ROSE CENTERS
FOR AGING WELL

November 2026

GET OUT & VOTE

MAKE YOUR VOICE HEARD

Stronger Communities, Brighter Tomorrow

MAKE A PLAN TO VOTE

Election Day:
November 3

Polls Open:
6:30 a.m. – 7:30 p.m.

Need help finding your polling place?
Call 216-443-VOTE (8683)
or visit boe.cuyahogacounty.gov



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
Nate Roane, 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 Towes Rose Center . . . . . Phone: 216-373-1793
1795 West 25th Street, Cleveland, OH 44113 . . . . . M— F 9am-2pm
Carla Epps, *Nutrition Site Coordinator*
Clarence Golston & Sicilie Beale, *Kitchen Aide*

Old Brooklyn Rose Center . . . . . Phone: 216-749-5367
3100 Devonshire Rd, Cleveland, OH 44109 . . . . . M—F 10am- 3pm
Christy Dodig, Center Director
Cassandra Chambers, Program Assistant
Rhoda Cantrell, 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

Don't forget to give your suggested $2.00/day meal donation to your center staff or delivery person.

Rose Centers 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 November 11th in observance of Veterans Day and November 26th and 27th in observance of Thanksgiving.







Date: Saturday, November 28, 2026
Location: Public Square in Downtown Cleveland
Admission: FREE to the public
Activities:

- Live Performances
- Photo Ops
- Food Trucks
- Ice Skating
- Tree Lightings
- Games and Giveaways
- Firepits and S'mores (while supplies last)
- Illuminate CLE Holiday Light Show



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 heathy and low sodium?
Fresh, healthy and fulfilling food is an important aspect of maintaining wellness.

Old Brooklyn

Center Trips This Month

11/3- Old Brooklyn Tour w/ Lynette 10:00AM

11/13- City Diner 10:30AM

11/18- Tour of Cultural Gardens 10:00AM

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



Just as a reminder Rose Centers of Old Brooklyn will be Closed on November 11th in observance of Veterans Day. November 26th and 27th for Thanksgiving.



EXERCISE CLASS WITH JOANN EVERY TUESDAY, WEDNESDAY AND FRIDAY AT 12:30PM!!



Upcoming Special Events

11/2- Produce 10:00AM

11/4- Paint & Sip 10:00AM

11/5- Habitat for Humanity Presentation 10:30AM

11/6- Represenative Brennan

11/9- Housing Court Presentation 10:30AM

11/10-Book Club 10:00AM

11/12- Sculpture 10:00AM

11/12- Mandala Art 10:30AM

11/13- Division of Waste Collection Presentation 10:30AM

11/16- What are the Cultural Gardens Presentation 10:00AM

11/17- November Birthday Celebration 10:30AM

11/19- Sculpture 10:00AM

11/20- Cooking w/ Cassie 10:30AM

11/20- Thanksgiving Craft 10:30AM

11/23- Pearls of Hope Presentation 10:00AM

11/24- Crafting w/ Rosemary 10:00AM

11/25- Friendsgiving Share and Tell 10:00AM

11/30- TownHall w/ Christy 10:00AM

Please make sure you are signing up for your lunch and transportation to and from the center on Mondays and/or Tuesdays 9:30AM-12:30PM of each week.
See Cassie

Old Brooklyn

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Coffee & Music 10:00 Produce 12:30 Bingo	**3** 8:30 Board Games 10:00 OB Tour w/ Lynette 12:30 Stability & Strength 	**4** 8:30 Puzzles 10:00 Paint & Sip 12:30 Yoga **Shopping (Drugmart)**	**5** 8:30 ChitChat 10:00 Sculpture 10:30 Habitat for Humanity 12:30 Music Bingo	**6** 8:30 Crafts 10:30 Rep. Brennean 12:30 Tai-Chi
9 8:30 Coffee & Music 10:30 Housing Court 12:30 Bingo	**10** 8:30 Board Games 10:00 Book Club 12:30 Stability & Strength	**11** CENTER CLOSED VETERANS DAY 	**12** 8:30 ChitChat 10:00 Sculpture 10:30 Mandala Art 11:00 Volleyball 12:30 Bingo	**13** 8:30 Crafts 10:30 Division of Waste Collection 10:30 City Diner 12:30 Tai-Chi
16 8:30 Coffee & Music 10:00 What are the Cultural Gardens 12:30 Bingo	**17** 8:30 Board Games 10:30 Birthday Celebration 12:30 Stability & Strength	**18** 8:30 Puzzles 10:00 Tour of Cultural Gardens 12:30 Yoga **Shopping (GiantEagle)**	**19** 8:30 ChitChat 10:00 Trivia 10:15 Blood Pressures 10:30 Sculpture 11:00 Volleyball 12:30 Bingo	**20** 8:30 Crafts 10:30 Cooking w/ Cassie 10:30 Thanksgiving Craft 12:30 Tai-Chi
23 8:30 Coffee & Music 10:00 Pearls Hope Presentation 12:30 Bingo	**24** 8:30 Board Games 10:00 Crafting w/ Rosemary 12:30 Stability & Strength	**25** 8:30 Puzzles 10:00 Friendsgiving Share and Tell 12:30 Yoga **Shopping (Aldi)**	**26** CENTER CLOSED 	**27** CENTER CLOSED 
30 8:30 Coffee & Music 10:00 Townhall w/ Christy 12:30 Bingo				

