ROSE CENTERS

FOR AGING WELL

October 2026



Rose Centers for Aging Well | 11890 Fairhill Road, Cleveland OH 44120 | 216.791.8000 | benrose.org

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 Towers Rose Center.....Phone: 216-373-1793
1795 West 25th Street, Cleveland, OH 44113.....M–F 9am-2pm
Carla Epps, *Nutrition Site Coordinator*
Clarence Golston, *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*
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

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 Monday Oct. 12th in observance of Indigenous Peoples Day

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 2 First Annual Oktoberfest at The Van Aken District

October 3 Cleveland Pickle Festival-Mall C Downtown Cleveland

October 10 Old Brooklyn StreetFest 2pm-8pm. This free community event on Broadview Road will feature live music, food, a beer garden, local vendors, family-friendly activities, and more!

October 11 Kamms Corners Farmers Market-10am-1pm 16906 Albers Ave



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 heathy and low sodium?

Fresh, healthy and fulfilling food is an important aspect of maintaining wellness.

Old Brooklyn

Center Trips This Month

10/2-Metropolitan Coffee 10AM-11:30AM

10/9- Lakeview Cemetery 10AM-12:30PM

10/16- Westside market 10AM-12:30PM

10/23- Kumo 10AM-11:30AM

10/28- B.A. Sweeties 10AM-11:30AM

10/30- Masquerade at Stomp&Chomp 10AM-11:30AM

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

ROSE CENTERS OF OLD BROOKLYN SPIRIT WEEK OCTOBER 5TH THRU OCTOBER 8TH.



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



Upcoming Special Events

Sculpture Class- Thursdays at 10:00AM

Produce Day-10/5 at 10:00AM

Family History Research- 10/06 at 10:00AM

Travelouge w/ Rhoda-10/12 at 10:00AM

Reverse Mortgage Presentation- 10/13 at 10:30AM

Better Business Bureau- 10/14 at 10:30AM

Blood Pressures- 10/15 at 10:15AM

CPL Tech Van- 10/16 at 10:30AM

Townhall w/ Christy- 10/19 at 10:00AM

Birthday Celebration- 10/19 at 11:00AM

Share and Tell- 10/21 at 10:00AM

Paper Craft w/ Lydia- 10/26 at 10:00AM

Book Club- 10/27 at 10:00AM

Halloween Party-10/30 at 10AM

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

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Fall is in the air		**1** 8:30 ChitChat 10:00 Sculpture 11:00 Volleyball 12:30 Music Bingo	**2** 8:30 Crafts 10:00 Metropolitan 12:30 Tai-Chi
5 8:30 Coffee & Music 10:00 Produce 12:30 Bingo	**6** 8:30 Board Games 10:00 Family History 12:30 Stability & Strength	**7** 8:30 Puzzles 10:00 Latch hook 12:30 Yoga **Shopping (Drugmart)**	**8** 8:30 ChitChat 10:00 Sculpture 11:00 Volleyball 12:30 Bingo	**9** 8:30 Crafts 10:00 Lakeview Cemetery 12:30 Tai-Chi
12 CENTER CLOSED Indigenous Peoples' Day	**13** 8:30 Board Games 10:00 Reverse Mortgage 12:30 Stability & Strength	**14** 8:30 Puzzles 10:30 BBB Presentation 12:30 Yoga **Shopping (Walmart)**	**15** 8:30 ChitChat 10:15 Blood Pressures 10:30 Sculpture 11:00 Volleyball 12:30 Bingo	**16** 8:30 Crafts 10:00 Westside Market 10:30 Tech Van 12:30 Tai-Chi
19 8:30 Coffee & Music 10:00 Townhall w/ Christy 11:00 Birthday Celebration 12:30 Bingo	**20** 8:30 Board Games 10:00 Golden Gala 12:30 Stability & Strength	**21** 8:30 Puzzles 10:00 Share and Tell 12:30 Yoga **Shopping (GiantEagle)**	**22** 8:30 ChitChat 10:00 Sculpture 11:00 Volleyball 12:30 Bingo	**23** 8:30 Crafts 10:00 Kumo 12:30 Tai-Chi
26 8:30 Coffee & Music 10:00 Papercraft w/ Lydia 12:30 Bingo	**27** 8:30 Board Games 10:00 Book Club 12:30 Stability & Strength	**28** 8:30 Puzzles 10:00 B.A. Sweeties 12:30 Yoga **Shopping (SaveALot)**	**29** 8:30 ChitChat 10:00 Sculpture 11:00 Volleyball 12:30 Bingo	**30** 8:30 Crafts 10:00 Masquerade at S&C 10:00 Halloween Party 12:30 Tai-Chi

