

Do you remember The Blizzard ?

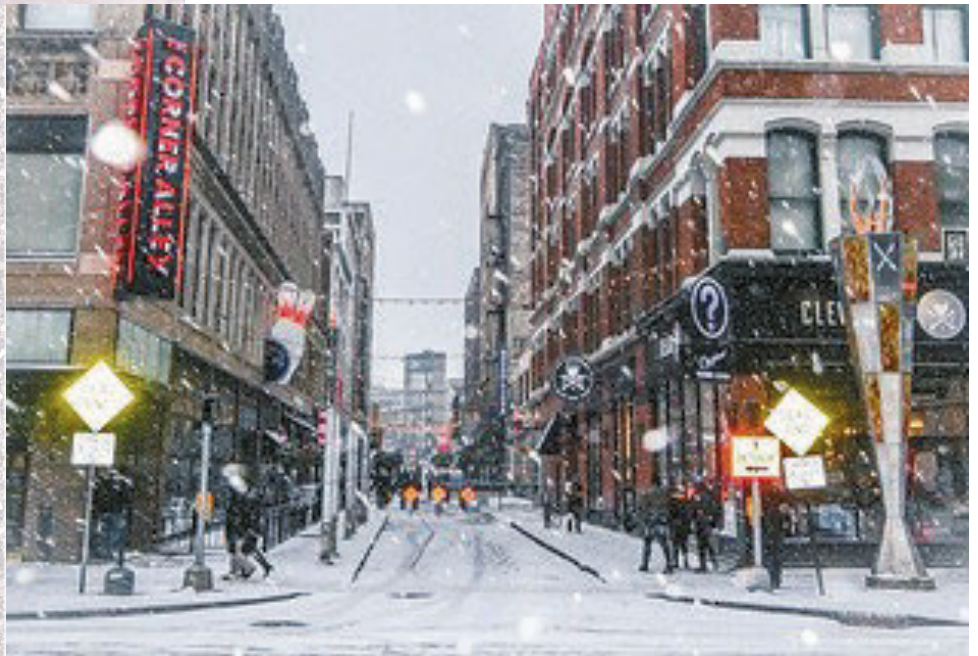


Blizzard of 1978

It's been 46 years since The Blizzard of '78.

The third major storm of the winter paralyzed much of the eastern U.S. The worst blizzard in Cleveland history hit early Thursday, January 26th, 1978. The temperature dropped 39 degrees in 6 hours. Sustained winds blew 53 mph with 82-mph gusts as the wind-chill exceeded -100deg. F, and 8" of snow fell on top of the 18-24" already on the ground. 110,000 Greater Cleveland homes lost power. Preventing Mayor Dennis Kucinich's return from Washington, DC, and finance director Joseph Tegreene set up a command post as acting mayor. The National Guard was called in and the entire Ohio Turnpike closed for the first time. That winter was the city's second-snowiest ever. (Case.edu/ech/articles/b/blizzards)

See inside
for winter
warm-up tips!



Find us on 

Stay up to date with all that's happening at the Rose Centers

: Benjamin Rose Institute on Aging

Group page: Rose Centers for Aging Well

Rose Centers Directory

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Home Delivered Meals

Meal Cancellations:

216-373-1994

Hours: Mon- Fri 8:00am - 5:00pm

Staff:

Jacqueline Hart, *HDM Administrator*
Position Open, Program Director HW
 Jennifer Meigs, *HDM Social Worker*
 Bonnie Paul, *HDM Social Worker*
 Zunna Anthony, *Driver/Jumper*
 Anthony Bolden, *Driver/Jumper*
 Micheal Brown, *Driver/Jumper*
 Chris Colwill, *PRN Driver/Jumper*
 Donna Dozier, *HDM Driver/Jumper/*
Generalist
 Denham Fletcher, *Driver/Jumper*
 Bruce Fowler, *Driver/Jumper*
 Joseph Grair, *Fleet Manager*
 Aaron Hardy, *Driver/Jumper*
 Brandon Horne, *PRN Driver/Jumper*
 Danielle Hubbard, *Driver/Jumper*
 Rachel Isom, *Driver/Jumper*
 Michelle Johnson, *Driver Jumper*
 Thomas Rankins, *PRN Driver Jumper*
 Anthony Ray, *Driver/Jumper*
 Carl Rudolph, *Driver/Jumper*
 Cordell Rudolph, *PRN Driver/Jumper*
 Kenneth Vaughn, *PRN Driver/Jumper*
 Arthur Walker, *Driver/Jumper*

