

August 2026

Senior Prom 2026



Rose Centers Directory

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HOME DELIVERED MEALS

Meal Cancellations:

216-373-1994

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

Staff:

Jacqueline Hart, HDM Administrator
Christine Maslar, HDM Social Worker
Open Position, HDM Social Worker
Bonnie Paul, HDM Social Worker
Milton Allen, Driver/Jumper
Anthony Bolden, Driver/Jumper
Carmetta Brabson, Driver/Jumper
Jameel Brabson, Driver/Jumper
Micheal Brown, Driver/Jumper
Donna Dozier, Driver/Jumper/Generalist
Denham Fletcher, Driver/Jumper
Bruce Fowler, Driver/Jumper
Alexander Franklin, Driver/Jumper
Joseph Grair, Fleet Manager
Brandon Horne, Driver/Jumper
Sam Johnson, Driver/Jumper
Thomas Rankins, Driver/Jumper
Anthony Ray, Driver/Jumper
Lander Redrick, Driver/Jumper
Raeshaun Reid, Driver/Jumper
George Sturdivant, Driver/Jumper
Kenneth Vaughn, Driver/Jumper
Arthur Walker, 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

David Blackman, Custodian

King Kennedy Rose Center..... Phone: 216-401-6561

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

Whitney Meyers, Nutrition Site Coordinator

Gary McCoy & Mary Wallace, Kitchen Aide

Riverview Towers Rose Center.....Phone: 216-373-1793

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

Carla Epps, Nutrition Site Coordinator

Da'Naija Mitchell & Clarence Golston, Kitchen Aide

Old Brooklyn Rose Center..... Phone: 216-749-5367

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

Open Position, Center Director

Cassandra Chambers, Program Assistant

Rhoda Cantrell, Activities Coordinator

Shuranda Colvin, Kitchen Aide

Sonceray Bell, 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.

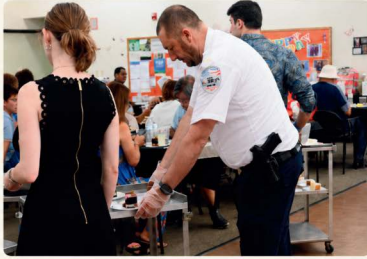
Don't forget to give your suggested \$1.00/day meal donation to your center staff or delivery person.

Rose Centers News



Thank You Staff & Volunteers

Thank you for your time, teamwork, and care in making Senior Prom a success. We truly appreciate everything you did to serve, support, and celebrate our participants.



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!

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.

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 ~

August Community Events:

August 1 Lakewood Arts Festival 10am-6pm. Art showcased along Detroit Ave.

August 2 Puerto Rican Parade and Cultural Festival. 2500 MetroHealth Dr.

August 9 21st Annual Cedar Fairmount Summer Festival. Live music, Street performers, Artisan Vendor fair. 12pm-4pm

August 13-16 Little Italy Feast of Assumption. Catholic street festival centered on Holy Rosary Church on Murray Hill Rd.

August 30 One World Day: 80th annual celebration in Cleveland Cultural Gardens 10am to 6pm

VIRTUAL FINANCIAL EDUCATION —Workshops—



11:00am – 12:30pm

WORKSHOP SCHEDULE

- Friday 8/7/2026: Avoiding Financial Exploitation
- Friday 8/14/2026: Estate Planning
- Friday 8/21/2026: Goal Setting/Budgeting/Understanding Credit and Debt
- Friday 8/28/2026: Benefitting from Benefits



TO REGISTER, PLEASE VISIT OUR WEBSITE AT
www.benrose.org



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



Center Trips This Month

8/7,8/14,8/21- Stomp&Chomp 10AM
8/7- Gabes Restaurant 10AM
8/12-Neighborhood Walk 12:30PM
8/19- Walk @ League Park 9AM
8/21- Picnic at Gunning 10AM
8/24 Westside Market 10AM
8/26- Walk @ Brookside 9AM
8/28- Hollywood on the Cuyahoga 10AM

AUGUST IS

WELLNESS MONTH

This month, we're hitting pause on the chaos and pressing *play* on our well-being.

