The rose (and the honeysuckle) are flowers that reach their peak during the sixth month of the year and have long been associated with June. Roses are one of the most recognizable flowers, often given as a sign of affection due to the fact that it’s long been a symbol of love. We’ve planted 17 roses throughout this month's newsletter to show our affection for you — can you find them all?

Just a reminder — you can always find our latest newsletter online, both on our website (SeniorCitizenResources.org), and on our Facebook page (Senior Citizen Resources - Old Brooklyn). Let us know if you are tired of waiting to receive your newsletter in the mail – you can access the newsletter online much earlier!

Cassie has been with us for almost exactly a year now, and has gone from receptionist to Activities Director in that time. But we never put her photo in the newsletter when she was hired, so here she is!

SCR would like to introduce Mari as our new receptionist. ¡Se habla español!

Welcome, Mari.

SCR will be going to the Cleveland Metro-Parks Zoo on Friday June 9! Admission will be free for SCR clients and a box lunch will be included. (Please note: the center will be open that day but no other activities will be offered, and congregate meal will not be served. Box lunch and some limited transportation will still be available. No shopping trips on Friday June 9 due to the zoo outing.) Talk to the SCR Front Desk to get signed up for Zoo Day!

Please note, SCR will be closed on Monday June 19 in observance of Juneteenth – a new federal holiday commemorating the emancipation of enslaved African Americans. It is celebrated on the anniversary of General Order No. 3, issued by Major General Granger on June 19, 1865, proclaiming freedom for slaves in Texas.

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signups for June SCR trips & activities will begin on **Tuesday May 30.** Stop in at the SCR Front Desk or give us a call: 216-749-5367 on or after Tuesday May 30, no signups will be taken before that date. Some trips / activities will require a lottery.

SCR will follow Western Reserve Area Agency on Aging guidance to offer meal choice to all clients who participate in the Home Delivered Meal Program or the Congregate Meal Program. SCR will publish the menu provided by WRAAA with listed meal choices in the monthly newsletter, and post in the lunchroom. SCR will inform all clients that they are eligible to choose an alternative meal, if ordered by the Tuesday prior to the week of the meal, by making it part of a regular announcements and reminders in the newsletter. All alternative meals will be served or delivered at regularly scheduled times.

SCR will be hosting an art show on Wednesday June 7 @ 10:30 a.m. to celebrate the work from our past two art classes (Drawing & Ceramics). Come enjoy the beautiful talents of our clients! Snacks will be served.

Gardening offers so many health benefits, especially for seniors (relieve stress and anxiety, improve immune function, maintain mobility and flexibility, and may even reduce the risk of dementia). Fresh air and sunshine really can do wonders for your mood and your health! SCR will once again have space at the beautiful Ben Franklin Community Garden. Talk to Cassie if you’re interested in being part of the gardening group on Thursday mornings this summer!

Our next free produce day will be Monday, June 5 @ 10 a.m. here at SCR. Bring a cart, wagon, or bag. See you there!

**JUNE SHOPPING SCHEDULE**

Mondays, every three weeks

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<th>Date</th>
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<td>6/5</td>
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<td>Walmart Steelyard</td>
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<td>Closed for Juneteenth</td>
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<td>6/26</td>
<td>Midtown</td>
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Tuesdays/Thursdays

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<td>GIANT EAGLE</td>
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Fridays

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* There will be NO Aldis – DrugMart – SavALot trip on Friday June 9 *

**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. – 2:00 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.

Congrats to both of our SCR Trivia Teams, who competed in the 5th Annual Mind Challenge Trivia Competition in Brook Park last month! Regular trivia will continue on Thursdays at 9 a.m.
On June 21 @ 11:00, we will have a speaker from the Better Business Bureau speak on "Top Scams Targeting Older Adults." They will discuss why older adults are targeted, top scams, and how to avoid being scammed. They will include real life examples of scams reported to them and other trending scams in the area.

