ROSE CENTERS
FOR AGING WELL

September 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
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
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
Christy Dodig, 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





There will be no meal delivery, and Rose Centers will be closed on Monday September 7th in observance of Labor 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.

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 ~

September Community Events:

September 5-7 2026 Cleveland National Air Show, Burke Lakefront Airport
September 8 11th Congressional District Community Caucus Labor Day Parade & Festival 2026. Luke Easter Park 11am-4pm
September 12 Fresh Fest Cleveland Live music, food trucks, arts & crafts, health & wellness workshops, kid activities and more. Free event hosted in the Urban Agriculture Innovation Zone at Rid-All Farm and Otter Park, 1-9PM.
September 17-25 Greater Cleveland Urban Film Festival. Atlas Cinemas Shaker Square.
September 19 Tremont Arts & Cultural Festival. Lincoln Park

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!



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

9/2- Senior Walk at Edgewater - 10AM-11:30AM

9/4- Stomp & Chomp- 10AM-11:30AM

9/9- Senior Walk at Euclid Beach- 10AM-11:30AM

9/16- Senior Walk at Clark Field-10AM-11:30AM

9/25- Yours Truly Restaurant- 10AM-12PM

9/29- Lorain Public Library- 10AM-12PM

HISPANIC HERITAGE MONTH

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



Upcoming Special Events

9/1- Keep Moving w/ Archwell 10AM

9/2- Home Repair Program 10AM

9/3- Labor Day Trivia w/ Molina 10AM

9/4- Father of Labor Day (video) 10AM

9/8- What is 311? 10AM

9/10- Smoking Cessation 10AM

9/14- Euclid Beach Memories

9/15- TaxTalk 10AM

9/22- Tuesday w/ Toni Morrison 10AM

9/24- MetConnect 10AM

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

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

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Board Games 10:00 Keep Moving w/ Archwell 12:30 Stability & Strength	**2** 8:30 Coffee & Music 10:00 Home Repair 10:00 Edgewater 12:30 Yoga **Shopping (Drug Mart)**	**3** 8:30 ChitChat 10:00Trivia w/Molina 10:30 Volleyball 12:30 Music Bingo	**4** 8:30 Crafts 10:00 Father of Labor Day Video 10:00 Stomp and Chomp 12:30 Tai-Chi
7 	**8** 8:30 Board Games 10:00 What is 311 12:30 Stability & Strength	**9** 8:30 Puzzles 10:00 Euclid beach Walk 12:30 Yoga **Shopping (Walmart)**	**10** 8:30 ChitChat 10:00 Smoking Cessation 10:30 Volleyball 12:30 Bingo	**11** 8:30 Crafts 10:00 Lydia's Paper Crafts 12:30 Tai-Chi
14 8:30 Coffee & Music 10:00 Euclid Beach Memories 12:30 Bingo	**15** 8:30 Board Games 10:00 Tax Talk 12:30 Stability & Strength	**16** 8:30 Puzzles 10:00 Clark Field Walk 12:30 Yoga **Shopping (Giant Eagle)**	**17** 8:30 ChitChat 10:00 Jeopardy 10:15 Blood Pressures 10:30 Volleyball 12:30 Bingo	**18** 8:30 Crafts 10:00 Lydias's Paper Crafts 12:30 Tai-Chi
21 8:30 Coffee & Music 10:00 Movie (RBG) 12:30 Bingo	**22** 8:30 Board Games 10:00 Tuesday w/ Toni 12:30 Stability & Strength	**23** 8:30 Puzzles 10:00 Patterson Farm 12:30 Yoga **Shopping (Aldi)**	**24** 8:30 ChitChat 10:00 MetConnect 10:30 Volleyball 12:30 Bingo	**25** 8:30 Crafts 10:00 Lydia's Paper Crafts 10:00 Yours Truly 12:30 Tai-Chi
28 8:30 Coffee & Music 10:00 Movie (RBG 2) 12:30 Bingo	**29** 8:30 Board Games 10:00 Lorain Co. Library 11:30 Tuesday w/ Toni 12:30 Stability & Strength	**30** 8:30 Puzzles 10:00 Book Club 12:30 Yoga		

