

Grandparents Day!



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*
 Christine Maslar, *HDM Social Worker*
 Jennifer Meigs, *HDM Social Worker*
 Bonnie Paul, *HDM Social Worker*
 Anthony Bolden, *Driver/Jumper*
 Carmetta Brabson, *Driver/Jumper*
 Micheal Brown, *Driver/Jumper*
 Anthony Childress, *Driver/Jumper*
 Donna Dozier, *Driver/Jumper/Generalist*
 Denham Fletcher, *Driver/Jumper*
 Bruce Fowler, *Driver/Jumper*
 Joseph Grair, *Fleet Manager*
 Brandon Horne, *Driver/Jumper*
 Quantika Lash, *Driver/Jumper*
 Thomas Rankins, *Driver Jumper*
 Anthony Ray, *Driver/Jumper*
 Carl Rudolph, *Driver/Jumper*
 Cordell Rudolph, *Driver/Jumper*
 Danny Smith, *Driver/Jumper*
 George Sturdivant, *Driver/Jumper*
 Kenneth Vaughn, *Driver/Jumper*
 Arthur Walker, *Driver/Jumper*
 Lander Redrick, *Driver/Jumper*
 Alexander Franklin, *Driver/Jumper*

ROSE CENTERS ADMINISTRATION

Dabney K. Conwell

Vice President, Health and Wellness

Melissa Winberry

Assistant Director, Health and Wellness

Tim Frey

Program Director, Health and Wellness

Aja Harris

Administrative Coordinator

ROSE CENTER DIRECTORY

East Cleveland Rose Center.Phone: 216-373-1696

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

Kia Keaton, 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

Trina Roddy, Center Director

Christa Smith, 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

Darrell Powell, Custodian

King Kennedy Rose Center Phone: 216-401-6561

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

Cat Mohar, Nutrition Site Coordinator

Gary McCoy & Mary Wallace, 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

Carla Epps & Clarence Golston, Kitchen Aide

Old Brooklyn Rose Center Phone: 216-749-5367

3100 Devonshire Rd, Cleveland, OH 44109 M—F 10am-3pm

Trevon Edwards, Center Director

Tina Ribnick, Program Assistant

Cassandra Chambers, Activities Coordinator

Open Position, 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 automated messaging system to hear reminders and important announcements.

Don't Call—Just Listen

Calls will be from 216-799-0461

***You will 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 October 13th in observance of Indigenous Peoples Day

Reminder



If you will not be home to receive your delivery, please call to cancel that day's delivery. Canceling in advance allows us to continue offering this vital service to our community.
~Call 216-373-1994 ~

HDM Reminder to update your info

If you change your phone number please call the HDM Administrator at 216-373-1994 to report your new phone number. If you reach voicemail, please leave your name, address and new phone number on the message.

October Community Events:

October 4: fall fun day at Voinovich Park. 11am-2pm. Free activities from community partners, games, music, and more.

October 4: 2nd Annual Aches Pains and Automobiles/Rolling with the Village Men's Health Fair 11am-4pm 22466 Shore Center Dr.

October 10: 2025 Legacy Celebration. Congresswoman Shontel Brown's Legacy Celebration honoring Congressman Stokes, Congresswoman Tubbs Jones, & The Honorable Marcia Fudge. 7pm-10pm 1 St Clair Ave NE

October 11: Spooky Pooch Parade 12:30pm-3:30pm Madison Park, 13201 Madison Ave.

October 18: "Stories In Pink" book release, an inspiring evening celebrating hope, strength, and breast cancer awareness. 5-8pm 6815 Euclid Ave. (ticketed event)

October 30: Cleveland Senior Network's Beachwood Wellness Expo Halloween 2025, a spooktacular day of health and wellness activities. 10am-2pm Beachwood Community Center 25325 Fairmount Boulevard.

Be the first to know about Rose on the Go events, by joining the email list.

Keep an eye out for upcoming events in the Rose Centers for Aging Well newsletter!



For more information contact: Tim at (216) 373-1983

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.



