FREE Income Tax Preparation

The new year is here! This means your tax documents will soon arrive. Let Empowering and Strengthening Ohio’s People (ESOP) prepare your 2019 taxes for FREE for filers who meet program guidelines.

- Get your refund at no cost to you! Don’t get scammed!
- IRS-certified preparers perform this valuable service (bilingual)
- Don’t pay for what can be free!

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>Feb. 11 - Mar 31</td>
<td>Rose Center for Aging Well - Gunning Park</td>
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<tr>
<td></td>
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<td>16700 Puritas Ave, Cleveland, OH 44135</td>
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<tr>
<td>Wednesdays</td>
<td>Feb. 12 - Mar 25</td>
<td>Stephanie Tubbs Jones Community Building</td>
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<tr>
<td></td>
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<td>3450 Lee Rd, Shaker Heights, OH 44120</td>
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<tr>
<td>Thursdays</td>
<td>Feb. 13 - Apr 2</td>
<td>Rose Center for Aging Well - Lakeshore</td>
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<td></td>
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<td>16600 Lakeshore Blvd, Cleveland, OH 44110</td>
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<tr>
<td>Saturdays</td>
<td>Feb. 22 - Apr 11</td>
<td>Benjamin Rose Institute on Aging</td>
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<td></td>
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<td>11890 Fairhill Rd, Cleveland, OH 44120</td>
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<tr>
<td>Saturday</td>
<td>March 21</td>
<td>Lakeshore Public Library</td>
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<tr>
<td></td>
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<td>17133 Lakeshore Blvd, Cleveland, OH 44110</td>
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</tbody>
</table>

ESOP’s tax site opens February 11, 2020

Call 216.361.0718

visit www.refundohio.org or call 211 to use the automated system to schedule your appointment with ESOP

ESOP is a nonprofit HUD-approved housing and financial counseling agency. Our team of financial counselors, coaches and trainers are specially trained to help people reach their financial and housing goals. ESOP is a subsidiary of the Benjamin Rose Institute on Aging.
Juanita Miller was born in North Carolina and raised in Brooklyn, NY as one of seven children. She was married for 25 years before divorcing. She has one son who dotes on her daily. Juanita earned degrees in Psychology and early Childhood Education for Chaminade University in Hawaii and Tri-C. Ms. Miller went to school for interior decorating, tried songwriting, licensed in real estate, speedwriting, before seeing a sign posted about the army. Ms. Miller began her 23 memorable years of service in the military in 1961 in Anniston, Alabama. She was the first black female authorized to have a child during active duty. She has seen most of the world including Russia, Madrid, Amsterdam, Israel, and Paris. While in stationed in France for two years, she met and worked alongside the President of France, Charles de Gaulle, for two days as the liaison for the United States. She recalls him being warm, personable and treated the staff well. Paris was her favorite city because of her love of the language and the culture. She retired as a Master Sargent. Ms. Miller also had the privilege of meeting Dr. Martin Luther King, Jr. while stationed in Chicago. She remembers a brief conversation where she told him that her goal was always be a good soldier and taking a photo with him.

There were also difficult times during her tenure in the Army. She faced Court Marshall for refusing to get off a bus she was riding with her fellow soldiers traveling for vacation. She was routinely refused service at restaurants and had to use the back entrances even when wearing her uniform.

After leaving the military, Juanita served as a counselor in Cleveland Heights for 17 years, then working at the unemployment office for four years. Ms. Miller has volunteered at CEOGC’s early head start program and currently volunteers at the McGregor Home three times each week assisting residents and holding Bible Study. She is lifelong Baptist and devotes much of her time to her church and its members. Juanita joined the East Cleveland Rose Center 5 years ago with the purpose of exercising more regularly. She kept coming because she enjoyed the fellowship with other members, the educational classes and other useful information provided by the Rose Center.

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community.

You may notice census takers in your neighborhood this year. This is a normal part of conducting the census.