Move your body in ways that feel good

Eat more foods that fuel you

Unplug to reconnect

Stay hydrated—inside and out

Speak to yourself with kindness

Prioritize rest without guilt

Speak to yourself with kindness

Let August be the month you come home to yourself.

EXERCISE CLASSES EVERY TUESDAY, WEDNESDAY AND FRIDAY AT 12:30PM!



Upcoming Special Events

8/4- Heritage Home 10AM
8/10- Euclid Beach Memories 10AM
8/11- Crafts with Christine 10AM
8/12-Family History 10AM
8/14- Senior Safety Presentation 10AM
8/17- State Wide Issues 10AM
8/25- Pearl's Hope 10AM
8/26- MyCare Ohio 10AM
8/27- ZeeBees AED Training 10AM
8/31- Dealing with Bed Bugs 10AM

****Please see Rhoda to sign up for any trips or special programming****

Hello August

Please make sure you are signing up for your lunch and transportation to and from the center on Mondays and/or Tuesdays 9AM-12PM of each week.

See Front Desk

Old Brooklyn

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Coffee & Music 10:00 Produce 12:30 Bingo	4 8:30 Board Games 10:00 Heritage Home 12:30 Stability & Strength	5 8:30 Coffee & Music 10:00 Crafts with Rhoda 12:30 Yoga Shopping (Drug Mart)	6 8:30 ChitChat 10:00 Jeopardy 11:00 Volleyball 12:30 Music Bingo	7 8:30 Crafts 11:00 Gabes 12:30 Tai-Chi 1:30 Community Fair
10 8:30 Coffee & Music 10:00 Euclid Beach Memories 12:30 Bingo	11 8:30 Board Games 10:00 Crafts with Christine 12:30 Stability & Strength	12 8:30 Puzzles 10:00 Family History Research 12:30 Yoga Shopping (Walmart)	13 8:30 ChitChat 10:00 Jeopardy 11:00 Volleyball 12:30 Bingo	14 8:30 Crafts 10:00 S&C 10:00 Senior Safety Presentation 12:30 Tai-Chi
17 8:30 Coffee & Music 10:00 Book Club 11:00 Millionaires Row 12:30 Bingo	18 8:30 Board Games 10:00 Rep. Sean Brenner 12:30 Stability & Strength	19 8:30 Puzzles 10:00 Walk @ League park 12:30 Yoga Shopping (Giant Eagle)	20 8:30 ChitChat 10:00 Jeopardy 10:15 Blood Pressures 11:00 Volleyball 12:30 Bingo	21 8:30 Crafts 10:00 Picnic at Gunning 12:30 Tai-Chi
24 8:30 Coffee & Music 10:00 West side Market 12:30 Bingo	25 8:30 Board Games 10:00 Pearl's Hope 12:30 Stability & Strength	26 8:30 Puzzles 10:00 Walk @ Brookside 12:30 Yoga Shopping (SaveALot)	27 8:30 ChitChat 10:00 ZeeBees Training 11:00 Volleyball 12:30 Bingo	28 8:30 Crafts 10:00 Hollywood on the Cuyahoga 12:30 Tai-Chi
31 8:30 Coffee & Music 10:00 Dealing with Bed Bugs 12:30 Bingo		 5		

East Cleveland

WEEKLY PROGRAMMING

Tai Chi Mondays -12:30pm
Yoga 2nd & 4th Wed -12:30pm
Bingo Tuesdays- 12:30pm
Bible Study 1st & 3rd Wed-1:00pm
Lunch w/Chef Tues.-Thurs
Build a Bouquet 4th Thursday -11a
Craft Time Thursday -12:30p
Tech Time Friday-10:30a



Upcoming Special Events/Trips

August 7th- Spice it Up Cooking Class

August 11th - East Cleveland Picnic

August 12th - CWRU Research Myths

August 21st - All Rose Center Picnic @
Gunning Recreation Ctr.