Old Brooklyn



Don't Forget your reusable bags to pick up your produce, **Monday, October 6th 10:00am.**

In addition to a box, there could be extra items to take home. Produce is first come/first serve.

SHOPPING:



Monday: Giant Eagle (Midtown Plaza)

Friday: Marcs (Ridgemark Square)

BROADWAY SCHOOL OF MUSIC AND THE ARTS PRESENTS

MIXED MEDIA WITH BERNADETTE

Learning from the masters, we will soar above the trees and dig down deep into the earth to create our own two dimensional and three dimensional creative creatures. We will use such materials as clay, wood, piping, paper, recycled material, paint, and found objects.

15 person limit



IN-CENTER ACTIVITIES:

- 10/10-Group Halloween craft
- 10/21-Wooden Spoon Craft with Christine
- 10/24-Spooky Movie Day (Beetlejuice)
- 10/31- Halloween Party/Potluck

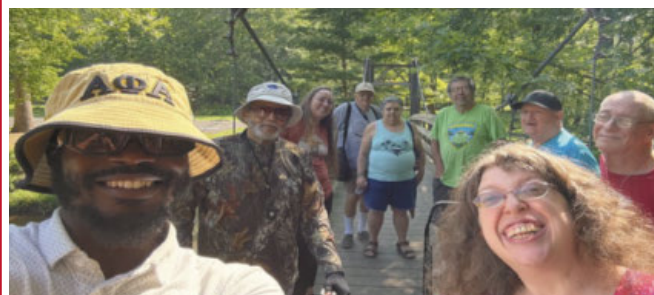
EXERCISE CLASSES

All are welcome to join our weekly exercise class, each session lasts 45 to 60 minutes.

- * Tuesdays : 12:30 PM *Stability & Strength*
- * Wednesdays: 12:30 PM *Gentle Yoga*
- * Fridays: 12:30 PM *Tai Chi*

Hiking Group had another great year of visiting different parks. We enjoyed great walks and great conversations!

We are looking forward to next year !



PRESENTATION

Join us on October 27th at 10am to Discuss
Medicare Open Enrollment and Alzheimer's
Cynthia Walker- Benefits Counselor ESOP



OCTOBER OUTINGS:

- 10/03-Amish Bus Trip (Full)
- 10/17- Lakeview Cemetery
- 10/20- Zoo

Old Brooklyn

Lunch Served at 12:00PM

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>10:00 Art with Bernadette 12:30 Gentle Yoga</p>	<p>2</p> <p>10:00 Trivia 11:00 Chair Volleyball 12:30 Music Bingo</p>	<p>3</p> <p>10:00 Amish Trip 12:30 Tai Chi</p>
<p>6</p> <p>10:00 Veggie Box Day 12:30 Bingo</p>	<p>7</p> <p>10:00 Self-care w/ Cassie 12:30 Stability & Strength</p>	<p>8</p> <p>10:00 Art with Bernadette 12:30 Gentle Yoga</p>	<p>9</p> <p>10:00 Trivia 11:00 Chair Volleyball 12:30 Bingo</p>	<p>10</p> <p>10:00 Group Halloween Craft 12:30 Tai Chi</p> <p><i>SHOPPING TRIP</i></p>
<p>13</p> <p>CLOSED <i>All Staff Training</i></p> 	<p>14</p> <p>10:00 Cooking with Cassie 12:30 Stability & Strength</p>	<p>15</p> <p>10:00 Art with Bernadette 12:30 Gentle Yoga</p>	<p>16</p> <p>10:00 Trivia 10:30 Blood Pressure Screenings 11:00 Chair Volleyball 12:30 Bingo/Poetry</p>	<p>17</p> <p>10:00 Lakeview trip 12:30 Tai Chi</p>
<p>20</p> <p>10:00 Zoo</p>	<p>21</p> <p>10:00 Wooden Spoon Craft with Christine (limit 8) 12:30 Stability & Strength 11:30 Lunch</p>	<p>22</p> <p>10:00 Art with Bernadette 12:30 Gentle Yoga</p>	<p>23</p> <p>10:00 Trivia 11:00 Chair Volleyball 12:30 Bingo</p>	<p>24</p> <p>10:00 Spooky Movie Day 12:30 Tai Chi</p>
<p>27</p> <p>10:00 Medicare and Alzheimer Presentation 12:30 Bingo</p>	<p>28</p> <p>10:00 Cooking with Cassie 12:30 Stability & Strength</p>	<p>29</p> <p>10:00 Art with Bernadette 12:30 Gentle Yoga</p>	<p>30</p> <p>10:00 Trivia 11:00 Chair Volleyball 12:30 Bingo</p>	<p>31</p> <p>HALLOWEEN PARTY</p> 

