Some of our intrepid seniors braved the cold and snow to make a snowman to greet all our visitors here at SCR.
Local Pet Care Resources for You!

Neighborhood Pets Outreach & Resource Center
3711 E. 65th Street in Slavic Village neighborhood
216-505-5853; in-
fo@neighborhoodpetscle.org
Hours: Tuesday 12 - 4 p.m., Thursday 12 - 4 p.m., and Saturday 10 a.m. – 2 p.m.
They offer:
-Pet food pantry
-Low cost vaccine and microchip clinics
-Spay/neuter program, flea and dewormer treatments
-Discounted pet supplies including leashes, collars, ID tags, treats, and toys
To qualify:
-must live in Cleveland or East Cleveland
-must have total household income less than 150% of the federal poverty guidelines
-must be able to show ID and proof of address

Cleveland Animal Protective League: Project CARE (Community Animal Retention Effort)
1729 Willey Ave.
216-255-5012; projectCARE@clevelandapl.org
They offer:
-Low-cost spay/neuter
-One-time emergency medical assistance through Peticaid program (restrictions apply)
-Low-cost preventative flea treatment
-Counseling help with behavioral and medical needs and general care guidance
-Resource referrals to other programs
-Emergency assistance with pet food on as needed basis
To qualify:
-pet owners must be a Cleveland resident and receiving government assistance

Platinum Pooch Grooming
4196 Pearl Road, across the street from SCR
440-728-5805
Hours: Tuesday – Saturday (closed Sunday & Monday)
Offers many services for cats & dogs, including nail trimming for $10

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

Signups for March SCR trips & activities will begin on Tuesday Feb 28. Stop in at the SCR Front Desk or give us a call: 216-749-5367 on or after **Tuesday Feb 28**, no signups will be taken before that date. Some trips / activities will require a lottery.

MARCH SHOPPING SCHEDULE

Mondays, every three weeks

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>3/6</td>
<td>WALMART BROOKPARK</td>
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<tr>
<td>3/13</td>
<td>WALMART STEELYARD</td>
</tr>
<tr>
<td>3/20</td>
<td>MIDTOWN</td>
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<tr>
<td>3/27</td>
<td>WALMART BROOKPARK</td>
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Tuesdays/Thursdays

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<tr>
<td>GIANT EAGLE</td>
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<tr>
<td>MARC’S</td>
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<td>DRUG MART</td>
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<tr>
<td>SAV A LOT</td>
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*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. – 1:30 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.

Please search for our Facebook page: "Senior Citizen Resources - Old Brooklyn" and make sure to ‘like’ and ‘follow’ us!
FREE TREE PLANTING
If you are a homeowner in Old Brooklyn and would like a tree planted this spring, visit: www.oldbrooklyn.com/tree

On March 16th at 10:45, Tom Sawyer from Cleveland Sight Center (CSC) will be here for a presentation. Tom works to educate the community about CSC programs and services. He will be talking about ways to minimize the potential risk for vision issues in addition to providing tips and techniques which includes fall prevention ideas that may help any older adult or anyone who is currently having any degree of difficulty seeing to do what they need to do. Tom has worked with thousands of people since 2008 and is always happy to tell people about the many ways CSC gives hope and offers help.

Breakfast Bunch:
Rowley Inn in Tremont, Thursday March 2 @ 9 a.m.: 10 people max
Lunch Bunch:
Slyman’s Deli on St. Clair Ave., Tuesday March 28 @ 11 a.m.: 10 people max

Please don’t forget to TIP the hardworking 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 LOVES LIBRARIES!

SCR is going to start making weekly trips to the South Brooklyn Branch of the Cleveland Public Library (CPL.org) at the intersection of Pearl & State Roads. We will go the first three Mondays of the month at 10 a.m. On the fourth Monday of the month @ 10 a.m., we will go to Brooklyn Branch of Cuyahoga County Public Library (CuyahogaLibrary.org) on Ridge Road. These libraries have a lot to offer – join us!

We had a great trip to the main Cleveland Public Library downtown in January, but we didn’t get to see everything! We are going back for part two of our tour on Tuesday March 14 @ 11 a.m. Bill Spencer has been a librarian for 18 years and will show us some of the library’s collections and artifacts, teach us about the architecture of the building, and much more. This tour may include some walking and steps. We will stop at Hecks Café on Bridge Ave. afterwards for lunch. 12 person max for this trip.