Census workers may be conducting the survey, dropping off materials, or conducting quality checks.

**How to verify someone is a census worker?**

- Check to make sure the worker has a valid ID badge with their photograph, a U.S. Department of Commerce watermark, and expiration date.
- May carry a Census Bureau bag and other equipment with the Census Bureau logo.

*If you still have questions about their identity, you can contact your Regional Census Center to speak with a Census Bureau representative.*
Home-Delivered Meals

Meal Cancellations: 216-373-1994

Hours: Monday - Friday
8:00 am - 5:00 pm

Eight Healthy Eating Goals

1. Make half your plate fruits and vegetables: Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert. The more colorful you make your plate, the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy.

2. Make half the grains you eat whole grains: An easy way to eat more whole grains is to switch from a refined-grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread. Read the ingredients list and choose products that list a whole-grain ingredients first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," quinoa," or "wild rice."

3. Switch to fat-free or low-fat (1%) milk: Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

4. Choose a variety of lean protein foods: Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean or higher), turkey breast, or chicken breast.

5. Compare sodium in foods: Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

6. Drink water instead of sugary drinks: Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets. Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass of water if you want some flavor.

7. Eat some seafood: Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood. Children can eat smaller amounts of seafood, too.

8. Cut back on solid fats: Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; processed and fatty meats (e.g., sausages, hot dogs, bacon, ribs); and ice cream.

HOME-DELIVERED MEALS STAFF

<table>
<thead>
<tr>
<th>Jacqueline Hart, HDM Administrator</th>
<th>Rose Gator, Jumper</th>
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<tbody>
<tr>
<td>Anthony Bolden, Driver/Jumper</td>
<td>Vernita Harris, Driver/Jumper</td>
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<tr>
<td>Jasmine Brim-Redmond, PRN Driver/Jumper</td>
<td>Ruben Hill, Fleet Manager</td>
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<td>Cleveland Cody, Driver/Jumper</td>
<td>Rachel Isom, Driver/Jumper</td>
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<tr>
<td>Darryl Evans, PRN Driver/Jumper</td>
<td>Carolyn Jones, PRN Driver/Jumper</td>
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<td>Denham Fletcher, Driver/Jumper</td>
<td>Carl Rudolph, Driver/Jumper</td>
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<td>Wendell Franklin, PRN Driver/Jumper</td>
<td>Garland Smith, Driver/Jumper</td>
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<td>Bruce Fowler, Driver/Jumper</td>
<td>Arthur Walker, Driver/Jumper</td>
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<td>Lizzie Gaitor, Driver/Jumper</td>
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www.hhs.gov
PREVENT HEART DISEASE

Choose Healthy Foods and Drinks—Choose healthy meals and snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods.

- Eating lots of foods high in saturated fat and trans fat may contribute to heart disease; foods high in fiber and low in saturated fats, trans fat, and cholesterol can help prevent high cholesterol.
- Limiting salt (sodium) in your diet can also lower your blood pressure.
- Limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes.
- Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.

Keep a healthy weight—People with overweight or obesity have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels.

Get Regular Physical Activity—Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. 2 1/2 hours moderate intensity exercise, like brisk walking or bicycling, every week.

Don’t Smoke—Cigarette smoking greatly increases your risk for heart disease. If you don’t smoke, don’t start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

FEBRUARY SPECIAL OUTINGS

12th Aldi’s 11:45am
24th Longhorn Steakhouse 10:45am

WORD PARTS

The word menace is defined as “a threat”. In this game, however, we don’t supply the definition of a word, but of its parts. For example, given the first clue “male adults” plus the second clue “the highest card in the deck, “the answer is menace (men + ace)

