

April 2024

You're invited to the party of the Summer!

**Rose Centers  
Senior Prom**

**Fun  
In the  
Sun!**

Join us for an evening of dinner and dancing, raffles, photo booth, resource tables, and much more!

**WHEN:** SATURDAY, JUNE 1ST, 2024  
4PM – 7PM

**WHERE** BENJAMIN ROSE CONFERENCE CENTER  
11890 FAIRHILL ROAD  
CLEVELAND, OH 44120

**WHO:** ADULTS AGES 60 AND BETTER

**ATTIRE:** SUMMER FUN- (NO Swimwear Please)

**TICKETS:** \$12 EARLY BIRD (April 1-May 3)  
\$15 GENERAL AMDISSION (May 4-31)

Tickets can be purchased at all Rose Center locations  
or by calling Ashley at 216-373-1936

# Rose Centers Directory

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## ROSE CENTERS ADMINISTRATION

**Dabney K. Conwell**  
*Vice President, Health and Wellness*

**Melissa Winberry**  
*Assistant Director, Health and Wellness*

**Timothy Frey**  
*Program Director, Health and Wellness*

**Ashley Herhuth**  
*Administrative Coordinator*

## HOME DELIVERED MEALS

**Meal Cancellations:**  
**216-373-1994**  
 Hours: Mon- Fri 8:00am - 5:00pm

Staff:

Jacqueline Hart, *HDM Administrator*  
 Jennifer Meigs, *HDM Social Worker*  
 Bonnie Paul, *HDM Social Worker*  
 Zunna Anthony, *Driver/Jumper*  
 Anthony Bolden, *Driver/Jumper*  
 Micheal Brown, *PRN Driver/Jumper*  
 Donna Dozier, *HDM Driver/Jumper/Generalist*  
 Denham Fletcher, *Driver/Jumper*  
 Bruce Fowler, *Driver/Jumper*  
 Joseph Grair, *Fleet Manager*  
 Aaron Hardy, *Driver/Jumper*  
 Brandon Horne, *PRN Driver/Jumper*  
 Rachel Isom, *Driver/Jumper*  
 Michelle Johnson, *Driver Jumper*  
 Thomas Rankins, *PRN Driver Jumper*  
 Anthony Ray, *Driver/Jumper*  
 Carl Rudolph, *Driver/Jumper*  
 Cordell Rudolph, *PRN Driver/Jumper*  
 Kenneth Vaughn, *PRN Driver/Jumper*  
 Arthur Walker, *Driver/Jumper*

## ROSE CENTER DIRECTORY

**East Cleveland Rose Center** ..... Phone: 216-373-1696  
 1507 Doan Avenue, Cleveland, OH 44112 ..... M-F 10am-3pm  
 Tracey Kirksey, *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  
 Elizabeth Burns, *Center Director*  
 Sandy Deida, *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*  
 Daeshawnaye Lewis, *Custodian*

**King Kennedy Rose Center** ..... Phone: 216-401-6561  
 2501 East 59th Street, Cleveland, OH 44104 ..... M-F 8am-2pm  
 Karen Ledford, *Nutrition Site Coordinator*  
 Gary McCoy, *Kitchen Aide*  
 Mary Wallace, *Kitchen Aide*

**James Woods Rose Center** ..... Phone: 216-373-1793  
 1795 West 25th Street, Cleveland, OH 44113 ..... M-F 9am-2pm  
 Linda Robinson, *Nutrition Site Coordinator*  
 Clarence Golston, *Kitchen Aide*  
 Ebony Reynolds, *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 Center News



## Total Solar Eclipse Events

**Total on the Oval Watch Party**—April 8th -Wade Oval in University Hts., hosted by the Cleveland Museum of Nat. History, full day of free family-friendly fun. Enjoy live music, hands-on activities, and more.

**Total Eclipse Festival** April 6-8, 10am-5pm, free—Great Lakes Science Center grounds—outdoor, family-friendly science and arts festival features concerts, performances, speakers, and hands-on science activities with community partners. Museum free on Sunday April 7th.