East Cleveland

WEEKLY PROGRAMMING

- Tai Chi Mondays -12:30pm
- Bingo Tuesdays- 12:30pm
- Bible Study 1st & 3rd Wed-1:00pm
- Lunch w/Chef Tues.-Thurs-12p
- Build a Bouquet 4th Thurs -11a

ECPL Computer Class is Back!
2nd & 4th Tuesday
10:30a-11:30a



FALL CLEANING CHECKLIST

Indoor Cleaning
- ☐ Clean windows
- ☐ Scrub tile
- ☐ Clean vents
- ☐ Dust cobwebs
- ☐ Clean behind appliances
- ☐ Clean dryer exhaust
- ☐ Clean & store warm weather clothing
- ☐ Clean inside fridge
- ☐ Clean stove/oven vents
- ☐ Wipe out cabinets

Maintenance
- ☐ Weatherize
- ☐ Clean your gutters
- ☐ Service your chimney
- ☐ Inspect furnace
- ☐ Change air filter
- ☐ Test smoke & carbon monoxide detectors
- ☐ Store lawn mower
- ☐ Drain & store outdoor water hoses
- ☐ Reverse ceiling fans
- ☐ Check tire pressure

Outdoor Cleaning
- ☐ Clean & cover grill
- ☐ Store gardening tools
- ☐ Clean & cover outdoor furniture
- ☐ Clean door thresholds
- ☐ Organize & store outdoor games
- ☐ Plant Spring bulbs

JAMONKEY

Upcoming Special Events/Trips

Sept 2nd	Bible Study
Sept 7th	Labor Day- **CENTER CLOSED**
Sept 8th	ECPL Computer Class
Sept 9th	Lunch Trip
Sept 16th	Bible Study
Sept 22nd	ECPL Computer Class
Sept 25th	Special Trip
Sept 30th	CWRU Oral/ Dental Exam

REMINDERS

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

East Cleveland

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Dominoes 12:00 Lunch w/Chef 12:30 BINGO 	2 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch w/ Chef 1:00 Bible Study	3 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch	4 10:00 Dominoes 11:30 Lunch 12:30 Card Games
7 	8 10:00 Dominoes 10:30 Computer Class 12:00 Lunch w/Chef 12:30 BINGO 	9 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch w/ Chef	10 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch	11 10:00 Dominoes 11:30 Lunch 12:30 Card Games
14 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	15 10:00 Dominoes 12:00 Lunch w/Chef 12:30 BINGO 	16 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch w/ Chef 1:00 Bible Study	17 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch	18 10:00 Dominoes 11:30 Lunch 12:30 Card Games
21 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	22 10:00 Dominoes 10:30 Computer Class 12:00 Lunch w/Chef 12:30 BINGO 	23 10:00 Dominoes 11:00 Knitting & Crocheting 12:00 Lunch w/ Chef	24 9:30 Dominoes 11:00 Special Trip 12:00 Lunch	25 10:00 Dominoes 11:30 Lunch 12:30 Card Games
28 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	29 10:00 Dominoes 12:00 Lunch w/Chef 12:30 BINGO 	30 10:00 Dominoes 10:30 Oral Cancer Dental/ Screenings 12:00 Lunch w/ Chef		

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"

Hartsville Market Place 9/4 at 9:30 am.
West Park Barber School on 9/11 & 9/18 at 11:00 am.
Sakura Buffet on 9/22 at 11:00 am.

Resourceful Presentations:

Cleveland Alzheimer's Disease Research Center on 9/25 at 10:00 am
Baby Boomer's Book Presentation on 9/24 at 10:00 am.

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



HISPANIC HERITAGE MONTH

Gunning Park is a community united in rememberance, celebrating the life of a participant.