1. The opposite of out + verdict Deciders
2. Take a breather + Mr. Linkletter
3. “The Raven” author + to make an effort or attempt
4. Wally and the Beaver’s dad + attire for a judge
5. Sunday church service + how old you are
6. Water barrier + writing instrument
7. Deface + alcoholic beverage often mixed with tonic
8. Nearest star + devoid of moisture
9. Male + bowler or pillbox + darkened skin
10. The final part + organ of hearing

EAST CLEVELAND ROSE CENTER AT SALVATION ARMY CENTER STAFF

Tracey Kirksey, Center Director
Kathleen Woodson, Program Assistant
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>3</td>
<td>4:30 Crocheting/Knitting, Dominos Billiards, Bid Whist</td>
<td>5:30 Tai Chi</td>
<td>6:30 Crocheting/Knitting, Dominos Billiards</td>
<td>7:30 Games, Arts &amp; Crafts</td>
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<td>9:00 Crafts &amp; Games</td>
<td>10:00 ECL</td>
<td>9:00 Games &amp; Crafts</td>
<td>9:00 Games, Arts &amp; Crafts</td>
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<td>10:00 ECL</td>
<td>10:30 Intergenerational School Visit</td>
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<td>9:00 Walking</td>
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<td>Computer Class</td>
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<td>1:00 Bible Study</td>
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<td>12:30 Yoga</td>
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<td>10</td>
<td>9:00 Activities</td>
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<td>9:00 Games, Arts &amp; Crafts</td>
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<td>10:00 ECL</td>
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<td>17</td>
<td>18:30 Presidents Day</td>
<td>19:30 Domino’s, Crafts &amp; Games</td>
<td>20:30 Crocheting/Knitting, Dominos Billiards</td>
<td>21:00 Games, Arts &amp; Crafts</td>
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<td>10:00 ECL</td>
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<td>10:30 Tai Chi</td>
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<td>25:30 Crocheting/Knitting, Dominos Billiards, Bid Whist</td>
<td>26:30 Tai Chi</td>
<td>27:30 Crocheting/Knitting, Dominos Billiards</td>
<td>28:30 Games, Crochet, Games, Arts &amp; Crafts</td>
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<td>10:00 ECL</td>
<td>10:00 ECL</td>
<td>9:00 Games, Arts &amp; Crafts</td>
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Suggested lunch donation is $1.00 per meal. Thank you
February Events and Trips

Friday, February 7th @ 11:30am
Gabe’s—Unbelievable Finds

Friday, February 14th @ 10:30am
Health Screening w/EMS
Check your Blood Pressure

Friday, February 21th @ 10:30am
Walmart Shopping—Shop for Great Deals

Friday, February 28th @ 10:30am
Dining with Friends—Perkins Restaurant & Bakery

BOHN CENTER STAFF

Nicole Alexander, Center Director
Ruth Hart, Food Service Manager
Anthony Ray, Custodian