ROSE CENTERS ADMINISTRATION

Dabney K. Conwell

Vice President, Benjamin Rose Institute on Aging
Executive Director, Health and Wellness

Melissa Winberry

Assistant Director, Health and Wellness

Ashley Herhuth

Administrative Coordinator

ROSE CENTER DIRECTORY

East Cleveland Rose Center Phone: 216-373-1696

1507 Doan Avenue, Cleveland, OH 44112 M—F 10am-3pm

Tracey Kirksey, *Center Director*

Kathleen Woodson, *Program Assistant*

Gunning Park Rose Center Phone: 216-373-1735

16700 Puritas Road, Cleveland, OH 44135 M—F 8:30am-3pm

Elizabeth Burns, *Center Director*

Sandy Deida, *Program Assistant & Activities Coordinator*

Brittnay Schill, *Kitchen Aide*

Lakeshore Rose Center Phone: 216-373-1939

16600 Lakeshore Blvd, Cleveland, OH 44110 M—F 10am-3pm

Carla Collins, *Center Director*

Robin Whitted, *Program Assistant*

Curtis Porter, *Custodian*

King Kennedy Rose Center Phone: 216-401-6561

2501 East 59th Street, Cleveland, OH 44104 M—F 8am-2pm

Karen Ledford, *Nutrition Site Coordinator*

Gary McCoy, *Kitchen Aide*

James Woods Rose Center Phone: 216-373-1793

1795 West 25th Street, Cleveland, OH 44113 M—F 9am-2pm

Linda Robinson, *Nutrition Site Coordinator*

Clarence Golston, *Kitchen Aide*

Ebony Reynolds, *Kitchen Aide*

Rose Center at Fairhill Partners Phone: 216-421-1350 x162

12000 Fairhill Road, Cleveland, OH 44120 M-F 11:30am-12:30pm

*Contact Carol Gatto to make a lunch reservation.

Don't forget to give your suggested \$1.00/day meal donation to your center staff or delivery person.

Rose Center News

REMINDER

Be sure to listen to your messages from the new automated messaging system to hear reminders and important announcements.

Calls will be from 216-799-0461

*You will be receive program alerts via phone calls, text messages, or email for FREE!



There will be no meal delivery, and Rose Centers will be closed on Monday, January 1st for New Year's Day, and Monday January 15th in observance of MLK Jr. Day.



Congratulations to our 2024 members of the Centenarian Club!

Fletcher Jacobs turns 105

On January 10th!



Cleveland Community Events:

Dec 1-Jan 5: Rockefeller Park Greenhouse Poinsettia display— 10am to 4pm daily, free, 750 E. 88th Street.

Jan 1-12: Forest of Memories— free, Reinberger Gallery at CLE Institute of Art, 11610 Euclid Ave, University Circle. Immersive multimedia instillation using 40,000 led lights, projected mapping and interactive sound.

Jan 12: Walkabout Tremont—free, 2406 Professor Ave Tremont, Engaging entertainment and a family-friendly atmosphere run late into the evening as shops and galleries extend their hours.

Jan 13: 2024 Eclipse Speaker Series—Sat 6:30pm-7:30pm, free, Watership Stewardship Center, West Creek Reservation 2277 W Ridgewood Dr, Parma. Speaker - Gary Kader Director of Burrell Observatory Baldwin Wallace University.

