



July 4th, 2025 5-10pm

The City of Cleveland, downtown's lakefront will host two watch parties filled with free, family-friendly fun, local food vendors and front-row views of Cleveland's dazzling fireworks display over Lake Erie – Downtown Cleveland, Inc.'s at Voinovich Park and North Coast Waterfront Development Corporation's at North Coast Yard.

Voinovich Park Watch Party Activities include face painting, balloon art, make and take crafts, stomp rockets and the candy airplane craft by the Women's International Air and Space Museum and a DJ! Plus, celebrate the epic return of Warner Bros. SUPERMAN with awesome giveaways, super-powered photo ops, and fun activities for the whole family! A variety of food vendors will be on-site.

North Coast's Yard's Watch Party Enjoy entertainment including a DJ and Crooked River Circus. Get in on the action, including 4-Square Pickleball, giant yard games, tricycles, hula hoops, and two gaga ball pits for teens and all ages. Plus, a pop-up roller skating rink with free skate rentals for youth and adults. Local vendors, including the Rock & Roll Hall of Fame and NEOstem, will also be there with free giveaways.

Variety of Food and drink offerings available.

The annual Independence Day fireworks spectacular will begin at dusk after the sun sets, around 10pm and last for 20 minutes.

In the event of inclement weather, the Light Up the Lake Fireworks Show will be rescheduled to Saturday, July 5. Please check Downtown Cleveland's social media channels for the latest updates.

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*
 Christine Maslar, *HDM Social Worker*
 Jennifer Meigs, *HDM Social Worker*
 Bonnie Paul, *HDM Social Worker*
 Anthony Bolden, *Driver/Jumper*
 Carmetta Brabson, *Driver/Jumper*
 Micheal Brown, *Driver/Jumper*
 Donna Dozier, *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*
 Danny Smith, *Driver*
 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

Position Open

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

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

Cat Mohar, Nutrition Site Coordinator

Gary McCoy & 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 & Clarence Golston, Kitchen Aide

Old Brooklyn Rose Center..... Phone: 216-749-5367

3100 Devonshire Rd, Cleveland, OH 44109 M–F 10am-3pm

Position Open, Center Director

Tina Ribnicky, Program Assistant

Cassandra Chambers, Activities Coordinator

Tabatha Gonzalez, 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:

- * **Friday July 4th in observance of Independence Day**



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

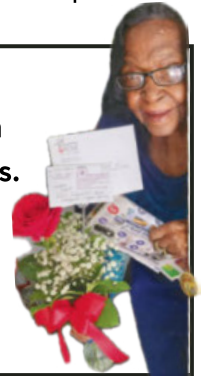


If you will not be home to receive your delivery, please call to cancel that day's delivery. Canceling in advance allows us to continue offering this vital service to our community.
~Call 216-373-1994 ~

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.

Alberta Sullivan 100 years young received a special note and rose from the Benjamin Rose Board of Directors. Happy Birthday Alberta!



July Community Events:

- 7/4 Light Up the Lake: Downtown Cleveland
- 7/4 Berea Grindstone Festival: Coe Lake, parade @ 11, fireworks at dusk.
- 7/10-13 Broadview Hts Homedays on the Green
- 7/11-13 Brook Park Home Days
- 7/11-13 Cain Park Art Fest: Cleveland Hts. 48th Annual Arts Fest, free admission.
- 7/19 Lakewood Summer Meltdown: Street Festival downtown Lakewood 4-10pm, free,
- 7/19-20 Serbian Festival: St. Sava Cathedral live music, foods, dancing, activities, free.
- 7/20 Taste of Tremont: Annual Street Festival, free, noon to 8pm, 2406 Professor Ave.
- 7/23-26 Strongsville Homecoming: rides, food, live music, activities, Strongsville Common Green.
- 7/24-27 Fairview Park Summerfest: Enjoy good food, live music, a parade, fireworks, carnival rides, and more. Bohlken Park
- 7/24-27 Sts. Constantine & Helen Greek Festival: 3352 Mayfield Rd, Cleveland Heights



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.