BOHN CENTER STAFF

13 Billy Howze
23 Jerome Bell
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>3 10:00  Board Games</td>
<td>4 10:00  Puzzle Fun</td>
<td>5 10:00  Board Games</td>
<td>6 10:00  Connect 4</td>
<td>7 10:00  Board Games</td>
</tr>
<tr>
<td>10:00  Walking Club</td>
<td>10:30  African Dance Class</td>
<td>10:30  Journaling</td>
<td>10:30  Arthritis Fitness</td>
<td>10:30  Bingo</td>
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<td>11:30  Lunch</td>
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<td>12:00  Uno</td>
<td>12:00  Card Games</td>
<td>12:00  Uno</td>
<td>12:00  Card Games</td>
<td>11:30  Gabe’s</td>
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<td>(Middleburg Heights)</td>
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<td>10 10:00  Current Events</td>
<td>11 10:00  Puzzle Fun</td>
<td>12 10:00  Current Events</td>
<td>13 10:00  Puzzle Fun</td>
<td>14 10:00  Current Events</td>
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<tr>
<td>10:00  Walking Club</td>
<td>10:30  Balloon Volleyball</td>
<td>10:00  Art Class</td>
<td>10:30  Low Impact Exercise</td>
<td>10:30  Health Screening</td>
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<td>12:00  Connect 4</td>
<td>12:00  Card Games</td>
<td>12:00  Gospel Hour w/</td>
<td>12:00  Black History</td>
<td>12:00  Bingo</td>
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<td></td>
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<td>Michelle</td>
<td>Wheel of Fortune</td>
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<td>17 CENTER CLOSED</td>
<td>18 10:00  Connect 4</td>
<td>19 10:00  Board Games</td>
<td>20 10:00  Connect 4</td>
<td>21 10:30  WALMART</td>
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<td>10:30  African Dance Class</td>
<td>10:30  Game Day</td>
<td>10:30  Arthritis Fitness</td>
<td>(Steelyard Commons)</td>
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<td>12:00  Card Games</td>
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<td>Bingo</td>
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<td>24 10:00  Board Games</td>
<td>25 10:00  Puzzle Fun</td>
<td>26 10:00  Dress-Up Culture Day</td>
<td>27 10:00  Puzzle Fun</td>
<td>28 10:30  Perkin’s Restaurant</td>
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<td>10:00  Walking Club</td>
<td>10:30  Chair Hockey</td>
<td>10:30  Art Class</td>
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<td>(Middleburg Heights)</td>
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<td>10:30  Journaling</td>
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<td>12:00  Black History</td>
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<td>12:00  Uno</td>
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<td>Jeopardy</td>
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<td>25 10:00  Puzzle Fun</td>
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<td>26 10:00  Dress-Up Culture Day</td>
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All Physical and Cognitive Activities are 45 minutes in length
Valentine’s Day Party

Friday, February 14th

Entertainment by Tom Todd

Goodie bags sponsored by Anthem Blue Cross Blue Shield, & party favors sponsored by Rocky River Gardens

MUSIC OF THE MONTH

Friday, February 7th at 10:30am

Come enjoy our first ever, Music of the Month event at Gunning Park. With your DJ, Abbey, playing any genre of music chosen by you! The music theme of the month of February is MOTOWN. Come dance, sing & enjoy each others company on the first Friday of every month.

B.A. SWEETIES CANDY COMPANY

Monday, February 10th

Spend your Monday morning with us for a trip to Sweeties Candy Company. Shop for a treat for your Valentine or stock up on your childhood favorites! Sign up in the trip binder today.

“BATTER UP” BASEBALL STORYTELLING PROGRAM

February 11th & 25th at 10:00am

Join us for a new, engaging program with SimplyTold and the Baseball Heritage Museum where you will share your personal stories around the beloved Cleveland sport, baseball! Funding made possible by the Ohio Arts Council.
<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
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<tbody>
<tr>
<td>3</td>
<td><strong>BLACK HISTORY MONTH CELEBRATION</strong></td>
<td>4 <strong>BRI CARE CONSULTATION</strong></td>
<td>5 <strong>BIRTHDAY CAKE</strong></td>
<td>6 <strong>EMS</strong></td>
<td>7 <strong>MUSIC OF THE MONTH</strong></td>
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<td>8:00 Walk &amp; Coffee</td>
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<td>9:30 Crochet Group</td>
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<td>11:30 Lunch</td>
<td>12:15 Pinochle</td>
<td>12:15 Pinochle</td>
<td>12:30 Bingo</td>
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<tr>
<td>10</td>
<td><strong>SWEETIES</strong></td>
<td>11 <strong>ROCKY RIVER BASEBALL HERITAGE</strong></td>
<td>12 <strong>NEAR WEST</strong></td>
<td>13 <strong>NEAR WEST</strong></td>
<td>14 <strong>VALENTINE’S DAY PARTY</strong></td>
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<td>8:00 Walk &amp; Coffee</td>
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**Gunning Park Rose Center**

