

February 2025



*hello February*



# 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*

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

**Position Open**  
*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*  
 Anthony Bolden, *Driver/Jumper*  
 Carmetta Brabson, *Driver/Jumper*  
 Micheal Brown, *Driver/Jumper*  
 Alex Cummings, *Driver/Jumper*  
 Donna Dozier, *HDM Driver/Jumper/Generalist*  
 Denham Fletcher, *Driver/Jumper*  
 Bruce Fowler, *Driver/Jumper*  
 Wendell Franklin, *Driver/Jumper*  
 Joseph Grair, *Fleet Manager*  
 Brandon Horne, *Driver/Jumper*  
 Quantika Lash, *Driver/Jumper*  
 Melchezidek Muhammad, *Driver/Jumper*  
 Thomas Rankins, *Driver/Jumper*  
 Anthony Ray, *Driver/Jumper*  
 Carl Rudolph, *Driver/Jumper*  
 Cordell Rudolph, *Driver/Jumper*  
 Kenneth Vaughn, *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  
**Position Open, 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*  
**Position Open, 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*  
 Darrell Powell, *Custodian*

**King Kennedy Rose Center** . . . . . Phone: 216-401-6561  
 2501 East 59th Street, Cleveland, OH 44104 . . . . . M-F 8am-2pm  
**Position Open, 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*  
 Carla Epps, *Kitchen Aide*  
 Clarence Golston, *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 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 the Rose Centers will be closed on:**

- \* **Monday February 17th in observance of Presidents' Day**

**Happy Birthday to our newest 2025 members of the Centenarian Club!**

**Eva King turned 100 on Jan. 9th &**

**Geneva Smith turns 104 on Feb. 27th**

**Happy Birthday!!**

**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

*Reminder*



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 ~

## 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.



### February Holidays

- 2/2 Groundhog's Day
- 2/7 National Wear Red Day for Women's Heart Day
- 2/9 National Pizza Day
- 2/14 Valentine's Day
- 2/17 Presidents' Day
- 2/20 World Social Justice Day
- 2/21 National Caregivers Day



### **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

## Do you have a pet and are over 60?

At Benjamin Rose, we believe that everyone deserves to age well, and for many people, that includes the companionship of a pet. We now offer weekly visits from screened and trained volunteers who will help with essential pet care tasks including:

- exercising and playing
- interacting and socializing with pets and their owners
- helping to feed and water the pet
- cleaning pet areas and bedding
- cleaning up pet waste (ex., litterbox cleaning)



If you are interested in having a volunteer once a week to assist with your furry companion, please contact Rebekkah Whelan at 216-373-1932.



## FREE INCOME TAX PREPARATION

**Let Benjamin Rose prepare your taxes for FREE**  
for filers who meet program guidelines.

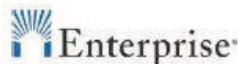
Get your refund – usually within two weeks – at no cost to you!  
IRS-certified preparers perform this valuable service.  
Drive up and drop off service – stay in your car while you wait!

**TAX SITE OPENS  
FEBRUARY 1, 2025**

### 2 WAYS TO SCHEDULE YOUR APPOINTMENT

Visit [www.refundohio.org](http://www.refundohio.org)  
Call 211 to use the automated system

Sponsored by:



### BENJAMIN ROSE HEADQUARTERS

Saturday, **February 1, 2025**  
Saturday, **February 8, 2025**  
Saturday, **February 15, 2025**  
Saturday, **February 22, 2025**

Saturday, **March 8, 2025**  
Saturday, **March 15, 2025**  
Saturday, **March 22, 2025**  
Saturday, **March 29, 2025**

### BENJAMIN ROSE HEADQUARTERS

Wednesday, **February 12, 2025**

Wednesday, **February 19, 2025**

### GUNNING PARK

Saturday, **March 1, 2025**

### LAKESHORE

Wednesday, **March 26, 2025**

# Rose on the Go



## Get Social to Get Heathy!

### TO REGISTER:

Visit [www.benrose.org/events](http://www.benrose.org/events)  
or call Tim at (216) 373-1983



## New Year, New Hobby!

Join in on the fun of the fastest-growing sport in the country! Open to those who have never played before or are just starting out and want to improve their game.

Join instructor Mindi Thal to learn new skills and Strategies on the court.



