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

Time to start getting prepared for Mind Challenge! SCR has had a Mind Challenge Team the last few years and has had so much fun competing in trivia challenges with groups from other local senior centers. Mind Challenge is a team-oriented tournament that starts in early May, so it’s time to start getting ready! Teams have 4 – 6 players each, and SCR can have more than one team. We will meet Tuesdays March 5 and March 19 @ 11 a.m. in the back craft room. This will be in addition to our regular Thursday morning trivia sessions. Everyone’s welcome!

We encourage participation in our activities and meals, but if you are sick, please stay home for all our sake. COVID, Flu, RSV and many other germs are all making the rounds, and can all be spread easily. If you have any symptoms, please rest at home.

Since Easter falls in March this year, we’re doing a traditional Easter Egg Hunt in this month’s newsletter. There are 25 Easter eggs hiding in these pages. Can you find them all?
On Friday March 22 @ 10 a.m.,
SCR will make a trip to the
Baseball Heritage Museum.
The museum is located at League Park,
the original home of Cleveland baseball,
in the center of the historic Hough neighborhood. The museum is dedicated
to preserving the artifacts and stories of baseball’s past with a special focus on diversity in the sport. Lunch stop on
our way back: driver’s choice. Admision is $10 per person
(or FREE for veterans). 12 person limit for this trip.

On Thursday March 21 @ 10 a.m.,
Ed will be making a dollar store run:
Dollar Tree on Brookpark & Ridge,
and Family Dollar on Memphis.
One more stop may be added,
plus a stop for lunch.
12 person limit for this trip, talk to
the SCR Front Desk to get signed up.

MARCH SHOPPING SCHEDULE
Mondays, every three weeks

Monday Shopping Schedule:

Mon March 4 Midtown
Mon March 11 Walmart Brookpark
Mon March 18 Walmart Steelyard
Mon March 25 Midtown

Tuesdays/Thursdays
GIANT EAGLE
MARC’S

Fridays
ALDI
DRUG MART
SAV A LOT

SCR Transportation Guidelines
- 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.

SCR is excited to offer a five-session Financial
Literacy class with Benjamin Rose. These workshops
help you recognize and avoid scams and fraud;
prepare for your future through estate planning;
budget and set realistic goals; take control of credit
and debt; and learn about qualifying for benefits.
The fourth class of the session will be
Wednesday March 13 @ 10 a.m.
Join us for this great FREE opportunity!

We are continuing transportation to the
Seeds of Literacy program on West 25th
every Tuesday & Thursday at 9 a.m.
(Excluding March 14)
This nonprofit offers FREE one-on-one tutoring in basic reading and writing skills.

FREE VEGGIE BOX!
Our next free veggie box day will be
Monday March 4
@ 10 a.m. at SCR.
Bring a cart, wagon, or bag.
See you there!
SPEAKERS? WE’VE GOT SPEAKERS!

On Friday March 1 @ 10 a.m., Tom Sawyer from the Cleveland Sight Center will join us at SCR for an informative talk about their programs and services. Join us!

On Tuesday March 5 @ 10 a.m. Bill from Christian Home Healthcare will join us to talk about home health care options and services. Join us for this informative chat. Light brunch will be provided.

On Thursday March 7 @ 10 a.m., we will have presenters from the Housing Division of The Legal Aid Society of Cleveland with an informative talk about Knowing Your Rights as Tenants. Join us to learn more!

Jacqueline from McGregor PACE will join us on Friday March 8 @ 10 a.m. to talk more about the services and programs that they offer, including their new center in Brooklyn.

Matt from Dedicated Health will be at the center on Tuesday March 12 @ 10 a.m. Come learn more about Medicare options and more.

On Wednesday March 20 @ 10 a.m., Garrett Ormiston, Manager of Preserve Operations for the Cleveland Museum of Natural History, will join us. This informative talk will help us get ready for the kickoff of SCR’s new Nature Club, starting on Fridays in April!

Our clients are having a great time with our newest art class, paper making and print making with the amazing Claudio Orso-Gianco. Students are being encouraged to discover their “inner artist” and tell their stories by making images on paper. It’s a collaborative class and our seniors are enjoying inspiring and learning from each other.

