

Seniors in Touch

FEBRUARY 2023



February Birth Flower – The Violet



**Senior Citizen
Resources**

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

**Serving persons 60 & over
in Old Brooklyn for
50 years**

Please note, SCR will be closed on Monday Feb 20 in observance of Presidents' Day.



SCR is continuing a trial shopping route aimed at seniors in Ward 12 in conjunction with City Councilwoman Rebecca Maurer. It is free and will run continuously on Wednesdays between 8:30 a.m. – 12:30 p.m. Stops include Spring Hill Villa, Valley Road Villa, Foster Pointe, Broadway Place, Harvard Village; and Giant Eagle, Aldis, and Marcs (Snow Rd). This route ran in the fall and is now back for the winter! We are hoping to reach some new community members that don't use our regular shopping trip routes.



The pool at Estabrook Rec Center on Fulton has reopened! We will be making a trip there on Wednesday Feb 1 @ 9:15 a.m. to take part in Senior Water Walking. Water exercise can help limit arthritis and joint pain, can help increase balance & flexibility while decreasing bone & muscle loss, and can build strength & endurance. Senior Water Walking is available Mondays, Wednesdays, and Fridays from 9:30 – 11:45 a.m., and Saturdays 10 a.m. – 12:30 p.m. The Estabrook Pool also offers Adult Water Walking, Adult Swim, Adult Lap, and Adult Learn to Swim sessions. Come join us on Feb 1 to try out water walking – you can wear anything that is NOT cotton in the pool, and showers are available.

A REMINDER TO THOSE WHO USE OUR TRANSPORTATION SERVICES

We have written this before, but it is *very important* to SCR that all rides are scheduled through our front desk and be made two weeks in advance. Our drivers' schedules can get full and we may not be able to honor last-minute requests. Thank you in advance for remembering this.

**OUR RECEPTIONIST
IS ON DUTY UNTIL 1pm DAILY.**

For questions, appointment scheduling,
or activity sign-up, please call in the morning.



**Over 60?
Struggling to meet
basic needs?**

YOU MAY BE ELIGIBLE FOR PUBLIC BENEFITS
YOU ARE NOT RECEIVING!

HOUSEHOLD SIZE	GROSS MONTHLY INCOME
	\$1,869*
	\$2,518*
	\$3,167*
	\$3,816*

Is your income over these guidelines?
We can help you find pantries and hot meals.

*Effective 10/01/2022- 09/30/2023



WE'RE MOVING!
CALL OUR HELP CENTER
IF YOU NEED IN-PERSON
ASSISTANCE.
216-738-2067
SE HABLE ESPAÑOL.

Serving Ashland, Ashtabula, Cuyahoga, Geauga, Lake, and Richland Counties.

216-738-2067

TEXT "FOOD" to 63566
for information regarding
SNAP (food stamps)
applications, food pantries,
free produce and hot meals.

Scan this QR
Code with
your phone's
camera for
more info!





**Greater Cleveland
Food Bank**
GreaterClevelandFoodBank.org

This project has been funded at least in part with Federal funds from the USDA. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Quality Produce

NEXT PRODUCE GIVEAWAY IS
MONDAY, FEBRUARY 6 at 10am
Bring your carts and shopping bags!



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.**

FEBRUARY SHOPPING SCHEDULE

Mondays, every three weeks

2/6 **WALMART BROOKPARK**
2/13 **WALMART STEELYARD**
2/20 **PRESIDENTS' DAY (CLOSED)**
2/27 **MIDTOWN**

Tuesdays/Thursdays

GIANT EAGLE
MARC'S

Fridays

ALDI'S
DRUG MART
SAV A LOT

SCR Transportation Guidelines

Just a transportation reminder: Please schedule your medical appointments early in the day (8am -2pm) if you require transportation. This will provide greatest availability for a ride, which is not guaranteed until you call and speak with our scheduler/receptionist.

-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.

-Free will 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!



New art class alert! Thanks to our friends at Broadway School of Music & the Arts, Bernadette will be leading an 8-week drawing class on Wednesdays starting Feb 8 @ 10 a.m. – 12 noon.

Talk to our front desk to get signed up!

Cassie has an arts cart out on Wednesdays for crafts at your leisure – new assortment of supplies each week. Ask Cassie for fun ideas or come up with your own creations!

SWEETHEART BREAKFAST

Hope you can be a part of our Sweetheart Breakfast on Tuesday February 14 @ 9 a.m. Cost for this special meal is \$3 per person – you can also choose to buy a breakfast ticket for a friend or Valentine! We will have pancakes, sausage & scrambled eggs. Talk to Cassie to purchase your Sweetheart Breakfast Ticket (tickets will go on sale Monday Feb 6 and will be required to enjoy the breakfast). Feel free to bring in treats or cards to share & exchange with friends that day.