Jan 13: 2024 Eclipse Speaker Series—Sat 6:30pm-7:30pm, free, Squires Castle— No. Chagrin Reservation



Reminder



Don't forget to cancel your home delivered meal if you will not be home to receive your delivery. Canceling in advance allows us to continue offering this vital service to our community.

~Call 216-373-1994 ~

If you can't fly, then **run**.
If you can't run, then **walk**.
If you can't walk, then **crawl**,
but by all means, **keep moving**.

- Martin Luther King Jr.

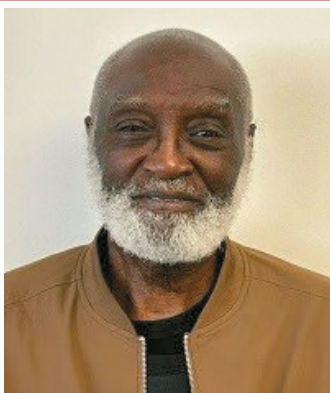


Rose Center News



Welcome aboard

to our newest
Home Delivered Meals
Staff!
Michael Brown



Tips for older adults to stay well in colder weather:

- Stay Active**– it is important to prioritize active living year-round. Maintaining or increasing your activity can strengthen muscles and improve balance and endurance.
- Indoor activities**– either out in a group or as home exercises include chair exercises, yoga, tai chi, and light stretching daily.
- Eat right**– Eat a balanced diet with fruits, veggies, and proteins to improve your immune system. Stay hydrated, warm beverages may increase intake.
- Bundle up**– dress for the weather in layers, use a scarf to cover your mouth & nose for extreme cold. Wear warm footwear with non-skid soles. If you have a cane, ensure the rubber tip is intact.
- Practice Prevention**—Washing or sanitizing hands will help stop the spread of germs & viruses. If you have a cold or flu, stay home, but if you must go out, consider wearing a mask and practicing social distancing to protect others. Consider getting the annual flu shot covered under most health plans as a preventative measure. Adults over 65 are at a higher risk of severe health complications from the flu.
- **Take care inside & out**—Stay warm, dress in layers and wear socks to keep warm. Keep a throw blanket nearby in case of chill. Use lotions to prevent dry skin & irritation.
- If you can get outside in the sunlight, do so when you can. Going out will boost your mood and increase your exposure to sunlight and vitamin D.

While winter's colder months may have challenges, you can maintain your physical and mental wellness by making some safe choices. ,you can confidently embrace the change in season as an older adult.

(healthnews.com/family-health/healthy-aging/winter-wellness)

Winter Nutrition Tips for Seniors

The colder months can pose challenges for older adults when it comes to healthy eating when cold weather and dangerous snowy roads can mean less trips to the grocery store for fresh fruits and vegetables, but it's equally important to eat fresh in the winter months.

Tips to healthy winter eating:

- Take Advantage of Root Vegetables.** Winter is peak season for root vegetables, considered to be some of the most nutrient rich veggies you can eat. Parsnips, yams, beets, and carrots are just some of the root vegetables readily available from fall to spring that are easy to cook and that pack a nutritional punch. Root vegetable are high in vitamins A, B, and C as well iron. They are high in fiber and slow-burning carbohydrates, so you'll stay fuller longer after a meal.
- Stock up on Citrus.** Oranges, grapefruit, pineapple and all other citrus fruits are in season during the winter months, you can find quality citrus fruits at good prices. High in vitamin C, citrus is a great addition to winter diets for seniors, to help you keep cold and flus at bay.
- Omega Three Fatty Acids.** Consider adding walnuts, avocados, and flax seed to your diet. These foods omega three fatty acids foods help reduce inflammation and help curb heart disease, arthritis, and even cancer. Flax seeds can be added to cereals, yogurt and even salads.
- Include Dark, Leafy Vegetables.** Winter is a great time to add more dark leafy vegetables that are high in vitamins & antioxidants to your diet. Include spinach, broccoli or chard to your meals for extra fiber, and stock up on green veggies by keeping plenty of frozen or canned selections readily available.
- Less Sunlight, More Vitamin D Rich Foods.** Our main source of Vitamin D is sunlight. During winter months, nutritionists recommend older adults add more Vitamin D rich foods to their diet, including egg yolks, seafood, healthy grains, and Vitamin D fortified milk.