East Cleveland

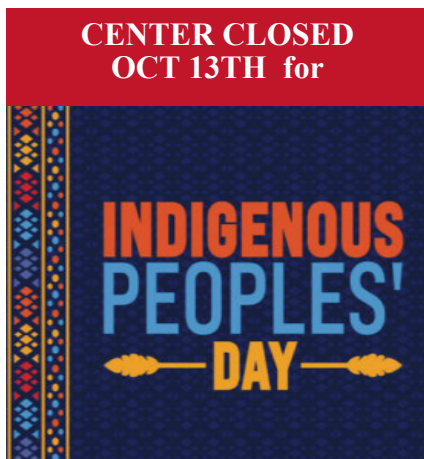
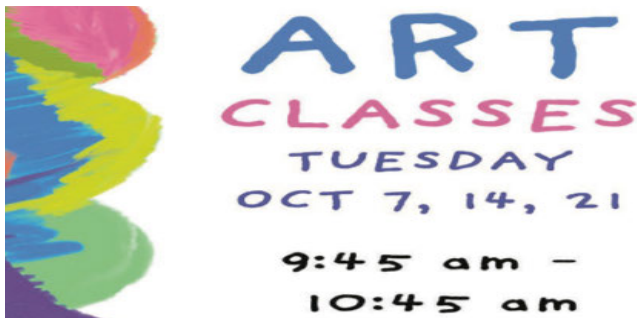


Ongoing Weekly Programs

Monday	Tai Chi	12:30 pm
Tuesday	Art w/Laura	9:45 am
Tuesday	Bingo	12:30 pm
Tues- Thurs	Lunch w/Chef	12:00 pm
Thursday	Fit n Fab	10:30 am
Friday	Line Dancing	12:30 pm

Every 4th Wednesday
Build a Bouquet!

Flowers donated by
Big Hearted Blooms!



SPECIAL EVENTS

- Oct. 3- Amish Country Trip
- Oct. 7- End of Life Planning, E.F. Boyd & Son Funeral Home
- Oct 10- CSU Endurance & Hearing Screenings
- Oct. 20- Soulful Lunch w/ saxophonist Lou Harris
- Oct. 22- Info. On Medicare Changes w/ The TLC Group
- Oct. 23- Fresh Flower Arranging from Big Hearted Blooms
- Oct 30- Harvest Fest w/ Dedicated Senior Medical music by Billy and the Chosen Few band

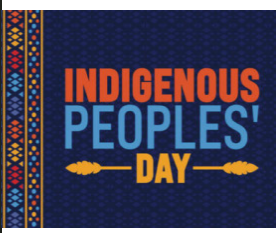


Mind & Body Ongoing Classes & Programs

Tai Chi	Mondays	12:30pm	Computer Class	2nd & 4th Wed	10:30am
Walking	Daily	10:30am	Yoga	2nd & 4th Wed	12:30pm
BINGO	Tuesdays	12:30pm	Bible Study	1st & 3rd Wed	1:00pm
Lunch w/Chef	Tues.—Thurs	12:00pm	Cards/Games	Daily	Daily

