

# ROSE CENTERS

FOR AGING WELL

February 2024




**Vote! mural**  
Artist: Gary Williams, Robin Robinson, and David Hayes  
Address 9107 St Clair Ave (corner of St. Clair & East 91st)

Celebrating Cleveland's Black History by experiencing modern influences in our city today!

Mural Artist: Darius Steward  
Address 1705 E. 55th Street  
(back of the Rainey Institute)



Find us on  Stay up to date with all that's happening at the Rose Centers  
: Benjamin Rose Institute on Aging Group page: Rose Centers for Aging Well

# Rose Centers Directory

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## Home Delivered Meals

### Meal Cancellations:

**216-373-1994**

Hours: Mon- Fri 8:00am - 5:00pm

#### Staff:

Jacqueline Hart, *HDM Administrator*  
*Position Open, Program Director HW*  
 Jennifer Meigs, *HDM Social Worker*  
 Bonnie Paul, *HDM Social Worker*  
 Zunna Anthony, *Driver/Jumper*  
 Anthony Bolden, *Driver/Jumper*  
 Micheal Brown, *Driver/Jumper*  
 Chris Colwill, *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*  
 Danielle Hubbard, *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 CENTERS ADMINISTRATION

### Dabney K. Conwell

*Vice President, Benjamin Rose Institute on Aging*  
*Executive Director, Health and Wellness*

### Melissa Winberry

*Assistant Director, Health and Wellness*

### Ashley Herhuth

*Administrative Coordinator*

## 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*

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*

Hershel Hall, *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*

### 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

## REMINDER

Be sure to listen to your messages from the new automated messaging system to hear reminders and important announcements.

**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 February 19th in observance of President's Day



### Cleveland Community Events:

**Feb (Tuesday's 12-3pm): Midday Matinee:**

Celebrating African-American Movies from the 90's—Cleveland Public Library 17109 Lakeshore Blvd, Memorial-Nottingham branch.

**Feb 3: Theron Brown Trio**—Free Jazz concert, 2pm 3rd floor lobby at Cleveland Public Library Main Branch Downtown.

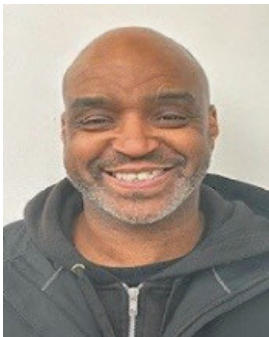
**Feb 6: Eclipse Over Cleveland**—Cuyahoga County Public Library North Olmsted (27403 Lorain Rd), free event—7-8pm, Astronomy educator Jay Ryan will share what to expect on April 8, 2024, when Ohio experiences its first total solar eclipse since 1806.

**Feb 10: KURENTOVANJE**—Bye Winter, at Slovenian National Home (6417 St. Clair Ave) 10am-5pm, free. Kurants: tall, furred and feathered "monsters" scare away winter and welcome spring.

**Feb 15: Celebrating Black Culture through Music**—Cleveland History Museum's history on tap. \$15 ticket 5-8pm

**Feb 24: Kent Beatfest**—free live music at venues all around Kent visit [kentbeatfest.com](http://kentbeatfest.com) for info.

welcome  
TO THE TEAM



Welcome to our newest staff member at Lakeshore Rose Center!

**Hershel Hall**

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

## Celebrating Cleveland's Black History by experiencing modern influences (from the cover)

February is Black History Month, but Black history and culture can be celebrated and learned about every other month of the year, too! Black history in Cleveland dates back nearly as far as the city itself. Founded by Moses Cleaveland in 1796, the first Black permanent settler was a man named George Peake who came in 1809. Cleveland became a boom town in the late 1800s and early 1900s, and was relatively welcoming to people of all races, but underlying discrimination nevertheless forced most Black families to settle in the Cedar-Central neighborhood on Cleveland's near east side (today, this would be the current Central and Fairfax neighborhoods). While Cleveland was not segregated in 1900, discrimination, redlining, blockbusting, and other racially prejudiced practices rose through the 1960s, resulting in Black neighborhoods being disadvantaged, poor, and the target of police harassment. The Hough Riots in 1966 changed the face of the east side's Black neighborhoods – and were the catalyst for the election of Carl Stokes as Cleveland's first Black mayor in 1967. He was one of the first Black elected mayors of any major U.S. city. Today, there's still an East-West divide in Cleveland left over from the 1950s, with most of the city's Black population living on the east side. But there are ways to celebrate Cleveland's Black history in all corners of the city.