(newcastleplace.com/blog/health-wellness/winter-nutrition-tips-for-seniors/)



Did you know?

Did you know that all of our home delivered meal plans are heart healthy and low sodium?

Fresh, healthy and fulfilling food is an important aspect of maintaining wellness.

James Woods Rose Center

Lunch is served Monday through Friday 11:30am to 1:30pm



King Kennedy Rose Center

Lunch is served Monday through Friday 11:30am to 1:30pm

Our offices have moved floors!

We can now be found on the first floor across the hall from the kitchen.

Stop by and see Karen if you are in need of any supportive services.



East Cleveland Rose Center at Salvation Army



Kathleen W, Program Assistant at East Cleveland Rose Center, leads Project Warm providing hundreds of hats each year that are distributed to local school aged children.



3 Reasons Why You Must Wear A Hat To Stay Warm This Winter- When winter arrives, we pack ourselves under layers of warm clothes. But what about your head and ears? Well, they need protection for cold breeze and freezing temperatures too. And, that's why it's necessary to include warm winter hats in the list of essentials to stay warm in winter.

Keep you warm—It goes without saying that winter hats and beanies are designed to stay warm and cozy when it's cold. Believe it or not, about 50 percent of body heat is lost when you don't cover your head, which makes you feel cold. It happens because of blood vessels constriction that keeps your hands and feet cold even when they are well-covered.

Elevate your style—Winter clothes are dark in colors to keep the heat from escaping, but an addition of a colorful beanie can elevate the overall style in an instance.

Stay protected from the sun—We tend to spend more time outdoors during the winter season as long as the sun is up to keep us warm. But we often forget that we also need sun-shielding to keep harmful UV rays away.

<https://medium.com/@georgialily360/3-reasons-why-you-must-wear-a-hat-to-stay-warm-this-winter-8b6e8a1b8e3>



Mind & Body

Tai Chi	Mondays	12:30pm	Computer Class	2nd & 4th Wed	10:30am
Walking	Daily	10:30am	Fitness Class	Thursdays	10:3am
BINGO	Tuesdays	12:30pm	Bible Study	1st & 3rd Wed	1:00pm
Lunch w/Chef	Tuesdays	11:30pm	Cards/Games	Daily	Daily
Arts & Crafts	Daily	10:30am			

East Cleveland Rose Center at Salvation Army

Center open
9:00AM– 3:00PM



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	3 Daily Activities 11:30 Lunch 1:00 Bible Study	4 Daily Activities 10:30 Fit & Fab 11:30 Lunch	5 Daily Activities 11:30 Lunch 12:30 Cards/Games
8 Daily Activities 10:30 Kohl's 11:30 Lunch 12:30 Tai Chi	9 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	10 Daily Activities 10:00 EC Library Computer 11:30 Lunch	11 Daily Activities 10:30 Fit & Fab 11:30 Lunch	12 Daily Activities 11:30 Lunch 12:30 Cards/Games
15 	16 Daily Activities 11:00 Cracker Barrel 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	17 Daily Activities 11:30 Lunch 1:00 Bible Study	18 Daily Activities 10:30 Fit & Fab 11:30 Lunch	19 Daily Activities 11:30 Lunch 12:00 Food Pantry 12:30 Cards/Games
22 Daily Activities 11:30 Lunch 12:30 Tai Chi	23 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	24 Daily Activities 10:00 EC Library Computer 11:30 Lunch	25 Daily Activities 10:30 Fit & Fab 11:30 Lunch	26 Daily Activities 11:30 Lunch 12:30 Cards/Games
29 Daily Activities 11:30 Lunch 12:30 Tai Chi	30 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	31 Daily Activities 11:30 Lunch		DAILY ACTIVITIES: <ul style="list-style-type: none"> • Dominoes • Knitting/crochet • Coloring • Puzzles • Billiards

Gunning Park Rose Center

New Afternoon Programming!