Last month at our Valentine's Brunch, we enjoyed a performance from our SCR Keyboarding Class. This group has been working since November with Broadway School of Music & the Arts instructor Joseph Mook to learn note reading and hand positions, focusing on proper technique and musicality. We are so proud of these seniors for trying something new, and loved hearing their music and seeing these smiles!
Join us for a morning of bowling fun on **Tuesday March 19 @ 10 a.m.** at Rollhouse Bowling in Parma. **Bring money for 2 games ($5) and for lunch at the alley.** Shoe rental is free for seniors. 12 person limit for this trip.

**Breakfast Brunch: Daybreak on Memphis, Monday March 25 @ 10 a.m.—12 person limit**

**Lunch Bunch: Slyman’s Tavern in Independence, Friday March 8 @ 11 a.m.— 12 person limit**

**Studio Go** will be back at SCR on **Friday March 15 @ 10 a.m.** Studio Go is the Cleveland Museum of Art’s mobile art program. Their goal is sparking curiosity and creating deeper connections to the museum’s world-renowned collection – join us for a fun art experience.

**Cooking with Cassie** continues this month, **Wednesday March 6 at 10 a.m.** Cassie will show us some simple, healthy, fun recipes. Join us!

**They go good with eggs, but they ain’t eggs! They’re Eggos! Doesn’t count.**

**Wednesday Self-Care Class with Cassie** is back this month: **Wednesday March 27 @ 10 a.m.** Self-care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. Research suggests self-care promotes positive health outcomes such as fostering resilience, living longer, and becoming better equipped to manage stress. Come learn some tips!

**We are taking a winter break from our Hiking Group, but SCR does offer rides to the Fulton Road Planet Fitness on Tuesday mornings. Give us a call if you’d like to join us.**

**Give us a call to get signed up for one of our great exercise classes with JoAnn (please note, if Cleveland Public Schools are closed because of inclement weather, JoAnn’s SCR fitness classes will also be cancelled). No cost, but freewill donations are welcome.**

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

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

**Tai Chi**  Fridays @ 12:30 p.m.  
(no class on March 1)

Let’s celebrate St. Patrick’s Day! **SCR will be hosting a party Thursday March 14 @ 10 a.m.** We will be having a potluck of foods that are either green or traditionally Irish. A DJ will add to the holiday fun - join us for games, music and more. Regular activities will be cancelled this day.
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# MARCH 2024 WRAAA MENU

**Choice of:**
- 1% Milk, Buttermilk, or Calcium fortified Juice

**GCFB** providers will serve emergency cereal bars. Caterer will replenish cereal bars for emergency supply

*Take Temperature of Milk and all food proceeded by an asterisk.

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## Monday

- **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

**Menu Approved by:**
Ann Schlehuber, MS, RDN, LD

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## Tuesday

- **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 TR**

**RB**

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## Wednesday

- **Stuffed Pepper 6 oz. w/ Sauce 2 oz.**
  - Mashed Potatoes ½ c
  - Carrots ½ c
  - Whole Grain Wheat Banana

**Menu Approved by:**
Ann Schlehuber, MS, RDN, LD

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## Thursday

- **BBQ Chicken Breast 3 oz.**
  - Sweet Potatoes ½ c
  - Brussels Sprouts ½ c
  - W.G. Buttermilk Sprouts 1 oz. Mandarin Oranges ½ c

**Menu Approved by:**
Ann Schlehuber, MS, RDN, LD

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## Friday

- **Breaded Fish 4 oz.**
  - Tartar Sauce 1 PC
  - Cole Slaw ½ c
  - Potato Wedges ½ c
  - W.G. Hamburger Bun Scalloped Apples ½ c

**Menu Approved by:**
Ann Schlehuber, MS, RDN, LD

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**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**
The name for these Easter eggs -pysanka in the singular and pysanky as plural- is derived from the Ukrainian verb pysaty, which means “to write,” or nucamu in Ukrainian. So in this case, the word refers to the writing on the eggs. While many people might be familiar with dying Easter eggs with solid colors, Ukrainian Easter eggs often feature complex geometric and floral designs.

I used to think I was poor. Then they told me I was not poor, I was needy. They told me it was self-defeating to think of myself as needy. I was deprived. Then they told me underprivileged was overused. I was disadvantaged. I still do not have a dime. But I have a great vocabulary.

— Jules Feiffer __

What next?

God was talking to one of his angels and said, “Do you know what I’ve just done? I’ve just created a 24-hour period of alternating light and darkness on Earth. Isn’t that great?”

The angel said, “Yes, but what will you do now?”

God said, “I think I’ll call it a day.”
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.

Our newsletter is free, but we do always accept and appreciate donations towards our printing, processing, and mailing costs. *

* 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.
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