

Seniors August 2024 in Touch

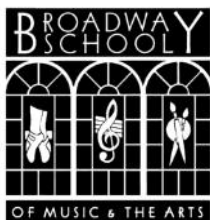


**Senior Citizen
Resources**

Serving persons 60 & over
in Old Brooklyn
for 53 years

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

Please note, SCR will be closed on Thursday August 1 for staff inservice & training.



During August, SCR will offer a “sampler” series of class with our friends at Broadway School of Music & the Arts. These classes are **Mondays @ 10 - 11:15 a.m.**, and will give you a chance to experience something new OR

enjoy something you have done before and would like to try again! No experience is necessary for these classes, and all abilities are welcome:

Monday August 5 - (rescheduled to begin in August) **Dance:** Get moving to the music! Movement is not only good for your body, but your mind and mood as well. All abilities can participate in their own way with wheelchairs, walkers, or standing independently.

Monday August 12 - **Theatre / Spoken Word:** Learn some basic theatre exercise, and do a group dramatic reading of a familiar story.

Monday August 19 - **Songwriting:** The group will take a melody from a familiar song, and brainstorm new lyrics. Then we arrange the lyrics as a group and create a new version of the song. No musical experience necessary!

Monday August 26 - **Bells:** Enjoy making music with your friends and learn how fun a bell choir can be. We will learn songs together using color coding, making it easy to quickly produce some beautiful music together.

As we get older, it's important to remember how finding new interests and trying new things can change our lives. People often think that getting older means slowing down, but this couldn't be further from the truth. In fact, this is the exact time in life when seniors can find new ways to be happy, fulfilled, and to grow as a person.

- Finding new interests and things to do can help you make new friends - discovering new passions often involves connecting with others who share similar interests. People who socialize are 70% less likely to lose their mental abilities than people who don't.
- Aging can bring about various life changes, from retirement to changes in health. Taking up new interests gives you the chance to adjust to these changes with resilience.
- Pursuing new passions provides a sense of purpose and fulfillment. It allows you to focus on your own personal growth and development, contributing to a more meaningful and satisfying life.
- Trying new things allows you to explore your creative side, whether it's through painting, writing, or learning a musical instrument. Creative expression is a powerful outlet for emotions and can bring immense joy and satisfaction.
- With the demands of a career and family responsibilities behind you, you have the luxury of time for self-discovery. Exploring new passions provides an opportunity to rediscover yourself, uncover hidden talents, and redefine personal identity.



This is Lucy, your editor Jim's dog and his best buddy for over 13 years. She is here because August is National Dog Month. We've inserted 15 famous dogs (including Lucy) throughout the newsletter this month. In no particular order, we've hidden Snoopy, Pluto, Petey from the Little Rascals, Huckleberry Hound, Toto, Lassie, Mr. Peabody, The Lady AND The Tramp, and some of the 101 Dalmatians. Good luck finding them all!



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.**

SCR will be heading downtown on **Friday August 30 @ 12 noon** for the second part of the *"Take a Hike" Monument Tour Series* (monuments & sculptures found in green and urban spaces along the Euclid - Huron neighborhood). We did the first part of this guided walking tour in June. The tour is free, but we are requesting a \$2 transportation donation. An early lunch will be available that day in our lunchroom for the people signed up for the trip. 9 person limit.

On **Friday August 23**, we will be offering a **10 a.m.** Parma shopping trip. There are many lunch options in the area, so bring money for a meal on your own.



SCR Driver Ed will be leading a garage sale trip this month on **Friday August 9 @ 9 a.m.** in Strongsville. A stop for lunch will be included. 12 person limit – call to get signed up.

AUGUST SHOPPING SCHEDULE

Mondays, every three weeks

Mon August 5	Walmart Steelyard
Mon August 12	Midtown
Mon August 19	Walmart Brookpark
Mon August 26	Walmart Steelyard

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.

FREE VEGGIE BOX!



Our next free veggie box day will be **Monday August 5 @ 10 a.m.** at SCR. Bring a cart, wagon, or bag. See you there!