### 1. Support local Black-owned restaurants

Cleveland Cold Brew Coffee (1400 E 105th St, Suite 7)  
UnBar Cafe (12635 Larchmere Blvd)  
KafeLA (6710 St Clair Ave.)  
The Roaming Biscuit (Bake Shop & Cafe, 3615 Superior Ave.)  
Euro Wafel Bar (11433 Mayfield Rd)  
The Crispy Chick (5618 Woodland Ave.)  
Pipe 'N Hot Grill (1400 E 105th St)  
Black Box Fix (25359 Cedar Rd, Lyndhurst)  
The 4 Bistro and Wine Bar (4450 Mayfield Rd, South Euclid)  
Sauce the City (14480 Cedar Rd, University Heights)  
Beckhams B and M Bar-B-Q (3 locations)  
Irie Jamaican Kitchen (2 Cleveland locations)  
Angie's Soul Food Café (3; original is at 7815 Carnegie Ave.)  
Zanzibar Soul Fusion (3 locations)  
Sam Syllk Chicken and Fish (5 locations)  
Empress Taytu Ethiopian (6125 St Clair Ave.)  
Zoma Ethiopian Restaurant (2240 Lee Rd)  
Vegan Doughnut Company (14811 Detroit Ave, Lakewood)  
Sweetly Shoibhan (5524 Turney Rd, Garfield Heights)  
The Sweet Fix Bakery (2307 Lee Rd, Cleveland Heights)

([clevelandtraveler.com/black-history-in-cleveland/](http://clevelandtraveler.com/black-history-in-cleveland/))

### 2. View local Black street art

Faces mural by Lady Noel,  
E 36th St. & Euclid Ave.



Mural by Chicago-based  
Max Sansing, located at  
4500 Euclid Ave



*Our Lives Matter* by Gary  
Williams and Robin Robinson, Yale Ave & E 105th St.



Maya Angelou mural by mr.soul and others, located  
Buckeye Rd. and E 117th

# James Woods Rose Center

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



*Dancer* by Charly Palmer (2016)

## “Juke Box Love Song” by LANGSTON HUGHES

I could take the Harlem night  
and wrap around you,  
Take the neon lights and make a crown,  
Take the Lenox Avenue busses,  
Taxis, subways,  
And for your love song tone their rumble down.  
Take Harlem's heartbeat,  
Make a drumbeat,  
Put it on a record, let it whirl,  
And while we listen to it play,  
Dance with you till day--  
Dance with you, my sweet brown Harlem girl.

# King Kennedy Rose Center

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

AMERICAN  
HEART  
HEALTH  
MONTH

**EAT CLEAN** for a Healthy Heart

Eating clean is about choosing nutrient-dense foods that are as close as possible to their most natural state.

EAT MORE



Vegetables and Fruits



Whole Grains



Healthy Fats



Lean Animal and  
Plant-based Proteins

EAT LESS



Salt or Sodium



Sugary Drinks, Sweets, and  
Processed Meats



Saturated and Trans Fats



Alcohol

Resources: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/what-is-clean-eating>  
<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047752>  
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>



# East Cleveland Rose Center at Salvation Army

## 20 Black History Trivia Questions

1. Who said, "injustice anywhere is a threat to justice everywhere"?
2. As a student at the Baltimore School of Performing Arts, rapper Tupac Shakur took these classes?
3. When did Rosa Parks' bus boycott happen?
4. Who said, "life is not a spectator sport"?
5. Who was the first African American Nobel Peace Prize winner?
6. When did Martin Luther King Jr. give his "I Have A Dream" speech?
7. Which President officially recognized Black History Month?
8. Who said, "if there is no struggle, there is no progress"?
9. Members of this labor union helped to build the nation's black middle class and civil rights movement?
10. Madam C.J. Walker became America's first female, self-made millionaire. What product did her company sell?
11. What state was the first to elect a black governor, doing so in 1989?
12. What was Muhammad Ali's original name?
13. Who was the first African American Major League Baseball player?
14. Which city is known as the birthplace of hip hop?
15. This amendment abolished slavery "within the United States, or any place subject to their jurisdiction."