East Cleveland

WEEKLY PROGRAMMING

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





Upcoming Special Events/Trips

October 14th- Lunch Trip: Fuji's Buffet

October 16th - Amish Country Trip

October 22nd - Camp Forbes Day Trip

October 29th - Harvest Fest w/TLC Insurance

October 30th- CSU- Brain Health Clinic

Don't Forget!

Monday and Thursday Excercise Classes are held every weeek!

Halloween Safety Tips



Use Light

- Carry a Flashlight
- Use Glow Sticks
- Add Reflective Tape to Costumes

Keep Kids Safe

- Accompany Children Aged 12 & Under
- Encourage Kids to be Aware of Their Surroundings





Drive Cautiously

- Drive Slowly in Residential Areas
- Use Hazard Lights
- Buckle Up Your Kids

It was a busy month at the East Cleveland Rose Center. Come on in and join us!

REMINDERS

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

East Cleveland

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 Dominoes 11:00 Special Trip 12:00 Lunch 12:30 Craft Time	2 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
5 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	6 10:00 Dominoes 10:30 Comp. Class 12:00 Lunch w/Chef 12:30 BINGO	7 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch w/ Chef 1:00 Bible Study	8 9:30 Dominoes 10:30 Fit & Fab 11:00 Special Trip 12:00 Lunch 12:30 Craft Time	9 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
	13 10:00 Dominoes 12:00 Lunch w/Chef 12:30 BINGO	14 10:00 Dominoes 10:30 Fuji Buffet 11:00 Knitting & Crocheting 12:00 Lunch w/ Chef	15 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time	16 9:00 Amish Ctry. 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
19 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	20 10:00 Dominoes 10:30 Comp. Class 12:00 Lunch w/Chef 12:30 BINGO	21 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch w/ Chef 1:00 Bible Study	22 9:30 Camp Frorbes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time	23 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games
26 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	27 10:00 Dominoes 12:00 Lunch w/Chef 12:30 BINGO	28 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch w/ Chef	29 9:30 Dominoes 10:30 Fit & Fab 11:30 Harvest Fest 12:00 Lunch	30 9:30 CSU Screening 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Card Games

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"

Camp Forbes on 10/9 at 9:30am
Trip to Amish Country on 10/16 at 9:30am
West Park Barber School on 10/23 at 11:00am
Museum of National History on 10/27 at 10:00am

Resourceful Presentations:

Home Care Experts on 10/2 at 10:00am
Medical Life Disability on 10/6 at 10:00am
Cleveland Alzheimer's Disease Research Center on 10/22 at 10:00am
Gunning Park Rose Center Harvest Resource Fair on 10/30 at 9:30am