SCR will be heading to the West Park branch of the Cleveland Public Library (W. 157th Street) in the Kamms Corners neighborhood on Thursday March 23 @ 10 a.m. This library just finished a big renovation and will be hosting a Senior Day Showcase: “Healthy Body & Healthy Mind, Helping Seniors Live Their Best Life.” The day will include interactive workshops, an information fair, library resources and free lunch. Give us a call to get signed up.

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 Marc’s (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.

Show & Tell @ SCR: Friday March 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! Show & Tell is the first Friday of the month.

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Thanks to our friends at Broadway School of Music & the Arts, we are continuing our very popular partnership through the spring! Drawing Class with Bernadette, Wednesdays at SCR through the end of March. We are also excited to kickoff a 9-week Ceramics Class with Mark on Wednesday April 5! Stay tuned for more info – signups will begin in late March.

SCR will go to the Avenue at Brooklyn Care & Rehabilitation Center (Idlewood Dr. in Brooklyn) on Thursday March 9 @ 10 a.m. We will be touring the new facility and enjoying a brunch in their dining room. Max of 12 people for this trip; talk to the front desk to get signed up.

SCR will be making a trip to the Crawford Auto Aviation Museum in University Circle on Friday March 10 @ 10 a.m. The impressive collection includes over 170 antique automobiles, 12 aircraft, and motorcycles, boats, and carriages! The museum also has automobile brochures, owner’s manuals, advertisements, and more. The Western Reserve Historical Society is celebrating the museum’s 80th anniversary this year! Senior tickets are $13, but admission is only $3 if you show a SNAP card. A ride on the Euclid Beach Park Grand Carousel is included with your ticket. We will stop for lunch at Dina’s Pizza and Pub on Memphis afterwards.

Now that the pool at Estabrook Rec Center on Fulton has re-opened, SCR will be making regular trips there on Wednesdays @ 9:30 a.m. for 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! Come join us on Wednesday mornings – you can wear anything that is NOT cotton in the pool, and showers are available. The Estabrook Pool also offers Adult Water Walking, Adult Swim, Adult Lap, and Adult Learn to Swim sessions.

Come join us for Gentle Yoga, here at SCR Wednesdays @ 12:30 p.m. We offered a successful trial session of this class and we are excited to be continuing with a new session with JoAnn, now through April 5. Practicing yoga offers so many benefits, including:

- Strengthened bones
- Reduced stress & anxiety
- Improved sleeping habits
- Enhanced balance, flexibility, mobility and strength

No experience necessary! This class does NOT include any floorwork. Come join us Wednesdays at 12:30!
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>9am Coffee &amp; Convo</td>
<td>9am Coffee &amp; Open Studio</td>
<td>9am Coffee &amp; Music</td>
<td>9am Coffee &amp; Trivia</td>
<td>9am Coffee &amp; Puzzles</td>
</tr>
<tr>
<td>10am Free Produce</td>
<td>9am Crochet Group</td>
<td>9:30am Water Walking</td>
<td>9am Breakfast Bunch: Rowley Inn</td>
<td>10am Show &amp; Tell</td>
</tr>
<tr>
<td>10am S Brooklyn Library</td>
<td>10am Floor Games</td>
<td>10am Wii &amp; Board Games</td>
<td>10am Chair Volleyball</td>
<td>10am Auto Museum</td>
</tr>
<tr>
<td>10:30am Cards &amp; Games: Texas Hold'em</td>
<td>12pm SCR Lunch</td>
<td>10am Art Class: Drawing</td>
<td>12pm SCR Lunch</td>
<td>10am Movie</td>
</tr>
<tr>
<td>12pm SCR Lunch</td>
<td>12:30pm Stretch &amp; Strength</td>
<td>12pm SCR Lunch</td>
<td>12pm SCR Lunch</td>
<td>11am Music Ball</td>
</tr>
<tr>
<td>12:30pm Bingo</td>
<td>12:30pm Writing Workshop</td>
<td>12:30pm Gentle Yoga</td>
<td>12:30pm Bingo</td>
<td>12pm SCR Lunch</td>
</tr>
</tbody>
</table>

**6**
- 9am Coffee & Convo
- 10am Free Produce
- 10am S Brooklyn Library
- 10:30am Cards & Games: Texas Hold'em
- 12pm SCR Lunch
- 12:30pm Bingo

