

February 2026

BLACK HISTORY MONTH



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
Jennifer Meigs, HDM Social Worker
Bonnie Paul, HDM Social Worker
Anthony Bolden, Driver/Jumper
Carmetta Brabson, Driver/Jumper
Jameel Brabson, Driver/Jumper
Micheal Brown, Driver/Jumper
Anthony Childress, 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
Thomas Rankins, Driver Jumper
Anthony Ray, Driver/Jumper
Lander Redrick, 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

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 CenterPhone: 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 CenterPhone: 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 CenterPhone: 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
Riverview Towers Rose Center.....Phone: 216-373-
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 CenterPhone: 216-749-5367
3100 Devonshire Rd, Cleveland, OH 44109 M-F 10am-3pm
Trevon Edwards, Center Director
Open Position, Program Assistant
Cassandra Chambers, Activities Coordinator
Shuranda Colvin, 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

**TAX SITE OPENS
FEBRUARY 4, 2026**

2 WAYS TO SCHEDULE YOUR APPOINTMENT

Visit www.refundohio.org
Call 211 to use the automated system

BENJAMIN ROSE HEADQUARTERS

Wednesdays, 8:30 a.m. – 2:00 p.m.

February 4, 11, 18, 25

March 4, 18

April 1, 8

BENJAMIN ROSE HEADQUARTERS

Saturdays, 8:30 a.m. – 4:00 p.m.

February 7, 14, 21, 28

March 14, 21, 28

April 4, 11

ADDITIONAL LOCATIONS

Old Brooklyn Rose Center

3100 Devonshire Rd, Cleveland, OH 44109

9:00 a.m. – 2:00 p.m.

March 11, 2026

Lakeshore Rose Center

16600 Lakeshore Blvd, Cleveland, OH 44110

9:00 a.m. – 2:00 p.m.

March 25, 2026

Gunning Park Rose Center

16700 Puritas Avenue, Cleveland, OH 44135

10:00 a.m. – 5:00 p.m.

March 7, 2026

REMINDER

**There will be no meal delivery, and
Rose Centers will be closed on:
February 16th**

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!**

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 ~



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

Cleveland Natural History
Museum 02/06 @10AM

Cleveland Botanical
Garden 02/20 @10AM

°°SEE CASSIE TO SIGN-UP°°

WEEKLY PROGRAMMING

EXERCISE CLASSES:

- °°TUESDAYS @ 12:30PM- STABILITY & STRENGTH
- °°WEDNESDAYS @ 12:30PM- GENTLE YOGA
- °°FRIDAYS @ 12:30PM- TAI-CHI



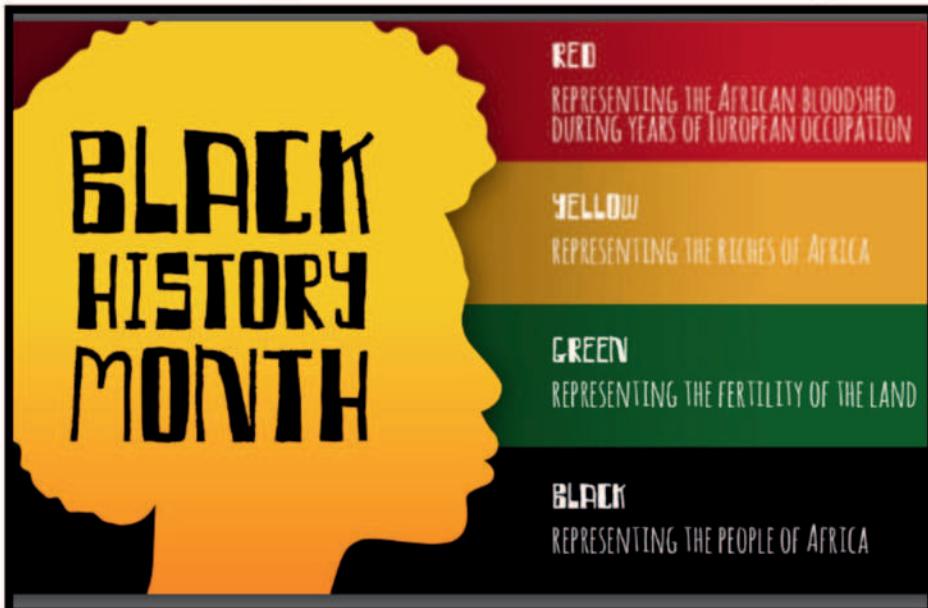
Upcoming Special Events

02/05- Avoiding Financial Exploitation @10AM

02/10- Craft with Christine @10AM

02/13- Sweetheart Brunch @10AM

COST Program every Wednesday @ 10AM

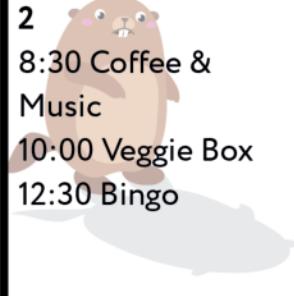


REMINDERS

MAKE SURE YOU ARE SIGNING UP FOR YOUR
MEALS AND TRANSPORTATION ON
MONDAY/TUESDAY!
°°SEE FRONT DESK°°

Old Brooklyn

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2  8:30 Coffee & Music 10:00 Veggie Box 12:30 Bingo	3 8:30 Board Games 10:00 Wellness 12:30 Stability &Strength	4 8:30 Puzzles 10:00 COST 12:30 Yoga SHOPPING (Marcs)	5 8:30 Coffee & Chit Chat 10:00 Avoiding Financial Exploitation 12:30 Bingo	6 8:30 Crafts 10:00 Natural History Museum 10:00 Family Feud 12:30 Tai-Chi
9 8:30 Coffee & Music 10:00 Meditation 12:30 Bingo	10 8:30 Board Games 10:00 Craft w/ Christine 12:30 Stability &Strength	11 8:30 Puzzles 10:00 COST 12:00 Lunch 12:30 Yoga SHOPPING (Walmart)	12 8:30 Coffee & Chit Chat 10:00 Trivia 10:30 Volleyball 12:00 Lunch 12:30 Bingo	13 8:30 Crafts 10:00 Sweetheart Brunch 10:00 Family Feud 12:30 Tai-Chi
16  CLOSED Happy President's Day	17 8:30 Board Games 10:00 Wellness 12:30 Stability &Strength	18 8:30 Puzzles 10:00 COST 12:30 Yoga SHOPPING (Giant Eagle)	19 8:30 Coffee & Chit Chat 10:00 Trivia 10:15 Blood Pressures 10:30 Volleyball 12:30 Bingo	20 8:30 Crafts 10:00 Botanical Garden 10:00 Family Feud 12:30 Tai-Chi
23 8:30 Coffee & Music 10:00 Meditation 12:30 Bingo	24 8:30 Board Games 10:00 Cooking w/ Cassie 12:30 Stability &Strength	25 8:30 Puzzles 10:00 COST 12:30 Yoga SHOPPING (Aldi)	26 8:30 Coffee & Chit Chat 10:00 Trivia 10:30 Volleyball 12:00 Lunch 12:30 Bingo	27 8:30 Crafts 10:00 Family Feud 12:00 Lunch 12:30 Tai-Chi

East Cleveland

WEEKLY PROGRAMMING

Tai Chi Mondays 12:30pm
Art Tuesdays 9:45am
Computer 2nd & 4th Wed 10:30am
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



Our Center is growing!

**If you would like to join or
take a tour feel free to
come by or call at
216-373-1696**

We hope to see you soon!