East Cleveland

Center open 9:00AM– 3:00PM

October

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE REMEMBER</p> <p>Meal & transportation reservations must be submitted by noon on Tuesday of the week before</p>	<p></p> <p>Transportation must be cancelled 24hrs in advance. To avoid cancellation of your services.</p>	<p>1</p> <p>10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study</p>	<p>2</p> <p>10-12p Dominoes 10:30 Fit & Fab 12:00 Lunch w/ Chef 12:30 Fun & Games</p>	<p>3</p> <p>9:00 Amish Ctry 10:00 Dominoes 11:30 Lunch 12:30 Kings Corner 12:30 Line Dancing</p>
<p>6</p> <p>10:00 Games 11:30 Lunch 12:30 Tai Chi <i>BRING A FRIEND</i></p>	<p>7</p> <p>9:45 ART w/ Laura 10:30 End of Life Planning Seminar 12:00 Lunch w/Chef 12:30 </p>	<p>8</p> <p>10:00 Dominoes 10:30 Computer Class 12:00 Lunch w/Chef 12:30 Yoga/Meditation</p>	<p>9</p> <p>10-12p Dominoes 10:30 Fit & Fab 12:00 Lunch w/ Chef 12:30 Fun & Games</p>	<p>10</p> <p>9:00 CSU Clinic 10:00 Dominoes 11:30 Lunch 12:30 Kings Corner 12:30 Line Dancing</p>
<p>13</p> <p>CENTER CLOSED</p> <p></p>	<p>14</p> <p>9:45 ART w/Luara 10:00 Dominoes 12:00 Lunch w/Chef 12:30 </p>	<p>15</p> <p>10:00 Dominoes 12:00 Lunch w/Chef 1:00 Bible Study</p>	<p>16</p> <p>10:00 Dominoes 10:30 Fit & Fab 12:00 Lunch w/ Chef 12:30 Fun & Games</p>	<p>17</p> <p>10:00 Dominoes 11:30 Lunch 12:30 Kings Corner 12:30 Line Dancing</p>
<p>20</p> <p>10:00 Games 11:30 Soulful Lunch w/Music 12:30 Tai Chi <i>BRING A FRIEND</i></p>	<p>21</p> <p>9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch w/Chef 12:30 </p>	<p>22</p> <p>10:00 Dominoes 10:30 Computer Class 11:00 Medicare Update 12:00 Lunch w/Chef 12:30 Yoga/ Med.</p>	<p>23</p> <p>10:00 Dominoes 10:30 Fit & Fab 12:00 Lunch w/ Chef 12:30 Fun & Games Flower Arranging</p>	<p>24</p> <p>10:00 Dominoes 11:30 Lunch 12:30 Kings Corner 12:30 Line Dancing</p>
<p>27</p> <p>10:00 Games 11:30 Lunch 12:30 Tai Chi <i>BRING A FRIEND</i></p>	<p>28</p> <p>10:00 Dominoes 12:00 Lunch w/Chef 12:30 </p>	<p>29</p> <p>10:00 Dominoes 12:00 Lunch w/Chef</p>	<p>30</p> <p>10:00 Dominoes 10:30 Fit & Fab 11:30 Harvest Festival & Lunch</p>	<p>31</p> <p>10:00 Dominoes 11:30 Lunch 12:30 Kings Corner 12:30 Line Dancing</p>

Gunning Park

Gunning Special Trips:

Amish Country: October 3rd at 9:00am
Camp Forbes: October 10th at 9:30am
Denny's Restaurant: October 20th at 10:30am

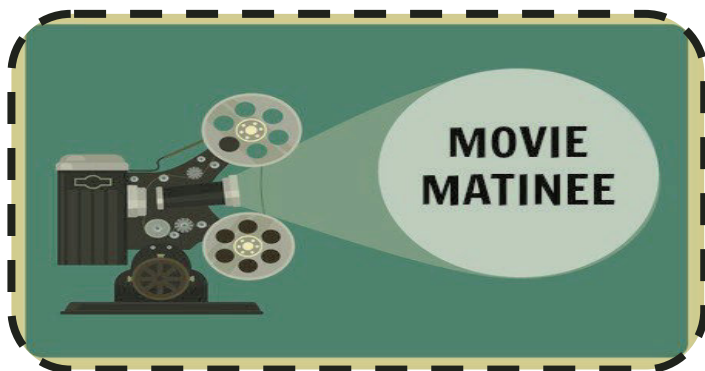
Gunning Presentations:

Nutritional Cooking Class: October 15th 10:00am
Medicare Lunch & Learn : October 24th 10:00am
Harvest Senior Resource Fair
Trinkets or Treats
October 31st 9:30am

Senior Walk

Tuesday, October 21st at 9:30 am.
Free T-Shirt Giveaways, Raffles and More!
Gunning Park Rose Center.
Sponsored by City of Cleveland Dept. of Aging.
Come and get your walk on!