<https://crowdparty.app/blog/20-black-history-trivia-questions/>

Martin Luther King, Jr. ; Ballet and poetry ; December 1955; Jackie Robinson; Ralph Bunche; Sept. 9, 1965; President Gerald Ford; Frederick Douglass ; Brotherhood of Sleeping Car Porters; Cosmetics; Virginia; Cassius Clay ; Jackie Robinson; The Bronx, New York; The 13th Amendment

### 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

# East Cleveland Rose Center at Salvation Army

Center open  
9:00AM- 3:00PM



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Daily Activities  10:30 Fit & Fab  11:30 Lunch	2 Daily Activities  11:30 Lunch  12:30 Cards/Games
5 Daily Activities  11:30 Lunch	6 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	7 Daily Activities  11:30 Lunch  1:00 Bible Study	8 Daily Activities 10:30 Fit & Fab 11:30 Lunch 12:15 Aldi's	9 Daily Activities  11:30 Lunch  12:30 Cards/Games
12 Daily Activities  11:30 Lunch	13 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	14 Daily Activities 10:00 EC Library Computer 11:30 Lunch 	15 Daily Activities  10:30 Fit & Fab  11:30 Lunch	16 Daily Activities Big Hearted Blooms 11:30 Lunch 12:00 Food Pantry 12:30 Cards/Games
19 Presidents Day Bldg Closed 	20 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	21 Daily Activities  11:30 Lunch  1:00 Bible Study	22 Daily Activities  10:30 Fit & Fab  11:30 Lunch	23 Daily Activities  11:30 Lunch  12:30 Cards/Games
26 Daily Activities  11:30 Lunch	27 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	28 Daily Activities 10:00 EC Library Computer 11:30 Lunch 11:30 Fuji's Grill	29 Daily Activities  10:30 Fit & Fab  11:30 Lunch	DAILY ACTIVITIES: <ul style="list-style-type: none"> <li>• Dominoes</li> <li>• Knitting/crochet</li> <li>• Coloring</li> <li>• Puzzles</li> <li>• Billiards</li> </ul>

# Gunning Park Rose Center



Celebrate Black History Month on Thursday, February 8th from 11:00-2:00 at a Senior Day organized by the City of Cleveland located at Gunning Rec Center

- Line Dance Clinic
- Arts & Crafts
- Giveaways

Need help with accessing services or resources?



Come by “Social Service Office Hours” where you can get one on one assistance with services such as: food assistance, housing, caregiving support, and other benefits that might be available to you. Every Thursday at 1:00!

## February Bus Trips:



- Go shopping on Feb 12th, 12:00, at Ross Dress for Less, Burlington, or Big Lots
- Enjoy a sweet treat on a trip to Mitchell’s Ice Cream on Feb 22nd at 12:30pm
- Take a water aerobics class on Feb 23rd at Cudell Rec Center at 12:30pm



## Valentine’s Day Party

Wednesday, February 14th at 10:00am

Music by Tom Todd

Basket Raffle by Advisory Council

## Begin the year with a healthy you!

- Vision Screenings on Friday, Feb 16th
- Dental Screenings on Wednesday Feb 21st from 12:30-2:30
- EMS health screenings Thursday, Feb 1st at 10:00



## Tech Help!



- Facebook 101 class on Feb 1st at 10:00
- Master your smartphone class on Feb 20th at 12:30pm
- Individual tech help available Thursdays at 1:00pm



## Laughter Yoga for Beginners

\*Tuesday, February 6th at 12:30pm\*

Laughter Yoga is a unique type of yoga! We do not do any yoga poses. Instead, we do laughter activities. The activities invite you to be lighthearted and use your imagination. You’ll experience the contagiousness and joy of laughter!