**Breakfast Bunch:** Dianna’s Deli & Restaurant on W. 117th, Friday June 2 @ 10 a.m. - 12 person max.

**Lunch Bunch:** Canary’s Family Restaurant on Puritas, Thursday June 22 @ 10 a.m. – 12 person max.

**Friday June 23:** Garage Sale Trip with Ed! Pickups will begin around 8:30 a.m. and Ed will find a few good yard sale stops, plus a lunch stop. 10 person max for this trip. Give us a call to get signed up.

SCR will make a trip to the beautiful Cleveland Botanical Garden in University Circle on Tuesday June 6 @ 10 a.m., cost is $19. We should be able to see Costa Rica & Madagascar Glasshouses, and many different gardens including perennial, restorative, inspiration, Japanese, rose, topiary, herb and woodland (both indoors and outdoors). Bring money to grab lunch or a snack from the Garden Café. Previous RSVP & payment required.

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**Thursday June 15:** We will celebrate Dudes’ Day on Thursday June 15 @ 10 a.m! We will enjoy some special snacks and will be making a sculpture craft from recycled materials (thanks to Studio Go, the Cleveland Museum of Art’s mobile art program).

**Wednesday June 14:** SCR will be going to Jamie’s Flea Market, followed by a lunch stop afterwards (driver’s choice). Jamie's has been in South Amherst for over 50 years and has two buildings with an eclectic mix of indoor dealers, plus up to 400 outside vendors. 12 person max for this trip. $3 suggested donation towards extra gas costs.

**Thursday June 22:** SCR will make a trip to the beautiful Cleveland Botanical Garden in University Circle on Tuesday June 6 @ 10 a.m., cost is $19. We should be able to see Costa Rica & Madagascar Glasshouses, and many different gardens including perennial, restorative, inspiration, Japanese, rose, topiary, herb and woodland (both indoors and outdoors). Bring money to grab lunch or a snack from the Garden Café. Previous RSVP & payment required.

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Join the SCR Hiking Group! Being out in nature clears our minds and helps us be healthier. Truly “plugging in” to nature engages all your senses, and recent studies show that spending just 20 minutes per day immersed in the outdoors can lower your heart rate & blood pressure, and improve your mental health. We head out each Tuesday at 10 a.m. (this month we will be going to Lakewood Park starting June 6), and you can hike at your own pace and length. Bring a water bottle and enjoy a SCR box lunch after the walk. We are tracking our miles – come join us and see how many “foot” tokens you can earn! 6 person minimum required for this trip – make sure to RSVP so that we will have a lunch for you. (Tuesday June 20 will be Canalway Center instead of Lakewood Park)

Joann, a certified group fitness instructor of 8+ years, will be back at SCR for both Gentle Yoga and Tai Chi classes in June! Both types of exercise offer so many health benefits, especially for seniors.

No floorwork, and
No experience necessary!

Give us a call to join in on these free classes

Tai Chi will be Fridays @ 12:30 (starting June 2)
Gentle Yoga will return to Wednesdays @ 12:30 p.m. (starting June 7)

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.

SCR will be hosting a Talent Show @ 10 a.m. on Friday June 16! Signup with Cassie ahead of time to participate, but DON’T reveal what your talent will be! We want to be surprised with your special skills. We will be celebrating June birthdays on this day also.

Looking Ahead to July

- SCR will be closed on Tuesday July 4 (but will be open on Monday July 3)
- Tom Strong, medical lecturer and patient advocate, is scheduled to speak at SCR on Thursday, July 6 @ 11:15 a.m. about arthritis.
- Friday July 7 @ 9 a.m.: Peninsula Trip details to follow
- There will be no produce distribution in July.