Upcoming Special Events/Trips



**Check out some of our end of
the year fun!**



Feb 5th -11am Yours Truly Beachwood Lunch

Feb 11th @ 12pm Warning Signs to Alzheimers
and Dementia Lunch & Learn

Feb 13th - Valentines Day Event

Feb 19th - African American History READ-IN
Bring an article, poem or history to share

CENTER CLOSED-
February 16th for President's Day

REMINDERS

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

East Cleveland

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Games 11:30 Lunch 12:30 Tai Chi	3 9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch 12:30 	4 10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study	5 9:30 Dominoes 10:30 Fit & Fab 11:00 Yours Truly Lunch Trip 12:00 Lunch 12:30 Fun & Games	6 10:00 Dominoes 11:30 Lunch 12:30 Kings Corner
9 10:00 Games 11:30 Lunch 12:30 Tai Chi	10 9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch 12:30 	11 10:00 Dominoes 10:30 Comp Class 12:00 12:00 Warning Signs to Alzh/Dem Lunch & Learn 12:30 Yoga	12 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Fun & Games	13 10:00 Dominoes 11:00 Valentines Event 11:30 Lunch 12:30 Kings Corner
16 CENTER CLOSED for Presidents Day 	17 9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch 12:30 	18 10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study	19 9:30 Dominoes 10:00 AAH Read In 10:30 Fit & Fab 12:00 Lunch 12:30 Fun & Games	20 10:00 Dominoes 11:30 Lunch 12:30 Kings Corner
23 10:00 Games 11:30 Lunch 12:30 Tai Chi	24 9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch 12:30 	25 10:00 Dominoes 10:30 Comp Class 12:00 Lunch 12:30 Yoga	26 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Fun & Games	27 10:00 Dominoes 11:30 Lunch 12:30 Kings Corner
CALL ON MONDAY FOR NEXT WEEKS TRANSPORTATION & MEAL ORDER			National Heart Health Month 	

Gunning Park

WEEKLY PROGRAMMING

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



Upcoming Special Events

Carnary's Restaurant 2/6/26 at 10:30 am.

Valentine's Day Event 2/13/26 at 9:30 am.

Check out Gunning Holiday Pictures!

Monthly Programs

EMS Screenings
Fresh Flowers
Commodity Food Box
Young Art Center
Music Therapy
S.P.I.C.E Cooking Club

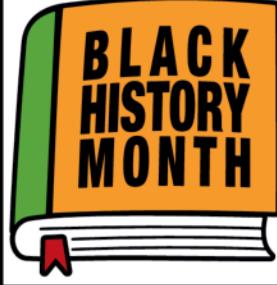


REMINDERS

Please make your weekly meal and or transportation reservation on Monday's before 10:00 am.
Thank you!

Gunning Park

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	3 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch 12:30 STC Pick-up	4 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	5 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	6 9:30 Walking 10:00 Carnary's 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
9 10:00 S.P.I.C.E. Cooking Club 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	10 9:30 Pinochle 10:00 Music Bingo 11:30 Lunch 12:00 Fresh Flowers 12:30 STC Pick-up	11 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	12 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick- up	13 9:30 Walking 10:00 Be My Valentines Event 11:30 Lunch 12:00 Gunning 2:00 STC Pick-up
16 Gunning Park Rose Center Closed President's Day	17 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch 12:30 STC Pick-up	18 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	19 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	20 9:30 Walking 10:00 Young Art Center 11:30 Lunch 12:30 Bingo 2:00 Pick-up
23 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes 2:00 STC Pick-up	24 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch 12:30 STC Pick-up	25 9:30 Walking 9:30 Food Box 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	26 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	27 9:30 Walking 10:00 Yoga & Posture 11:30 Lunch 12:30 Bingo STC Pick-up
				

CENTER TRIPS THIS MONTH

February 9th - Zanzibar Soul Fusion

February 13th - Near West Theater (evening trip)

February 17th - Park and Stop Store Trip

February 23rd - Cleveland Public Library Downtown Branch



Reminders

Center is Closed February 16th in observance of Presidents Day



Meal reservations are due on Tuesdays by 3:00 p.m.