August 28th - Scenic Railroad Trip

*Don't
Forget!*

**Monday and Thursday
Exercise Classes
are held every weeeek!**



**It was a busy month at the East
Cleveland Rose Center. Our day
out on Lady Caroline was great!**

REMINDERS

**Please make your weekly meal and/or
transportation reservation on Mondays
before 11:00 am for the next week.
Thank you!**

East Cleveland

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	4 10:00 Dominoes 12:00 Lunch 12:30 BINGO	5 10:00 Dominoes 11:30 Lunch with Chef	6 9:30 Dominoes 10:30 Fit & Fab 11:00 Special Trip 12:00 Lunch 12:30 Craft Time	7 10:00 Cooking Class 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
10 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	11 10:00 Dominoes 11:00 EC Picnic 12:00 Lunch 12:30 BINGO	12 10:00 Dominoes 11:30 Lunch 12:00 Alz. Reseach Myths program	13 9:30 Dominoes 10:30 Fit & Fab 11:00 Special Trip 12:00 Lunch 12:30 Craft Time	14 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
17 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	18 10:00 Dominoes 12:00 Lunch 12:30 BINGO	19 10:00 Dominoes 11:30 Lunch with Chef	20 9:30 Dominoes 10:30 Fit & Fab 11:00 Special Trip 12:00 Lunch 12:30 Craft Time	21 10:00 All Rose Center Picnic 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
24 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	25 10:00 Dominoes 12:00 Lunch 12:30 BINGO	26 10:00 Dominoes 11:30 Lunch with Chef	27 9:30 Dominoes 10:30 Fit & Fab 11:00 Special Trip 12:00 Lunch 12:30 Craft Time	28 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
31 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi				

Gunning Park

WEEKLY PROGRAMMING

Bingo, Cardio Dance,
Dancercise, Pinochle,
Fitness Fusion,
Dominoes, Pokeno,
Tai Chi, Volleyball,
Line Dance,
Senior Walking

Monthly Programs

EMS Screenings
Fresh Flowers
Commodity Food Box
Arts & Crafts
Food Pantry Day
Music Therapy
S.P.I.C.E - It Up
Cooking Class

Upcoming Special Events

"Special Trips"

Szalay's Farm & Market on 8/3 at 9:30 am.
International Women's Space Museum
on 8/28 at 11 am.

Resourceful Presentations:

ArchWell on 8/14 at 10:00 am
Holistic Health & Wellness on 8/17 at 10:00 am.

RCAW Annual Picnic

Friday, August 21, 2026 9:30 to 2:00
Gunning Park Rose Center
16700 Puritas Avenue
Cleveland, OH 44135

Cuyahoga Valley Scenic Railroad Pictures



REMINDERS

Please make your weekly meal and
or transportation reservation on
Monday's before or by 10 am.
Thank you & Have a Great Day
on Purpose!

Gunning Park

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Szalay's Farm & Market 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	4 9:30 Pinochle 10:00 Free Haircuts 11:30 Lunch 2:30 STC Pick-up	5 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	6 9:30 Pinochle 9:30 EMS Screening 10:00 HH Food Pantry 11:30 Lunch 12:30 STC Pick-up	7 9:30 Walking 10:00 HH Food Pantry 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
10 10:00 Cardio 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	11 9:30 Pinochle 10:00 Music Bingo 12:00 Fresh Flowers 11:30 Lunch 12:30 STC Pick-up	12 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	13 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	14 9:30 Walking 10:00 ArchWell Visit Presentation 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
17 10:00 Line Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	18 9:30 Pinochle 10:00 Fitness Fusion 11:30 Lunch 12:30 STC Pick-up	19 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	20 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	21 9:30 RCAW Annual Picnic 
24 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	25 9:30 Pinochle 10:00 Chair Dance-er-cise 11:30 Lunch 12:30 STC Pick-up	26 9:30 Walking 9:30 Food Box 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	27 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	28 9:30 Walking 11:00 Int'l Women's Space Museum 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
31 10:00 S.P.I.C.E. Cooking 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	RCAW Annual PICNIC	Social Engagement 	 Join us for Free Health Screenings Entertainment, Good Food, Fun, Games and more!	Reminders: Meal orders & Transportation reservation are due on Tuesday's no later than 9:00 am.

Lakeshore

CENTER TRIPS THIS MONTH

August 6th- CVSR Trip

August 13th- Lion King

August 21st- Gunning Park

RCAW Annual Picnic

August 24th- Golden Corral

August 26th- Goodtime III



Take a break!! Stay Hydrated!!