East Cleveland

WEEKLY PROGRAMMING

Tai Chi Mondays -12:30pm

Comp. Cl. 2nd & 4th Tues. -10:30am

Bingo Tuesdays- 12:30pm

Bible Study 1st & 3rd Wed-1:00pm

Build a Bouquet 4th Thursday -11am



Upcoming Special Events/Trips

November 11th- Center Closed

November 12th- Lunch Trip: Pearl's Kitchen

November 19th - Friendsgiving Party

November 19th - BINGO w/ Candlewood

November 24th- Salvation Army Thanksgiving Meal

November 26th & 27th-



Don't Forget!

Monday and Thursday Excercise Classes are held every weeek!

REMINDERS

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

East Cleveland

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	3 10:00 Dominoes 12:00 Lunch 12:30 BINGO	4 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch 1:00 Bible Study	5 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time	6 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
9 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	10 10:00 Dominoes 10:30 Comp. Class 12:00 Lunch 12:30 BINGO	11 	12 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch Trip 12:30 Craft Time	13 10:00 Dominoes 10:30 Tech Corner 11:00 Lunch 12:30 Card Games
16 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	17 10:00 Dominoes 12:00 Lunch 12:30 BINGO	18 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch 1:00 Bible Study	19 9:30 Dominoes 10:30 Fit & Fab 11:00 Friendsgiving 1:00 Bingo w/ Candlewood	20 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
23 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	24 10:00 Dominoes 10:30 Comp. Class 11:30 Salv. Army Thanksgiving Meal 12:30 BINGO	25 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch		
30 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



Upcoming Special Events

"Special Trips"

Walmart on 11/6 at 10:30 am.
Cleveland Museum of National History on 11/16 at 10:30 am.
Luna's Restaurant on 10/13 at 10:30 am.

Resourceful Presentations:

Apex Skin Cancer Screening on 11/2 at 10:00 am.
Molina Healthcare on 11/9 at 10:00 am.

Gunning Friendsgiving Fellowship Dinner on 11/20 at 11:30 am.





Gunning Friendsgiving Fellowship Dinner



REMINDERS

Please make your weekly meal and or transportation reservation on Monday's before or by 3 pm.
Thank you & Have a Great Day on Purpose!

Gunning Park

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Apex Skin Cancer Screening 11:30 Lunch 12:30 Pokeno 12:30 Dominoes 2:00 STC Pick	3 9:30 Pinochle **10:00 Chair Exercise** 11:30 Lunch 12:30 STC Pick-up	4 11 9:30 Walking **10:00 Fitness Fusion** 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	5 9:30 Pinochle **9:30 EMS Screening** **10:00 Tai Chi** 11:30 Lunch 12:30 STC Pick-up	6 9:30 Walking **10:00 Walmart** 11:30 Lunch 12:30 Bingo 2pm STC Pick-up
9 10:00 Molina Healthcare Presentation **11:30 Lunch** **12:30 Pokeno** **12:30 Dominoes** **2:00 STC Pick- up**	10 9:30 Pinochle **10:00 Music Bingo** **12:00 Fresh Flowers** 11:30 Lunch 12:30 STC Pick-up	11 Center Closed	12 9:30 Pinochle **10:00 Tai Chi** 11:30 Lunch 12:30 STC Pick-up	13 9:30 Walking **10:30 Cleveland Museum of National History** 11:30 Lunch **12:30 Bingo** 2:00 STC Pick-up
16 **10:30 Luna's Restauraunt** 11:30 Lunch **12:30 Pokeno** **12:30 Dominoes** 2:00 STC Pick-up	17 9:30 Pinochle **10:00 Chair Exercise** 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 **9:30 Friendsgiving Fellowship Dinner** 11:30 Lunch 12:30 Bingo 2:00 STC 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 **9:30 Food Box** **10:00 Fitness Fusion** 11:30 Lunch 12:30 STC Pick-up	25 9:30 Walking **10:00 Fitness Fusion** 11:30 Lunch **12:00 Line Dancing** 12:30 STC Pick-up	26 **Gunning Park Rose Center Closed** **Have a Happy Thanksgiving**	27 **Gunning Park Rose Center Closed** 
30 10:00 S.P.I.C.E. Cooking 11:30 Lunch **12:30 Pokeno &** **12:30 Dominoes** 2:00 STC Pick-up	**Reminders: Meal orders & Transportation reservation are due on Monday by 3:00 pm.**			