Pictures at Hartsville Market Place



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

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Reminders: Meal orders & Transportation reservation are due on Monday by 9:00 am.	**Happy Harvest** 	**International World's Mental Health Awareness** 	1 9:30 Pinochle 9:30 EMS Screening 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	2 9:30 Walking 10:00 Home Care Experts 11:00 Westpark Barber School 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
5 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes 2:00 STC Pick	6 9:30 Pinochle **10:00 Medical Life Disability** 11:30 Lunch 12:30 STC Pick-up	7 9:30 Walking **10:00 Fitness Fusion** 11:30 Lunch **12:00 Line Dancing** 12:30 STC Pick-up	8 9:30 Pinochle **10:00 Tai Chi** 11:30 Lunch 12:30 STC Pick-up	9 9:30 Walking **9:30 Camp Forbes** 11:30 Lunch **12:30 Bingo** 2:00 STC Pick-up
12 	13 9:30 Pinochle **10:00 Music Bingo** **12:00 Fresh Flowers** 11:30 Lunch 12:30 STC Pick-up	14 9:30 Walking **10:00 Fitness Fusion** 11:30 Lunch **12:00 Line Dancing** 12:30 STC Pick-up	15 9:30 Pinochle **10:00 Tai Chi** 11:30 Lunch 12:30 STC Pick-up	16 9:30 Walking **9:30 Amish County** 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
19 **10:00 Cardio Dance** 11:30 Lunch **12:30 Pokeno &** **12:30 Dominoes** 2:00 STC Pick-up	20 9:30 Pinochle **10:00 Fitness Fusion** 11:30 Lunch 12:30 STC Pick-up	21 9:30 Walking **10:00 Paint & Sip** **10:00 Fitness Fusion** 11:30 Lunch **12:00 Line Dancing** 12:30 STC Pick-up	22 9:30 Pinochle **10:00 Cleveland Alzheimers Disease Research Center** 11:30 Lunch 12:30 STC Pick-up	23 9:30 Walking **9:30 Food Box Day** **CSU Brain Health Promotion** 11:30 Lunch **12:30 Bingo** 2:00 STC Pick-up
26 **10:00 S.P.I.C.E. Cooking** 11:30 Lunch **12:30 Pokeno &** **12:30 Dominoes** 2:00 STC Pick-up	27 9:30 Pinochle **10:00 Chair Exercise** **10:00 Cleveland Museum of National History** 11:30 Lunch 12:30 STC Pick-up	28 **9:30 Walking** **10:00 Fitness Fusion** 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	29 9:30 Pinochle **10:00 Tai Chi** 11:30 Lunch 12:30 STC Pick-up	30 **9:30 Gunning Park Rose Center Annual Harvest Resource Fair** 11:30 Lunch 2:00 STC Pick-up

Lakeshore

CENTER TRIPS THIS MONTH

October 2- Panera Bread
October 16- Amish Country
October 20- Burlington Coat Factory
October 21- Camp Forbes
October 26- Mystery Trip



The Center will be closed on October 12th in observance of Indigenous People Day



Please do not forget

- All meal reservation should be in on Tuesday afternoon
- All transportaion changes should be in by Tuesday afternoon
- Please listen for announcements and surveys from our broadcast system.

Weekly Programming

Monday- Exercise with Rashida
10/5, 10/19, 10/26
Tuesday - Cardio line dancing
10/13, 10/27
Tuesday- Aerobics with Christine
10/6,10/20
Thursday- Movement is Medicine
10/1, 10/8, 10/15, 10/22, 10/29
Classes start at 10am



Special Events in October
October 7th- Finacial Litracy Class
October 9th- Brain Health Clinic CSU
October13th- Jose Torres Speaker
October 14th- CWRU Dental School
October 27th- Q& A with Humana
October 30th- Harvest Celebration



Lakeshore

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remeber to make your meal reservations and transportation changes by Tuesday afternoon (216) 373-1683		**October is breast cancer awareness month** **Please wear pink on October 21st**	1 10:00 Movement is Medicine 11:30 Lunch 12:30 Bingocize	2 10:00 Social Hour 11:30 Lunch 12:00 Movie **Panera Bread Trip**
5 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club	6 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Bible Study 12:30 Bingocize	7 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo **Financial Literacy Class**	8 10:00 Movement is Medicine 11:30 Lunch 12:30 Games **EMS Health Screenings**	9 10:00 Intergenrational School 11:30 Lunch **CSU Brain Health Clinic**
12 **Center Closed**	13 10:00 Cardio Line Dancing 11:30 Lunch 12:30 Bingocize **1:30 Jose Torres Guest Speaker**	14 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo **CWRU Dental School**	15 10:00 Medicine is Movement 11:30 Lunch 12:00 Bible Study	16 10:00 Social Hour 11:30 Lunch 12:00 Games **Amish Country Trip**
19 10:00 Exercise w/ Rashida 11:30 lunch 12:00 Book Club	20 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Bible Study **Shopping Trip** **Build a Bouquet**	21 10:00 Wellness Wednesday 11:30 Lunch 12:00 Pokeno **Camp Forbes Pink Day**	22 10:00 Movement is Medicine 11:30 Lunch 12:00 Arts and crafts w/ Creating Grace	23 10:00 Intergenratonal School 11:30 Lunch 12:00 Social Hour
26 10:00 Exercise w/ Rashida 11:30 Lunch 12:00 Book Club **Mystery Trip**	27 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Bible Study **Q&A with Humana**	28 10:00 Wellness Wednesday 11:30 Lunch 12:00 Bingo	29 10:00 Movement Medicine 11:30 Lunch 12:00 Chef Kellee	30 10:00 Social Hour 11:30 Lunch **12:00 Harvest Celebration**

Rose on the Go

The Science of Staying Connected

October 10 is World Mental Health Day, a reminder that our social connections play an important role in our mental well-being. Spending time with people we trust can help our brains feel safe, reduce stress, and release chemicals like oxytocin and dopamine that support feelings of connection and pleasure. In contrast, prolonged loneliness and social isolation are associated with higher risks of depression, anxiety, and cognitive decline.