**7**
- 9am Coffee & Open Studio
- 9am Crochet Group
- 9:30am Water Walking
- 10am Wii & Board Games
- 10am Art Class: Drawing
- 12pm SCR Lunch
- 12:30pm Stretch & Strength
- 12:30pm Writing Workshop

**8**
- 9am Coffee & Music
- 9:30am Water Walking
- 10am Wii & Board Games
- 10am Art Class: Drawing
- 12pm SCR Lunch
- 12:30pm Gentle Yoga

**9**
- 9am Coffee & Trivia
- 9am Breakfast Bunch: Rowley Inn
- 10am Chair Volleyball
- 10:15am Mobile Post Office @ SCR
- 12pm SCR Lunch
- 12:30pm Bingo

**10**
- 9am Coffee & Puzzles
- 10am Show & Tell
- 10:30am Movie
- 11am Music Ball
- 12pm SCR Lunch

**11**
- Happy St. Patrick's Day!
- 9am Holiday Party
- 11am Music Ball
- 12pm SCR Lunch

**12**
- Happy Spring!
- 9am Coffee & Convo
- 10am S Brooklyn Library
- 10:30am Cards & Games: Texas Hold'em
- 12pm SCR Lunch
- 12:30pm MUSIC Bingo

**13**
- 9am Coffee & Open Studio
- 9am Crochet Group
- 10am Floor Games
- 11am Cleveland Library
- 12pm SCR Lunch
- 12:30pm Stretch & Strength
- 12:30pm Writing Workshop

**14**
- 9am Coffee & Convo
- 9am S Brooklyn Library
- 10:30am Cards & Games: Texas Hold'em
- 12pm SCR Lunch
- 12:30pm Bingo

**15**
- 9am Coffee & Music
- 9:30am Water Walking
- 10am Wii & Board Games
- 10am Art Class: Drawing
- 12pm SCR Lunch
- 12:30pm Gentle Yoga

**16**
- 9am Coffee & Trivia
- 10am Avenue Visit
- 10am Chair Volleyball
- 12pm SCR Lunch
- 12:30pm Bingo

**17**
- 9am Coffee & Puzzles
- 10am Auto Museum
- 10:30am Movie
- 11am Music Ball
- 12pm SCR Lunch

**18**
- 9am Coffee & Convo
- 10am S Brooklyn Library
- 10:30am Cards & Games: Texas Hold'em
- 12pm SCR Lunch
- 12:30pm Bingo

**19**
- 9am Coffee & Open Studio
- 9am Crochet Group
- 10am Floor Games
- 12pm SCR Lunch
- 12:30pm Stretch & Strength
- 12:30pm Writing Workshop

**20**
- 9am Coffee & Convo
- 9am S Brooklyn Library
- 10:30am Cards & Games: Texas Hold'em
- 12pm SCR Lunch
- 12:30pm MUSIC Bingo

**21**
- 9am Coffee & Open Studio
- 9am Crochet Group
- 9:30am Water Walking
- 10am Wii & Board Games
- 10am Art Class: Drawing
- 12pm SCR Lunch
- 12:30pm Gentle Yoga

**22**
- 9am Coffee & Music
- 9:30am Water Walking
- 10am Wii & Board Games
- 10am Art Class: Drawing
- 12pm SCR Lunch
- 12:30pm Gentle Yoga

**23**
- 9am Coffee & Trivia
- 10am Chair Volleyball
- 10:30am Blood Pressure Screenings
- 12pm SCR Lunch
- 12:30pm Bingo

**24**
- 9am Coffee & Puzzles
- 10:30am Movie
- 10:30am Medical Museum Trip
- 11am Music Ball
- 12pm SCR Lunch

**25**
- 9am Coffee & Convo
- 10am Brooklyn Ridge Rd. Library
- 10:30am Cards & Games: Texas Hold'em
- 12pm SCR Lunch
- 12:30pm Bingo

**26**
- 9am Coffee & Open Studio
- 9am Crochet Group
- 9:30am Water Walking
- 10am Wii & Board Games
- 10am Art Class: Drawing
- 12pm SCR Lunch
- 12:30pm Gentle Yoga