# Gunning Park Rose Center

## February

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meal reservations due by <u>Wed. at noon</u>, call 216-373-1726 or see Sandy to make reservations.</p>	<p>Center Hours: Monday-Friday 8:30am-3:30pm</p>		<p>1 EMS Screenings 10:00 Facebook 101 11:30 Lunch 1:00 Social Service Office Hour</p>	<p>2 10:00 Fit Ball 11:30 Lunch 12:30 Bingo</p>
<p>5 10:00 Zumba 11:30 Lunch 12:30 Bingo</p>	<p>6 School Visit 9:30 Pinochle 10:00 Fit Ball 11:30 Lunch 12:30 Laughter Yoga for</p>	<p>7 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing</p>	<p>8 School Visit 11:00-2:00 Black History Month Event 11:30 Box Lunch</p>	<p>9 10:00 Advisory Council 11:30 Lunch 12:30 Bingo</p>
<p>12 Shopping Trip 10:00 Zumba 11:30 Lunch 12:30 Bingo</p>	<p>13 9:30 Pinochle 10:00 Music Bingo 11:30 Lunch 12:00 Flower Arranging</p>	<p>14 Valentine's Day Party 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing</p>	<p>15 9:30 Pinochle 10:00 Virtual Exercise Class 11:30 Lunch 1:00 Social Service Office Hour</p>	<p>16 Vision Screenings 10:00 Trivia with Carol 11:30 Lunch 12:30 Bingo</p>
<p>19 Center Closed</p>	<p>20 Art Class 10:00 Art w/ Chris Young 11:30 Lunch 12:30 Master your Smartphone Class</p>	<p>21 Dental Clinic 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing 12:30 Dental Clinic</p>	<p>22 Mitchell's Ice Cream Trip 9:30 Pinochle 11:30 Lunch 1:00 Social Service Office Hour</p>	<p>23 Pool Trip 10:00 Fit Ball 11:30 Lunch 12:30 Bingo</p>
<p>26 10:00 Zumba 11:30 Lunch 12:30 Bingo</p>	<p>27 School Visit 9:30 Pinochle 10:00 Fitball 11:30 Lunch</p>	<p>28 Food Box 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing</p>	<p>29 School Visit 9:30 Pinochle 11:30 Lunch 1:00 Social Service Office Hour</p>	

# Paul W. Alandt Lakeshore Rose Center

## FEBRUARY

Center is closed for President's Day  
February 19th



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

Show support for awareness of  
heart disease by wearing **RED!**

**Wear Red Day February 7th**



### Educational Classes for February

2/9/24 Rocky River Gardens "What  
to expect if you go into a nursing  
home"

2/28/24 Financial Educational Class  
ESOP

### Monthly Outings

China Sea 2/9

Dollar Tree 2/15

Mystery Trip 2/26

Join artist Chris Young's  
Art Studio on Friday ,February 23  
for jewelry making.



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



Cleveland EMS will be  
coming to Lakeshore the  
2nd Thursday of the  
month for health  
screenings. Come get  
screened on Thursday, February 8th.

