

HELLO
June!

CELEBRATING SUNSHINE,
CONNECTION & COMMUNITY

*Here's to sunny days,
good vibes and
great memories!*



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
 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
 Marcus Mathis, Driver/Jumper
 Thomas Rankins, Driver/Jumper
 Anthony Ray, Driver/Jumper
 Earl Redrick, Driver/Jumper
 Lander Redrick, Driver/Jumper
 Carl Rudolph, Driver/Jumper
 Cordell Rudolph, 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

Brittney 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

Cat Mohar, 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

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

Cassandra Chambers, Program Assistant

Rhoda Cantrell, Activities Coordinator

Shuranda Colvin, Kitchen Aide

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 Centers News

Virtual Financial Education Workshops



Join us via Zoom
2:30 p.m. – 4:00 p.m.



Workshop Schedule



Friday, June 5, 2026
Avoiding Financial Exploitation



Friday, June 12, 2026
Goal Setting/Budgeting, and
Understanding Credit and Debt



Friday, June 26, 2026
Benefitting from Benefits



To register, please visit www.benrose.org


There will be no meal delivery, and
The Rose Centers will be closed on:
Friday June 19 in observance of
Juneteenth



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! 

June Community Events

June 6- PRIDE in the CLE: 10am staging in Public Square, 11am March step off, festivities till 6pm in Mall B downtown Cleveland, free event.

June 7- Larchmere Rock The Blocks: 12pm-5pm. Parade, Music and Games.

June 13-Larchmere Porchfest: 2:00pm-11:00pm- Come out and enjoy thirty different bands on thirty different porches.

June 13- Parade the Circle: 12-4pm parade Wade Oval.

June 26-27 Tri-C JazzFest : A major jazz festival at Playhouse Square.

June 26-28 Tremont Food Truck Festival: 3rd Annual Food Truck Festival around Lincoln Park.

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

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.

Old Brooklyn

Center Trips This Month

06/15-Zoo Trip
10:00AM-1:00PM
06/26- City Diner Brunch
11:00AM-1:00PM



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



Upcoming Special Events

06/05- BrightPath Homecare
10:00AM
06/08- CPR Training w/ Zeebees
10:00AM
06/10- Crafts w/ Christine
10:00AM
06/12- Morning Treats w/ Mark
Petti 10:00AM
06/18- Blood Pressures w/ EMS
10:15AM
06/24- Medicaid and Snap Info
w/ Famicos
06/30- Choir Performance
10:00AM



Please make sure you are signing up
for your lunch and transportation to
and from the center on Mondays
and/or Tuesdays of each week.
See Front Desk

Old Brooklyn

June 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p>1 8:30 Coffee & Music 10:00 Produce 12:30 Bingo</p> | <p>2 8:30 Board Games 10:00 Choir 12:30 Exercise Video</p> | <p>3 8:30 Puzzles 10:00 MoTown Movement 12:30 Exercise Video</p> | <p>4 8:30 ChitChat 10:00 Jeopardy 10:30 Volleyball 12:30 Music Bingo</p> | <p>5 8:30 Crafts 10:00 BrightPath Homecare 12:00 Lunch 12:30 Exercise Video</p> |
| <p>8 8:30 Coffee & Music 10:00 CPR Training 12:30 Bingo</p> | <p>9 8:30 Board Games 10:00 Choir 12:30 Stability & Strength</p> | <p>10 8:30 Puzzles 10:00 Crafts w/ Christine 12:30 Yoga Shopping (Walmart)</p> | <p>11 8:30 ChitChat 10:00 Dancing Wheels 10:30 Volleyball 12:30 Bingo</p> | <p>12 8:30 Crafts 10:00 Morning Treats w/Mark Petti 12:00 Lunch 12:30 Tai-Chi</p> |
| <p>15 8:30 Coffee & Music 10:00 Zoo Trip</p> | <p>16 8:30 Board Games 10:00 Choir 12:30 Stability & Strength</p> | <p>17 8:30 Puzzles 10:00 Juneteenth Presentation 12:30 Yoga Shopping (Giant Eagle)</p> | <p>18 8:30 ChitChat 10:00 Family Feud 10:15 Blood Pressures 10:30 Volleyball 12:00 Lunch</p> | <p>19 CLOSED JUNE TEENTH</p> |
| <p>22 8:30 Coffee & Music 10:00 MoTown Movement 12:30 Bingo</p> | <p>23 8:30 Board Games 10:00 Choir 12:30 Stability & Strength</p> | <p>24 8:30 Puzzles 10:00 Medicaid and Snap Info 12:30 Yoga Shopping (Aldi)</p> | <p>25 8:30 ChitChat 10:00 Jeopardy 10:30 Volleyball 12:30 Bingo</p> | <p>26 8:30 Crafts 10:00 Pearl's Hope Presentation 11:00 City Diner 12:30 Tai-Chi</p> |
| <p>29 8:30 Coffee & Music 10:00 MoTown Movement 12:30 Bingo</p> | <p>30 8:30 Board Games 10:00 Choir Performance 12:30 Stability & Strength</p> |  |  |  |