**27**
- 9am Coffee & Convo
- 9am S Brooklyn Library
- 10:30am Cards & Games: Texas Hold'em
- 12pm SCR Lunch
- 12:30pm Bingo

**28**
- 9am Coffee & Open Studio
- 9am Crochet Group
- 9:30am Water Walking
- 10am Wii & Board Games
- 10am Art Class: Drawing
- 12pm SCR Lunch
- 12:30pm Gentle Yoga

**29**
- 9am Coffee & Trivia
- 10am Chair Volleyball
- 12pm SCR Lunch
- 12:30pm Bingo

**30**
- 9am Coffee & Puzzles
- 10:30am Movie
- 12pm SCR Lunch

**31**
- 9am Coffee & Puzzles
- 10:30am Movie
- 12pm SCR Lunch
# March 2023 WRAAA Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>1% Milk or Buttermilk</td>
<td>*Gravy 2 oz.</td>
<td>*Sweet Potatoes ½ c</td>
<td>*Carrots ½ c</td>
<td>Tartar Sauce 1 PC</td>
</tr>
<tr>
<td>*=Take Temperature of Milk and all</td>
<td>*Stuffing ½ c</td>
<td>*Broccoli ½ c</td>
<td>*Succotash ½ c</td>
<td>*Cole Slaw ½ c</td>
</tr>
<tr>
<td>food proceeded by an asterisk</td>
<td>*Green Beans ½ c</td>
<td>W.G. Biscuit 2 oz</td>
<td>W.G. Hamburger Bun</td>
<td>*Potato Wedges ½ c</td>
</tr>
<tr>
<td>Whole Grain Dinner Roll, 2 oz</td>
<td>*Corn w/ Red Peppers ½ c</td>
<td>Sliced Apricots ½ c</td>
<td>Scalloped Apples ½ c</td>
<td>W.G. Hamburger Bun</td>
</tr>
<tr>
<td>Apple sauce ½ c</td>
<td>W.G. Dinner Roll</td>
<td></td>
<td>Whole Grain Wheat</td>
<td>Whole Grain Breadsticks 2 oz.</td>
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<td>16</td>
<td>10</td>
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</tr>
<tr>
<td>*Spinach ½ c</td>
<td>*Brown Rice ½ c</td>
<td>Cabbage and Carrots ½ c</td>
<td>*Zucchini ½ c</td>
<td></td>
</tr>
<tr>
<td>*Carrots ½ c</td>
<td>*Oriental Blend ½ c</td>
<td>Roasted Red Potatoes ½ c</td>
<td>*Cauliflower ½ c</td>
<td></td>
</tr>
<tr>
<td>Whole Grain Dinner Roll, 2 oz</td>
<td>*Green Peas</td>
<td>2 W.G. Rye</td>
<td>Whole Grain Breadsticks 2 oz.</td>
<td></td>
</tr>
<tr>
<td>Apple sauce ½ c</td>
<td>W.G. Cereal Bar 1 oz</td>
<td>Whole Grain wheat</td>
<td>Mandarin Oranges ½ c</td>
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<tr>
<td>ALT = CS</td>
<td>Pineapple ½ c</td>
<td>Sliced Fruit ½ c</td>
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<tr>
<td>Mayo 1 PC</td>
<td>*Mushroom Gravy 2 oz.</td>
<td>*Brown Rice ½ c</td>
<td>w/Gravy 2 oz/ Noodles ½ c</td>
<td>2-2 oz. Stuffed Shells w/ Sauce 2 oz.</td>
</tr>
<tr>
<td>*Corn ½ c</td>
<td>*Milligarden ½ c</td>
<td>*Capri Blend ½ c</td>
<td>*California Blend ½ c</td>
<td>w/ Sauce 2 oz</td>
</tr>
<tr>
<td>*Roasted Potatoes ½ c</td>
<td>*Green Beans ½ c</td>
<td>Broccoli ½ c</td>
<td>Sautéed Mushrooms ½ c</td>
<td>*Spinach ½ c/ 1 PC Lemon Juice</td>
</tr>
<tr>
<td>Whole Grain bun, 2 oz</td>
<td>*Buttered Beets ½ c</td>
<td>Whole Grain wheat</td>
<td>Whole Grain White</td>
<td>*Lima Beans ½ c</td>
</tr>
<tr>
<td>Sliced Pears ½ c</td>
<td>W.G. Cereal Bar 1 oz</td>
<td>Sliced Apricots ½ c</td>
<td>Sliced Pears ½ c</td>
<td>Whole Grain Garlic Toast 2 oz.</td>
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<td>20</td>
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<td>23</td>
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</tr>
<tr>
<td>*Green Beans ½ c</td>
<td>2 Whole Grain Wheat</td>
<td>Carrot Coins ½ c</td>
<td>*California Blend ½ c</td>
<td></td>
</tr>
<tr>
<td>2 Whole Grain Wheat</td>
<td>Mixed Vegetables ½ c</td>
<td>Cape Cod Blend ½ c</td>
<td>Sautéed Mushrooms ½ c</td>
<td>*Spinach ½ c/ 1 PC Lemon Juice</td>
</tr>
<tr>
<td>Cranberry Juice ½ c</td>
<td>W.G. Corn Bread 2 oz</td>
<td>Whole Grain White</td>
<td>Whole Grain White</td>
<td>*Lima Beans ½ c</td>
</tr>
<tr>
<td>ALT = CS</td>
<td>Pears ½ c</td>
<td>Orange</td>
<td>Sliced Pears ½ c</td>
<td>Whole Grain Garlic Toast 2 oz.</td>
</tr>
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<td>ALT = CBG</td>
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</tr>
<tr>
<td>*Cauliflower ½ c</td>
<td>*W.G. Spaghetti ½ c</td>
<td>w/ Sauce 2 oz</td>
<td>Tartar Sauce 1 PC</td>
<td></td>
</tr>
<tr>
<td>*Buttered Beets ½ c</td>
<td>*w/ Sauce 2 oz</td>
<td>Mashed Potatoes ½ c</td>
<td>*Green Beans ½ c</td>
<td></td>
</tr>
<tr>
<td>Whole Grain Bun</td>
<td>Kyoto Blend ½ c</td>
<td>Butternut Squash ½ c</td>
<td>*Green Peas ½ c</td>
<td>*Breaded Fish 4 oz.</td>
</tr>
<tr>
<td>Sliced Peaches ½ c</td>
<td>Zucchini ½ c</td>
<td>W.G. Dinner Roll, 2 oz</td>
<td>*Potato Wedges ½ c</td>
<td>Tartar Sauce 1 PC</td>
</tr>
<tr>
<td>ALT = CS</td>
<td>Dinner Roll, 1 oz</td>
<td>2 Whole Grain White</td>
<td>W.G. Hamburger Bun</td>
<td></td>
</tr>
<tr>
<td>TR</td>
<td>Pears ½ c</td>
<td>Chunky Applesauce ½ c</td>
<td>Whole Grain White</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Sliced Pears ½ c</td>
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</tbody>
</table>
This week’s “Then and Now” wants you to try to guess who she is. Do you recognize this person who is here every day, Monday through Friday? 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!