Hope you can be a part of our Sweetheart Breakfast on Tuesday February 14 @ 9 a.m. Cost for this special meal is \$3 per person – you can also choose to buy a breakfast ticket for a friend or Valentine! We will have pancakes, sausage & scrambled eggs. Talk to Cassie to purchase your Sweetheart Breakfast Ticket (tickets will go on sale Monday Feb 6 and will be required to enjoy the breakfast). Feel free to bring in treats or cards to share & exchange with friends that day.

SENIORS SHOW TELL

Show & Tell is back:

Friday Feb 3 @ 10 a.m. – bring in any favorite item, and share some facts or stories about your Object.

We are looking forward to learning more about each other!

We plan to continue Show & Tell on the first Friday of every month going forward.

Cleveland Chore Program

If you need assistance With snow removal, grass cutting, leaf raking, or some indoor chores, the Cleveland Department of Aging may be able to help. Call 216 664-3998 to request an application.



WRITING CLASS ANNOUNCEMENT

The SCR Writing Class has been a great success since we started back in April 2022. Participants have written wonderful essays and stories that will eventually become part of their memoirs.



We are announcing now that the current session of this class will end on April 4, 2023, one year after it began. We will take the summer off and resume in late summer/early fall of 2023. An announcement about the next session will come out closer to its start date. Please consider joining our next session. Everyone has a story to tell, and you are the only one who can tell yours!

Thank you to everyone who has been in the class so far. Your enthusiasm and contributions to it made it a truly rewarding experience for everyone.

LET'S MAKE ALEX PROUD!



SCR had a **Mind Challenge** Trivia Team last year and had so much fun competing in challenges with groups from other local senior centers.

Mind Challenge is a team-oriented tournament that starts in early May - it's really time to start preparing! Teams have 4 – 6 players each, and SCR can have more than one team. Come join us at our regular trivia time (Thursdays at 9 a.m.) as we form our teams and practice with fun weekly trivia!

THE GREAT BIG
HOME
+GARDEN
SHOW

SCR will be making a trip to The Great Big Home & Garden Show at the I-X Center on Tuesday, Feb 7 @ 10 a.m. This is a marketplace where you can shop for home-related products and

services, checkout displays to help inspire your next home project, connect with industry experts, and enjoy informative presentations from home professionals. Tickets are \$13 each (includes a small contribution towards gas). Tickets are \$13 (includes a small donation towards gas), maximum of 12 people. Lunch will be on your own from on-site food vendors.



SCR will be making a trip to the **Money Museum at the Federal Reserve Bank** downtown on Thursday Feb 16 @ 10 a.m. Enjoy some hands-on, interactive exhibits to learn about the history of money, cybersecurity, cash operations, and more. We will stop at Burger King on Memphis Ave. afterwards for lunch. Six person limit for this trip. Please note, we will need to go through security to enter the museum - make sure to bring your ID, and NO bags are allowed inside.



Join us for a Sweets Trip on Thursday Feb 2 at 10a.m.! We will go to Malley's Chocolates, then b.a. Sweetie Candy Company (both of these

Cleveland favorites are on Brookpark Rd.), then stop for lunch at McDonalds on Ridge Rd.

Give us a call to get signed up.



BINGO			
10	18	40	53 74
3	23	37	55 70
15	24	★	51 62
5	30	43	54 65
1	28	33	58 67

Representatives from Aetna Medicare Solutions will be at SCR to call bingo on Thursday Feb 2 and to celebrate February birthdays on Monday Feb 27; Devoted Health will be at SCR for Thursday Feb 23's bingo. See you there!



A small group from SCR enjoyed a really fun & interesting trip to the beautiful Cleveland Public Library downtown in January. We had a great time but didn't get to see everything, so we will be planning a return trip for part two with Librarian Bill Spencer sometime mid-March – stay tuned!



Breakfast Bunch: *Cracker Barrel* on Tiedeman Rd., Wednesday Feb 22 @ 9am
Lunch Bunch: *My Friends* on Detroit Rd. Friday Feb 17 @ 11 a.m.

Please don't forget to **TIP** the hard-working restaurant staff when out for meals – we want to help keep these local restaurants in business, and also want them to welcome SCR groups back! Thank you!