**CLEclipse in Old Brooklyn**—Old Brooklyn residents are invited to Loew Park on April 8th from 2 to 4pm. Limited eclipse glasses provided and free coffee and hot chocolate.

**Beachwood Blackout**—2-4:30pm Beachwood High school Stadium, The free watch party is open to all ages with games, crafts, a live stream/movie truck, snack, refreshments and a DJ. Free eclipse viewing glasses, courtesy of Crestmont, will be available while supplies last.

## 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!



## Fun April days and Community Events:

April 1—Dyngus Day—Gordon Square Arts District festival

April 5—National Walking Day

April 8—Guardians Home Opener



April 8—Solar Eclipse 2-4:30pm (totality at 3:15pm)

April 13—National Scrabble Day

April 15—National ASL day

April 20—Volunteer Recognition Day



April 22—Medina County Earth Day Festival: 10am-4pm, Buffalo Creek Retreat 8708 Hubbard Valley Rd. Seville, Free family fun event.

April 22—Earth Day

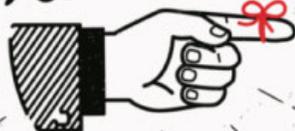
April 22—Passover Begins

April 26—Demin Day

April 27—National Tell A Story Day



## Reminder



Don't forget to cancel your home delivered meal if you will not be home to receive your 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.

# Rose Center News



## THE MORE YOU KNOW: HOARDING

We invite you to attend our informative question and answer session **The More You Know: Hoarding**. Hoarding disorder is a mental health condition in which people have a strong need to save a large number of items and experience distress when attempting to get rid of them. It is estimated that around 2-6% of the population suffers from this disorder. Hoarding affects not only the person doing the hoarding, but also their family, the people who love them, those who live around them, and in some cases the safety and well-being of the community at large.

If you, a family member or someone you are providing care to may be experiencing a hoarding disorder, join us for a FREE one-hour Q & A session with professionals who will explain hoarding disorder and provide useful information.

Sessions are open to anyone who has specific questions or wants to learn more about hoarding disorder. Both virtual and in person sessions are available. In person sessions will be held at Benjamin Rose, 11890 Fairhill Road, Cleveland.

### Available open Sessions

Virtual Sessions are Noon–1PM: April 10th, May 8th, June 12th, July 10th, or August 28th

In Person Sessions are 5–6PM: May 8 or July 10

To Register Visit [www.benrose.org/events](http://www.benrose.org/events) or call 216-791-8000

### **IMPORTANT ROSE CENTER SOLAR ECLIPSE APRIL 8TH UPDATES:**

- ◆ East Cleveland Rose Center will be closed, meals for April 8th will be provided on April 5.
- ◆ Gunning Park Rose Center will remain open and boxed lunches will be served, no transportation will be provided.
- ◆ Lakeshore Rose Center will remain open and boxed lunches will be served, no transportation will be provided.
- ◆ King Kennedy Rose Center will be closed, meals for April 8th will be delivered on April 5.
- ◆ James Woods Rose Center will be closed, meals for April 8th will be delivered on April 5.
- ◆ Fairhill Partners Rose Center will be open on April 8th and serve boxed lunches.
- ◆ Home Delivered Meals will be closed on April 8th and frozen meals will be delivered on April 5.

# James Woods Rose Center

Lunch is served Monday through Friday 11:30am to 1:30pm



## Total Solar Eclipse on Monday, April 8th 2024

Eclipse Start in Ohio City - 1:59 P.M.

Totality of Eclipse - 3:13 to 3:17 P.M.

Eclipse Ends at - 4:29 P.M.

### Important Information:

- During a solar eclipse the Moon casts a shadow as it moves between the Earth & the Sun
- It is never safe to point a camera, telescope, or other viewing device at the Sun without a proper solar filter.
- It is never safe to look at the sun without solar viewing protection.