Thursday, February 13th

1 to 3pm

MANDEL JEWISH COMMUNITY CENTER

Saturday, February 15th

3 to 5pm

26001 South Woodland Road  
Beachwood, OH 44122

These clinics are FREE! Paddles will be available to use at each class.  
Please wear or bring shoes suitable for a gym floor.

# King Kennedy & James Woods Rose Center

Lunch is served Mon–Fri; King Kennedy: 11:30am to 1:30pm & James Woods: 10:30am-12:30pm

## The Best Healthy Turkey Chili just in time for Superbowl Sunday!

### Ingredients:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained



### Instructions:

Add oil to large pot over medium high heat. Add in onion, garlic, red pepper and sauté for 5-7 minutes, stirring frequently.

Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.

Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.

Garnish with cheese, avocado, cilantro, sour cream or anything you want—get creative!



# East Cleveland Rose Center at Salvation Army

## Exercise Classes

Monday	Tai Chi	12:30 pm
Tuesday	Pantry Day	9-11am
Wednesday	Chair Yoga	12:30pm
Thursday	Fit 7 Fab	10:30am
Friday	Game Day	9:30am-1:30pm

♥ happy ♥  
*Valentine's*  
 ♥ day ♥

**BUILDING CLOSED  
 FEBRUARY 17, 2025 IN HONOR  
 OF PRESIDENT'S DAY**



Every 4th Tuesday  
 Build a Bouquet!  
 Flowers donated by  
 Big Hearted Blooms!  
 Thank you!

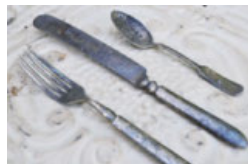


With  
**SABER HEALTH CARE**  
 12:30—1:30pm

Valentine's Day  
 Celebration  
 Friday  
 February 14, 2025



Kitchen Social  
 Restaurant  
 February 28, 2025



**OUR BLACK HISTORY DAY**  
**February 20th 2025**  
**12:30— 2:00 pm**

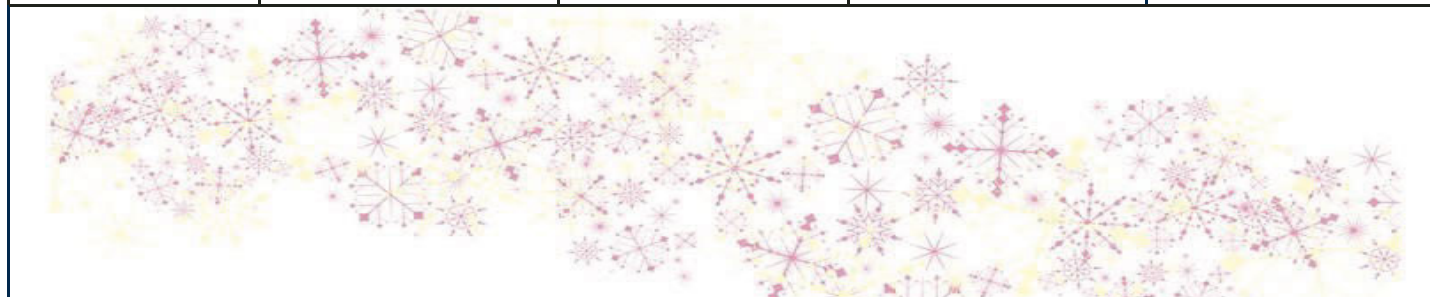
<u>Mind &amp; Body</u>					
Tai Chi	Mondays	12:30pm	Computer Class	2nd & 4th Wed	10:30am
Walking	Daily	10:30am	Yoga	2nd & 4th Wed	12:30pm
BINGO	Tuesdays	12:30pm	Bible Study	1st & 3rd Wed	1:00pm
Lunch w/Chef	Tuesdays	11:30pm	Cards/Games	Daily	Daily
Arts & Crafts	Daily	10:30am	Fit & Fab	Thursdays	10:30am