This month (Friday June 2 @ 10 a.m.), don’t bring in an item, bring yourself and an interesting life story to share. This month’s theme is “All About Me”! Learning about each other helps us to connect and relate to each other better! Join us the first Friday of each month for Show & Tell.
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| **5**  | 9am Coffee & Conv  
10 am Free Produce  
10am S. Brooklyn Library  
10:30am Cards & Games  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Open Studio  
9am Crochet Group  
10am Floor Games  
10am Hiking Group: Lakewood Park  
10am Botanical Garden Trip  
12pm SCR Lunch  
12:30pm Stretch & Strength | 9am Coffee & Music  
9:30am Water Walking  
10am Wii & Board Games  
10:30am Art Show  
12pm SCR Lunch  
12:30pm Gentle Yoga | 9am Coffee & Trivia  
9:30am Commun Garden  
10am Chair Volleyball  
10:15am Mobile Post Office @ SCR  
12pm SCR Lunch  
12:30pm Bingo | 10 a.m. SCR Zoo Day! |
| **6**  | SCR Closed: Juneteenth | 9am Coffee & Open Studio  
9am Crochet Group  
10am Floor Games  
10am Hiking Group: Lakewood Park  
12pm SCR Lunch  
12:30pm Stretch & Strength | Happy Flag Day!  
9am Coffee & Music  
9:30am Water Walking  
10am Jamie’s Market Trip  
10am Wii & Board Games  
12pm SCR Lunch  
12:30pm Gentle Yoga | 9am Coffee & Trivia  
9:30am Commun Garden  
10am Chair Volleyball  
10am Dudes Day  
10:30am Blood Pressure Screenings  
11am Music Ball  
12pm SCR Lunch | 9am Coffee & Puzzles  
10am SCR Talent Show  
10:30am Karaoke  
12pm SCR Lunch  
12:30pm Tai Chi |
| **7**  | 9am Coffee & Conv  
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  
10am Hiking Group: Lakewood Park  
12pm SCR Lunch  
12:30pm Stretch & Strength | Happy Summer!  
9am Coffee & Music  
9:30am Water Walking  
10am Wii & Board Games  
11am Avoiding Scams  
12pm SCR Lunch  
12:30pm Gentle Yoga | 9am Coffee & Trivia  
9:30am Commun Garden  
10am Chair Volleyball  
10am Lunch Bunch: Canary’s  
11am Music Ball  
12pm SCR Lunch  
12:30pm Bingo | 8:30am Garage Sale Trip  
9am Coffee & Puzzles  
10:30am Karaoke  
12pm SCR Lunch  
12:30pm Tai Chi |
| **8**  | 9am Coffee & Conv  
10am S. Brooklyn Library  
10:30am Cards & Games  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Open Studio  
9am Crochet Group  
10am Floor Games  
10am Hiking Group: Canalway Center  
12pm SCR Lunch  
12:30pm Stretch & Strength | 9am Coffee & Trivia  
9:30am Commun Garden  
10am Chair Volleyball  
10am Lunch Bunch: Canary’s  
11am Music Ball  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Trivia  
9:30am Commun Garden  
10am Chair Volleyball  
11am Music Ball  
12pm SCR Lunch  
12:30pm Bingo | 9am Coffee & Puzzles  
10:30am Movie  
12pm SCR Lunch  
12:30pm Tai Chi |
# JUNE 2023 WRAAA MENU