Connection doesn't require a busy social calendar. This fall, take a walk with a friend, visit a farmers market or fall festival, join a library or community activity, play cards with neighbors, volunteer, or invite someone over for coffee. Even a quick phone call or conversation with a neighbor can help. Small moments of connection can make a big difference for our mental—and brain—health.

King Kennedy & Riverview Towers

Cozy Season Made Even Better

As the weather cools down and the days get shorter, fall is the perfect time to make your home feel warm and cozy. And you don't have to spend a lot of money to enjoy the season! Some of the best cozy moments come from simple things you already have.

Try making your own cozy fall day:

Warm Drinks
Enjoy a cup of coffee, tea, or cider in your favorite mug.

Get Comfortable
Curl up with a favorite blanket and book, or wear your coziest sweater or socks.

Set the Mood
Play some favorite music or an old classic.

Keep Your Mind Busy
Pull out a puzzle, card game, or other favorite activity.

Bring Fall Indoors
Collect colorful leaves, pinecones, or branches on a walk for simple décor.

Cook Something Comforting
Make a pot of soup, oatmeal, or another favorite fall recipe.

Share the Season
Invite a neighbor or friend to join you for coffee, a movie, cards, or conversation.

Cozy doesn't have to mean expensive.

Sometimes it's simply about slowing down, enjoying the little things, and sharing time with others.



October 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: *Ann Stahlheber MS, RDN, LD*	*=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=CBG T	2 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Fresh Plum ALT=CF RB
5 *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	6 *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	7 *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=CF RB	8 *Meatball Sub 3 – 1 oz W.G. Bun *Marinara Sauce 2 oz *Zucchini ½ c *Carrot Coins ½ c Applesauce ½ c ALT=CBG T	9 *Chicken Cacciatore 3 oz *WG Pasta ½ c w/ *Sauce 2 oz *Peppers and Onions ½ c Whole Grain Wheat Cranberry Juice 4 oz Orange ALT=CF TR
12 **Indigenous People's Day** **Site Closed**	13 *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=CS RB	14 *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	15 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT=CBG TR	16 *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
19 *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	20 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange ALT=CBG TR	21 *Chicken Stir Fry 3 oz, *Brown Rice ½ c, Sauce 2 oz *Kyoto Blend ½ c Whole Grain Wheat Tropical Fruit ½ c Grape juice 4 oz ALT-CF RB	22 *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	23 *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
26 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Peaches ½ c ALT=CS TR	27 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	28 *Beef Stew 8 oz *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz Apricots ½ c Apple Juice ½ c ALT=CF TR	29 *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=CBG RB	30 *Salisbury Steak 3 oz *Gravy 2 oz *Sweet Potatoes ½ c *Mushrooms ½ c 2 Whole Grain Wheat Pears ½ c ALT-CF T

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

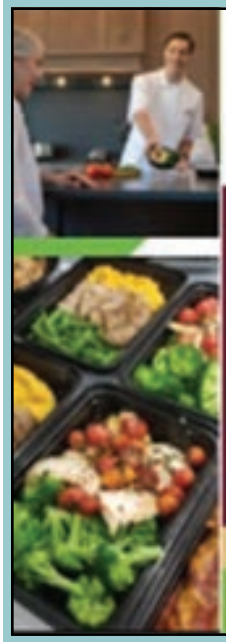
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

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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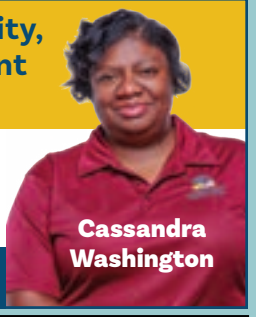

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