# East Cleveland Rose Center at Salvation Army

Center open 9:00AM- 3:00PM



Monday	Tuesday	Wednesday	Thursday	Friday
3 Daily Activities 12:30 TaiChi 1:30 Lunch	4 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Track	5 Daily Activities 10:00 Dominoes 11:30 Lunch w/Chef 1:00 Bible Study	6 Daily Activities 10:30 Fit & Fab 11:30 Lunch w/Chef	7 Daily Activities 11:30 Lunch 12:30 Line Dancing 12:30 Cards/Games
10 Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi	11 Daily Activities 11:30 Lunch w/Chef 12:15 Candle Making 1:00 Walking Track	12 Daily Activities 10:30 EC Library Computer 11:30 Lunch w/Chef 12:30 Yoga/Meditation	13 Daily Activities 10:00 Dominoes 10:30 Fit & Fab 11:30 Lunch w/Chef	14 Daily Activities 11:30 Lunch 12:30 Line Dancing 12:30 Kings Corner 
17 CENTER CLOSED PRESIDENT'S DAY	18 Daily Activities 10:00 Dominoes 11:30 Lunch w/Chef Fitness Rm Workout 12:30 BINGO	19 Daily Activities 10:00 Dominos 11:30 Lunch w/Chef 1:00 Bible Study Big Hearted Blooms Flower Arranging	20 Daily Activities 10:30 Fit & Fab 11:30 Lunch w/Chef	21 Daily Activities 10:00 Food Pantry 11:30 Lunch 12:30 Cards/Games 12:30 Line Dancing
24 Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi	25 Daily Activities BRING A FRIEND 11:30 Lunch w/Chef 1:00 Walking Track	26 Daily Activities 10:30 EC Library Computer 11:30 Lunch w/Chef 12:30 Yoga/Meditation	27 Daily Activities 10:30 Fit & Fab 12:00 Marc's 11:30 Lunch w/Chef	28 Daily Activities 11:30 Lunch 12:30 Line Dancing 12:30 Kings Corner Kitchen Social



# Gunning Park Rose Center

## February Bus Trips:

- ◆ Feb 4—Shopping trip to b. a. Sweeties Candy buy your sweetie something for Valentines Day
- ◆ Feb. 10th—lunch at Cracker Barrel

## **“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.

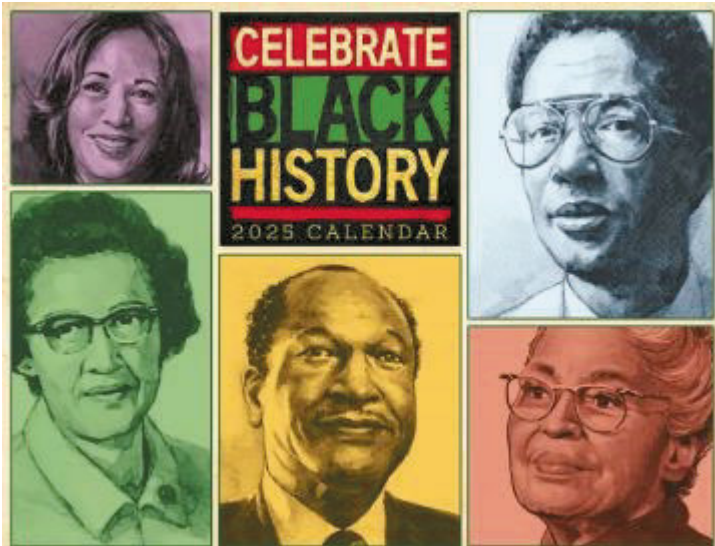
## Educational Opportunities:

Friday, February 21—Black History Trivia Day in honor of Black History Month ~ wear your traditional clothing

Tuesday, Feb. 25– Healthy Cooking Class  
10 am

Friday, Feb 28—Tea tasting with Tim  
10 am

Enjoy sampling different teas on a cold winter day and let us know which one is your favorite!