East Cleveland

WEEKLY PROGRAMMING

Tai Chi Mondays -12:30pm
Art with Laura Tues -9:45am
Yoga 2nd & 4th Wed -12:30pm
Bingo Tuesdays- 12:30pm
Bible Study 1st & 3rd Wed-1:00pm
Build a Bouquet 4th Thursday -11am
Craft Time Thursday -12:30p
Tech Time Friday-10:30a



Upcoming Special Events/Trips

- June 3rd - Telling Our Stories (Library)
- June 10th - Telling Our Stories (Library)
- June 12th - Lunch Trip: Texas Road House
- June 13th - Senior Prom @ Lakeshore
- June 17th - Telling Our Stories (Library)
- June 18th - Lunch Trip: Golden Corral
- June 19th - Juneteenth- CENTER CLOSED
- June 24th - Telling Our Stories (Library)




We had a great time at our Mother's Day Event featuring singing artist Melrose Eve. There was food, music and dancing!

REMINDERS

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

East Cleveland

June 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>1</p> <p>10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi</p> | <p>2</p> <p>10:00 Dominoes 12:00 Lunch 12:30 BINGO</p> | <p>3</p> <p>9:30 Library Trip 10:00 Dominoes 10:30 Comp Class 12:00 Lunch</p> | <p>4</p> <p>9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time</p> | <p>5</p> <p>10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games</p> |
| <p>8</p> <p>10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi</p> | <p>8</p> <p>10:00 Dominoes 12:00 Lunch 12:30 BINGO</p> | <p>10</p> <p>9:30 Library Trip 10:00 Dominoes 10:30 Comp Class 12:00 Lunch</p> | <p>11</p> <p>9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time</p> | <p>12</p> <p>10:00 Dominoes 10:30 Tech Corner 10:30 Lunch Trip 11:30 Lunch 12:30 Card Games</p> |
| <p>15</p> <p>10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi</p> | <p>16</p> <p>10:00 Dominoes 12:00 Lunch 12:30 BINGO</p> | <p>17</p> <p>9:30 Library Trip 10:00 Dominoes 10:30 Comp Class 12:00 Lunch</p> | <p>18</p> <p>9:30 Dominoes 10:30 Fit & Fab 10:30 Lunch Trip 12:00 Lunch 12:30 Craft Time</p> | <p>JUNETEENTH FREEDOM DAY JUNE 19</p>  <p>CENTER CLOSED</p> |
| <p>22</p> <p>10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi</p> | <p>23</p> <p>10:00 Dominoes 12:00 Lunch 12:30 BINGO</p> | <p>24</p> <p>9:30 Library Trip 10:00 Dominoes 10:30 Comp Class 12:00 Lunch</p> | <p>25</p> <p>9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time</p> | <p>26</p> <p>10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card games</p> |
| <p>29</p> <p>10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi</p> | <p>30</p> <p>10:00 Dominoes 12:00 Lunch 12:30 BINGO</p> | | | |

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"

Good Times III on 6/1 at 11:30 am.
Museum of Medical History on 6/12 at 12:00 pm.

Resourceful Presentations:

ArchWell Docotor Talk on 6/5 at 9:45 am.
Senior Helper Summer Safety Lunch & Learn
on 6/10 at 10:00 am.
Senior Prom 70's Theme on 6/13/26 at 4:00 pm.
Improving Your Memory on 6/26 at 10:00 am.
Holistic Health & Wellness on 6/30at 10:00 am.