- Movie Screening on 1/2 at 12:30pm
- Master your Smartphone Class on 1/9 & 1/17 at 12:45 pm
- Sound Healing Session on 1/11 at 12:45pm
- Flower Arranging & Painting on 1/16 at 12:45 pm
- Storytelling Workshop on 1/23 at 12:45pm
- Craft Group every Wednesday at 1:00
- Bingo, every Monday & Friday at 12:30pm



Need help with accessing services or resources?



Come by "Social Service Office Hours" where you can get one on one assistance with services such as: food assistance, housing, caregiving support, and other benefits that might be available to you. Every Thursday at 1:00!

January Bus Trips:



*Sign ups open 1 week prior to trip

- Trip to Cudell Rec Center for a water-aerobics class from 12:45-2:00pm
- Mystery Lunch Trip on 1/19 11:30am-1:30pm
- Trip to the Aquarium on 1/30 12:00pm-2:00pm

Celebrate with us
3-Kings Day
January 5th at 10am



Learn more about this Puerto Rican holiday and take part in an empanada making demonstration by Sandy.

Exercise w/ Christine
every Wednesday at 10:00am!



Join us on Thursday, January 11th at 12:45 pm for a special sound healing experience!

You will be immersed in healing sound vibrations which can decrease tension and increase relaxation which can result in many health benefits.





Chat & Chew with CPD

Join Cleveland Police officers on 1/9 from 10-11:30am to learn about community safety and have a chance to eat lunch and chat together.



Gunning Park Rose Center

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed 	2 Ring in 2024! 10:00 New Year's Trivia & Resolutions 11:30 Lunch 12:30 Movie	3 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing	4 10:15 Tai Chi 11:30 Lunch 1:00 Social Service Office Hour	5 3-Kings Celebration 11:30 Lunch 12:30 Bingo
8 10:00 Zumba 11:30 Lunch 12:30 Bingo	9 10:00 Chat & Chew with CPD 11:30 Lunch 12:45 Master your Smartphone Class	10 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing	11 EMS Screenings 10:15 Tai Chi 11:30 Lunch 12:45 Sound Healing Event	12 10:00 Advisory Council 11:30 Lunch 12:30 Bingo
15 Center Closed 	16 10:00 Music Bingo 11:30 Lunch 12:45 Flower Arranging & Painting	17 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing	18 Pool Trip 10:15 Virtual Chair Yoga 11:30 Lunch 1:00 Social Service Office Hour	19 Mystery Lunch Trip 10:00 Tai Chi 11:30 Lunch 12:30 Bingo
22 10:00 Zumba 11:30 Lunch 12:30 Bingo	23 School Visit 10:00 Tech Help 11:30 Lunch 12:45 Storytelling Workshop	24 Food Box 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing	25 School Visit 10:15 Tai Chi 11:30 Lunch 1:00 Social Service Office Hour	26 10:00 Virtual Chair Yoga 11:30 Lunch 12:30 Bingo
29 10:00 Zumba 11:30 Lunch 12:30 Bingo	30 Aquarium Trip 9:30 Pinochle 10:00 Virtual Chair Yoga 11:30 Lunch	31 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing	Meal reservations due by <u>Wed.</u> at <u>noon</u>, call 216-373-1726 or see Sandy to make reservations.	Center Hours: Monday-Friday 8:30am-3:30pm

Paul W. Alandt Lakeshore Rose Center

Monthly Outings

Mama Santa's 1/4
Zoup Restaurant 1/23



Join artist Linda Zolton Woods on Tuesdays in January to help paint and decorate beautiful banners to brighten up the Lakeshore Rose Center space.