**FEBRUARY 2020**
**CALANDAR OF EVENTS & TRIPS**

**MARC’S**
Friday, February 7th @ 1:00 p.m.

**WALMART**
Thursday, February 13th @ 1:00 p.m.

**BOX LUNCHES**
Tuesday, February 18th @ 9:30 a.m.

**LUNCH BUNCH—GOLDEN CORRAL**
Tuesday, February 18th @ 1:00 p.m.

**EMS HEALTH SCREENING**
Friday, January 24th @ 11:00 a.m.

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**BLACK HISTORY FACTS**

*Black History* is a time of rejoicing, celebrating and thanking African-Americans and others for giving their life, hope or a life lesson.

*Black History Month* began as “Negro History Week,” a label applied by historian Carter G. Woodson in 1926. Woodson chose that week specifically because it covered the birthdays of Frederick Douglass (*February* 14) and Abraham Lincoln (*February* 12).

- Feb. 2, 1862 - District of Columbia abolishes slavery.
- February 16, 1972 - Wilt Chamberlain of the LA Lakers reached the 30,000-point mark in his NBA career during a game against the Phoenix Suns.
- February 21, 1965 - Malcolm X was assassinated while delivering a speech at the Audubon Ballroom in New York City.

---

Need a Licensed Social Worker to assist you! Contact Jerry Purcell @ 216-373-1689

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**WOODS CENTER STAFF**

Jerry Purcell, *Center Director*
Dolores Davis, *Program Assistant*
Almeta Stearns Fields, *Food Service Mgr.*
Richard Stewart, *Kitchen Aide/Custodian*
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SUGGESTIONS WANTED

Is there a trip you’d like to take, a restaurant you’d like to try or a store you’d like to visit?

Your suggestions are needed!

Contact Jerry Purcell
216-373-1689

CALENDAR OF EVENTS

Tuesday, February 4th @ 1:00pm
EMS

Friday, February 7th @ 1:00pm
Marc’s

Wednesday, February 12th @ 1:00pm
Walmart

Friday, February 14th
Happy Valentine’s Day

Monday, February 17th
NO MEAL TODAY
Happy President’s Day

Tuesday, February 18th @ 1:00pm
Golden Corral

Friday, February 21st @ 12:30pm
Black History Presentation

Friday, February 28th @ 1:00pm
Bingo

NEED ASSISTANCE WITH INSURANCE, HEALTH BENEFITS, OTHER ISSUES? THE KING KENNEDY ROSE CENTER HAS A LICENSED SOCIAL WORKER TO ASSIST!

KING KENNEDY CENTER STAFF

Jerry Purcell Center Director
Willa Hinton Food Service Manager
Gary McCoy Kitchen Aide, Custodian
Sherolyn Sims Program Assistant
# King Kennedy Rose Center

## FEBRUARY 2020

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**Suggested Lunch Donation** $1.00 per Meal

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TO EVERYONE WHO WILL CELEBRATE A BIRTHDAY THIS MONTH!
**CELEBRATE BLACK HISTORY MONTH**

Join us for an informative Black History presentation from Ted on Thursday, February 6 at 1:30pm & an exciting game of Black History Jeopardy with Robin on Tuesday, February 18 at 12:30pm.

**Monday, February 3:**
Shop for fresh produce and groceries at Aldi. Van departs at 10:30am & returns at 12:00pm.

**Friday, February 14:**
Enjoy a Valentine’s Day lunch at Golden Corral! Van departs at 10:30am & returns at 1:30pm.

**THURSDAY, FEBRUARY 13 at 12:30pm**
Celebrate Valentine’s Day with sweet treats, raffles & trivia!

**THURSDAY, FEBRUARY 20 at 12:30pm**
Join us for an educational and engaging Heart Health presentation from MetroHealth!

**FREE INCOME TAX PREPARATIONS**
ESOP is preparing taxes for FREE for filers who meet program guidelines! ESOP will be at Lakeshore every Thursday beginning Feb. 13. To schedule an appointment, please call 216.361.0718, visit www.refundohio.org or call United Way at 2-1-1 and request to schedule with ESOP at Lakeshore Rose Center.