Mardi Gras Party come and enjoy music  
by Ruthie Spearman  
February 13

**HAPPY VALENTINES DAY!**

# Paul W. Alandt Lakeshore Rose Center

## FEBRUARY

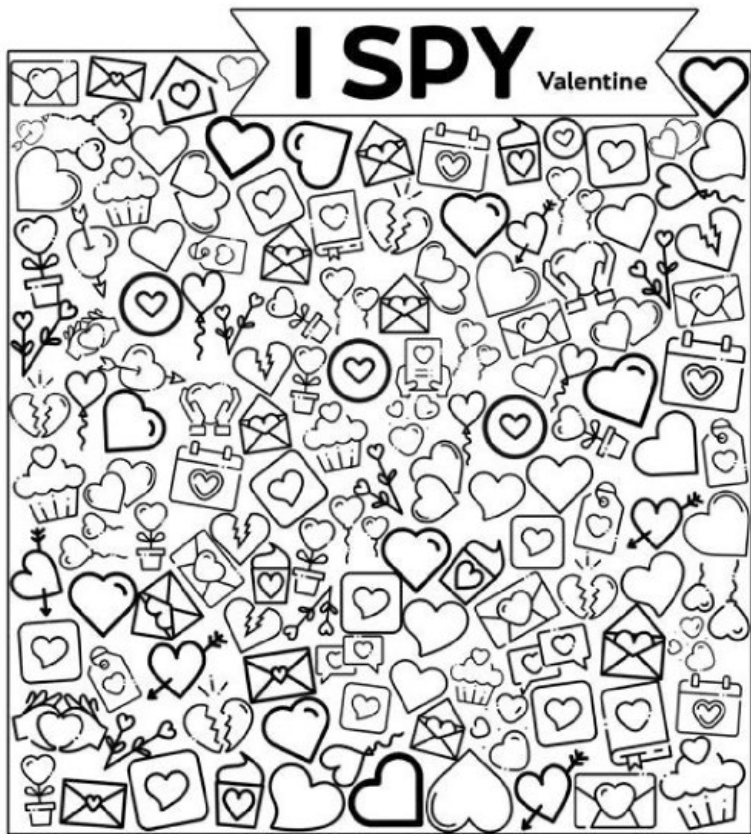
Monday	Tuesday	Wednesday	Thursday	Friday
				
			<b>1</b> 10:30 <b>Zumba</b> 11:30 Lunch 12:15 Bible Study	<b>2</b> 10:30 Coffee 11:30 Lunch <b>12:30 Movie</b>
<b>5</b> 10:30 <b>Exercise with Christine</b> 11:30 Lunch 12:00 Social Hour	<b>6</b> 10:30 <b>Cardio Drumming</b> 11:30 Lunch 12:00 Social Hour	<b>7</b> 10:30 Crochet 11:30 Lunch <b>12:30 BINGO</b>  <b>Wear Red Day!</b>	<b>8</b> 10:30 Zumba <b>11:00 EMS</b> 11:30 Lunch 12:15 Bible Study <b>12:30 Music Bingo</b>	<b>9</b> <b>10:30 Presentation</b> <b>11:30 Lunch</b>  <b>Restaurant Trip China Sea</b>
<b>12</b> 10:30 <b>Exercise with Christine</b> 11:30 Lunch 12:30 Social Hour	<b>13</b> 10:30 <b>Morning Spin</b> 11:30 Lunch 12:30 <b>Mardi Gras Celebration</b> 	<b>14</b> 10:30 <b>Crochet</b> 11:30 Lunch <b>12:30 BINGO</b>  <i>Post Office on Wheels 12pm</i>	<b>15</b> <b>10:30 Zumba</b> 11:30 Lunch 12:15 Bible Study  <b>Dollar Tree Trip</b>	<b>16</b> 10:30 Coffee 11:30 Lunch <b>12:30 Bingo</b>
<b>19</b> 	<b>20</b> 10:30 <b>Cardio Drumming</b> 11:30 Lunch <b>12:30 Build a Bouquet</b>	<b>21</b> 10:30 <b>Crochet</b> 11:30 Lunch <b>12:30 BINGO</b>  	<b>22</b> <b>10:30 Zumba</b> <b>11:30 Lunch</b> <b>12:15 Bible Study</b>	<b>23</b> 10:30 Coffee 11:30 Lunch 12:30 Jewelry Making w/ Chris Young 
<b>26</b> 10:30 <b>Exercise with Christine</b> 11:30 Lunch 12:30 Social Hour  Mystery Trip	<b>27</b> 10:30 Morning Spin 11:30 Lunch 12:30 Social Hour	<b>28</b> <b>10:30 Presentation</b> <b>11:30 Lunch</b> <b>12:30 Bingo</b>	<b>29</b> <b>10:30 Zumba</b> <b>11:30 Lunch</b> <b>12:30 Bible Study</b>	<b>CALL ROBIN WHITTED AT 216-373-1683 FOR A MEAL</b>