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<th>Monday</th>
<th>Tuesday</th>
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<td>Menu Approved By:</td>
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<td>Ann Stahlkeber MS, RDN, LD</td>
<td>*=Take Temperature of Milk and all food proceed by an asterisk</td>
<td>Choice of 1% Milk or Buttermilk</td>
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<td>*Breaded Fish 4 oz Tartar Sauce 1 PC</td>
<td>*Stuffed Cabbage 6 oz w/Sauce 2 oz</td>
<td>Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut 1/2 c Thousand Island Dressing 1 PC</td>
<td>*Chicken Cacciatore 3 oz *W.G. Spaghetti 1/2 c w/Sauce 2 oz</td>
<td>*Chicken and Gravy 3 oz W.G. Biscuit, 2 oz</td>
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<td>Brown Rice 1/2 c</td>
<td>*Mashed Potatoes 1/2 c</td>
<td>*Mixed Vegetables 1/2 c Whole Grain Dinner Roll 2 oz *Applesauce 1/2 c</td>
<td>*Peppers and Onions 1/2 c *Carrot coins 1/2 c Dinner Roll, 1 oz Apricots 1/2 c</td>
<td>*Chicken and Gravy 3 oz W.G. Biscuit, 2 oz</td>
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<td>Zucchini 1/2 c Carrots 1/2 c 1 Whole Grain Wheat Peaches 1/2 c</td>
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<td>*Hamburger 3 oz Mustard &amp; Ketchup 1 PC ea.</td>
<td>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz</td>
<td>*BBQ Chicken Breast 3 oz *Macaroni and Cheese 1/2 c *Red Cabbage 1/2 c *Green beans 1/2 c W.G. Corn Muffin, 1 oz Mixed Fruit 1/2 c</td>
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<tr>
<td>*Baked Beans 1/2 c</td>
<td>*Mashed Potatoes 1/2 c *Green Peas 1/2 c</td>
<td>*Ground Beef 1/2 c</td>
<td>*Ground Beef 1/2 c</td>
<td>*Tuna Salad 3 oz</td>
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<td>*Seasoned Potato Wedges 1/2 c</td>
<td>W.G. Hamburger Bun, 2 oz Pears 1/2 c</td>
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<td>*3 Bean Salad 1/2 c *Coleslaw 1/2 c</td>
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<td>*Beef Stew 1 oz</td>
<td>*California Blend 1/2 c *Whole Grain Dinner Roll 2 oz *Apple Juice 1/2 c *Banana</td>
<td>*Chicken Cordon Bleu 3 oz *Mashed Potatoes 1/2 c w/gravy *Carrot Coins 1/2 c Whole Grain Dinner Roll, 2 oz Tropical Fruit 1/2 c</td>
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<td>*W.G. Spaghetti 1/2 c w/Sauce 2 oz *Antigua Blend 1 c *Garlic Bread, 1 oz Peaches 1/2 c</td>
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<td>Juneteenth Site Closed</td>
<td>*Meatballs 3-1 oz W.G. Spaghetti 1/2 c w/Sauce 2 oz *Antigua Blend 1 c *Garlic Bread, 1 oz Peaches 1/2 c</td>
<td>*Chicken Alfredo 3 oz *Sauce 2 oz *Noodles 1/2 c *Broccoli 1/2 c *Capri Blend 1/2 c</td>
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<td>*1 Whole Grain Wheat Diced Pears, 1/2 c</td>
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Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast
Thank you, Ms. Moto Lady, for contributing a photo for this month. We will reveal her identity in next month’s newsletter. Who wants to be next? Certainly you have a picture of yourself when you were younger. We’d love to see it and have some fun figuring out who it is! Let Jim (or Tina or Cassie) know.

Does anyone recognize this Easy Rider? It’s a little blurry because she rode so fast!

It’s James Batsky!

It’s Amy Vaughn!

---

What a Pair

Harvard and Yale, Thunder and Lightning, Coke and Pepsi are all common pairs ... but what about Wonder and Perrier? If you redefine Wonder and Perrier correctly, you’ll come up with the more familiar pairing Bread and Water. How many familiar pairs can you make from the clues below?

1. Mr. Brokaw ... and Mr. Springer

2. A mixed fruit juice drink ... and Ms. Garland

3. Mr. Flintstone ... and a root spice that makes delicious cookies

4. Comic actress Ms. White ... and 1940s femme fatal Ms. Lake

5. Mr. Franklin, for short ... and Mr. Lewis, Dean’s former partner

6. Mongrel dog ... and Mr. Foxworthy

7. Mr. Cavett ... and Ms. Fonda

8. Mr. Kerouac ... and Ms. St. John

9. William _________, founder of the Keystone State ... and the person who serves customers in a bank

10. Mr. Gibson or Kuralt ... and Ms. Ross of the Supremes.

11. Where cows and sheep sleep ... and belonging to the aristocratic class or showing high moral principles

Answers on back page!
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 mobile post office: Thurs June 1 around 10:30 a.m. 
Next blood pressure screening & glucose level monitoring: Thurs June 15 @ 10:30 a.m.

PUZZLE ANSWERS

1. Tom and Jerry
2. Punch and Judy
3. Fred and Ginger
4. Betty and Veronica
5. Ben and Jerry
6. Mutt and Jeff
7. Dick and Jane
8. Jack and Jill
9. Penn and Teller
10. Charles and Diana
11. Barnes and Noble

Summer officially begins this month, on June 21st

* 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. *