SCR ACTIVITIES - FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
		1 9am Coffee & Music 9:15am Water Walking 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	2 Happy Groundhog Day! 9am Coffee & Trivia 10am Chair Volleyball 10am Sweets Trip 10:15am Mobile Post Office @ SCR 12pm SCR Lunch 12:30pm Bingo	3 9am Coffee & Puzzles 10am Show & Tell 10:30am Movie 11am Music Ball 12pm SCR Lunch
6 9am Coffee & Convo 10am Free Produce 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	7 9am Coffee & Open Studio 9am Crochet Group 10am Home & Garden Show Trip 10am Floor Games 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Workshop	8 9am Coffee & Music 10am Art Class: Drawing 10am Wii & Board Games 12pm SCR Lunch 12:30pm Gentle Yoga	9 9am Coffee & Trivia 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	10 9am Coffee & Puzzles 10:30am Movie 11am Music Ball 12pm SCR Lunch
13 9am Coffee & Convo 10:30am Cards & Games 12pm SCR Lunch 12:30pm MUSIC Bingo	14 Happy Valentine's Day! 9am Coffee & Open Studio 9am Crochet Group 9am Sweetheart Breakfast 10am Floor Games 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Workshop	15 9am Coffee & Music 10am Wii & Board Games 10am Art Class: Drawing 12pm SCR Lunch 12:30pm Gentle Yoga	16 9am Coffee & Trivia 10am Chair Volleyball 10am \$\$ Museum Trip 10:30am Blood Pressure Screenings 12pm SCR Lunch 12:30pm Bingo	17 9am Coffee & Puzzles 10:30am Movie 11am Music Ball 11am Lunch Bunch: My Friends 12pm SCR Lunch
20 SCR Closed: Presidents Day	21 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Workshop	22 9am Coffee & Music 9am Breakfast Bunch: Cracker Barrel 10am Wii & Board Games 10am Art Class: Drawing 12pm SCR Lunch 12:30pm Gentle Yoga	23 9am Coffee & Trivia 10am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	24 9am Coffee & Puzzles 10:30am Movie 11am Music Ball 12pm SCR Lunch
27 9am Coffee & Convo 10:30am Cards & Games 12pm SCR Lunch 12:30pm Bingo	28 9am Coffee & Open Studio 9am Crochet Group 10am Floor Games 12pm SCR Lunch 12:30pm Stretch & Strength 12:30pm Writing Workshop			

February 2023 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of: 1 % Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk.</p>		<p>1</p> <p>*Beef Sloppy Joe 4 oz *Green Peas ½ c *Cauliflower ½ c Whole Grain Bun Sliced Peaches ½ c</p> <p>ALT = CBG T</p>	<p>2</p> <p>*Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana</p> <p>ALT = CBG RB</p>	<p>3</p> <p>*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c</p> <p>ALT = CBG TR</p>
<p>6</p> <p>*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea</p> <p>ALT = CS TR</p>	<p>7</p> <p>*Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c * Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz</p> <p>ALT = CBG RB</p>	<p>8</p> <p>*Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CBG TR</p>	<p>9</p> <p>*Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Orange</p> <p>ALT = CBG RB</p>	<p>10</p> <p>*Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c</p> <p>ALT = CBG T</p>
<p>13</p> <p>*Tomato Basil Chicken 3 oz w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT = CS RB</p>	<p>14</p> <p>*Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT = CBG TR</p>	<p>15</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG RB</p>	<p>16</p> <p>* Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c</p> <p>ALT = CBG T</p>	<p>17</p> <p>*Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT = CBG TR</p>
<p>20</p> <p>PRESIDENT'S DAY</p> <p>Site Closed</p>	<p>21</p> <p>*Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>22</p> <p>*Breaded Fish 3 oz. Tarter Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c</p> <p>ALT = CBG RB</p>	<p>23</p> <p>*Grilled Chicken strips 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c</p> <p>ALT = CBG T</p>	<p>24</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c</p> <p>ALT = CBG RB</p>
<p>27</p> <p>*Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT = CS TR</p>	<p>28</p> <p>*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun, 2 oz Sliced Pears ½ c</p> <p>ALT = CBG RB</p>			<p>Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i></p>

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



MYSTERY WOMAN, THEN AND NOW



This week's "Then and Now" wants you to try to guess who she is? Do you recognize one of your SCR friends in this little girl's face?

Her identity is on the bottom of this page.

Who wants to be the next Then & Now??

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 can hardly wait for more!



Tom's Trivial

A compound word is made up of two smaller words, such as *stopwatch* or *panhandle*. In this game, we provide the first half of one compound word and the second half of another. Can you figure out the one word that completes them both? (If you get stuck, the first letter of the answer is provided in a hint.)

1. Slaughter _____ keeper (hint: h)
2. Butter _____ shake (hint: m)
3. Bed _____ table (hint: t)
4. Child _____ wink (hint: h)
5. Cease _____ fighter (hint: f)
6. Lady _____ nail (hint: f)
7. Whirl _____ breaker (hint: w)
8. Laughing _____ broker (hint: s)
9. Birth _____ kicker (hint: p)
10. Card _____ walk (hint: b)

Anyone remember these old "punny" Valentine's Day cards?



Your editor here at Seniors in Touch got the "PEAS be my PODner" one from Sharon Caputo in second grade and he still remembers it!



Valentine's Day is a very important holiday. It reminds you to take down the Christmas decorations.



THEN AND NOW MYSTERY WOMAN
Norah Rafferty



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

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**DATED MATERIAL
 PLEASE DO NOT DELAY**

**HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY
 MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR 51 YEARS**



Next mobile post office:
 Thursday February 2 around 10:30 a.m.
Next blood pressure screening & glucose level monitoring:
 Thursday February 16 @ 10:30a.m.



We encourage participation in our activities and meals, but if you are sick, please stay home for all our sake. COVID, Flu, RSV are all making the rounds and can be spread easily. If you have any symptoms of cough, cold, fever, or any other symptom, please stay home.

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.