**Happy
New Year**



Join us on Friday January 12th at
12:30pm for Violinist Mary Beth Ions!

Join us for Zumba every
Thursdays at 10:30am
it's for everybody

Featured Health Events:

1/17/2024
Case Western Reserve oral screenings

1/17/2024
Understanding Alzheimer's and
Dementia Lunch and Learn

Join us Monday mornings at
10:30 for exercise with
Christine!



Cleveland EMS will be coming to Lakeshore the 2nd Thursday of the month for health screenings. Come get screened on Thursday, January 11th.

Great news!

Bingo is now on Fridays!

**Come and join us at 12:30 p.m. on
Wednesdays and Fridays!**



Paul W. Alandt Lakeshore Rose Center

January

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 10:00 Coffee 11:30 Lunch 1:00 Crafts w/ Carla	3 10:00 Coffee 11:30 Lunch 12:30 Bingo	4 10:30 Zumba 11:30 Lunch 12:30 Bible Study	5 Chef Kellee 10:30 Coffee 11:30 Lunch 12:30 Bingo 
8 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour	9 10:30 Coffee 11:30 Lunch 1:00 Crafts w/ Carla	10 10:30 Coffee 11:30 Lunch 12:30 BINGO Post office on wheels 	11 10:30 Zumba 11:30 Lunch 12:15 Bible Study EMS Screenings	12 10:30 Coffee 11:30 Lunch 12:00 Tea Party w/ Mary Beth Ions
15 10:30 Exercise with Christine 11:30 Lunch 12:30 Social Hour	16 10:30 Coffee 11:30 Lunch 12:30 Build A Bouquet 1:00 Art w/ Linda	17 10:30 Oral Health Screenings 11:30 Lunch 12:30 Case Western Reserve	18 10:30 Zumba 11:30 Lunch 12:15 Bible Study	19 10:30 Coffee 11:30 Lunch 12:00 Movie National Popcorn Day 
22 10:30 Exercise with Christine 11:30 Lunch 1:00 Social Hour	23 10:30 Coffee 11:30 Lunch 12:30 Art w/ Linda	24 IG School 10:30 Coffee 11:30 Lunch 12:30 BINGO	25 10:30 Zumba 11:30 Lunch 12::30 Bible Study	26 10:30 Coffee 11:30 Lunch 1:00 Bingo Zoup Restaurant
29 10:00 Coffee 10:30 Exercise with Christine 11:30 Lunch 1:00 Social Hour	30 10:30 Coffee 11:30 Lunch 1:00 Art w/ Linda	31 10:30 Financial Workshop 11:30 Lunch 12:30 Bingo		Call Robin Whitted w/ Meal Reservations (216) 373-1683

Puzzles of the Month



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DIFFICULTY: ★☆☆☆☆



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BABY

BALL

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

EVE

FAMILY

FRIENDS

HAPPY

JANUARY

MIDNIGHT

NEW YEAR

NOISEMAKER

PARTY

RESOLUTION

TOAST



Winter word scramble

TANBIERHE

NITWER

YHCILL

RECEFIPLA

RECDEMCBE

MATCISHRS

LODIYAH

SICTOLES

EPINGUN

OARPL RABE

New Year's Word Search

J A N U A R Y F R I E N A C E
F R I E N D S Y A S R I L A H
N E Y S E R T I E M O W B L C
B S I L Y F A E N E I Y A E O
N O C R N V N V E Y D L B N U
A L D C L O C K L T I E Y D N
R U V E W M I D N I G H T A T
V T O A S T W S N O L Y I R D
G I A N I N G S E V E U A R O
C O N F E T T I T M I N G S W
R N O L C E L E B R A T I O N
A J A N U E L V E I M K E R A
Y P A R T Y H A A P Y S E V W
N E W Y E A R C L O K S O R Y
S H A P P Y E B A L L R E S O

