

Seniors

July 2024

in Touch



Senior Citizen
Resources

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

Serving persons 60 & over
in Old Brooklyn
for 53 years

Please note, SCR will be closed on **Thursday July 4 & Friday July 5** in observance of Independence Day. An extra meal will be distributed to our home-delivered meal clients on Wednesday July 3.



We enjoyed a great interactive art show last month, celebrating the work of our latest art class. Our winter/spring art session at SCR (in conjunction with Broadway School of Music and the Arts) focused on paper and print making. We were able to see some of their beautiful work and also learn more about the physical process of paper making. Our seniors loved working with local teaching artist **Claudio Orso-Gianco!**

In addition to physically making paper, our seniors were encouraged to discover their "inner artist" and make images on paper, using drawings to tell their stories and express thoughts. The collaborative interaction of the classes allowed them to inspire and learn from each other.



In honor of National Postal Workers Day on July 1, and because two of our drivers (Ed and Steve) used to deliver mail, we have hidden 11 postal workers throughout this newsletter (12 if you count Ed) **"Let neither snow nor rain nor heat nor gloom of night stay you from the swift completion of this appointed task"** Find them!



Join us for Dale's trip to Sugarcreek in Amish Country (Tuscarawas County) on **Friday July 19!** Pickups will begin around 8 a.m., and stops will include: Farmstead Restaurant, Walnut Creek Amish Flea Market, and Walnut Creek Cheese &

Market Store. We are requesting a \$5 donation towards gas, and \$20 for the meal, which includes coffee, tea, water, all you can eat buffet and a slice of pie. You might like to bring extra money for shopping. Sugarcreek is known as "The Little Switzerland of Ohio." Swiss immigrants brought cheese-making heritage to the area, and the downtown area has an Alpine-style architectural appearance - including the World's Largest Cuckoo Clock (built in 1972)! 12 person limit for this trip, talk to the SCR Front Desk to get signed up.



SCR will be making a trip to the Cleveland Guardians game on **Thursday, July 25 for a 1:10 p.m.** game vs the Detroit Tigers. Thanks to the Cleveland

Guardians & Cleveland Councilman Kris Harsh, SCR clients get a FREE ticket (plus can bring a family member or friend for free)! SCR will provide transportation around 12 noon. We will have box lunches at the center before we leave for the game; bring money if you'd like to buy lunch, snacks, or souvenirs (please note: no cash is accepted at Progressive Field, credit / debit card only). The seats are in the upper deck, so make sure to wear sunscreen and bring your sunglasses (elevators / escalators are available). Let us know if you need for additional family members as we may have some available. Talk to the SCR Front Desk to get signed up. Extra bonus: the first 10,000 fans will receive a promotional beach towel! (No Bingo on this day.)

JULY SHOPPING SCHEDULE

Mondays, every three weeks

Mon July 1	Midtown
Mon July 8	Walmart Brookpark
Mon July 15	Walmart Steelyard
Mon July 22	Midtown
Mon July 29	Walmart Brookpark

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 July 1 @ 10 a.m.** at SCR. Bring a cart, wagon, or bag. See you there!



SCR Driver Ed will be leading a garage sale trip this month on **Friday July 12 with pickups starting at 8:30.** A stop for lunch will be included. 12 person limit - call to get signed up. We have more garage sale trips planned for August!

On **Wednesday July 31 @ 11 a.m.**, guest speaker Tom Strong will join us for an informational talk about high blood pressure. Join us for this free helpful seminar. Also, don't forget, SCR offers free blood pressure screenings each month! This month screenings are offered on **Thursday July 18 @ 10:30 a.m.**



FARMER'S MARKET COUPON PROGRAM



Enrollments have begun for the Farmer's Market program for 2024. This program provides \$50 to people who are 60 years old or better and who fall within certain income guidelines. The \$50 may be used at any participating Farmer's Markets to purchase fresh vegetables. **Please note:** there will be NO SFMNP paper coupons this year. Instead, you will be enrolled online and will receive either a card in the mail, or a mobile benefit option if you have an e-mail address. SCR will be assisting you in registering for this year's program!

Please call **Linda** at SCR to enroll and receive further details. She can be reached at **216-749-5367** on Tuesdays, Wednesdays, and Thursdays.



Wasn't that nice that my self-defense class signed your cast?"

SCR is considering offering a Self-Defense Class specifically for seniors. Would you be interested? If so, please let Cassie or the SCR Front Desk know, we are trying to gauge interest in offering some senior self-defense technique sessions.

July 24 is...

