



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 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](http://seniorcitizenresources.org)), or Facebook page (*Senior Citizen Resources - Old Brooklyn*).



We are grateful to have four handicapped-accessible vehicles, allowing SCR to provide 12,000+ one-way rides to

over 300 seniors annually. In addition to transporting our clients to and from our center for congregate meals, activities, exercise classes, health screenings, and socialization, we also provide vital rides to medical appointments, grocery shopping trips, banks, pharmacies, and other important errands. Our vans are also used for the many recreational and community social outings, and also deliver a portion of our home-delivered meals. Transportation is the most impactful service we provide, and as you can imagine, it is also the largest segment of our budget. One of our vans needs an unexpected and expensive repair to fix the broken air conditioning. In the coming months, we will be holding some small fundraisers to help cover this cost (if you'd like to make a donation specifically towards this van repair, please let us know). As always, we appreciate your support!

**FREE VEGGIE BOX!**



Our next free veggie box day will be **Monday June 3 @ 10 a.m.** at SCR. Bring a cart, wagon, or bag. See you there!

**JUNE SHOPPING SCHEDULE**

**Mondays, every three weeks**

Mon June 3      Midtown  
Mon June 10    Walmart Brookpark  
Mon June 24    Walmart Steelyard  
*(no shopping on Mon June 17 because of Zoo Day)*

**Tuesdays/Thursdays**

GIANT EAGLE  
MARC'S

**Fridays**

ALDI  
DRUG MART  
SAV A LOT

\* Please note, there will be **NO** regular shopping trips on **Friday June 7**. SCR will be offering very limited transportation on that day as we will only have two vans available. Thank you for your understanding.



**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 has some clients who are interested in learning how to crochet! If you have some crochet knowledge that you would be willing to share and teach some others, please reach out to Cassie.



Cornerstone of Hope will be here at SCR on **Tuesday June 11 @ 10 a.m.** to give a presentation on grief. Cornerstone provides counseling services to people who are looking for support after experiencing the death of a loved one, as well as those who struggle with other life challenges. Clinicians are licensed professionals who are specifically trained in grief and trauma. Join us for this free informative talk.

SCR will be heading downtown on **Friday June 28 @ 12 noon** for a 45 minute guided walking tour of **local monuments and sculptures!** This "Take a Hike" tour focuses on monuments found in Cleveland's grand civic spaces around Lakeside Ave. / Superior Ave. and is part one; we will be a do the second part of the monument tour series in August. The tour starts at Huntington Park (W 3rd & Lakeside Ave.) and is free, but we are requesting a \$3 transportation donation. 9 person limit.

CLEVELAND PUBLIC LIBRARY SOUTH BROOKLYN BRANCH	<p><i>On Tuesday June 25 @ 1:30 p.m.,</i> we will be going to the South Brooklyn branch of the Cleveland Public Library to work together with a librarian on a geometric painting craft. Join us for this free creative outing!</p>
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SCR will make a trip to the Meijer in Seven Hills on **Friday June 21 @ 10 a.m.** We will also stop for lunch afterwards. Give us a call to get signed up for this trip: 216-749-5367.



	<p>SCR Driver Ed will be leading two garage sale trips this month: <b>Fridays @ 10 a.m., June 14 (Seven Hills) &amp; June 28.</b> A stop for lunch will be included. 12 person limit for each – call to get signed up. Because these trips tend to be popular, clients are only allowed to sign up for one garage sale trip per month. We have more garage sale trips planned for July!</p>
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**Friday June 14** will be Important Guys Day at SCR! We will have a special craft and refreshments will be served around 10 a.m. as we honor the special men in our lives. Join us!





**Breakfast Bunch:**  
**Wednesday June 12 @**  
**10 a.m.,**  
 Lucky's Café on  
 Starkweather –  
 12 person limit

**-Lunch Bunch:**  
**Thursday, June 27 @**  
**11 a.m. El Rinconcito**  
 Chapin on Broadview



Cooking with Cassie continues this month, **Wednesdays June 5 & June 26 at 10 a.m.**

Cassie will show us some simple, healthy, fun recipes. Join us! Friends from Brooklyn Heights Community Center will join us for Cassie's Cooking Class on June 26.



**Studio Go** will be back at SCR on **Friday June 14 @ 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.

Now that winter is over, we are officially in the swing of our outdoor weekly clubs – get some fresh air and have fun with friends!  
**- 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!

(no Gardening Club on Monday June 17)

**- 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!

(no Hiking Club on Tuesday June 11)

**- 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 June 7)

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** (no class on June 4 or 25)
- Wednesdays @ 12:30 p.m.: **Gentle Yoga** (closed on June 19)
- Fridays @ 12:30 p.m.: **Tai Chi**

Give us a call to get signed up for one of our fun exercise classes with JoAnn. SCR appreciates donations to help cover the costs of these sessions – Hope you can join us!