January 2024 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Observed Site Closed	2 *Breaded Chicken Breast, 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz. Applesauce ½ c ALT=CS RB ALT=CSB	3 *Stuffed Cabbage 4 oz. *w/Sauce 2 oz. *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c ALT=CSB T ALT=CSB	4 *2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c ALT=CF TR ALT=CF	5 * Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz. Orange ALT=CSB V ALT=CSB
8 *Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Applesauce ½ c ALT=CS RB ALT=CSB	9 *Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Diced Peaches ½ c ALT=CSB V ALT=CSB	10 *Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CF RB ALT=CF	11 *Pineapple Glaze Ham 3 oz. *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Banana ALT=CSB T ALT=CSB	12 *Sweet & Sour Meatballs 3-1 oz Sauce 2 oz / *Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Orange Juice 4 oz. ALT=CSB RB ALT=CSB
15 Martin Luther King Day Site Closed	16 *Vegetable Lasagna 6 oz *California Blend ½ c W. G. Dinner Roll, 2 oz Mixed Fruit, ½ c Grape Juice 4 oz. ALT=CS RB ALT=CSB	17 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, *Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT=CSB V ALT=CSB	18 *Chicken Stir Fry, 3 oz *Chicken *Brown Rice ½ c *Kyoto Blend ½ c, *Asian Blend ½ c W.G. White Mandarin Oranges ½ c ALT=CF RB ALT=CF	19 *Beef Sloppy Joe 4 oz. *Seasoned Wedge Potatoes ½ c Ketchup 1 PC *Buttered Beets ½ c Whole Grain Bun 2 oz. Tropical Fruit ½ c ALT=CSB TR ALT=CSB
22 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz. Mandarin Oranges ½ c ALT=CS TR ALT=CSB	23 *Stuffed Peppers 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CSB T ALT=CSB	24 *Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana ALT=CF RB ALT=CF	25 *BBQ Chicken, 3 oz. *Macaroni and Cheese, ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Grapes 1 c ALT=CSB V ALT=CSB	26 *Breaded Fish 4 oz. Tartar Sce 1 PC *Rice Pilaf ½ c *Corn ½ c *Broccoli ½ c W.G. Wheat Pineapple Tidbits ½ c ALT=CF TR ALT=CF
29 *Hamburger 3 oz. Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c ALT=CS TR ALT=CSB	30 *Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Green Beans ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange ALT=CSB RB ALT=CSB	31 *Beef Sloppy Joe 4 oz *Green Peas ½ c *Cauliflower ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CSB T ALT=CSB	Menu Approved by: <i>Ann Stahlheber, MS, RDN, LD</i>	

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 CSB = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

*Come on down for a hot meal
every second Saturday
from 12:30-2pm*

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East Cleveland Transitional Housing

216-255-6953

chernin@sbcglobal.net

Dorothy Carmack,
Executive Director



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(MON-SAT)

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- Free time on BEALE STREET in Memphis
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- Admission to MEMPHIS ROCK 'N' SOUL MUSEUM
- Admission to STAX MUSEUM OF AMERICAN SOUL MUSIC
- GAMING at a MEMPHIS AREA CASINO

For More Pictures, Video, And Information Visit:

www.GroupTrips.com/Agelictravel

Departure:

23910 Lakeshore Blvd, Euclid, OH @ 8 am

(PARKING LOT BEHIND DOMINO'S PIZZA - DROP OFF ONLY)

\$75 Due Upon Signing. *Price per person, based on double occupancy.

Add \$210 for single occupancy. Final Payment Due: 2/22/2024

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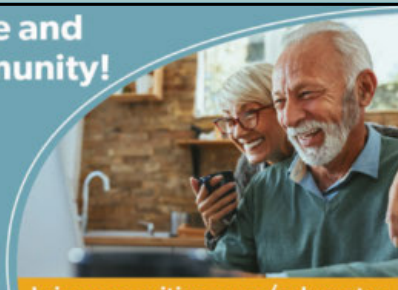
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