**\*LIMITED number of Solar viewing glasses are available on a first come basis\*  
Please see Linda for information.**

# King Kennedy Rose Center

Lunch is served Monday through Friday 11:30am to 1:30pm



Welcome Mary Wallace  
to  
King Kennedy Rose Center

# Gunning Park Rose Center

## Exercise Opportunities in April

**Mondays:** Zumba at 10:00

**Tuesdays:** Fit Ball at 10:00

**Wednesdays:** Exercise with Christine at 10:00

**Thursdays:** Tai Chi at 10:15

**Fridays:** Walking Group at 9:30

\* Walking Track & weight room open for seniors 8:30-11:30 M-F

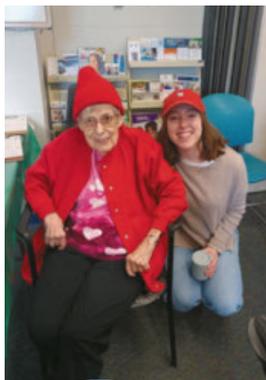


A group of participants presented on their experiences as women for Women's History Month in March. They did a fantastic job sharing their stories!



Join us on Thursday April 18th at 10:00 for a spring wreath making class led by Chris Young.

Thursday, April 4th 10:00-11:30  
Welcome in Spring at Gunning!  
Music by Ruthie Spearman begins at 10:00



## **You're Invited:** **Senior Focus Group**

### **Is Cleveland "Age Friendly"?**

Residents of Cleveland, ages 60 and up, are invited to a focus group to share your opinions on being a senior in Cleveland.

**Time:** 9:00 AM

**Date:** Wednesday, April 3rd

**Location:** Rose Center at Gunning Park  
16700 Puritas Avenue, Cleveland

**Light refreshments provided!**

**For more information call:** (216) 664-2480

**Or email:** Agefriendly@clevelandohio.gov



## **April Bus Trips:**



- Red Lobster Lunch Trip on Thursday, 4/11. Bus leaves at: 11:00am
- Rocky River Nature Center on Tuesday, 4/23. Bus leaves at: 10:00
- Lakeshore Fashion Show on Friday, 4/26. Bus leaves at: 10:30am

## **Attention Gardeners!**

We are starting a garden club.

We have 2 raised garden beds that we will be using and need help in planning out what to plant for the upcoming season.

**Next meeting is on Friday,  
April 26th @10:00.**



# Gunning Park Rose Center

## April

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 National Stress Awareness Day</b> 10:00 Zumba 11:30 Lunch 12:30 Bingo	<b>2</b> 9:30 Pinochle 10:00 FitBall 11:30 Lunch	<b>3 Age Friendly Cleveland</b> 9:00 Focus Group 10:00 Exercise 11:30 Lunch 12:00 Line Dancing	<b>4 Spring Fling</b> 9:30 Pinochle 9:30 EMS screenings 11:30 Lunch	<b>5 Flea Market &amp; Plant Sale</b> 9:30 CSU PT-Fit for Spring 11:30 Lunch 12:30 Bingo
<b>8 Solar Eclipse</b> *No transportation available *Boxed Lunches	<b>9 Music Bingo</b> 9:30 Pinochle 10:30 Music Bingo 11:30 Lunch 12:00 Flower Arranging	<b>10</b> 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing	<b>11 Red Lobster Trip</b> 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch	<b>12 Fit for Spring</b> 9:30 Walking Group 10:00 AC Meeting 11:30 Lunch 12:30 Bingo
<b>15</b> 10:00 Zumba 11:30 Lunch 12:30 Bingo	<b>16</b> 9:30 Pinochle 10:00 FitBall 11:30 Lunch	<b>17 Disney Movie Day</b> 10:00 Exercise 11:30 Lunch 12:00 Line Dancing 12:30 Disney Movie	<b>18 Wreath Making Class</b> 9:30 Pinochle 10:00 Craft Class 11:30 Lunch	<b>19</b> 9:30 Walking Group 10:00 WPKND visit 11:30 Lunch 12:30 Bingo
<b>22</b> 10:00 Zumba 11:30 Lunch 12:30 Bingo	<b>23 Rocky River Nature Center</b> 9:30 Pinochle 10:00 FitBall 11:30 Lunch	<b>24 Food Box</b> 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing	<b>25</b> 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch	<b>26 Lakeshore Fashion Show</b> 9:30 Walking Group 10:00 Garden Club 11:30 Lunch 12:30 Free Bingo!
<b>29</b> 10:00 Zumba 11:30 Lunch 12:30 Bingo	<b>30 Tech Help</b> 9:30 Pinochle 10:00 FitBall 10:00 Tech Help 11:30 Lunch			