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! Self-Care Class with Cassie is back this month: **Wednesday June 12 @ 10 a.m.**



Our new Nature Club debuted in May. Pictured here are Mae McFadden and Dolores Hules, deeply concentrating as they put together a homemade bat box.

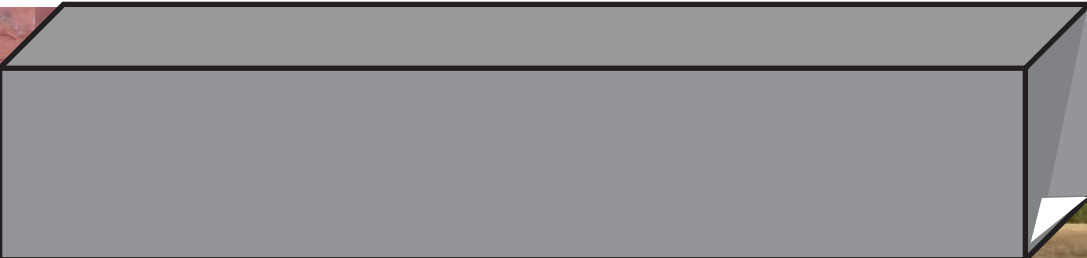
Now that our active outdoor clubs are in full swing, we will be limiting out trips to Planet Fitness to just once a week. We go to the **Ohio City Planet Fitness (Lorain Rd.) on Thursdays @ 9 a.m.** We plan on return to two Planet Fitness days per week when the colder weather returns. Give us a call to get signed up.



That monkey is driving a car, not a bike. **Wait a minute:** that monkey is driving a car?!!!

# JUNE 2024 SCR ACTIVITIES

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9am Coffee & Convo 10am Veggie Box Day 10am Gardening Club 10am Gametime 12pm SCR Lunch 12:30pm Bingo	<b>4</b> 9am Coffee & Open Studio 9am Crochet Group 10am Hiking Club 10am Puzzle Challenge 12pm SCR Lunch	<b>5</b> 9am Coffee & Music 10am Open Activities 10am Cooking w/Cassie 12pm SCR Lunch 12:30pm Gentle Yoga	<b>6</b> 9am Coffee Social 10am Planet Fitness 10am Trivia 10:30am Mobile Post Office @ SCR 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	<b>7</b> 9am Coffee & Crafts 10am Show & Tell 12pm SCR Lunch 12:30pm Tai Chi
<b>10</b> 9am Coffee & Convo 10am Gardening Club 10am Gametime 12pm SCR Lunch 12:30pm Name That Tune	<b>11</b> 9am Coffee & Open Studio 9am Crochet Group 10am Puzzle Challenge 10am Grief Presentation 12pm SCR Lunch 12:30pm Stability & Strength	<b>12</b> 9am Coffee & Music 10am Breakfast Bunch: Lucky's Cafe 10am Self Care w/Cassie 10am Open Activities 12pm SCR Lunch 12:30pm Gentle Yoga	<b>13</b> 9am Coffee Social 10am Planet Fitness 10am Trivia 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	<b>14</b> 9am Coffee & Crafts 10am Nature Club 10am Guys Day 10am Studio Go 10am Garage Sale Trip 12pm SCR Lunch 12:30pm Tai Chi
<b>17</b>  <b>SCR Zoo Day</b>  <b>All other SCR activities cancelled</b>	<b>18</b> 9am Coffee & Open Studio 9am Crochet Group 10am Hiking Club 10am Puzzle Challenge 12pm SCR Lunch 12:30pm Stability & Strength	<b>19</b>  <b>Juneteenth</b> <b>SCR Closed</b>	<b>20</b> 9am Coffee Social 10am Planet Fitness 10am Trivia 10:30am Blood Pressure Screenings 11am Chair Volleyball 12pm SCR Lunch 12:30pm Bingo	<b>21</b> 9am Coffee & Crafts 10am Nature Club 10am Meijers Trip 12pm SCR Lunch 12:30pm Tai Chi
<b>24</b> 9am Coffee & Convo 10am Gardening Club 10am Gametime 12pm SCR Lunch 12:30pm Bingo	<b>25</b> 9am Coffee & Open Studio 9am Crochet Group 10am Hiking Club 10am Puzzle Challenge 12pm SCR Lunch 1:30pm Library Craft	<b>26</b> 9am Coffee & Music 10am Cooking w/Cassie 10am Open Activities 12pm SCR Lunch 12:30pm Gentle Yoga	<b>27</b> 9am Coffee Social 10am Planet Fitness 10am Trivia 11am Chair Volleyball 12pm Lunch Bunch: El Rinconcito Chapin 12pm SCR Lunch 12:30pm Bingo	<b>28</b> 9am Coffee & Crafts 10am Nature Club 10am Garage Sale Trip 12pm SCR Lunch 12pm Downtown Monument Walking Tour 12:30pm Tai Chi