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

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Pinochle **10:00 Chair Exercise** 11:30 Lunch 2:30 STC Pick-up	2 9:30 Walking **10:00 Fitness Fusion** 11:30 Lunch **12:00 Line Dancing** 12:30 STC Pick-up	3 9:30 Pinochle **9:30 EMS Screening** **10:00 Tai Chi** 11:30 Lunch 12:30 STC Pick-up	4 9:30 Walking **Hartsville Marketplace** 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
7 	8 9:30 Pinochle **10:00 Music Bingo** **12:00 Fresh Flowers** 11:30 Lunch 12:30 STC Pick-up	9 9:30 Walking **10:00 Fitness Fusion** 11:30 Lunch **12:00 Line Dancing** 12:30 STC Pick-up	10 9:30 Pinochle **10:00 IG School** **10:00 Tai Chi** 11:30 Lunch 12:30 STC Pick-	11 9:30 Walking **10:00 West Park Barber School** 11:30 Lunch **12:30 Bingo** 2:00 STC Pick-up
14 **10:00 Dancing Wheels** 11:30 Lunch **12:30 Pokeno & 12:30 Dominoes** 2:00 STC Pick-up	15 9:30 Pinochle **10:00 Fitness Fusion** 11:30 Lunch 12:30 STC Pick-up	16 9:30 Walking **10:00 Fitness Fusion** 11:30 Lunch **12:00 Line Dancing** 12:30 STC Pick-up	17 9:30 Pinochle **10:00 Tai Chi** 11:30 Lunch 12:30 STC Pick-up	18 4 9:30 Walking **10:00 West Park Barber School** 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
21 10:00 Cardio Dance 11:30 Lunch **12:30 Pokeno & 12:30 Dominoes** 2:00 STC Pick-up	22 9:30 Pinochle **11:00 Sakura Buffet** 11:30 Lunch 12:30 STC Pick-up	23 9:30 Walking **9:30 Food Box** **10:00 Fitness Fusion** 11:30 Lunch **12:00 Line Dancing** 12:30 STC Pick-up	24 9:30 Pinochle **10:00 Baby Boomer's Book Presentation** 11:30 Lunch 12:30 STC Pick-up	25 9:30 Walking **10:00 Cleveland Alzheimer's** 11:30 Lunch **12:30 Bingo** 2:00 STC Pick-up
28 10:00 S.P.I.C.E. Cooking 11:30 Lunch **12:30 Pokeno & 12:30 Dominoes** 2:00 STC Pick-up	**29** 9:30 Pinochle **10:00 Chair Dance-er-cise** 11:30 Lunch 12:30 STC Pick-up	**30 9:30 Walking** **10:00 Fitness Fusion** 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up		**Reminders:** **Meal orders & Transportation reservation are due on Monday 's before or by 9:00 am.**

Lakeshore

CENTER TRIPS THIS MONTH

September18- Red Robin Restaurant
September 21- Tower City Center
September 28- LaPlaza Supermarket



September is Healthy Aging Month
We celebrate you!
Eat Healthy
Maintain an Active social Life
Get enough Sleep
Prioritize Your Mental Health
Schedule Regular Check ups

SEPTEMBER 13TH



Weekly Programming

Monday- Exercise with Rashida
9/14, 9/21, 9/28
Tuesday - Cardio line dancing
9/1, 9/15, 9/29
Tuesday- Aerobics with Christine
9/8
Thursday- Movement is Medicine
9/3, 9/10, 9/17, 9/24
Classes start at 10a.m.







Join us Every wednesday in September for WellNess Wednesday!
Activites will include :
Tai Chi
Yoga
Healthy Cooking
Self-Care discussions
Dealing with Anxiety
10:00 a.m. Invite a Friend!