# East Cleveland Rose Center at Salvation Army

## Three Tips to Help Seniors Kickstart a Spring Fitness Routine



Spring is here, and with it comes warmer weather, longer daylight hours, and for many, a desire to spring into new activities, including exercise. If you're ready to kickstart a new fitness routine, here are three tips to help you get started.

**1. Find What Motivates You-**Are you itching to get out into the sunshine for a walk? Are you eager to set up some friendly competition on the tennis or pickle-ball court? With warmer weather, there are so many outdoor options. But, if there's still too much "brrr" in the air for you or if

you're motivated by more structured exercise options, such as strength training or cardio classes, there are many online workouts you can enjoy in the comfort of your home.

If you've got a hankering to get back to the gym for the rowing, cycling, running, weight training, or stair stepper machines that most gyms offer, now is a great time to take the leap. Being around others who are working out can be motivating. If you aren't a gym member but want to find one, look into the affordable, subsidized gym memberships available to Medicare Advantage and Medicare Supplement members. Thousands of top-name gyms, fitness centers, YMCAs, and boutique fitness clubs across the country belong to fitness networks that honor Medicare memberships. Call your Medicare Advantage plan directly to learn what fitness programs they offer and what gyms near you participate.

**2. Set Your Goals-**Are you ready to kick spring off with a goal to gain more muscle, lose a few pounds or improve your flexibility and balance? Setting a goal and finding a workout that supports it is a key to success. For greater flexibility and balance, try yoga or tai chi, for example. To build muscle, you could alternate between strength training classes and free weights. To get started, write down a few simple goals and cross them off your list as you achieve them. Don't be afraid to start small. Try 10 minutes of a video workout, walk on a treadmill for 15 minutes or do 10 bicep curls with light weights. Achieving small successes improves your motivation and your fitness level. As you progress, increase your workout intensity.

**3. Join Forces with a Workout Partner-** Kickstarting something new can be easier and more fun with a friend or accountability partner. Set a regular time to take a walk or jog together. Join a tennis group or meet a friend at the gym. Ask your gym about working with a personal trainer who can help you plan an exercise routine. Some programs even offer members healthy aging coaching, so you can connect with a personal health coach via phone sessions. Your health coach can help you plan and achieve various health goals.

Always remember to consult with your doctor before starting a new exercise routine and to discuss what types of exercises are safest for you. Whether you want to work out at home, get fit at the gym or attend online classes, there are many types of fitness programs that can help you kick start your spring fitness routine.

[seniorhelpers.com/az/phoenix-tempe/resources/blogs/three-tips-to-help-seniors-kickstart-a-spring-fitness-routine/](http://seniorhelpers.com/az/phoenix-tempe/resources/blogs/three-tips-to-help-seniors-kickstart-a-spring-fitness-routine/)

### Mind & Body

Tai Chi	Mondays	12:30pm	Computer Class	2nd & 4th Wed	10:30am
Walking	Daily	10:30am	Fitness Class	Thursdays	10:3am
BINGO	Tuesdays	12:30pm	Bible Study	1st & 3rd Wed	1:00pm
Lunch w/Chef	Tuesdays	11:30pm	Cards/Games	Daily	Daily
Arts & Crafts	Daily	10:30am			