Weekly Programming

Monday- Aerobics, Book Club

Tuesday- Cardio Line Dancing, Bible Study

Wednesday- Bingo

Thursday- Zumba, Bible Study

Daily- Walking, Cards, Puzzles, Art and Fun!!!

New Year New Games

Pokeno

Pinochle

Left right center

Jeopardy

Checkers

Trivia

Upcoming Special Events

February 3rd - ResiHealth Presentation

February 18th - History of head wrapping

February 25th - Near West Theater classes start



Lakeshore

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Fitness w/ Christine 11:30 Lunch 12:00 Book Club	3 10:00 Cardio Line Dancing 11:30 Lunch 12:00 ResiHealth Presentation	4 10:00 Bingo 11:30 Lunch 12:00 Pokeno	5 10:00 Zumba 11:30 Lunch 12:00 Bible Study	6 10:00 IG School 11:30 Lunch 12:00 Cards
9 10:00 Fitness w/ Christine 11:30 Lunch 12:00 Book Club Zanzibar Soul Fusion Trip	10 10:00 Cardio Line Dancing 11:30 Lunch 1:00 Arts and crafts w/ Michelle	11 10:00 Bingo 11:30 Lunch 12:00 Chef Kellee	12 10:00 Zumba 11:30 Lunch 12:00 Bible Study	13 10:00 Social Hour 11:30 Lunch 12:00 Valentine/Birthday Celebration Near West Theater
16 Center Closed	17 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Bible Study Park and Stop Trip	18 10:00 History of head wrapping 11:30 Lunch 12:00 Pinochle	19 10:00 Zumba 11:30 Lunch 12:00 Bible Study	20 10:00 IG School 11:30 Lunch 12:00 Left Right Center
23 10:00 Fitness w/ Christine 11:30 Lunch 12:00 Book Club Cleveland Public Library Trip	24 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Bible Study	25 10:00 Bingo 11:30 Lunch 12:00 Near West Theater class	26 10:00 Zumba 11:30 Lunch 12:00 Bible Study	27 10:00 Social Hour 11:30 Lunch 12:00 Cards



Rose on the Go



During the winter months, when daylight is limited and time spent indoors increases, houseplants can play an important role in supporting both physical and emotional well-being. Greenery helps brighten indoor spaces, making homes feel warmer and more inviting, while also boosting mood and reducing stress. Caring for plants provides a sense of purpose and routine, which can be especially beneficial during long winter days. Some plants can also help improve indoor air quality and humidity levels, creating a more comfortable living environment when heating systems dry the air.

Keeping houseplants healthy in winter is all about small, mindful adjustments. Place plants near windows to maximize natural light, but keep them away from cold drafts. Water less frequently, allowing soil to dry slightly between watering, and use pots with good drainage to prevent root rot. Rotating plants every few weeks helps them grow evenly, and wiping dust from leaves allows them to better absorb light. Start with hardy plants like pothos, snake plants, or spider plants to build confidence, and remember that developing a green thumb comes with patience—every plant you care for is an opportunity to learn and grow.

King Kennedy & Riverview Towers

Heart Healthy Salmon and Veggie Foil Bake

Ingredients (Serves 1-2)

- 1 can salmon (drained)
- 1 cup mixed vegetables
- 1 tablespoon olive oil or lemon juice
- 1-2 lemon slices (optional)
- Small pinch of pepper or no-salt seasoning



Directions

1. Preheat oven to 375°F.
2. Place vegetables in a small baking dish. Drizzle with olive oil or lemon juice.
3. Sprinkle the drained canned salmon evenly over the veggies.
4. Add pepper or no-salt seasoning.
5. Top with lemon slices if you like.
6. Bake for 15-18 minutes, until vegetables are tender and heated through.

King Kennedy Senior Boxes will be delivered Tuesday February 17th

February 2026 WRAA Menu



Western Reserve
Area Agency on Aging

Menu Approved by:
Ann Stauffer, MS, RDN, LD

Choice of:
1% Milk, Buttermilk, or Calcium Fortified Juice
*Take Temperature of Milk and all food proceeded by an asterisk.

	Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved by: <i>Ann Stauffer, MS, RDN, LD</i>					
2	*Chicken Breast 3 oz *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit 2 oz Sliced Apricots ½ c ALT = CS	3 *Stuffed Peppers 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Fresh Grapes 1 c RB	4 *Swedish Meatballs 3-1 oz w/Gravy 2 oz, /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Peaches ½ c ALT = CBG	5 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c TR	6 *Roasted Turkey Breast 3 oz *Gravy 2 oz, /*WG Stuffing ½ c *Butternut Squash ½ c Whole Grain Wheat Orange Cranberry Juice ½ c RB
9	*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Buttered Beets ½ c W.G. Dinner Roll 2 oz Apple Juice 4 oz ALT = CS	10 *Beef Stew 8 oz *Lima Beans ½ c *Buttered Sliced Carrots ½ c Whole Grain Biscuit 2 oz Banana RB	11 *Stuffed Cabbage 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Orange ALT = CF	12 *BBQ Chicken, 3 oz *Macaroni and Cheese ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Peaches ½ c TR	13 *Meatballs 3-1 oz *Marinara Sauce 2 oz *Antigua Blend ¾ c Whole Grain Haggie Roll 2 oz Pears ½ c ALT = CF
16	PRESIDENT'S DAY Site Closed	17 *3 oz Corned Beef Mustard 1 PC Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 WG Rye Applesauce ½ c ALT = CS	18 *Baked Fish 4 oz Tartar Sc 1 PC, Lemon Jc 1 PC *Brown Rice ½ c *Carrots ½ c, Peas ½ c Whole Grain Wheat Banana RB	19 *Grilled Chicken Breast 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c TR	20 *2-2 oz Stuffed Shells w/*Marinara Sauce 2 oz *Spinach ½ c, 1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Fresh Grapes 1 c ALT = CF
23	*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas Whole Grain White Mandarin Oranges ½ c ALT = CS	24 *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 = CBG	25 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz Orange, 1 ea ALT = CF	26 *Salisbury Steak 3 oz *Mushroom Gravy 2 oz *Mashed Potatoes ½ c *Mushrooms ½ c 2 Whole Grain White Sliced Apricots ½ c RB	27 *Cheese Ravioli 6 oz *Marinara Sauce 2 oz *California Blend ¾ c Dinner Roll 2 oz Applesauce ½ c RB

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad w/Lettuce, Ham, Egg, Cheese

Western Reserve Area Agency on Aging - 2026

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

- DONATIONS WELCOME -
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216-255-6953
chernin@sbcglobal.net
Dorothy Carmack,
Executive Director



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Monday - Friday
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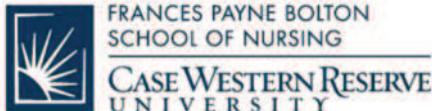
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You may be eligible for a study that helps us to understand how we can best support the needs of individuals like you.

You May Qualify If You

- Are 25 years of age and older.
- Are of current or former unpaid caregiver (within the last 5 years) of an individual with Dementia or Alzheimer's-related disorders who resides in a care facility.
- Can read, speak, and write English.

Participation Involves

- Participating in an individual interview.
- Completing a survey on caregiver stress.

Location: Virtually or via telephone

Participants will be compensated.

**Scan the QR code to
begin the Survey!**



FOR MORE INFORMATION

**Please contact Siobhan Aaron at 216-368-5748
or email siobhan.aaron@case.edu**

Frances Payne Bolton School of Nursing, Case Western Reserve University
9090 Euclid Avenue, Cleveland, OH 44106-4904

ADT-Monitored Home Security

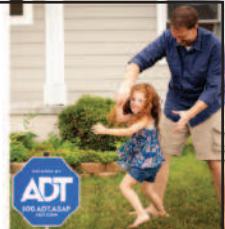
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