On **Friday August 16**, SCR will be hosting a picnic at Edgewater Park! SCR will provide a catered meal of burgers & hot dogs, potato salad, baked beans and chips. We have reserved a pavilion (with restrooms) so the event will be held rain or shine, 10:00 a.m. – 2:00 p.m. Make sure to RSVP so that we can plan the food. Feel free to bring a side dish or dessert to share (nothing that needs to stay warm). Studio Go will actually be joining us at the picnic with a fun art experience! All other activities for this day will be cancelled.

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 (no class on Friday August 16)

While not required, we do appreciate donations to help cover the costs of these sessions. Hope you can join us – the classes are FUN and no experience necessary!

In addition to the exercise classes at our center, SCR makes a trip to the Ohio City Planet Fitness (Lorain Rd.) on **Thursdays @ 9 a.m.** We plan on return to two Planet Fitness days per week when the colder weather returns.



Cossel Farms from North Royalton will be here at SCR for a farmer's market on **Wednesdays August 7 & 21** around **10 a.m.** This is a great opportunity to use your Senior Farmers' Market Nutrition Program "coupons."

See you there!



Show & Tell @

SCR: Join us on

Friday August 2 @

10 a.m. We love to

learn more about

each other! Bring in a favorite item or talent, and share some facts or stories about your object or skill. We have Show & Tell the first Friday of each month.



- *Breakfast Bunch:*
Tuesday August 6
@ 10 a.m.,
 John & Loretta's
 Family Restaurant
 in Parma
 12 person limit

- *Lunch Bunch:*
Tuesday August 27 @ 11 a.m.,
 Chipotle in Brooklyn –
 12 person limit

Get some fresh air, get moving, and have fun with friends! Take advantage of our seasonal outdoor clubs:

- **SCR Gardening Club: Mondays @ 10 a.m., at the wonderful Ben Franklin Community Garden.** SCR has a plot where we have planted a variety of vegetables and flowers. No gardening experience needed. We are so lucky to have a really well-run and beautiful community garden right in our neighborhood!

- **SCR Hiking Club: WEDNESDAYS this month instead of Tuesdays @ 10 a.m.** Join us as we enjoy some fresh air and exercise and explore several local parks together. Please bring a water bottle and small snack.

Keep earning more "foot" charms!

- **SCR Nature Club: Fridays @ 10 a.m.** Led by Mae and Greg, we will be going to different locations and learning about plants, bugs, trees, and more! (no Nature Club on Friday August 2 & Friday August 16)



On Friday, August 2, SCR will make a trip to the 7 p.m. Lake Erie Captains game (Classic Park in Eastlake). Tickets are \$13. The Captains will be playing the Beloit Wisconsin Sky Carp and there were be fireworks after the game! They will also be celebrating Women in Sports that evening. SCR will provide transportation around 6 p.m. If you'd like to buy a snack or souvenir, please bring credit or debit card (no cash accepted at the ball-park). Max of 12 for this trip. Talk to the SCR Front Desk to get signed up!

The SCR Hiking Club is usually on Tuesdays, but this month our Hiking Club will be joining the Cleveland Department of Aging Senior Walk on **Wednesdays @ 9 a.m.** You can take these **FREE** walks at your own pace, but with the support of others. All participants will receive a Senior Walk t-shirt!

Wednesday August 7 - Loew Park

Wednesday August 14 - Michael J. Zone Resource & Rec Center

Wednesday August 21 - Clark Field

Wednesday August 28 - Impett Park



Don't forget to like us on Facebook:

(Senior Citizen Resources - Old Brooklyn)



Cooking with Cassie & Self Care with Cassie both continue this month, but please note, for August only, these sessions will be on Tuesdays instead of Wednesdays.

Self Care:
Tuesdays August 6 & 20;
 Cooking:
Tuesdays August 13 & 27.
 We hope you'll join us!