# East Cleveland Rose Center at Salvation Army

Center open  
9:00AM- 3:00PM



	Tuesday	Wednesday	Thursday	Friday
1 Daily Activities  11:30 Lunch  12:30 Tai Chi	2 Daily Activities 11:30 Lunch w/Chef 12:00 Saber Health BINGO 1:00 Walking Club	3 Daily Activities  11:30 Lunch  1:00 Bible Study	4 Daily Activities 10:30 Fit & Fab 11:00 Cheesecake Factory 11:30 Lunch	5 Daily Activities CSU-Fit for Spring 11:30 Lunch 12:30 Cards/Games
8 SOLAR ECLIPSE Center Closed 	9 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	10 Daily Activities 10:00 EC Library Computer 11:30 Lunch	11 Daily Activities 10:30 Fit & Fab 11:00 Senior Spring Fling-Sal Army 11:30 Lunch	12 Daily Activities  11:30 Lunch  12:30 Cards/Games
15 Daily Activities 11:30 Lunch 12:00 Art Purse Decorating 12:30 Tai Chi	16 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	17 Daily Activities 9:30 InnerState Beauty School 11:30 Lunch 1:00 Bible Study	18 Daily Activities 10:30 Fit & Fab 1:30 Lunch	19 Daily Activities Big Hearted Blooms 11:30 Lunch 12:00 Food Pantry 12:30 Cards/Games
22 Daily Activities  11:30 Lunch  12:30 Tai Chi	23 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	24 Daily Activities 10:00 EC Library Computer 11:30 Lunch	25 21 Daily Activities 10:30 Fit & Fab 11:30 Lunch	26 Daily Activities 10:00 Denim Day at Lakeshore RCAW 11:30 Lunch 12:30 Cards/Games
29 Daily Activities  11:30 Lunch  12:30 Tai Chi	30 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	27 	28 	29 Fuji's Buffet 

# Paul W. Alandt Lakeshore Rose Center

Join us Thursdays at 10:30 am for

## ZUMBA

It's Back!! Cardio Drumming and Morning Spin! Tuesdays at 10:30am



## Monthly Trips

4/9/24 Cleveland International Film Festival

4/19/24 Near West Theater

4/29/24 Red Lobster



Cleveland EMS will be coming to Lakeshore the 2nd Thursday of the month for health screenings. Come get screened on Thursday, April 18 at 11:00 am

Please Join us on April 19th at 10am Physical Health Screenings and Voice Screening with Cleveland State University Students.



**Show Us Your Favorite Denim!!!!**  
April 26th is National Denim Day. Join us at 12:30 pm as we walk the runway and show off our denim!

Join us Monday mornings at 10:30 for exercise with Christine!



## Interested in Crocheting?

Whether you are a beginner or advanced crocheter Please join us on Wednesdays at 10:30 am for crochet classes.



## New Service at Lakeshore In April!

Starting in April, our Lakeshore Rose Center will collaborate with Benjamin Rose Behavioral Health Services team to provide the following important services :

- ◆ Case Management
- ◆ Counseling
- ◆ Coping Skills
- ◆ Social Skills
- ◆ Conflict Resolution

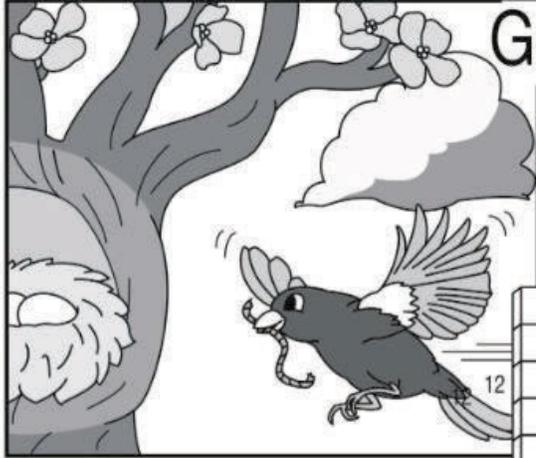
Please join us on Wednesdays from 10:00am until 2:00pm to learn more.