Additional Activities:

Dancing Wheels on 6/12 & 6/22 at 10:00 am.
S.P.I.C.E. Cooking Class on 6/29 at 9:45 am.

Monday, June 15, 2026
Pre-Father's Day Celebration
"Fish Kiting & Fish-N-Chips"



Mother's Day Paris Brunch Pictures



REMINDERS

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

Thank you & Have a Great Day on Purpose!

Gunning Park

June 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1 11:30 Lunch 12:00 Good Times III Cruise 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 2 9:30 Pinochle 11:30 Lunch 12:30 STC Pick-up | 3 9:30 Walking 10:00 Craft Class 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 4 9:30 Pinochle 9:30 EMS Screening 11:30 Lunch 12:30 STC Pick-up | 5 9:30 Walking 10:00 ArchWell Doc Talk 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up |
| 8 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 9 9:30 Pinochle 10:00 Fitness Fusion 10:30 Music Bingo 12:00 Fresh Flowers 11:30 Lunch 12:30 STC Pick-up | 10 9:30 Walking 10:00 Senior Helpers, Summer Safety Lunch & Learn 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 11 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up | 12 9:30 Walking 10:00 Dancing Wheels 11:30 Lunch 12:00 Dittrick Museum of Medical History STC Pick-up |
| 15 9:30 Pre-Father's Day Event 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 16 9:30 Pinochle 11:30 Lunch 12:30 STC Pick-up | 17 9:30 Walking 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 18 9:30 Pinochle 11:30 Lunch 12:30 STC Pick-up | 19 RCAW Closed  |
| 22 10:00 Dancing Wheels 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 23 9:30 Pinochle 10:00 Dance-ercise 11:30 Lunch 12:30 STC Pick-up | 24 9:30 Walking 9:30 Commodity Food Box Day 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up | 25 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up | 26 9:30 Walking 10:00 Improve Your Memory 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up |
| 29 9:30 S.P.I.C.E. Cooking Class 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up | 30 9:30 Pinochle 10:00 am Holistic Health & Wellness 11:30 Lunch 12:30 STC Pick-up |  |  |  |

Lakeshore

CENTER TRIPS THIS MONTH

June 10th- Goodtime III
June 26- Sakura Buffet
June 30- Saver's Thrift Store



Weekly Programming

Cardio Drumming, Peddling, Aerobics
Zumba, Bible Study, Gardening,
Book Club, Bingo, Pokeno



Join us for our
annual Juneteenth celebration
on June 18th at 10am
Presentations from Humana
and Famicos



June Special Events

June 2- Eating Healthy
Sponsored by Humana
June 11- Chef Kellee
June 17- Healthy Blood Pressure
Sponsored by
Presentation Kand E Agency

Lakeshore

June 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>1</p> <p>10:0 Cardio Drumming 11:30 Lunch 12:00 Dancing Wheels</p> | <p>2</p> <p>10:00 Aerobics w/ Christine 11:30 Lunch 12:00 Eating Healthy w/ Humana</p> | <p>3</p> <p>10:00 Bingo 11:30 Lunch 12:00 Pokeno</p> | <p>4</p> <p>10:00 Movement is Medicine 11:30 Lunch 12:00 Bible Study/Games</p> | <p>5</p> <p>10:00 Computer Lab 11:30 Lunch 12:00 Group Game</p> |
| <p>8</p> <p>10:00 Cardio Drumming 11:30 Lunch 12:00 Book Club</p> | <p>9</p> <p>10:00 Peddling 11:30 Lunch 12:00 Bible Study</p> | <p>10</p> <p>Goodtime III Trip</p>  | <p>11</p> <p>10:00 Zumba 11:30 Lunch 12:00 Chef Kellee/Games</p> | <p>12</p> <p>10:00 Computer Lab 11:30 Lunch 12:00 Group Game</p> |
| <p>15</p> <p>10:00 Cardio Drumming 11:30 Lunch 12:00 Dancing Wheels</p> | <p>16</p> <p>10:00 Peddling 11:30 Lunch 12:00 Bible Study/Gardening</p> | <p>17</p> <p>10:00 Healthy Blood Pressure 11:30 Lunch 12:00 Pokeno</p> | <p>18</p> <p>Juneteenth Celebration</p>  | <p>19 Center Closed</p>  |
| <p>22</p> <p>10:00 Cardio Drumming 11:30 Lunch 12:00 Book Club</p> | <p>23</p> <p>10:00 Peddling 11:30 Lunch 12:00 Bible Study/ Gardening</p> | <p>24</p> <p>10:00 Bingo 11:30 Lunch 12:00 Pokeno</p> | <p>25</p> <p>10:00 Zumba 11:30 Lunch 12:00 Bible study</p> | <p>26</p> <p>10:00 Social Hour 11:30 Lunch 12:00 Group Game Sakura Buffet</p> |
| <p>29</p> <p>10:00 Cardio Drumming 11:30 Lunch 12:00 Book club</p> | <p>30</p> <p>10:00 Peddling 11:30 Lunch 12:00 Bible Study/ Gardening Saver's trip</p> |  | | <p>Are you ready???</p> <p>70's themed Prom is Saturday June 13th. 4pm-7pm Purchase your ticket if you have not already!</p> |