Lakeshore

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remeber to make your meal reservations and transportation changes by Tuesday afternoon (216) 373-1683	1 10:00 Cardio line dancing 11:30 Lunch 12:00 Bible Study 12:30 Bingocize	2 10:00 Wellness Activity/Natural remedies 11:30 Lunch 12:00 Bingo	3 10:00 Movement is Medicine 11:30 Lunch 12:30 Bingocize 1:30 Creating Grace	4 10:00 Trivia 11:30 Lunch 12:00 Group games
	8 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Bible Study 12:30 Bingocize	9 10:00 Wellness Activity Tai Chi/Yoga 11:30 Lunch 12:00 Bingo	10 10:00 Movement is Medicine 11:30 Lunch 12:30 Bingocize	11 10:00 Intergenerational School 11:00 Monthly celebration
14 10:00 Fitness w/ Rashida 11:30 Lunch 12:00 Book Club	15 10:00 Cardio line dancing 11:30 Lunch 12:00 Bible Study 12:30 Bingocize	16 10:00 Wellness Activity/ Proper rest 11:30 Lunch 12:00 Bingo	17 10:00 Movement is Medicine 11:30 Lunch 12:30 Bingocize	18 10:00 Walking/Social Hour 11:30 Lunch **Red Robin Trip**
21 10:00 Fitness w Rashida 11:30 Lunch 12:00 Book Club **Tower City Center trip**	22 10:00 Cardio Drumming 11:30 Lunch 12:00 Bible study 12:30 Bingocize	23 10:00 Wellness Activity/ Anxiety 11:30 Lunch 12:00 Bingo	24 10:00 Movement is Medicine 11:30 Lunch 12:30 Bingocize	25 10:00 Intergenrational School 11:30 Lunch 12:00 Social Hour
28 10:00 Exercise 11:30 Lunch 12:00 Book Club **LaPlaza Supermarket trip**	29 10:00 Cardio line dancing 11:30 Lunch 12;00 Bible Study 12:30 Bingocize	30 10:00 Wellness Activity/ Healthy cooking 11:30 Lunch 12:00 Bingo		

Rose on the Go

Healthy Aging Month: Reinvent Your Next Chapter





September is Healthy Aging Month—a perfect time to think about what you want your next chapter to look like. Reinventing yourself doesn't have to mean making a major life change; it can start with small steps that bring new energy, purpose, and connection into your life. Try learning something you've always been curious about, picking up an old hobby or discovering a new one, meeting new people, volunteering your time, setting a personal goal, or saying "yes" to an experience outside your usual routine. Healthy aging is about continuing to grow, explore, and find joy at every age. **Your next chapter is yours to create—so what will you try next?**

King Kennedy & Riverview Towers

September's FRESH START

Try something new this fall!

A fresh start doesn't have to be big. It can be simple, fun, and something that makes you feel good.
This month, challenge yourself to **try a new recipe!**

YOUR FRESH START CHALLENGE

Try making this recipe—or another recipe you've never tried before!

What new thing will YOU try this September?

Easy Apple Cinnamon Oatmeal Bake

Warm, comforting, inexpensive, and easy to customize!

WHAT YOU'LL NEED

- 2 cups old-fashioned or quick oats
- 2 apples, diced OR 1–2 cups unsweetened applesauce
- 2 cups milk or water
- 1 egg (optional)
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1–2 tablespoons sugar or brown sugar (optional)
- 1 teaspoon vanilla (optional)

LET'S MAKE IT!

1. Heat oven to **350°F.**
2. Mix all ingredients together in a bowl.
3. Pour into a greased 8x8-inch baking dish.
4. Bake for **30–35 minutes,** until set and lightly browned.
5. Let it cool for a few minutes, then scoop and enjoy!



Make It Your Own!

- No apples? No problem! Try applesauce, canned peaches, or another fruit you already have.
- No milk? Water works, too.
- Add a sprinkle of **cinnamon** or a little brown sugar on top for extra flavor.

Small steps. New tastes. Fresh starts. Let's make this a September to remember!