Now Showing October 10th & 27th Senior Movie Matinee



Rose Center offers Supportive Services
If you need supportive services,
we are available to assist you during the
following hours:
Monday thru Friday
9:00 am to 11:30 am.
All are welcome!

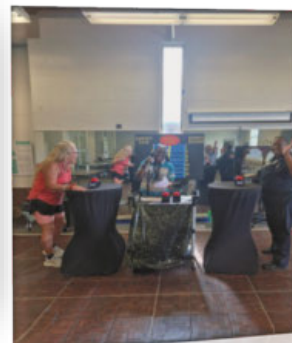
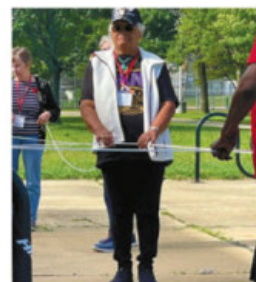
Gunning Park Aquatics Schedule Adults 18+
Monday thru Saturday
Water Walking 12:00 pm to 12:45 pm.
Adult Open Swim 1:00 pm to 1:45 pm.

Rose Center Monthly Activities

Every 1st Thursday > EMS Health Screening
Every 2nd Tuesday > Music Bingo
Every 2nd Tuesday > Free Fresh Flowers
Every 3rd Wednesday > Healthy Cooking Class
Every 3rd Thursday > Young Art Center
Every 4th Wednesday > Commodity Food Box


Other Daily Activities includes: Pokeno, Cardio
Dance, Pinochle, Zumba, Fitness Fusion, Line Danc-
ing, Tai Chi, Chair Volleyball & Bingo.

Rose Centers Senior Picnic



Gunning Park

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Please make your weekly meal and or transportation reservation by Wednesday before 10:00 am. Thank you!</p>	<p>1</p> <p>10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dance</p>	<p>2</p> <p>9:30 Pinochle 10:00 EMS Screening 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>3</p> <p>9:00 Amish Country Trip 9:30 Walking 11:30 Lunch 12:30 Bingo</p>
<p>6</p> <p>10:00 Chair Volleyball 11:30 Lunch 12:30 Pokeno</p>	<p>7</p> <p>9:30 Pinochle 10:00 Zumba 10:00 Toast on Tuesday 11:30 Lunch</p>	<p>8</p> <p>10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dance</p>	<p>9</p> <p>9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>10</p> <p>9:30 Camp Forbes Trip 9:30 Walking 11:30 Lunch 12:30 Movie</p>
<p>13</p> <p>10:00 Cardio Line Dance 11:30 Lunch 12:30 Pokeno</p>	<p>14</p> <p>9:30 Pinochle 10:00 Music Bingo 11:30 lunch 12:00 Fresh Flowers Arrangement</p>	<p>15</p> <p>10:00 Healthy Cooking Class 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dance</p>	<p>16</p> <p>9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>17</p> <p>9:30 Walking 10:00 Young Art Center 11:30 Lunch 12:30 Bingo or Mind Your Memory</p>
<p>20</p> <p>10:00 Denny's Restaurant 11:30 Lunch 12:30 Pokeno</p>	<p>21</p> <p>9:30 Pinochle 10:00 Zumba 10:00 Toast on Tuesday 11:30 Lunch</p>	<p>22</p> <p>9:30 Food Box 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dance</p>	<p>23</p> <p>9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>24</p> <p>10:00 Lunch & Learn 9:30 Walking 11:30 Lunch 12:30 Bingo</p>
<p>27</p> <p>10:00 Cardio Line Dance 11:30 Lunch 12:30 Movie Matinee</p>	<p>28</p> <p>9:30 Senior Walk 9:30 Pinochle 10:00 Zumba 11:30 Lunch</p>	<p>29</p> <p>10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dance</p>	<p>30</p> <p>9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>31</p> <p>9:30 Walking 9:30 Harvest Resource Fair Trinkets or Treat 11:30 Lunch</p>

Lakeshore

Join us for Exercises!