Rose on the Go

Go BIG with Micro-Connections this Summer

Social connection doesn't always have to mean big plans or busy schedules. "Micro-connections" are the small, everyday interactions that help us feel connected to others – a quick chat with a neighbor, a friendly conversation at the store, or saying hello during a morning walk. These simple moments can boost mood, reduce feelings of loneliness, and help create a stronger sense of community.

The best part about micro-connections is that they fit naturally into daily life without requiring major commitments. This summer, try:

- Starting a conversation while running errands
- Attend a free local concert, market, or community event
- Sending a quick text or check-in to a friend
- Spending time outdoors where others gather
- Wave or say hello to people during evening walks around the neighborhood



Sometimes the smallest interactions can make the biggest difference – for both ourselves and the people around us!

King Kennedy & Riverview Towers

Sip into Summer!



Cool, refreshing, and packed with vitamins!

Ingredients

- 1 banana
- 1 cup frozen mixed berries
- ½ cup vanilla yogurt
- ½ cup milk (or almond milk)
- ½ cup ice

Directions

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy cold!



There will be no June Senior Box Delivery for King Kennedy

JUNE 2026 WRAAA MENU



| Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|---|---|--|---|---|
| 1 *Meatballs 3-1 oz W.G. Sub Roll 2 oz, Marinara Sauce 2 oz *California Blend 1/2 c Roasted Potato Wedges 1/2 c Banana ALT = CS TR | 2 *Chicken stuffed w/ Broccoli 6 oz. *Green Beans 1/2 c *Carrots 1/2 c Whole Grain Dinner Roll 2 oz Apricots 1/2 c ALT = CBG RB | 3 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes 1/2 c *Mixed Vegetables 1/2 c Whole Grain Dinner Roll 2 oz Applesauce 1/2 c ALT = CF T | 4 *Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes 1/2 c *Harvard Beets 1/2 c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR | 5 *Roasted Turkey 3 oz *Mashed potatoes 1/2 c w/ gravy *Green Beans 1/2 c W.G. Dinner Roll 2 oz Pears 1/2 c ALT = CF RB | |