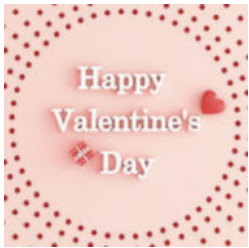



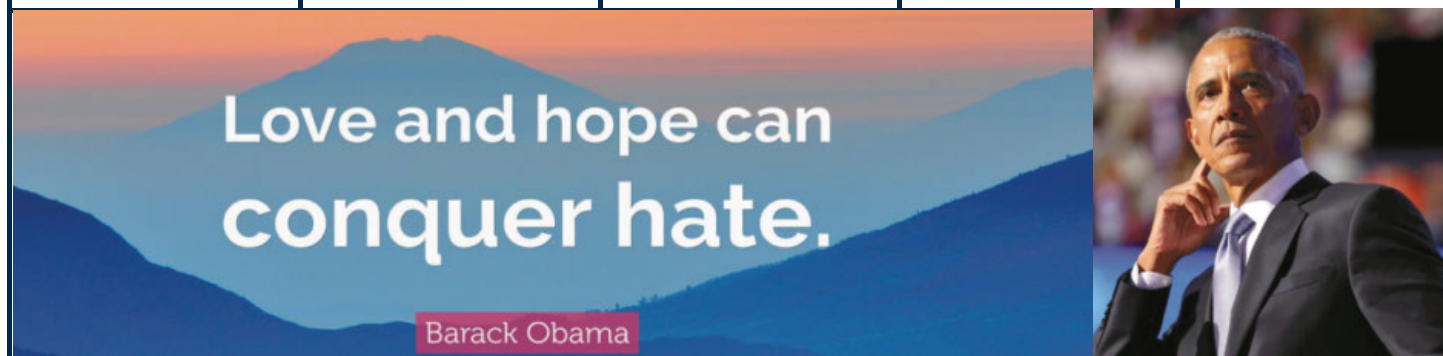
Cleveland EMS is here every first Thursday at 10:00 to provide free health screenings.



# Gunning Park Rose Center

## February

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  	<b>4 Shopping trip to b.a. Sweetie's Candy</b> 9:30 Pinochle 11:30 Lunch	<b>5</b> 10:00 FitnessFusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	<b>6 EMS Screening</b> 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	<b>7</b> 9:30 Walking Group 11:30 Lunch 12:30 Bingo
<b>10 Cracker Barrel lunch trip</b> 10:00 Zumba 11:30 Lunch 1:00 Bingo	<b>11</b> 9:30 Pinochle 10:30 Music Bingo 11:30 Lunch 12:00 Flower Arranging	<b>12</b> 10:00 FitnessFusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	<b>13</b> 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	<b>14 Valentines Party</b>  10:00 AC Meeting 11:30 Lunch 12:30 Bingo
<b>17</b> Closed for President's Day	<b>18</b> 9:30 Pinochle 10:00 IG Students Visit 11:30 Lunch	<b>19</b> 10:00 FitnessFusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	<b>20</b> 9:30 Pinochle 10:00 IG Students Visit 11:30 Lunch	<b>21 Black History Trivia</b> 9:30 Walking Group 11:30 Lunch 12:30 Bingo
<b>24</b> 10:00 Zumba 11:30 Lunch 12:30 Bingo	<b>25 Healthy Cooking Class</b> 9:30 Pinochle 10:00 FitBall 11:30 Lunch	<b>26 Food Box</b> 10:00 FitnessFusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	<b>27</b> 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	<b>28 Tea tasting with Tim</b> 9:30 Walking Group 11:30 Lunch 12:30 Bingo



# Paul W. Alandt Lakeshore Rose Center

## Exercise Classes Daily 10:00am

Monday- Aerobics

Tuesday- Cardio Drumming  
Peddling

Thursday- Chair Dance Fusion

Join us for Chair Dance Fusion, a class that teaches different genres of music!!

## Monthly Trips

✦ 2/7- Scotti's Restaurant

✦ 2/20 Sweet Fix Bakery

✦ 2/27 GCFB Shopping Trip

✦ 2/28 Museum of Illusions



Please join us when we visit the Greater Cleveland Foodbank's Resource Center.



Cleveland EMS will be coming to Lakeshore the 2nd Thursday of the month for health screenings. Come get screened on Thursday, Feb. 13th at 11:00 am

Join us on Friday, Feb. 14th for our Valentine's / Birthday Celebration!!



Join us Every 3rd Thursday for a nutrition education class and a sample with Chef Kellee.



Did you know that you now have the option of ordering an alternative meal? Choices includes three different types of salads. Please see Center staff for details.



Join us every Wednesday at 12:30pm for Bingo!

Every 3rd Tuesday is Build a Bouquet!

**February 18th**

Flowers donated by Big Hearted Blooms! Thank you!