**LAKESHORE STAFF**

- Ashlee Williman, Center Director
- Robin Whitted, Program Asst./Food Manager
- Anthony Ray, Custodian

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Join us every **MONDAY** for…

**Live Music** from 12-1pm & **Wii-Bowling** from 1-2pm

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**BINGO**

Every Thursday!

*Lunch is served at 12:00pm, bingo is immediately following.*

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**Birthday Celebration**

**Thursday, February 27th**

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**Valentine’s Day Party**

**Friday, February 14th**

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**Blood Pressure checks**

every second Thursday

11:00am-12:00pm

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**Podiatrist** every third Thursday

9:30am-12:00pm (by appointment)

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**COMPUTER CLASSES**

**Every Wednesday & Thursday**

From 11:00am-12:00pm

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**OAKWOOD CENTER STAFF**

Cynthia Clark, Food Service Manager

Kevin Prewitt, Program Assistant

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**Yoga Class**

every Monday & Friday

from 11:00am - 12:00pm
<table>
<thead>
<tr>
<th>Date</th>
<th>Menu Approved by:</th>
<th>Menu</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020 WRAAA Menu</td>
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**February 2020 WRAAA Menu**

<table>
<thead>
<tr>
<th>Day</th>
<th>Choice of:</th>
<th>Menu</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>M</td>
<td>* Take Temperature of Milk and all food proceeds by an asterisk.</td>
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<tr>
<td>T</td>
<td>* Chicken Cordon Bleu 6 oz.</td>
<td>ALT</td>
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<td></td>
<td>w/ Gravy 2 oz.</td>
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<td></td>
<td>* Mixed Vegetables 1/2 c</td>
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<td></td>
<td>2 Whole Grain White</td>
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<td></td>
<td>Sliced Applesauce 1/2 c</td>
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<tr>
<td></td>
<td>ALT = CS</td>
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<tr>
<td>W</td>
<td>* Roasted Turkey Breast 3 oz.</td>
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<tr>
<td></td>
<td>w/ Gravy 2 oz.</td>
<td>ALT</td>
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<td></td>
<td>* Buttermilk Sauce 1/2 c</td>
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<td>2 Whole Grain White</td>
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<td>Sliced Applesauce 1/2 c</td>
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<td></td>
<td>ALT = CGS</td>
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<tr>
<td>Th</td>
<td>* Grilled Chicken leg 6 oz.</td>
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<td></td>
<td>w/ Gravy 2 oz.</td>
<td>ALT</td>
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<tr>
<td></td>
<td>* Butternut Squash 1/2 c</td>
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<tr>
<td></td>
<td>W. G. Butternut Squash 1/2 c</td>
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<tr>
<td></td>
<td>Mandarin Oranges 1/2 c</td>
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<td></td>
<td>ALT = CGB</td>
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<td>ALT = CGB</td>
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<td>Sa</td>
<td>* Stuffed Peppers 6 oz.</td>
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<td></td>
<td>w/ Gravy 2 oz.</td>
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<td>* Oriental Blend 1/2 c</td>
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<td>Whole Grain White</td>
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<td>Tu</td>
<td>* Ham Sandwich</td>
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<td></td>
<td>w/ Grilled Cheese 1/2 c</td>
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<td></td>
<td>* Lettuce 1/2 c</td>
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<td>ALT = CS</td>
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<td>We</td>
<td>* Baked Beans 4 oz.</td>
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<td></td>
<td>w/ Gravy 2 oz.</td>
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<td></td>
<td>* Beef &amp; Broccoli 1/2 c</td>
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**Note:** Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ALT CS = Chicken Salad with Croissant, ALT CBB = Spring Lettuce Salad w/ Chicken Breast
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