| 8 *Hamburger 3 oz Mustard & Ketchup 1 PC ea. *Baked Beans 1/2 c *Seasoned Potato Wedges 1/2 c W.G. Hamburger Bun 2 oz Mandarin Oranges 1/2 c ALT = CS TR | 9 *Tomato Basil Chicken 3 oz. w/ Sauce 2 oz, W.G. Pasta 1/2 c. *Spinach 1/2 c, Lemon Jc. 1 PC *Capri Blend 1/2 c Whole Grain Wheat Sliced Pears 1/2 c ALT = CBG RB | 10 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes 1/2 c *Green Peas 1/2 c Whole Grain Wheat Whole Grain Cereal Bar 1 oz Applesauce 1/2 c ALT = CF T | 11 *Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw 1/2 c *Seasoned Potato Wedges 1/2 c Whole Grain Bun 2 oz Fresh Grapes 1 c ALT = CBG RB | 12 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes 1/2 c *Mixed Vegetables 1/2 c Whole Grain Dinner Roll 2 oz Banana ALT = CF TR | |
| 15 *Stuffed Shells 2-2 oz *w/Sauce 2 oz *Zucchini 1/2 c *Glazed Carrots 1/2 c 2 Whole Grain Wheat Mixed Fruit 1/2 c ALT = CS RB | 16 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts 1/2 c *Green Peas 1/2 c Applesauce 1/2 c ALT = CBG T | 17 *Sloppy Joe 3 oz *Sweet Potatoes 1/2 c *California Blend 1/2 c Whole Grain Dinner Roll 2 oz Pineapple Chunks 1/2 c ALT = CF RB | 18 *BBQ Chicken Breast 3 oz *Macaroni and Cheese 1/2 c *Red Cabbage 1/2 c *Green beans 1/2 c Whole Grain Corn Muffin 1 oz Mixed Fruit 1/2 c ALT = CBG TR | 19 Juneteenth Site Closed | |
| 22 *Beef Lasagna 6 oz *Antiqua Blend 1/2 c *Cauliflower, 1/2 c Whole Grain Garlic Toast 2 oz Mandarin Oranges 1/2 c ALT = CS T | 23 *Chicken Cordon Bleu 6 oz *Mashed Potatoes 1/2 c w/ gravy *Carrot Coins 1/2 c Whole Grain Dinner Roll, 2 oz Fresh Orange ALT = CBG RB | 24 *Tuna Salad 3 oz *3 Bean Salad 1/2 c *Coleslaw 1/2 c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT = CF RB | 25 *Meatballs 3-1 oz W.G. Sub Roll 2 oz Marinara Sauce 2 oz *California Blend 1/2 c Roasted Potato Wedges 1/2 c Peaches 1/2 c ALT = CBG TR | 26 *Chicken Stir Fry 3 oz *Brown Rice 1/2 c *Oriental Blend 1/2 c *Peppers and Onions 1/2 c 1 Whole Grain White Fresh Plum ALT = CF RB | |
| 29 *Salisbury Steak 3 oz *Mashed Potatoes 1/2 c *Gravy 2 oz, *Mushrooms 1/2 c Whole Grain Dinner Roll Fresh Orange ALT = CS TR | 30 *Chicken Patty 3 oz Mayo 1 PC *Lima Beans 1/2 c *Red Cabbage 1/2 c Whole Grain Bun 2 oz Applesauce 1/2 c ALT = CBG RB | <p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p> | | | <p>Choice of: 1% Milk, Buttermilk, or Calcium Fortified Juice *Take Temperature of Milk and all food proceeded by an asterisk</p> |

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 = 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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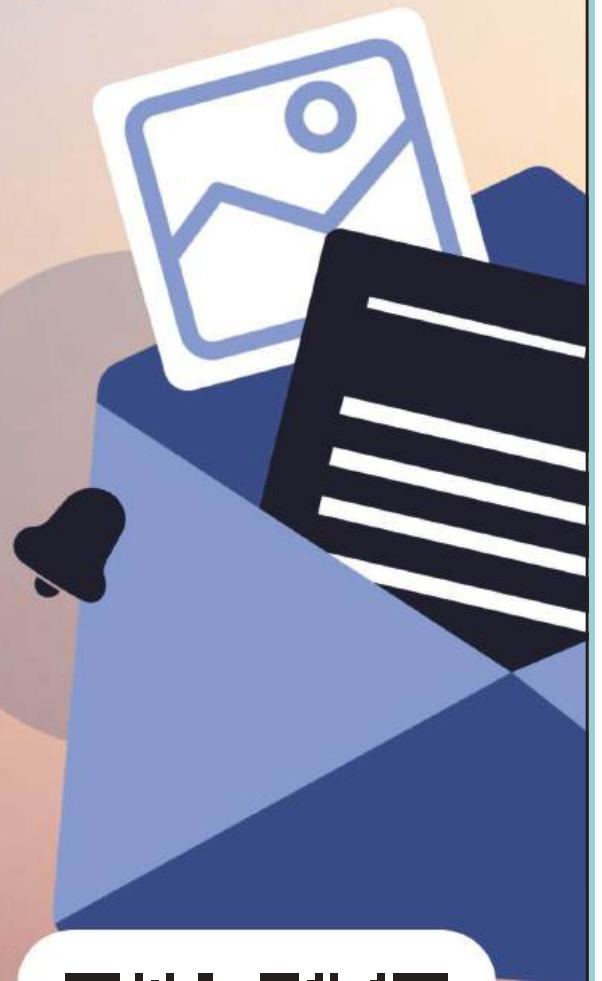
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