Presidential Nicknames

Can you identify these U.S. presidents by their nicknames?

1. Bubba
2. Dubya
3. The Teflon President
4. Give ’Em Hell Harry
5. The Rail Splitter
6. Ike
7. Silent Cal
8. Barry
9. Tricky Dick


Let’s celebrate St. Patrick’s Day!
The party will start around 9 a.m. on Friday March 17: we will have games, special drinks & snacks, a parade at 10 a.m. and the DJ will start at 11 a.m. We will also be having a holiday potluck – bring a favorite dish to share with the group (please sign-up for the potluck with Cassie ahead of time). Wear your leprechaun best and come celebrate with us!

We had a great day and learned so much about fire safety from Lieutenant Draft & Firefighter Colon last month.

Thank you,
Cleveland Fire Department!

On the first Monday of the month, our client Denise will be teaching Texas Hold’em as part of our regular SCR 10 a.m. Cards & Games time. She hopes to teach a group, then eventually have a Texas Hold’em tournament. Come join us on March 6, and the first Monday of the month going forward.

THEN AND NOW MYSTERY WOMAN
Our very own Tina Ribnicky!
Our Front Desk Receptionist is on duty weekdays 8:30 a.m. - 1:30 p.m. For questions, appointment scheduling, or activity signup, please call during these hours.

Next mobile post office:
Thursday March 2 around 10:30 a.m.

Next blood pressure screening & glucose level monitoring:
Thursday March 16 @ 10:30 a.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.