# Paul W. Alandt Lakeshore Rose Center

## April

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour	<b>2</b> 10:30 Cardio Drumming 11:30 Lunch 12:00 Social Hour	<b>3</b> 10:30 Crotchet 11:30 Lunch 12:30 Bingo 	<b>4</b> 10:30 Zumba 11:30 Lunch 12:15 Bible Study	<b>5</b> 10:30 Coffee 11:30 Lunch 12:30 Movie 
<b>8</b> 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour Solar Eclipse day!	<b>9</b> 10:30 Morning Spin 11:30 Lunch 12:00 Social Hour CIFF Trip 	<b>10</b> 10:30 Crotchet 11:30 Lunch 12:30 BINGO Post office on wheels 12pm	<b>11</b> 10:30 Zumba 11:30 Lunch 12:15 Bible Study 12:30 Music Bingo	<b>12</b> 10:30 Coffee 11:30 Lunch 12:00 Bingo CSU Screenings
<b>15</b> 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour Tax Day!	<b>16</b> 10:30 Cardio Drumming 11:30 Lunch 12:30 Social Hour Build A Bouquet	<b>17</b> 10:30 Crochet 11:30 Lunch 12:30 BINGO	<b>18</b> 10:30 Zumba 11:00 EMS 11:30 Lunch 12:15 Bible Study	<b>19</b> 10:30 Art w/ Chris 11:30 Lunch 12:00 Social Hour Near West Theater Trip
<b>22</b> 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour	<b>23</b> 10:30 Morning Spin 11:30 Lunch 12:00 Social Hour	<b>24</b> 10:30 Crotchet 11:30 Lunch 12:30 BINGO Financial Education Class	<b>25</b> 10:30 Zumba 11:30 Lunch 12:15 Bible Study	<b>26</b> 10:30 Coffee 11:30 Lunch 12:30 Fashion Show
<b>29</b> 10:30 Exercise with Christine 11:30 Lunch 12:30 Social Hour Red Lobster Trip	<b>30</b> 10:30 Cardio Drumming 11:30 Lunch 12:30 Social Hour			Please Make All Meal Reservations by Noon on Wednesdays

# Puzzles of the Month



## Get Ready For Spring

I spring upon the pests in gardens to help clean them out!

1 washing 2 repairing 3 sweeping 4 painting 5 hanging 6 watering 7 sowing 8 mowing 9 trimming 10 setting 11 pulling 12 planting 13 waxing 14 paving 15

There are many jobs to be done after a long winter. People in the city, town and country all do spring cleaning and chores based on their needs. How many different jobs have you seen people doing? How many have you helped to do? **Read the clues to fill in the crossword with chores.** (Hint: use a pencil to fill in the clues below first. This puzzle is a bit tricky!)

- |                    |                   |                     |
|--------------------|-------------------|---------------------|
| 1. _____ trees     | 6. _____ laundry  | 11. _____ rugs      |
| 2. _____ weeds     | 7. _____ up pools | 12. _____ windows   |
| 3. _____ flowers   | 8. _____ fields   | 13. _____ cars      |
| 4. _____ roofs     | 9. _____ bushes   | 14. _____ fences    |
| 5. _____ driveways | 10. _____ lawns   | 15. _____ sidewalks |

Flowers spring up, leaves spring open, baby animals spring to life!

**“Spring” Sayings!** Lots of things spring to mind when we think of the word “spring.” Match each “spring” phrase below to its meaning:

- |   |   |                              |
|---|---|------------------------------|
| 1. Tee hee! No spring chicken!                          | 1. She's no spring chicken.                             | A. growing                   |
| 2. The ideas spring to mind.                            | 2. The ideas spring to mind.                            | B. not young anymore         |
| 3. The dogs spring to life when I feed them.            | 3. The dogs spring to life when I feed them.            | C. are thought of right away |
| 4. Daffodils are springing up.                          | 4. Daffodils are springing up.                          | D. start moving around       |
| 5. I will spring for a new basketball.                  | 5. I will spring for a new basketball.                  | E. surprise me with          |
| 6. My brother likes new jokes that he can spring on me. | 6. My brother likes new jokes that he can spring on me. | F. buy                       |