SEPTEMBER 2026 WRAAA MENU

Western Reserve Area Agency on Aging

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: *Ann Stahlheber MS, RDN, LD*	1 *Breaded Chicken Patty 3 oz Mayo 1 PC *Capri Blend ½ c *Green Beans ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CBG T	2 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain bun Pineapple Chunks ½ c ALT=CF TR	3 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB	4 2-2 oz *Manicotti *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Orange ALT=CF TR
7 **Labor Day** **Site Closed**	8 Chicken stuffed w/ Broccoli 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c ALT=CS RB	9 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Buttered Beets ½ c Whole Grain Bun Fresh Grapes 1 c ALT=CF TR	10 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG TR	11 *Meatball Sub 3 – 1 oz W.G. Sub Bun/*Marinara Sce 2 oz *Green Beans ½ c *Mushrooms ½ c Banana ALT=CF T
14 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Whole Grain Wheat Pears ½ c Grape Juice ½ c ALT=CS TR	15 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar 1 oz Mandarin Oranges ½ c ALT=CBG RB	16 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Peaches ½ c ALT=CF TR	17 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Cranberry Juice 4 oz ALT=CBG RB	18 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT=CF T
21 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Carrot Coins ½ c Whole Grain White Sliced Pears ½ c ALT=CS RB	22 *Pork Tenderloin 4 oz With Rosemary *Sweet Potatoes ½ c *Brussels Sprouts ½ c 2 W.G. Wheat Applesauce ½ c ALT-CBG TR	23 *Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Fruit Cocktail ½ c ALT-CF T	24 *Chicken 3 oz and Dumplings ½ c *Carrot Coins ½ *Spinach ½ c w/ Lemon 1 PC Whole Grain Wheat Fresh Grapes 1 c ALT=CBG RB	25 *Tuna Salad 3 oz *Tomato Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CF RB
28 *Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Peas ½ c W.G. Dinner Roll 2 oz Pears ½ c ALT=CS TR	29 *BBQ Chicken 3 oz *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sauteed Swiss Chard ½ c W.G. Corn Muffin 1 oz Banana ALT=CBG RB	30 *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=CF T	Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice	*=take temperature of Milk and all food proceeded by an asterisk

Western Reserve Area Agency on Aging - 2025

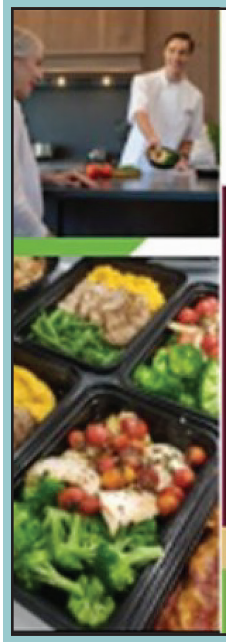
Default Alternate Menu choices are shown at the bottom of each daily menu: “T” = Tuna, “TR” = Turkey, “RB” = Roast Beef, “V” = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

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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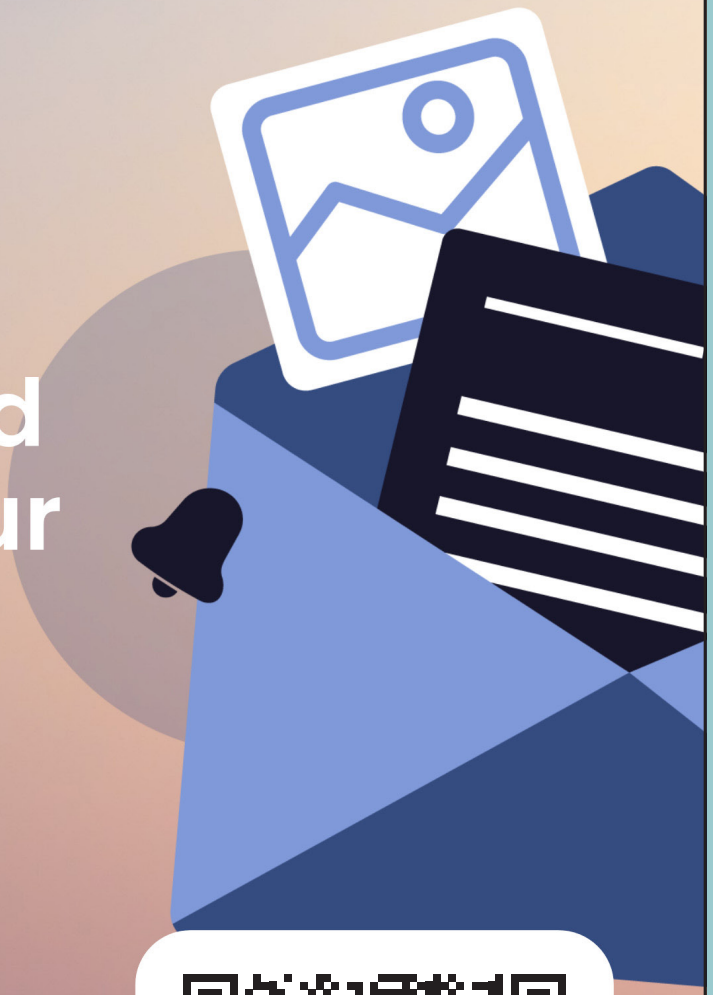
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