# Paul W. Alandt Lakeshore Rose Center

## February

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>10:00 Exercise with Christine</b></p> <p>11:30 Lunch</p> <p>12:00 Social Hour</p>	<p>4</p> <p><b>10:00 Cardio Drumming</b></p> <p>11:30 Lunch</p> <p>12:00 Social Hour</p>	<p>5</p> <p><b>10:00 Walking</b></p> <p>11:30 Lunch</p> <p><b>12:30 Bingo</b></p> <p><b>Case Western Reserve Lunch and Learn</b></p>	<p>6</p> <p><b>10:00 Chair Dance Fusion</b></p> <p>11:30 Lunch</p> <p><b>12:30 Bible Study</b></p>	<p>7</p> <p><b>10:00 IG School</b></p> <p>11:30 Lunch</p> <p><b>12:00 Scotti's Italian Restaurant</b></p>
<p>10</p> <p><b>10:00 Exercise with Christine</b></p> <p>11:30 Lunch</p> <p>12:00 Social Hour</p>	<p>11</p> <p><b>10:00 Morning Spin</b></p> <p>11:30 Lunch</p> <p>12:00 Social Hour</p>	<p>12</p> <p><b>10:00 Walking</b></p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> 	<p>13</p> <p><b>10:00 Chair Dance Fusion</b></p> <p>11:00 EMS</p> <p>11:30 Lunch</p> <p><b>12:30 Bible Study</b></p>	<p>14</p> <p>10:00 Activity</p> <p>11:30 Lunch</p> <p><b>12:00 Valentine/Birthday Party</b></p>
<p>17</p> <p><b>Center Closed</b></p>	<p>18</p> <p><b>10:00 Cardio Drumming</b></p> <p>11:30 Lunch</p> <p><b>12:00 Gardening Build a Bouquet</b></p>	<p>19</p> <p><b>10:00 Walking</b></p> <p>11:30 Lunch</p> <p><b>12:30 Bingo</b></p> <p><b>Mobile Post Office</b></p>	<p>20</p> <p><b>10:00 Chair Dance Fusion</b></p> <p>11:30 Lunch</p> <p><b>12:00 Sweet Fix Bakery Trip</b></p>	<p>21</p> <p><b>10:00 IG School</b></p> <p>11:30 Lunch</p> <p>12:00 Social Hour</p>
<p>24</p> <p><b>10:00 Exercise with Christine</b></p> <p>11:30 Lunch</p> <p>12:00 Fun and Games</p>	<p>25</p> <p><b>10:00 Morning Spin</b></p> <p>11:30 Lunch</p> <p>12:00 Social Hour</p>	<p>26</p> <p><b>10:00 Walking</b></p> <p>11:30 Lunch</p> <p><b>12:30 Bingo</b></p>	<p>27</p> <p><b>10:00 Chair Dance Fusion</b></p> <p>11:30 Lunch</p> <p><b>12:00 Greater Cleveland Foodbank Trip</b></p>	<p>28</p> <p><b>10:00 Bible Study</b></p> <p>11:30 Lunch</p> <p><b>12:00 Museum of Illusions Trip</b></p>
		<p>Please remember to call and cancel your transportation by 7am.</p> <p style="text-align: center;">STC (216) 265-1489</p>	<p>All reservations for meals and transportation should be made by Wednesday morning</p>	<p>Please call Robin Whitted for Meal Reservations (216) 373-1683</p>