Monday– Movin'n Groovin'
Tuesday– Cardio Line Dancing
Wednesday– Virtual Exercise
Thursday– Zumba



Monthly Trips

10/3 – Amish Country
10/14– Pickering Hills Farm
10/22– Cracker Barrel Restaurant
10/27– Golden Gate Plaza

Join us on Wednesdays at noon for
Virtual Bingo!



Join us on Oct.31st @ noon for our Fall Gala!
We will acknowledge birthdays, enjoy music,
dancing and games.

CLOSED

In observance of Indigenous Day the
center will be closed on October 13th. Regular
programming will resume on
October 14th.

Did you know that you now have the
option of ordering an alternative meal? Choices
includes three different types of salads.
Please see center staff for details.



Questions about Medicare? Join us for a
Medicare discussion titled Medicare 101
on October 9th at 1:00pm. This event is
sponsored by Humana.



Cleveland EMS will be
coming to Lakeshore the
2nd Thursday of the
month for health
screenings. Come get
screened on Thursday, September 11th
at 11:00 am



Lakeshore

October

Monday	Tuesday	Wednesday	Thursday	Friday
Please make your meal reservations by Tuesday afternoon (216) 373-1683	Please remember to cancel your ride with STC by 7:00a.m. (216) 265-1489	1 10:00 Virtual Exercise 11:30 Lunch 12:30 Bingo	2 10:00 Zumba 11:30 Lunch 12:30 Bible Study	3 10:00 Arts and Crafts 11:30 Lunch 12:00 Games Amish Country
6 10:00 Movin'n Groovin' 11:30 Lunch 12:00 Book Club	7 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Gardening/ Bible Study	8 10:00 Virtual Exercise 11:30 Lunch 12:30 Bingo Pantry Post Office	9 10:00 Zumba 11:00 EMS 11:30 Lunch 1:00 Medicare 101 sponsored by Humana	10 10:00 Arts and Crafts 11:30 Lunch 12:00 Movie
13 Center Closed	14 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Pickering Hills Farm Trip	15 10:00 Art w/ Chris Young 11:30 Lunch 12:30 Bingo Pantry	16 10:00 Zumba 11:30 Lunch 12:30 Bible Study	17 10:00 IG School 11:30 Lunch 12:00 Left Right Center!
20 10:00 Movin'n Groovin' w/Christine 11:30 Lunch 12:00 Book Club	21 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Gardening/ Bible Study Build a Bouquet	22 10:00 Virtual Exercise 11:30 Lunch 12:30 Bingo Cracker Barrel Trip	23 10:00 Zumba 11:30 Lunch 12:30 Bible Study	24 10:00 IG School 11:30 Lunch 12:00 Let's Play Garbage!
27 10:00 Movin'n Groovin' 11:30 Lunch 12:00 Shopping Trip	28 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Gardening / Bible Study	29 10:00 Virtual Exercise 11:30 Lunch 12:30 Bingo Pantry	30 10:00 Zumba 11:30 Lunch 12:30 Bible Study	31 Fall Harvest Celebration

Rose on the Go

Breaking Bread: A Simple Practice for Strengthening Social Health

The act of "breaking bread" holds deep cultural and religious significance, often symbolizing community, unity, and the sharing of resources. In many religious traditions, this simple act is a sacred ritual, a way to connect with others, celebrate life's blessings, and reaffirm bonds. However, even from a secular perspective, breaking bread with others can be a powerful tool for cultivating meaningful relationships. Sitting down for a shared meal allows individuals to engage in conversation, exchange ideas, and create a sense of belonging. In a world where social isolation is an increasing concern, especially among older adults, the practice of sharing meals can help combat feelings of loneliness and disconnection.