Protect your skin!!

Please remember to make all
transportation and meal
reservations by Tuesday afternoon!!
(216) 373-1683 or (216) 373-1939

Weekly Programming

Monday- Exercise with Rashida
8/3,8/10,8/17,8/24,8/31

Tuesday - Cardio line dancing
8/4, 8/18

Tuesday- Aerobics with Christine
8/11, 8/25

Thursday- Fitness with Tonya
8/6, 8/20, 8/27

Classes start at 10a.m.

August Special Events

August 12- Cooking with Chef Kellee

August 14th- Arts and Crafts w/
Creating Grace

August- 28th- Annual Luau
Dress to impress!!!

Fun and games!



It's here!!!

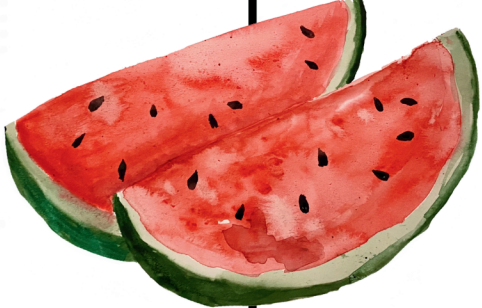
Bingocize!

Please join us on Tues and Thurs
for bingo with a twist the fun
starts at 12:30pm



Lakeshore

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Exercise 11:30 Lunch 12:00 Book Club	4 10:00 Cardio line dancing 11:30 Lunch 12:00 Bible Study 12:30 Bingocize	5 10:00 Bingo 11:30 Lunch 12:00 Pokeno	6 10:00 Movement is Medicine 11:00 Cuyahoga Valley Scenic Railroad Trip	7 10:00 Social Hour 11:30 Lunch 12:00 Group games
10 10:00 Exercise 11:30 Lunch 12:00 Book Club	11 10:00 Exercise 11:30 Lunch 12:00 Bible Study 12:30 Bingocize	12 10:00 Chef Kellee 11:30 Lunch 12:00 Pokeno	13 10:00 Movement is Medicine 11:00 Lion King Trip	14 10:00 Crafts with Creating Grace 11:30 Lunch 12:00 Group games
17 10:00 Exercise 11:30 Lunch 12:00 Book Club	18 10:00 Cardio line dancing 11:30 Lunch 12:30 Bingocize	19 10:00 Bingo 11:30 Lunch 12:00 Pokeno	20 10:00 Movement is Medicine 11:30 Lunch 12:30 Bingocize	21 RCAW Picnic at Gunning Park
24 10:00 Exercise 11:30 Lunch GOLDEN CORRAL	25 10:00 Exercise 11:30 Lunch 12:30 Bingocize	26 10:00 Bingo 11:30 Lunch 12:00 Pokeno Goodtime III Trip	27 10:00 Movement is Medicine 11:30 Lunch 12:30 Bingocize	28 10:00 Social Hour 11:30 Lunch 12:00 Group games
31 10:00 Exercise 11:30 Lunch 12:00 Book Club		Remember that you have the choice to order a fresh salad for lunch! 11		

Rose on the Go

Find Your Third Place!

Home is your **first place**, and work (or wherever your daily responsibilities take you) is your **second place**. But there's another kind of place that often brings the most unexpected joy: your **third place**. These are the spots where nobody expects you to mow the lawn or answer emails—just places to relax, chat, and be part of the neighborhood. Think your favorite coffee shop, the local library, a Metroparks trail, a neighborhood diner, a farmers market, or even a park bench where people-watching is practically a sport.



For older adults, spending time in these welcoming spaces can ease loneliness, spark new friendships, and remind us that community often grows from simple, everyday conversations. This month, challenge yourself to visit a new third place somewhere around Cleveland—or rediscover an old favorite. You never know... the best part of your day might be a five-minute conversation with someone who was a stranger just moments before!

King Kennedy & Riverview Towers

≡ Neighborhood Spotlight ≡

.....
Celebrating the places we call home

OHIO CITY



Just minutes from Riverview Towers is one of Cleveland's most beloved landmarks - the West Side Market.