Lakeshore

CENTER TRIPS THIS MONTH

November 4th-Oakstreet Health

November 10th- Famous Dave's

November 23rd- Walmart





WEEKLY PROGRAMMING

Mondays- Exercise with Rashida
Tuesday-11/3, 11/17 Exercise with Christine
Tuesday- 11/10, 11/24 Cardio Line Dancing
Wednesday- Wellness Wednesday
Thursday - Mattter of Balance
Other ActvitiesOffered
Arts and crafts
Bingo
Puzzles
Bible Study
Crocheting
Book Club
Computer Lab

Upcoming Special Events

November 12- EMS Screening
November17th- Build A Bouquet
November 18th- Lunch w/ Cleve Police
November19th- Turkey Bowl/ Friendsgiving
November 20th- Healthy cooking w/ Chef Kellee



REMINDERS

The center will be closed on Nov. 11th in observance of Veteran's Day.
Thank you for your service!
The center will be closed 11/26 and 11/27 in observance of Thanksgiving

Lakeshore

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	3 10:00 Exercise w/Christine 11:30 Lunch 12:00 Book Club	4 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo **Oakstreet Health**	5 10:00 Thankful Thursday 11:30 Lunch 12:30 Matter of Balance	6 10:00 IG School 11:30 Lunch 12:00 Social Hour
9 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	10 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Book Club **Famous Dave's**	11 Center Closed in observance of Veteran's day	12 10:00 Thankful Thursday 11:30 Lunch 12:30 Matter of Balance	13 10:00 IG School 11:30 Lunch 12:00 Social Hour
16 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	**17** 10:00 Exercise w/ Christine **11:30 Lunch** 12:00 Book Club **Build A Bouquet**	18 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo **Special Event**	19 10:00 Thankful Thursday **Turkey Bowl**	20 10:00 Movie 11:30 Lunch 12:00 Chef Kellee
23 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club **Walmart**	24 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Book Club	25 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo	26 	**27** **Center Closed**
30 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	**Please remember to make meal reservations and transportation changes by Tuesday afternoon**			

Rose on the Go

5 Minutes for Yourself: A Little Stretch Goes a Long Way!

As the weather gets colder and we spend more time indoors, it's easy to feel a little stiff from sitting around. Take five minutes today to stretch, loosen up, and give yourself a refreshing reset!



Try these simple stretches:

- **Shoulder Rolls:** Sit comfortably and slowly roll your shoulders up toward your ears, back, and down. Repeat several times, then reverse direction.
- **Side-to-Side Stretch:** Sit with your feet on the floor. Gently lean to one side, return to center, and lean to the other. Keep the movement small and comfortable.
- **Ankle Circles:** Lift one foot slightly off the floor and slowly circle your ankle several times. Switch feet and repeat.
- **Pause and Breathe:** Rest your hands in your lap, relax your shoulders, and take a few slow, comfortable breaths. Enjoy a moment just for you!

Remember: Move slowly, breathe naturally, and never push into pain. Use a sturdy chair for support, and adapt movements to your comfort and abilities.

King Kennedy & Riverview Towers

Fall Foods That Nourish More Thank Your Appetite

As the weather cools and the days get shorter, fall brings plenty of comforting foods that can nourish both body and mind. Seasonal favorites like apples, sweet potatoes, squash, and leafy greens provide vitamins, minerals, and fiber that support healthy aging, heart health, digestion, and overall well-being. Warm vegetable soups, roasted root vegetables, and hearty bean dishes are simple ways to enjoy these ingredients while staying satisfied on chilly days.

Food can also nourish us in ways that go beyond nutrition. Sharing a homemade meal, swapping family recipes, or gathering around the table with friends can create meaningful moments of connection. This November, try a new seasonal recipe, invite someone to share a meal, or bring a favorite dish to a gathering. After all, some of the best nourishment comes from both what's on our plates and the people sitting beside us!