For older adults, the opportunity to gather around the table and break bread with others goes beyond just nourishing the body—it nourishes the soul. These shared moments provide a space for building new friendships, rekindling old ones, and creating a sense of community. Whether it's a regular family dinner, a meal with neighbors, or an impromptu gathering with friends, the act of sharing food fosters an environment of warmth and connection. In a time when many people feel isolated due to physical distance or changing life circumstances, the simple yet profound act of breaking bread can offer a tangible way to reduce social isolation and enhance overall well-being.

King Kennedy & James Woods

Lunch is served Mon–Fri; King Kennedy: 10:30m to 12:30pm & James Woods: 10:30am-12:30pm

Reservations for meals are now required. Reservations will be made Monday and Tuesday for the following week with the kitchen.

Happy Birthday Jerry G!



Senior Box Day-October 21st.

Chili Recipe!

1 Tbsp Olive Oil

1 white onion, diced

1 lb ground beef (or sub. For gar-dein vegan meat crumbles!)

1 can kidney beans, drained

1 can diced tomatoes

2 tbsp chili powder



October 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk, Buttermilk, or Calcium fortified Juice	1 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Japanese Vegetables ½ c *Peppers and Onions ½ c W.G. Vanilla Wafers 1 oz Tropical Fruit ½ c ALT=CF RB	2 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Fresh Plum ALT=CBG T	3 *Baked Chicken Breast 3 oz w/ Gravy 2 oz *Cheesy Potatoes ½ c *Sautéed Spinach ½ c w/ Lemon 1 PC Whole Grain Biscuit 2 oz Mandarin Oranges ½ c ALT=CF RB
6 *Chicken stuffed with Broccoli 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CS RB	7 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Green Peas ½ c 2 Whole Grain White Applesauce ½ c ALT=CBG TR	8 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend ½ c *Carrots ½ c W.G. Dinner Roll 1 oz Orange ALT=CF RB	9 *Beef Stew 8 oz *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz Apricots ½ c Apple Juice ½ c ALT=CBG T	10 *Chicken 3 oz, Gravy 2 oz *Brown Rice ½ c *Carrot Coins ½ c *Spinach ½ c w/ Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CF TR
13 Indigenous People's Day Site Closed	14 *BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c ALT=CS RB	15 *Stuffed Cabbage 6 oz W.G. Noodles ½ c w *Gravy 2 oz, *Antigua Blend Vegetables ½ c Whole Grain Wheat Tropical Fruit ½ c Cranberry Juice 4 oz ALT=CF T	16 *Breaded Fish 3 oz, Tartar Sce 1 PC *Seasoned Potato Wedges ½ c Ketchup 1 PC *Lima Beans ½ c W.G. Hamburger Bun Banana ALT=CBG TR	17 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Beans ½ c W.G. White Mandarin Oranges ½ c ALT=CF RB
20 *Baked Chicken Breast 3 oz *Gravy 2 oz *Key Largo Vegetables ½ c *Scalloped Potatoes ½ c W.G. Biscuit 2 oz Pears ½ c ALT=CS RB	21 *Meatball Sub 3 – 1 oz W.G. Bun *Marinara Sauce 2 oz *Zucchini ½ c *Carrot Coins ½ c Applesauce ½ c ALT=CBG TR	22 *Chicken Cacciatore 3 oz *WG Pasta ½ c w/ *Sauce 2 oz *Mixed Vegetables ½ c *California Blend ½ c Whole Grain Wheat Banana ALT=CF RB	23 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Red Grapes 1 c ALT=CBG T	24 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Mixed Fruit ½ c ALT=CF RB
27 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Sliced Pears ½ c ALT=CS TR	28 2-2 oz *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Applesauce ½ c ALT=CBG RB	29 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT=CF TR	30 *Breaded Chicken Breast 3 oz Mayo 1 PC *Cauliflower ½ c *Zucchini ½ c W.G. Bun 2 oz Apricots ½ c ALT=CBG RB	31 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Pears ½ c ALT=CF T

Western Reserve Area Agency on Aging - 2025

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 = Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

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