# JUNE 2024 WRAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>*Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Pears ½ c</p> <p>ALT = CS                      RB</p>	<p>4</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 Pineapple tidbits ½ c</p> <p>ALT = CBG                      T</p>	<p>5</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c</p> <p>ALT = CF                      RB</p>	<p>6</p> <p>*Chicken stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c</p> <p>ALT = CBG                      RB</p>	<p>7</p> <p>*Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c</p> <p>ALT = CF                      TR</p>
<p>10</p> <p>*Hamburger 3 oz Mustard &amp; Ketchup 1 PC ea. *Baked Beans ½ c *Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Mandarin Oranges ½ c</p> <p>ALT = CS                      TR</p>	<p>11</p> <p>*Tomato Basil Chicken 3 oz. w / Sauce 2 oz, W.G. Pasta ½ c. *Spinach ½ c, Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT = CF                      TR</p>	<p>12</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat **Whole Grain Cereal Bar, 1 oz Applesauce ½ c</p> <p>ALT = CBG                      RB</p>	<p>13</p> <p>*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c</p> <p>ALT = CF                      RB</p>	<p>14</p> <p>*Sloppy Joe 3 oz *Sweet Potatoes ½ c *California blend 1/2 c Whole Grain Dinner Roll 2 oz Banana</p> <p>ALT = CBG                      T</p>
<p>17</p> <p>*Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c</p> <p>ALT = CS                      T</p>	<p>18</p> <p>*Beef Lasagna 6 oz *Antiqua Blend ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c</p> <p>ALT = CBG                      RB</p>	<p>19</p> <p><b>Juneteenth</b></p> <p><b>Site Closed</b></p>	<p>20</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c</p> <p>ALT = CF                      RB</p>	<p>21</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c</p> <p>ALT = CBG                      TR</p>
<p>24</p> <p>* Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Peaches ½ c</p> <p>ALT = CS                      TR</p>	<p>25</p> <p>*Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c</p> <p>ALT = CF                      TR</p>	<p>26</p> <p>*Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun, 2 oz Applesauce ½ c</p> <p>ALT=CBG                      RB</p>	<p>27</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Wheat Bread Orange</p> <p>ATL=CF                      T</p>	<p>28</p> <p>*Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Green Peas ½ c Applesauce ½ c</p> <p>ALT=CBG                      RB</p>
<p><b>Menu Approved By:</b></p> <p><i>Ann Stahlheber MS, RDN, LD</i></p>	<p>*=Take Temperature of Milk and all food proceeded by an asterisk</p>	<p>Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice</p>	<p>** emergency food items for these items should be served.</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





National Donut Day is Friday June 7



## THEN AND NOW



It's Chris from the Social Services office!  
 She's hardly changed a bit!  
 Submissions for "Then and Now" have slowed down, but we'd love to have more. Any picture of you when you were younger would be great, it doesn't have to be a baby picture. Bring your photo to Jim, Leslie, or Cassie anytime!

# BACK WORDS

*executive functioning*

All the answers in this game are *semordnilaps*—words that spell a different word forward and backward, such as *faced* and *decaf*. (Give yourself a gold star if you noticed something special about the word *semordnilap*!)

1. Forward it's a state of armed conflict; backward it's uncooked.

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2. Forward they're spinning toys; backward it's a small stain on a shirt or tie.

---

3. Forward they are tasty seeds such as almonds or cashews; backward it means to astonish or shock.

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4. Forward it's a collective term for Fidos and Fluffys; backward it means to put one foot in front of the other.

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5. Forward it's Arnold Palmer's game; backward it means to beat someone with a whip or stick as a punishment.

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6. Forward it's the movement of the ocean; backward it means to correct or improve written material.

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7. Forward it's an auger or chisel; backward it means to steal things during a riot or war.

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8. Forward it means intelligent; backward it's another word for trolleys.

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9. Forward it's a civil wrongdoing; backward it's a medium-slow gait for a horse.

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ANSWERS ON NEXT PAGE



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**HELPING SENIORS IN CLEVELAND'S OLD BROOKLYN COMMUNITY  
 MAINTAIN INDEPENDENCE & QUALITY OF LIFE FOR 51 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 Post Office on Wheels @ SCR:  
**Thursday June 6 around 10:30 a.m.**

\* Next blood pressure and glucose monitoring:  
**Thurs June 20 @ 10:30**

**PUZZLE ANSWERS**

- 1./ War/Raw
2. Tops/Spot
3. Nuts/Stun
4. Pets/Step
5. Golf/Flog
6. Tide/Edit
7. Tool/Loot
8. Smart/Trams
9. Tort/Trot

**Looking ahead:**



- Independence Day celebration on **Wednesday July 3**
- Driver Dale's trip to Sugarcreek in Amish Country on **Friday July 19 @ 8 a.m.**
- Studio Go will join us again on **Friday July 26 @ 10 a.m.**
- July yard sale trips
- Downtown Monument Walking Tour part 2 on **Friday August 30**

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***Seniors in Touch***

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