INTERNATIONAL SELF-CARE DAY



It's no secret that life can be stressful. It is extremely important to set aside time to take care of yourself. International Self-Care Day, celebrated each year on **July 24**, emphasizes the importance of self-care as the cornerstone of wellness. On this day, individuals are encouraged to make self-care a part of their everyday routines and turn it into a priority. Though it may seem like a trendy concept, it is a habit that has great health benefits! SCR will celebrate on **Wednesday July 24** with aroma therapy, relaxation / breathing exercises, an outdoor sound bath, manicures, exercises for arthritis with Joann, a light healthy lunch, and more. All other activities will be cancelled on this day.



SCR will be celebrating Independence Day with a party on **Wednesday July 3**. Join us for a special lunch (BBQ chicken & pork rib, mac & cheese, baked beans, and coleslaw), DJ, games, and an ice cream truck. All other activities will be cancelled for this day, except we **WILL** have yoga class outside (weather permitting) with Joann on that day.

We will be going to the South Brooklyn branch of the Cleveland Public Library to work together with a librarian on a craft:

Wednesday July 10 @ 10:15 a.m.— rock painting, and Tuesday July 23 @ 1:30p.m.—suncatchers.



Those that are able will walk to the library, weather permitting (transportation available for those that choose not to walk). Join us for these fun free creative outings!

- Breakfast Bunch:
Wednesday July 17
 Gray Dog Diner
 in Lakewood –
 12 person limit
 Pickups begin at 8:30 a.m.

-Lunch Bunch:
Friday July 26
 Pickups begin at 10 a.m.
 Pearl Road Tavern –
 12 person limit



Summer treats! SCR will make a trip to *Bulldog Ice Cream on Memphis on Tuesday July 9 @ 12:30 p.m., and East Coast Custard in Parma Heights on Tuesday July 30 @ 12:30 p.m.* Bring money for a cool treat.



Studio Go will be back at SCR on **Friday July 26 @ 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.

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: 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 July 12)

We are so glad to be able to offer several amazing exercise classes 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 (closed on July 5)**
 (Yoga cancelled **July 10**
 Stability & Strength cancelled **July 16 and 23**)

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!

Show & Tell @ SCR: Join us on **Friday July 12 @ 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.



SCR goes to the Ohio City Planet Fitness (Lorain Rd.) on **Thursdays @ 9 a.m.** Give us a call to get signed up. (We plan on return to two Planet Fitness days per week when the colder weather returns)



Cooking with Cassie continues this month, **Wednesdays July 17 and 31 at 10 a.m.** Cassie will show us some simple, healthy, fun recipes. Join us!

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JULY 2024 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
1 9am Meditation Mondays 10am Veggie Box Day 10am Gametime 10am Gardening Club 12pm SCR Lunch 12:30pm Bingo	2 9am Coffee & Open Studio 9am Crochet Group 10am Open Activities 10am Hiking Club 12pm SCR Lunch 12:30pm Stability & Strength	3 10am Holiday Party! 12:30pm Outside Yoga	4 Independence Day: SCR Closed	5 Independence Day: SCR Closed
8 9am Meditation Mondays 10am Gametime 10am Gardening Club 12pm SCR Lunch 12:30pm Bingo	9 9am Coffee & Open Studio 9am Crochet Group 10am Open Activities 10am Hiking Club 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm Bulldog Trip	10 9am Coffee & Music 10am Open Discussion 10:15am Library Craft: Rock Painting 10am Open Activities 12pm SCR Lunch 12:30pm Gentle Yoga	11 9am Coffee Social 9am Planet Fitness 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	12 9am Weekend Wind Down 8:30am Garage Sale Trip 10am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
15 9am Meditation Mondays 10am Gametime 10am Gardening Club 12pm SCR Lunch 12:30pm MUSIC Bingo	16 9am Coffee & Open Studio 9am Crochet Group 10am Open Activities 10am Hiking Club 12pm SCR Lunch	17 9am Coffee & Music 10am Open Discussion 10am Cooking w/Cassie 8:30am Breakfast Bunch: Gray Dog Diner 10am Open Activities 12pm SCR Lunch 12:30pm Gentle Yoga	18 9am Coffee Social 9am Planet Fitness 10am Trivia 10:30am Blood Pressure Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	19 8am Amish Trip 9am Weekend Wind Down 10am Nature Club 12pm SCR Lunch 12:30pm Tai Chi
22 9am Meditation Mondays 10am Gametime 10am Gardening Club 12pm SCR Lunch 12:30pm Bingo	23 9am Coffee & Open Studio 9am Crochet Group 10am Open Activities 10am Hiking Club 12pm SCR Lunch 1:30pm Library Craft: Suncatchers	24 10am SCR Self Care Day	25 9am Coffee Social 9am Planet Fitness 10am Trivia 11am Chair Volleyball 11:30am SCR Lunch 12pm Guardians Game	26 9am Weekend Wind Down 10am Nature Club 10am Studio Go 10am Lunch Bunch: Pearl Road Tavern 12pm SCR Lunch 12:30pm Tai Chi
29 9am Meditation Mondays 10am Gametime 10am Gardening Club 12pm SCR Lunch 12:30pm Bingo	30 9am Coffee & Open Studio 9am Crochet Group 10am Open Activities 10am Hiking Club 12pm SCR Lunch 12:30pm Stability & Strength 12:30pm East Coast Custard Trip	31 9am Coffee & Music 10am Open Discussion 10am Cooking w/Cassie 11am Blood Pressure Talk 12pm SCR Lunch 12:30pm Gentle Yoga		