# Puzzles of the Month

CELEBRATE

## BLACK HISTORY

- ALI, Muhammad: 1942 - 2016, Boxer
- ANGELOU, Maya: 1928 - 2014, Author
- ARMSTRONG, Louis: 1901 - 1971, Musician
- BANNEKER, Benjamin: 1731 - 1806, Astronomer
- BRIDGES, Ruby: 1954 - present, Activist
- CARVER, George Washington: 1864 - 1943, Scientist
- DAVIS, Angela: 1944 - present, Activist
- DOUGLASS, Frederick: 1818 - 1895, Orator
- FITZGERALD, Ella: 1917 - 1996, Singer
- HUGHES, Langston: 1902 - 1967, Poet
- JORDAN, Michael: 1963 - present, Basketball Player
- KING, Martin Luther (Jr.): 1929 - 1968, Activist
- MALCOLM X: 1925 - 1965, Activist
- MARSHALL, Thurgood: 1908 - 1993, Supreme Court Justice
- OBAMA, Barack: 1961 - present, 44th President
- OWENS, Jesse: 1913 - 1980, Athlete
- PARKS, Rosa: 1913 - 2005, Activist
- POWELL, Colin: 1937 - present, Statesman
- ROBINSON, Jackie: 1919 - 1972, Baseball Player
- TRUTH, Sojourner: 1797 - 1883, Abolitionist
- TUBMAN, Harriet: 1820 - 1913, Abolitionist
- WALKER, Madam C.J.: 1867 - 1919, Entrepreneur
- WASHINGTON, Booker T.: 1856 - 1915, Educator
- WELLS, Ida B.: 1862 - 1931, Journalist
- WINFREY, Oprah: 1954 - present, Entrepreneur



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# February 2024 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk.</p>				
<p>5</p> <p>*Beef Stew 8 oz. *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea</p> <p>ALT = CS TR</p>	<p>6</p> <p>*Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c * Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz.</p> <p>ALT = CBG RB</p>	<p>7</p> <p>*Swedish Meatballs 3-1 oz. w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CF TR</p>	<p>8</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c</p> <p>ALT = CBG V</p>	<p>9</p> <p>*Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c</p> <p>ALT = CBG T</p>
<p>12</p> <p>*Tomato Basil Chicken 3 oz. w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT = CS RB</p>	<p>13</p> <p>*Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT = CF TR</p>	<p>14</p> <p>*Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Orange</p> <p>ALT = CBG RB</p>	<p>15</p> <p>* Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c</p> <p>ALT = CBG T</p>	<p>16</p> <p>*Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Chunky Applesauce ½ c</p> <p>ALT = CBG RB</p>
<p>19</p> <p><b>PRESIDENT'S DAY</b></p> <p><b>Site Closed</b></p>	<p>20</p> <p>*Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c</p> <p>ALT = CS TR</p>	<p>21</p> <p>*Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c</p> <p>ALT = CF TR</p>	<p>22</p> <p>*Grilled Chicken strips 3 oz. With Alfredo sc 2 oz. *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz. Fresh Orange Apple Juice ½ c</p> <p>ALT = CBG T</p>	<p>23</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c</p> <p>ALT = CBG V</p>
<p>26</p> <p>*Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT = CS V</p>	<p>27</p> <p>*Chicken Stew 8 oz. *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread, 2 oz. Orange, 1 ea</p> <p>ALT = CBG RB</p>	<p>28</p> <p>*Roasted Turkey Breast 3 oz. *Gravy 2oz / *Stuffing ½ c *Green Beans ½ *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana</p> <p>ALT = CF T</p>	<p>29</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit, 2 oz. Sliced Apricots ½ c</p> <p>ALT = CBG T</p>	<p><b>Menu Approved by:</b> <i>Ann Stahlheber, MS, RDN, LD</i></p>

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

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