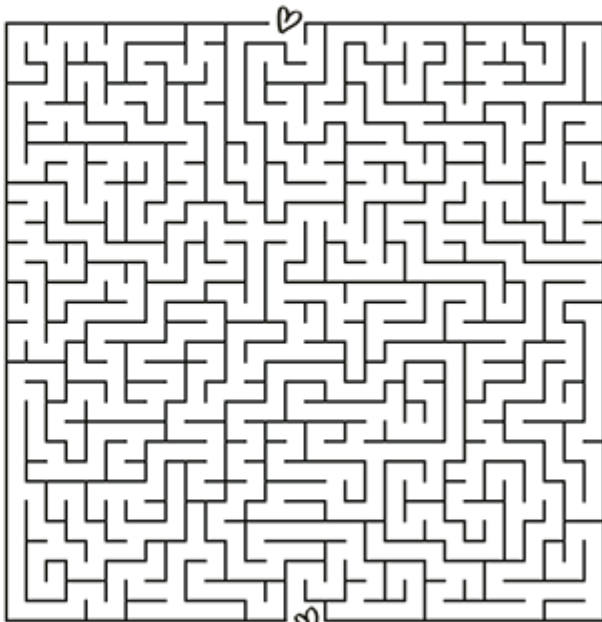
# Puzzles of the Month

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

## Valentine Word Search

ADMIRER	ENAMORED
ADORE	ENDEARMENT
AFFECTION	ENVELOPE
AMOROUS	FEBRUARY
ANGEL	FLAME
BALLOONS	FLIRT
BELOVED	FLOWERS
BOUQUET	FONDNESS
CANDY	FRIEND
CARD	GIFT
CARNATION	HEART
CHARMED	HEARTTHROB
CHERISH	HOLIDAY
CHERUB	HONEY
CHOCOLATE	HUG
COURTING	KISS
COURTSHIP	LIKE
CRAZY	LOVE
CRUSH	LOVEBIRDS
CUPID	PINK
DARLING	POEM
DATE	RED
DEAR	ROMANCE
DECORATE	SWEETHEART
DESIRE	SWEETS
DEVOTION	TENDERNESS
DOVES	VALENTINE
EMBRACE	

you are  
**AMAZEING**



The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!

- Eacnmor \_\_\_\_\_
- Pdicu \_\_\_\_\_
- Thrae \_\_\_\_\_
- Erfslwo \_\_\_\_\_
- Ocaohletc \_\_\_\_\_
- Terewhtsae \_\_\_\_\_
- Tenfcioaf \_\_\_\_\_
- Skis \_\_\_\_\_
- Aerfyubr \_\_\_\_\_
- Ndiatoora \_\_\_\_\_



# February 2025 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c Corn Bread 2 oz Sliced Peas ½ c ALT = CS RB	4 *Roasted Turkey Breast 3 oz *Gravy 2oz / *Stuffing ½ c *Green Beans ½ c *Corn w/ Red Peppers ½ c W.G. Dinner Roll Banana ALT = CBG T	5 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Broccoli ½ c W.G. Biscuit 2 oz Sliced Peaches ½ c ALT = CF T	6 *Chicken Breast 3 oz *Key Largo Blend ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG V	7 *Cheese Ravioli 6 oz *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz Chunky Applesauce ½ c ALT = CF TR
10 *Stuffed Peppers 6 oz w/Sauce 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Peaches ½ c ALT = CS TR	11 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c * Buttered Beets ½ c W.G. Dinner Roll 2 oz Apple Juice 4 oz ALT = CBG RB	12 *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 ALT = CF TR	13 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Fresh Grapes 1 c ALT = CBG V	14 *Hamburger 3 oz Ketchup 2 PC * Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Orange 1 ea ALT = CF T
17 <b>PRESIDENT'S DAY</b> <b>Site Closed</b>	18 *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 ALT = CS TR	19 *Baked Fish 4 oz Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Fresh Grapes 1 c ALT = CF RB	20 *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 ALT = CBG T	21 *BBQ Rib Patty 3 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c ALT = CF RB
24 *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 Peas ½ c ALT = CS RB	25 *Salisbury Steak 3 oz *Mushroom Gravy 2 oz *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Peaches ½ c ALT = CBG TR	26 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana 1 ea ALT = CF TR	27 *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 ALT = CBG T	28 *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 ALT = CF V
<b>Menu Approved by:</b> <i>Ann Stahlheber, MS, RDN, LD</i>				
Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice  * = Take Temperature of Milk and all food preceded 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/Crossant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad W Lettuce, Ham, Egg, Cheese

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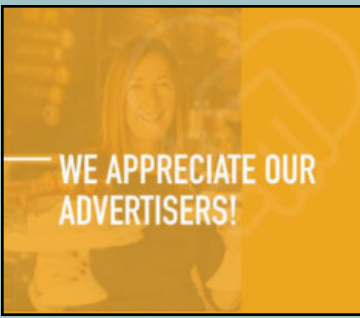
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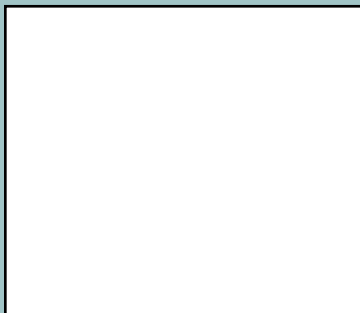
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