AUGUST 2024 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
			1 Staff Inservice & Training: Closed	2 9am Weekend Wind Down 10am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi 7pm Captains Game
5 10am Veggie Box Day 10am Gardening Club 12pm SCR Lunch 12:30pm Bingo	6 9am Coffee & Open Studio 9am Crochet Group 10am Breakfast Bunch: John & Loretta's 10am Open Activities 10am Self Care w/Cassie 12pm SCR Lunch 12:30pm Stability & Strength	7 9am Coffee & Music 10am Cossel Farmer's Market @ SCR 10am Open Discussion 10am Open Activities 10am Hiking Club: Walk on Wednesdays 12pm SCR Lunch 12:30pm Gentle Yoga	8 9am Coffee Social 9am Planet Fitness 10am Trivia 10:45am Mobile Post Office 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	9 9am Weekend Wind Down 9am Garage Sale Trip 10am Nature Club 12pm SCR Lunch 12:30pm Tai Chi
12 9am Meditation Mondays 10am Gametime 10am Gardening Club 10am Summer Sampler: Theatre 12pm SCR Lunch 12:30pm Bingo	13 9am Coffee & Open Studio 9am Crochet Group 10am Open Activities 10am Cooking w/Cassie 12pm SCR Lunch 12:30pm Stability & Strength	14 9am Coffee & Music 10am Open Discussion 10am Open Activities 10am Hiking Club: Walk on Wednesdays 12pm SCR Lunch 12:30pm Gentle Yoga	15 9am Coffee Social 9am Planet Fitness 10am Trivia 10:30am Blood Pressure Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	16 Edgewater Picnic! 
19 9am Meditation Mondays 10am Gametime 10am Gardening Club 10am Summer Sampler: Songwriting 12pm SCR Lunch 12:30pm MUSIC Bingo	20 9am Coffee & Open Studio 9am Crochet Group 10am Open Activities 10am Self Care w/Cassie 12pm SCR Lunch 12:30pm Stability & Strength	21 9am Coffee & Music 10am Cossel Farmer's Market @ SCR 10am Open Discussion 10am Open Activities 10am Hiking Club: Walk on Wednesdays 12pm SCR Lunch 12:30pm Gentle Yoga	22 9am Coffee Social 9am Planet Fitness 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	23 9am Weekend Wind Down Parma Shopping Trip 10am Nature Club 12pm SCR Lunch 12:30pm Tai Chi
26 9am Meditation Mondays 10am Gametime 10am Gardening Club 10am Summer Sampler: Bells 12pm SCR Lunch 12:30pm Bingo	27 9am Coffee & Open Studio 9am Crochet Group 10am Open Activities 10am Cooking w/Cassie 11am Lunch Bunch: Chipotle 12pm SCR Lunch 12:30pm Stability & Strength	28 9am Coffee & Music 10am Open Discussion 10am Hiking Club: Walk on Wednesdays 12pm SCR Lunch 12:30pm Gentle Yoga	29 9am Coffee Social 9am Planet Fitness 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	30 9am Weekend Wind Down 10am Nature Club 12pm SCR Lunch 12pm Monument Walking Tour Part 2 12:30pm Tai Chi

AUGUST 2024 WRAA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>	<p>Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p>*=take temperature of Milk and all food proceeded by an asterisk.</p>		<p>1</p> <p>Staff Inservice & Training: SCR Closed</p>	<p>2</p> <p>*Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Peas ½ c *Carrots ½ c Fresh Fruit Salad 1 c ALT=CF T</p>
<p>5</p> <p>*Salisbury Steak 3 oz , *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CS TR</p>	<p>6</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>7</p> <p>*Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c</p> <p>ALT=CF TR</p>	<p>8</p> <p>*Turkey Tetrizzini 4oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>10</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana</p> <p>ALT=CF TR</p>
<p>12</p> <p>*Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Grape Juice ½ c</p> <p>ALT=CS TR</p>	<p>13</p> <p>*Chicken Alfredo 4 oz *W.G. Pasta ½ c w 2 oz sauce *Broccoli 1/2c, *Cauliflower 1/2c W.G Roll 1 oz Apricots ½ c</p> <p>ALT=CBG RB</p>	<p>14</p> <p>*Tuna Salad 3 oz *Tomato Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c</p> <p>ALT=CF RB</p>	<p>15</p> <p>*Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>16</p> <p>Edgewater Picnic!</p>
<p>19</p> <p>*Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Spinach ½ c w/ Lemon 1 PC *Harvard Beets ½ c Whole Grain Wheat Pears ½ c</p> <p>ALT=CS TR</p>	<p>20</p> <p>*Chicken stuffed w/ Broccoli 6 oz *Mashed Potatoes ½ c, *Gravy 2 oz *Brussels Sprouts ½ c 2 Whole Grain White Orange</p> <p>ALT=CBG RB</p>	<p>21</p> <p>*Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Pineapple Chunks ½ c</p> <p>ALT=CF T</p>	<p>22</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Bread 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>23</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz, WG Stuffing ½ c *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT=CF RB</p>
<p>26</p> <p>*Chicken Parmesan 3 oz w/ Sauce 2 oz, W.G. Rotini ½ c *Spinach ½ c Lemon Jc. 1 PC *Bermuda Blend ½ c Whole Grain Wheat Diced Pears ½ c</p> <p>ALT=CS RB</p>	<p>27</p> <p>*Pork Pattie 3 oz w/ BBQ Sauce *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Whole Grain Bun 2 oz Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>28</p> <p>Rueben with *Turkey, 1oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Tom., Cuc., Onion Salad ½ c 2 Whole Grain Rye Fresh Plum</p> <p>ALT=CF RB</p>	<p>29</p> <p>*3 oz. Corned Beef *Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c</p> <p>ALT=CBG T</p>	<p>30</p> <p>*Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c</p> <p>ALT=CF RB</p>

