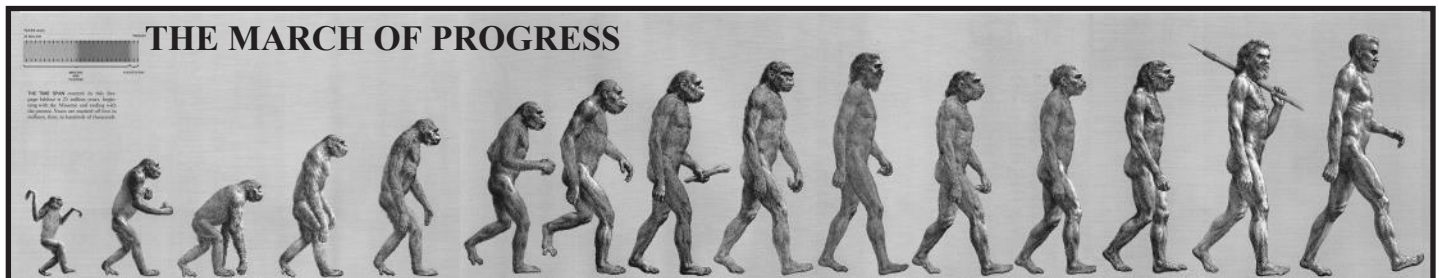
**On Wednesday March 19 @ 10 a.m.,** we will have a session on Breast Cancer Prevention, presented by Angels Care Home Health. Hope you can join us for this FREE informative talk.



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.




Our client Lynn Podoll will talk to us on **Friday March 21 @ 10 a.m.** about recycling! Hope you can join us to get more info about recycling options in our area.



We will be attending a Digital Literacy Internet Basics Workshop at the Brooklyn Branch of the Cuyahoga County Library on Wednesday **March 12 @ 10 a.m.** This event is only open to those that pre-registered. Box lunches will be provided for those attending.

# MARCH 2025 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9am Manic Mondays 10am Veggie Box Day 12pm SCR Lunch 12:30pm Bingo	<b>4</b> 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am McGregor Pace Talk 12pm SCR Lunch 12:30pm Stability & Strength	<b>5</b> 9am Coffee & Music 10am Open Discussion 12pm SCR Lunch 12:30pm Gentle Yoga	<b>6</b> 9am Coffee Social 10am Trivia 10:45am Mobile PostOffice 11am Chair Volleyball 12pm SCR Lunch 12:30pm MUSIC Bingo	<b>7</b> 10am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
<b>10</b> 9am Manic Mondays 12pm SCR Lunch 12:30pm Bingo All week: Lupu exhibit	<b>11</b> 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Cooking w/Cassie 12pm SCR Lunch 12:30pm Stability & Strength	<b>12</b> 9am Coffee & Music 10am Open Discussion 10am Internet Workshop 12pm SCR Lunch 12:30pm Gentle Yoga	<b>13</b> 9am Coffee Social 10am Seeds of Literacy 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	<b>14</b> 10am Coffee & Netflix 11am Lunch Bunch: Slyman's Tavern 12pm SCR Lunch 12:30pm Tai Chi
<b>17</b> <b>St. Patrick's Day</b> 12pm SCR Lunch	<b>18</b> 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 12pm SCR Lunch 12:30pm Stability & Strength	<b>19</b> 9am Coffee & Music 10am Open Discussion 10am Breast Cancer Talk 12pm SCR Lunch 12:30pm Gentle Yoga	<b>20</b> 9am Coffee Social 10am Seeds of Literacy 10am Trivia 10:30am Blood Pressure Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	<b>21</b> 10am Coffee & Netflix 10am Recycling Talk 12pm SCR Lunch 12:30pm Tai Chi
<b>24</b> 9am Manic Mondays 10am Poetry Workshop 12pm SCR Lunch 12:30pm Bingo	<b>25</b> 9am Coffee & Open Studio 9am Crochet Group 10am Seeds of Literacy 10am Cooking w/Cassie 12pm SCR Lunch 12:30pm Stability & Strength	<b>26</b> 9am Coffee & Music 10am Open Discussion 12pm SCR Lunch 12:30pm Gentle Yoga	<b>27</b> 9am Coffee Social 10am Seeds of Literacy 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	<b>28</b> 10am Coffee & Netflix 10am Breakfast Bunch: Cracker Barrel 12pm SCR Lunch 12:30pm Tai Chi
<b>31</b> 9am Manic Mondays 10am Library Tour 12pm SCR Lunch 12:30pm Bingo				