Old Brooklyn Rose Center



Don't forget your reusable bags to pick up your produce, **Monday, July 7th @ 10am.** In addition to a box, there could be extra items to take home. Produce is first come/first serve.

We will be hosting a mini-Farmers Market with a local farmer on **Tuesday July 29th.**

Ohio Department of Aging, Farmer Market Coupons are eligible.

Healthy Cooking Demonstrations

Starting in July and continuing throughout the summer, we will feature a healthy cooking demonstration. Come learn new techniques and explore new recipes. The cooking demo is offered in partnership with the Old Brooklyn Community Development Corporation, one of our favorite community partners.

Mondays in July 10 -11am

Participants will be eligible to receive a voucher to use to shop at the Farmers Market. Details will be forthcoming.



We are having a July 3rd celebration at the center 10-12 am with live music. Come by and enjoy the friends, music and food. Please sign up in advance.

EXERCISE CLASSES

All are welcome to join our weekly exercise, and they last 45 to 60 minutes each.

- * Tuesdays @ 12:30 p.m. Stability & Strength
- * Wednesdays @ 12:30 p.m.: Gentle Yoga
- * Fridays @ 12:30 p.m.: Tai Chi



The Hiking Club is open to all. The group visits various Metroparks in the area and enjoys a hike where you can walk at your own pace, rest when you want, and get in some good nature therapy!

The transportation to and from the park leaves from the center. Please get more information from Cassie or from the front desk and join in.

Join us on the first Thursday of the month @ 12:30 p.m.!




If you are not signed up for transportation with Senior Transportation Connection, and you live in the City of Cleveland, please call 216-664-2833. Must be over 60 to register. You can also come by the Rose Centers for Aging Well Old Brooklyn Senior Center and we can assist you in getting signed up for this service.

Old Brooklyn Rose Center

Lunch Served at 12:00PM

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Coffee, open studio, crochet group 12:30 Stability & Strength AM Shopping	2 9:00 Coffee & Music 10:00 Open Discussion 12:30 Gentle Yoga	3 10-12 4th of July Party 10:45 Mobile Post Office 12:30 Music Bingo AM Shopping	Center Closed: Independence Day 
7 9:00 Manic Mondays 10:00 Veggie Box Day 10:00 Cooking Demo 12:30 Bingo AM Shopping	8 9:00 Coffee, open studio, crochet group 12:30 Stability & Strength AM Shopping	9 9:00 Coffee & Music 10:00 Open Discussion 12:30 Gentle Yoga	10 9:00 Coffee social 10:00 Hiking/Trivia 11:00 Chair Volleyball 12:30 Bingo AM Shopping	11 10:00 Nature Club 12:30 Tai Chi
14 9:00 Manic Mondays 10:00 Cooking Demo 12:30 Bingo AM Shopping	15 9:00 Coffee, open studio, crochet group 10:00 Self Care/Cassie 12:30 Stability & Strength AM Shopping	16 9:00 Coffee & Music 10:00 Open Discussion 12:30 Gentle Yoga	17 9:00 Coffee social 10:00 Hiking/Trivia 10:30 Blood Pressure Screenings 11:00 Chair Volleyball 12:30 Bingo AM Shopping	18 10:00 Nature Club 12:30 Tai Chi
21 9:00 Manic Mondays 10:00 Cooking Demo 12:30 Bingo AM Shopping	22 9:00 Coffee, open studio, crochet group 12:30 Stability & Strength AM Shopping	23 9:00 Coffee & Music 10:00 Open Discussion 12:30 Gentle Yoga	24 9:00 Coffee social 10:00 Hiking/Trivia 11:00 Chair Volleyball 12:30 Bingo AM Shopping	25 11:00 Goodtime III 12:30 Tai Chi
28 9:00 Manic Mondays 10:00 Cooking Demo 12:30 Bingo AM Shopping	29 9:00 Coffee, open studio, crochet group 12:30 Stability & Strength Farmer Market on Site AM Shopping	30 9:00 Coffee & Music 10:00 Open Discussion 12:30 Gentle Yoga	31 9:00 Coffee social 10:00 Hiking/Trivia 11:00 Chair Volleyball 12:30 Bingo AM Shopping	

East Cleveland Rose Center at Salvation Army

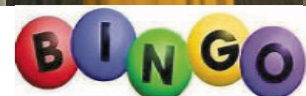


Highlights from our Masquerade Senior Prom!