JULY 2024 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>*Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c</p> <p>ALT=CS TR</p>	<p>2</p> <p>Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Grape Juice 4 oz</p> <p>ALT=CBG T</p>	<p>3</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin 1 oz Peaches ½ c</p> <p>ALT=CF V</p>	<p>4</p> <p>Closed</p> <p>Happy Fourth of July Weekend!</p>	<p>5</p> <p>Closed</p> <p>Happy Fourth of July Weekend!</p>
<p>8</p> <p>*Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend, ½ c Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT=CS TR</p>	<p>9</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c</p> <p>ALT=CBG T</p>	<p>10</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Banana</p> <p>ALT=CF RB</p>	<p>11</p> <p>* Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Fresh Plum</p> <p>ALT=CBG V</p>	<p>12</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange</p> <p>ALT=CF TR</p>
<p>15</p> <p>*Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Apricots ½ c</p> <p>ALT=CS V</p>	<p>16</p> <p>*Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple chunks ½ c</p> <p>ALT=CBG RB</p>	<p>17</p> <p>*Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar 1 oz Mandarin Oranges ½ c</p> <p>ALT=CF T</p>	<p>18</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Peas ½ c *Cauliflower ½ c Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>19</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 Fresh Grapes 1 c</p> <p>ALT=CF RB</p>
<p>22</p> <p>*Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CS V</p>	<p>23</p> <p>*Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>24</p> <p>*Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple Chunks ½ c</p> <p>ALT=CF TR</p>	<p>25</p> <p>*Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw ½ c 2 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT=CBG RB</p>	<p>26</p> <p>*Chicken Parmesan Patty 3 oz. W. Pesto Sauce ½ c *Antigua Blend ½ c *Cape Cod Blend ½ c WG Bun 2 oz Pears ½ c</p> <p>ALT=CF T</p>
<p>29</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz, *Corn ½ c 2 Whole Grain White Diced Peaches ½ c</p> <p>ALT=CS TR</p>	<p>30</p> <p>*Beef Lasagna 3 oz. *Spinach ½ c *Beets ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c</p> <p>ALT=CBG T</p>	<p>31</p> <p>*Chicken and Gravy 3 oz W.G. Biscuit 2oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Pineapple chunks ½ c</p> <p>ALT=CF V</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>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></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



Some of our seniors attended Greater Cleveland Volunteer's Recognition Night at the Parma Tap House in June.

Dozens of volunteers celebrated along with sponsors, board members, funders, and partner agencies. The food was amazing, and the door prizes were lots

of fun. We are so glad some of our hardworking volunteers were recognized for their contributions to the community.



We had a great day at the Zoo in June, visiting the animals and (some of us) braving the Zoo's zip line!



Tom's Trivia



Presidential Nicknames

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

*long-term memory
executive functioning*

1. Bubba

6. Ike

2. Dubya

7. Silent Cal

3. The Teflon President

8. Barry

4. Give 'Em Hell Harry

9. Tricky Dick

5. The Rail Splitter



Christine Hill from Broadway School of Music and the Arts worked with some of our Seniors in creating a tree with leaves made out of plaster casts of their hands. It looked fantastic!



ANSWERS ON NEXT PAGE



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**DATED MATERIAL
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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.**

- * Please note: because of the holiday, the mobile post office will not stop at SCR in July, but will be back on **Thursday August 8 around 10:45 a.m.**
- * Next blood pressure and glucose monitoring:
Thurs July 18 @ 10:30

PUZZLE ANSWERS

1. Bill Clinton
2. George W. Bush
3. Ronald Reagan
4. Harry Truman
5. Abraham Lincoln
6. Dwight Eisenhower
7. Calvin Coolidge
8. Barack Obama
9. Richard Nixon

Looking ahead:

- **Wednesdays:** Cleveland Department of Aging Senior Walk
- **Friday August 16:** SCR Summer Picnic at Edgewater Park
- **Friday August 23:** Parma shopping trip
- **Friday August 30:** Part 2 of the Downtown Monument Walking Tour



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: Uncle Sam Mason
 Chief Editor: Betsy Ross Brown