# MARCH 2025 WRAAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 *Salisbury Steak 3 oz w/ *Gravy 2 oz. *W.G. Noodles ½ c *Green Beans ½ c *Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c ALT = CS TR	4 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas **W.G. Cereal Bar 1 oz Pineapple ½ c ALT = CBG RB	5 *Vegetable Lasagna 6 oz *Carrots ½ c *Succotash ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz. ALT = CF T	6 *BBQ Chicken Breast 3 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G Buttermilk Biscuit 2 oz Banana ALT = CBG V	7 *Breaded Fish 4 oz Tartar Sauce 1 PC *Cole Slaw ½ c *Potato Wedges ½ c W.G. Hamburger Bun Scalloped Apples ½ c ALT = CF TR
10 *Breaded Chicken Patty 3 oz Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun 2 oz Sliced Pears ½ c ALT = CS V	11 *Beef Lasagna 6 oz *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT = CBG T	12 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c ALT = CF RB	13 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Sweet Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Cranberry Juice ½ c ALT = CBG TR	14 *Cheese Ravioli 6 oz *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz Mandarin Oranges ½ c ALT = CF T
17 *3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c ALT = CS RB	18 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c W.G. Corn Bread 2 oz Pears ½ c ALT = CBG TR	19 *Lemon Gravy 2 oz/ Chicken 3 oz *Brown Rice ½ c Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Orange ALT = CF V	20 *Swedish Meatballs 3-1 oz w/Gravy 2 oz./ *Noodles ½ c *California Blend ½ c Sautéed Mushrooms ½ c Whole Grain White Sliced Peaches ½ c ALT = CBG T	21 2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Sliced Pears ½ c ALT=CF TR
24 *Beef Sloppy Joe 4 oz *Cauliflower ½ c *Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c ALT = CS TR	25 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c, Zucchini ½ c Dinner Roll 1 oz Pears ½ c ALT = CBG RB	26 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Key Largo ½ c W. G. Dinner Roll 2 oz Banana ALT = CF T	27 *Beef Meatloaf w/ Ketchup Glaze 3 oz *Mashed Potatoes ½ c/ 2 oz gravy *Broccoli ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CBG V	28 *Breaded Fish 4 oz Tartar Sauce 1 PC *Green Peas ½ c *Potato Wedges ½ c W.G. Hamburger Bun Grapes 1 c ALT = CF TR
31 *Stuffed Pepper 6 oz w/Sauce 2 oz. *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Mandarin Oranges ½ c ALT = CS TR		Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i>	Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice *=Take Temperature of Milk and all food proceeded by an asterisk	

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.

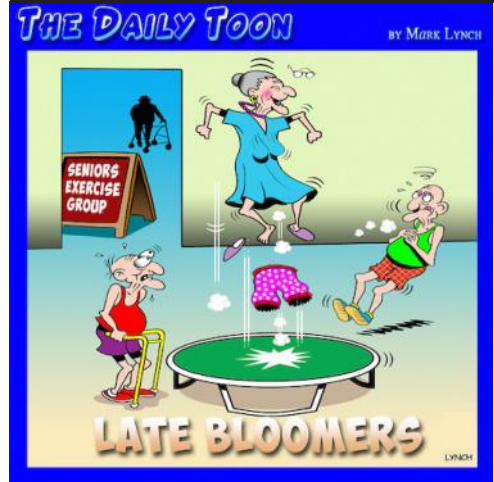
## Grace Hanson's Funny History

The oldest computer can be traced back to Adam and Eve. Surprise! Surprise! It was an Apple - But with extremely limited memory. Just one byte. Then everything crashed!

Via George Neff



## Something NOT seen at SCR's Exercise Classes



Tom's Trivia

Tom insisted we rerun this classic puzzle he and Beverly cooked up for our 2022 newsletter.

A \_\_\_\_\_ AND A \_\_\_\_\_ WENT INTO A \_\_\_\_\_ ON \_\_\_\_\_ 15<sup>TH</sup>. "IT'S \_\_\_\_\_ DAY," YELLED THE LITTLE GREEN MAN. "BARTENDER, GIMME A \_\_\_\_\_ AND \_\_\_\_\_!" FATHER O'BRIEN ORDERED A \_\_\_\_\_ SANDWICH.

FATHER O'BRIEN HELD UP A 3-LEAF \_\_\_\_\_ AND EXPLAINED THE CONCEPT OF THE \_\_\_\_\_, JUST AS \_\_\_\_\_ DID IN \_\_\_\_\_, MANY YEARS AGO.

"LET'S GO DOWNTOWN AND WATCH THE \_\_\_\_\_," HE SAID. "THERE WILL BE BAG \_\_\_\_\_, IRISH \_\_\_\_\_ DANCING AND \_\_\_\_\_, AND IF WE'RE \_\_\_\_\_, SOMEONE WILL SING \_\_\_\_\_ Boy."

"GOOD IDEA," REPLIED THE LITTLE GREEN MAN, AND OFF THEY WENT, SINGING "WHEN IRISH \_\_\_\_\_ ARE \_\_\_\_\_." 😊

**ANSWERS ON BACK PAGE**

**MUSIC**  
BINGO

Thanks to new sponsor Avenue at Brooklyn, Music Bingo will return on the *first Thursday of the month @ 12:30 p.m.* (starting March 6). See you there!



**CRAZY FASHION SHOW!**





Senior Citizen Resources, Inc.  
 3100 Devonshire Road  
 Cleveland, Ohio 44109  
 216-749-5367  
 www.seniorcitizenresources.org

NONPROFIT.ORG  
 U.S. Postage  
**PAID**  
 Cleveland, OH  
 Permit NO. 2841

**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 sign up,  
 please call during these hours.**

Next blood pressure screening & glucose level monitoring:  
**Thursday March 20 @ 10:30 a.m.**  
 Next Post Office on Wheels @ SCR:  
**Thursday March 6 around 10:45 a.m.**

**Looking Ahead:**



- We will make a trip to the Dittrick Medical History Museum in University Circle
- Join us for a great info session on Nutrition!
- 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](http://seniorcitizenresources.org)) or Facebook page (Senior Citizen Resources - Old Brooklyn).

**TRIVIA ANSWERS**

SHAM ROCK	PUB
PIPES	IRELAND
ST. PATRICK'S	DANNY
LUCKY	MARCH
PRIEST	ST PATRICK
LEPRECHAUN	
EYES	GUINNESS
WHISKEY	HOLY TRINITY
PARADE	STEP
JIGS	CORNED BEEF

*Seniors in Touch*  
 Folded and Assembled and Readied to Mail  
 each month by our wonderful volunteers!