Western Reserve Area Agency on Aging - 2024

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



A cool scene for those of us who aren't fans of this hot and humid weather!

Tom's Trivia



AUGUST IN HISTORY

- 1. 1902** — Ogden Nash, an American poet known for his comic light verse, was born in Rye, New York. Can you finish his seven-word poem “Reflections on Ice-Breaking” which begins: “Candy is dandy...” ?
- 2. 1945** — The U.S. detonated two atomic bombs over these two cities. After the second bomb, Japan surrendered unconditionally to Allied leaders. What are the two cities?
- 3. 1963** — Which Washington, DC landmark was Martin Luther King, Jr. standing in front of when he gave his famous “I Have a Dream” speech?
- 4. 1968** — Anti-Vietnam War candidate Eugene McCarthy lost the Democratic presidential nomination to which war-supporting Minnesotan?
- 5. 1977** — After less than two weeks in office, President Gerald Ford nominated which former governor to serve as vice president of the United States?
- 6. 1980** — Which Polish union head led a workers’ strike at the Lenin Shipyard in Gdansk — a job action that led to the creation of the Solidarity labor movement and to the eventual end of Soviet dominance over Poland. (He later became Poland’s president).
- 7. 1981** — More than 11,000 members of this government union went on strike. Forty-eight hours later, President Ronald Reagan fired them all. What was the union?
- 8. 1984** — Which diminutive author of Breakfast at Tiffany’s and In Cold Blood died at age fifty-nine in the home of his friend Joanne Carson (ex-wife of Johnny Carson.)

ANSWERS ON NEXT PAGE



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**HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY
 MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR 53 YEARS**

**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 blood pressure screening & glucose level monitoring:
Thursday August 15 @ 10:30 a.m.
 Next Post Office on Wheels @ SCR:
Thursday August 8 around 10:45 a.m.



PUZZLE ANSWERS

1. "...but liquor is quicker."
2. Hiroshima and Nagasaki
3. The Lincoln Memorial
4. Hubert Humphrey
5. Nelson Rockefeller
6. Lech Walesa
7. The Professional Air Traffic Controllers Organization
8. Truman Capote

Looking ahead:



- -Some volunteers from NOVA (Northeast Ohio Voter Advocates) will come to SCR in August. You will have the opportunity to access your voting record, update your address if needed, and fill out paperwork to request a mail-in ballot. This is a strictly non-partisan and voluntary opportunity.
- Thursday Sept 12 is Senior Day at Lake Farmpark
- We will celebrate Hispanic Heritage on Friday Sept 20-
- SCR Sandusky trip: Friday August 27
- More Farmers Markets at SCR in August.

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), or Facebook page (**Senior Citizen Resources - Old Brooklyn**).

Seniors in Touch
Editor in Chief: Jim Mason
Chief Editor: Leslie Brown