November 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Stuffed Cabbage w/ Beef 6 oz *Noodles, ½ c w *Gravy, 2 oz *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Cranberry Juice 4 oz ALT=CS TR	3 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Diced pears ½ c ALT=CBG RB	4 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CF TR	5 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Mixed Vegetables ½ c 2 Whole Grain White Apricots ½ c ALT=CBG T	6 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CF TR
9 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Cheesy Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CS RB	10 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Antigua Blend ½ c Cauliflower ½ c Whole Grain Wheat Pineapple ½ c ALT=CBG TR	11 **Veteran's Day** **Site Closed**	12 *Breaded Fish 3 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Cape Cod Blend ½ c Whole Grain Bun Peaches ½ c ALT=CBG T	13 *Chicken Marsala 3 oz *Brown Rice ½ c *Mushrooms ½ c *Broccoli ½ c Whole Grain Wheat Scalloped Apples ½ c ALT=CF RB
16 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Antigua Blend ½ c Whole Grain Wheat Tropical Fruit ½ c Apple Juice 4 oz ALT=CS RB	17 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Applesauce ½ c ALT=CBG T	18 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit 2 oz Banana, 1 ea ALT=CF TR	19 *Salisbury Steak 3 oz w/ *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Orange ALT=CBG RB	20 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c Grape Juice 4 oz ALT=CF T
23 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS TR	24 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG T	25 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz ALT=CF RB	26 **Thanksgiving Day** **Site Closed**	27 *Stuffed Shells 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CF RB
30 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT-CS TR		Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice *=take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: *Ann Stahlheber MS, RDN, LD*	

Western Reserve Area Agency on Aging - 2026

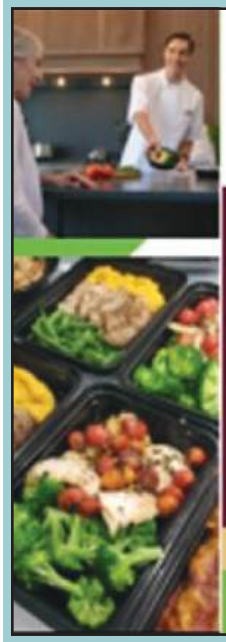
Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

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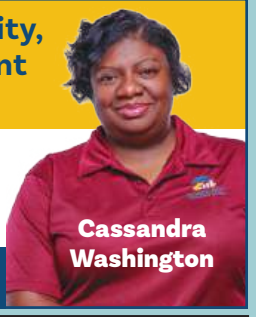

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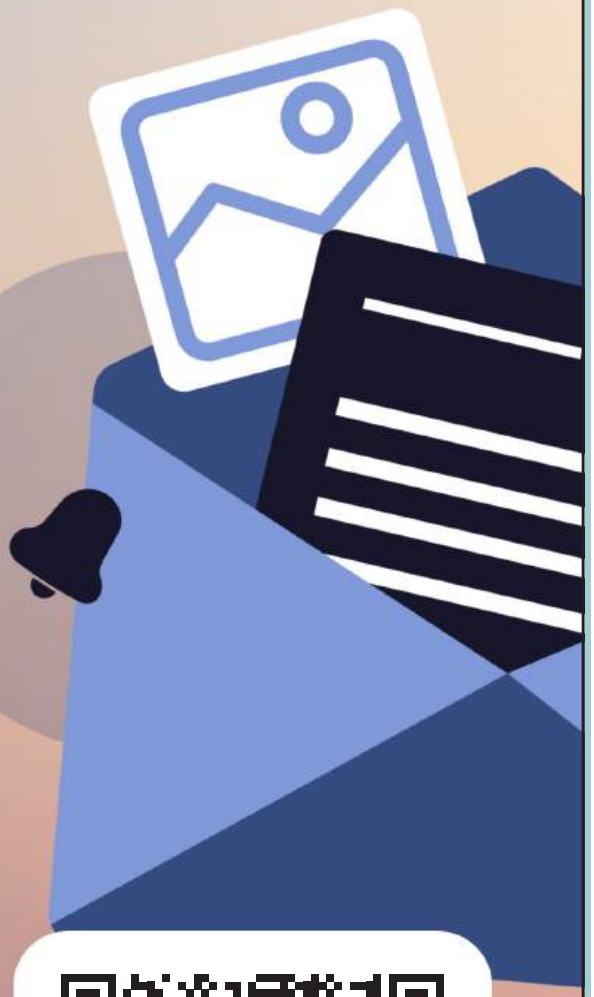
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