## SPRING

### Word Search

- |              |              |              |
|--------------|--------------|--------------|
| APRIL        | GRASS        | RAINCOAT     |
| BABY ANIMALS | GROW         | RAINBOW      |
| BREEZE       | HATCH        | REBIRTH      |
| BULBS        | MARCH        | SHOWERS      |
| BUTTERFLY    | MAY          | SPRING BREAK |
| CLEANING     | MELT         | SPROUT       |
| EASTER       | MOTHER'S DAY | SUNSHINE     |
| EGGS         | NEST         | THAW         |
| FLOWERS      | PUDDLES      | UMBRELLA     |
| GALOSHES     | RABBIT       | WARMING      |

Word search grid:

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H T R I B E R B G K J N T G D X V M
M E N I H S N U S R M P U D D L E S
S K Y Y G X H K A E R B G N I R P S
R B A B R J G Y A M R R M F H Q Z S
E B D U F L Z R T A O C N I A R E W
W T S T L I R Y O R E T S A E H Q C
O H R T J R A W N W X N T C S R S X
L A E E R P I W N J N V L O M L Z T
F T H R R A N Y V N R E L Z A T Q C
N C T F B P B X G R A A B M J R A D
T H O L H M O B H N G Y I U S L X W
S L M Y M L W Z I Z I N P H L D Z A
T G E Q K R G N Y T A M O E M B J H
G U G M R M G X Y Y N W R Q J H S T
Q J O E A Y X D B H E B L A Z D N T
F R W R K Z L A L R M J R P W T S V
G T C P P N B Q S U B R E E Z E L L
L H Q B T S K G R A S S M R N L X K
    
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# April 2024 WRAAA MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
1	*Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Applesauce ½ c ALT=CS TR	*Roasted Turkey, 3 oz *Mashed potatoes ½ c w gravy *Green Beans ½ c W.G. Dinner Roll, 2 oz Peaches ½ c ALT = CBG RB	*Meatballs 3-1 oz * WG Spaghetti ½ c w/ Sce 2 oz *California Blend ½ c *Spinach ½ c /1 Lemon PC Whole Grain White Apricots, ½ c ALT = CF T	*Roasted Pork loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Fresh grapes 1 c ALT = CBG V	*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Wheat Bread c Pears ½ c ALT = CF TR
8	*Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Mixed Fruit ½ c ALT = CS V	*Chicken Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Apple Juice ½ c Banana ALT = CF RB	*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Wheat Bread Applesauce ½ c ALT = CBG TR	*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c W.G. Corn Muffin, 1 oz Peaches ½ c ALT = CF RB	*3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT=CBG T
15	*Breaded Fish 4 oz w Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape Juice ½ c ALT = CS RB	*Chicken Stuffed with Broccoli 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz. Orange, 1 ea ALT = CBG V	*Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Applesauce ½ c Cranberry Juice ½ c ALT = CF T	*Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Bermuda Blend ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c ALT = CBG RB	2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Antigua Blend ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c ALT = CF TR
22	*Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c W. G. Dinner Roll 2 oz Pears ½ c ALT = CS TR	*Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Carrots ½ c *Vanilla Wafers 1 oz Mandarin Oranges ½ c ALT=CF RB	*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Apricots ½ c ALT = CBG T	*Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun, 2 oz Banana, 1 ea ALT = CF TR	*Vegetable Lasagna 6 oz. *Carrots ½ c *Succotash ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz ALT=CBG T
29	*Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain Wheat Sliced Apricots ½ c ALT = CS T	*Sloppy Joe 3 oz. *Sweet Potatoes ½ c *Corn ½ c W.G. Bun, 2 oz. Fruit Cocktail ½ c ALT = CBG T		Choice of 1% Milk or Buttermilk *Take Temperature of Milk and all food preceded by an asterisk.	<b>Menu Approved By:</b> <i>Ann Stahlheber MS, RDN, LD</i>

Western Reserve Area Agency on Aging - 2024

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

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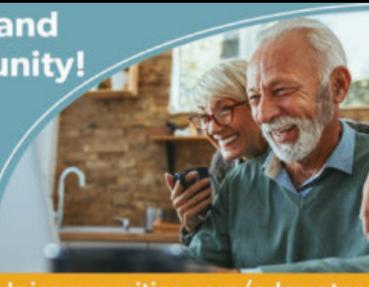
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