Opened in 1912, the market has welcomed generations of Clevelanders with fresh produce, meats, cheeses, and foods from around the world. More than a century later, it's still a favorite destination for shopping, exploring, and enjoying the sights and smells of one of the city's most iconic gathering places!

TABLE TALK: What was your favorite thing to buy at the West Side Market? Or... Do you have a favorite Cleveland memory to share?

CENTRAL



King Kennedy is located in Cleveland's Central neighborhood - one of the city's most historic communities!

In the late 1800s and early 1900s, people from around the world - including Hungarian, Italian, Greek, Jewish, and German families - made this neighborhood their home. That rich mix of cultures helped shape a community known for strong traditions, local businesses, and a welcome spirit that continues today!

TABLE TALK: What neighborhood did you grow up in, and what made it special? Was there a favorite spot that everyone knew and loved?

AUGUST 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Mushrooms ½ c *Spinach ½ c w/Lemon PC Fresh Fruit Salad 1 c ALT=CS TR	4 *Pork Pattie 3 oz w/ BBQ Sauce *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Whole Grain Bun 2 oz Mandarin Oranges ½ c ALT=CBG RB	5 *Breaded Chicken Patty 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CF TR	6 *Turkey Tetrazzini 4 oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Peaches ½ c ALT=CBG RB	7 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CF TR
10 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Grape Juice ½ c ALT=CS TR	11 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w/ 2 oz sauce *Broccoli ½ c, *Cauliflower ½ c W.G. Roll 1 oz Applesauce ½ c ALT=CBG V	12 *Tuna Salad 3 oz *Tomato Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CF RB	13 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz Mandarin Oranges ½ c ALT=CBG RB	14 *Stuffed Cabbage 6 oz *Mashed Potatoes ½ c *California Blend ½ c 2 Whole Grain Wheat Fresh Plum ALT=CF TR
17 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Spinach ½ c w/ Lemon 1 PC *Harvard Beets ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	18 *Chicken stuffed w/ Broccoli 6 oz *Mashed Potatoes ½ c, *Gravy 2 oz *Brussels Sprouts ½ c 2 Whole Grain White Orange ALT=CBG RB	19 *Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Pineapple Chunks ½ c ALT=CF T	20 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Bread 2 oz Sliced Peaches ½ c ALT=CBG RB	21 *Roasted Turkey Breast 3 oz *Gravy 2 oz, W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Fresh Grapes 1 c ALT=CF RB
24 *Chicken Parmesan 3 oz w/ Sauce 2 oz, W.G. Rotini ½ c *Spinach ½ c w/ Lemon Jc. 1 PC *Bermuda Blend ½ c Whole Grain Wheat Diced Pears ½ c ALT=CS RB	25 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CBG RB	26 *Chicken Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend ½ c Whole Grain Wheat Fresh Plum ALT=CF RB	27 *3 oz Corned Beef *Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT=CBG T	28 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT=CF RB
31 *Salisbury Steak 3 oz, *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT=CS T	Choice of: 1% Milk, Buttermilk, or Calcium fortified juice *take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>		

Western Reserve Area Agency on Aging - 2026

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

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

— DONATIONS WELCOME —
1744 Payne Avenue, Cleveland 44114
DIVINE OUTREACH MINISTRY
East Cleveland Transitional Housing
216-255-6953



chernin@sbcglobal.net

Dorothy Carmack,
Executive Director

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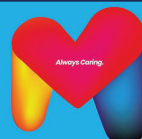
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HEALTH

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Cleveland Growth Market

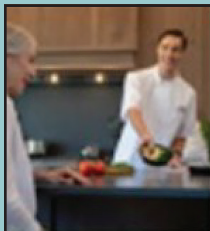
216-769-9935

**Need
Medicare
help?**



Call Me, I'M LOCAL!

Mary Scordos
216-832-9113
Maryscordos@gmail.com



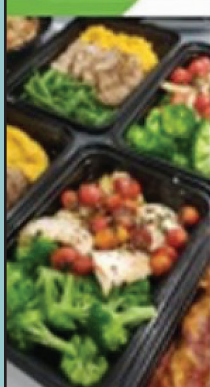
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