Ongoing Weekly Programs

Monday	Tai Chi	12:30 pm
Tuesday	Bingo	12:30 pm
Tues- Thurs	Lunch w/Chef	12:00 pm
Thursday	Fit n Fab	10:30 am



EVERY TUESDAY

@ 12:30p

SPECIAL EVENTS

July 2nd- Make a Tshirt w/Knicole Prints (bring a blank shirt)

July 4th- CLOSED

July 11th- Special Trip

July 16th- Pizza lunch w/TLC Insur.

July 23rd-Ice Cream Social w/ Dedicated Senior Med.& Benn Insur.

July 24th- Special Trip

MIND & BODY ONGOING CLASSES & PROGRAMS

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	Tues.-Thurs	12:00pm	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

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>11:00 Tap Time</p> <p>12:00 Lunch w/Chef</p> <p>12:30 </p>	<p>2</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>10:30 Make a Tshirt</p> <p>12:00 Lunch w/Chef</p> <p>1:00 Bible Study</p>	<p>3</p> <p>Daily Activities</p> <p>10-12p- Dominoes</p> <p>12:00 Lunch w/Chef</p> <p>12:30 Fun & Games</p>	
<p>7</p> <p>Daily Activities</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>8</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>2:00 Lunch w/Chef</p> <p>12:30 </p>	<p>9</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>10:30 Computer Class</p> <p>12:00 Lunch w/Chef</p> <p>12:30 Yoga/ Meditation</p>	<p>10</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch w/Chef</p> <p>12:30 Fun & Games</p>	<p>11</p> <p>Daily Activities</p> <p>10:00 Lunch Trip</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>14</p> <p>Daily Activities</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>15</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>12:00 Lunch w/Chef</p> <p>Fitness Rm Workout</p> <p>12:30 </p>	<p>16</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>10:30 TLC Group</p> <p>Pizza Party Lunch</p> <p>1:00 Bible Study</p>	<p>17</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch w/Chef</p> <p>12:30 Fun & Games</p>	<p>18</p> <p>Daily Activities</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>21</p> <p>Daily Activities</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>22</p> <p>Daily Activities</p> <p>BRING A FRIEND</p> <p>10:00 Dominoes</p> <p>12:00 Lunch w/Chef</p> <p>12:30 </p>	<p>23</p> <p>10:00 Dominoes</p> <p>10:30 Computer Class</p> <p>12:00 Lunch w/Chef</p> <p>12:30 Ice Cream Soc w/Dedicated & Benn</p> <p>12:30 Yoga</p>	<p>24</p> <p>Daily Activities</p> <p>10:00 Special Trip</p> <p>12:00 Lunch w/Chef</p> <p>Flower Arranging</p>	<p>25</p> <p>Daily Activities</p> <p>11:30 Lunch</p> <p>12:30 Kings Corner</p>
<p>28</p> <p>Daily Activities</p> <p>10:00 Games</p> <p>11:30 Lunch</p> <p>12:30 Tai Chi</p>	<p>29</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>11:00 Seated Rhythm</p> <p>12:00 Lunch w/Chef</p> <p>12:30 </p>	<p>30</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>12:00 Lunch w/Chef</p> <p>12:30 Fun & Games</p>	<p>31</p> <p>Daily Activities</p> <p>10:00 Dominoes</p> <p>10:30 Fit & Fab</p> <p>12:00 Lunch w/Chef</p> <p>12:30 Fun & Games</p>	

Gunning Park Rose Center

Special Trips:

Friday, July 11, 2025 at 11:00 am

Edgewater Park

Friday, July 25, 2025 at 10:30 am

Sweeties Golfland

Active for Life Fitness

Tuesday, July 8th & 22th at 10:00 am



Tap Time, Chair Hula & Seated Rhythm

Healthy Cooking Class,

Demonstrations and free samples.



ZUMBA & Cardio Dance



Join us for Bingo on Monday's & Friday's.
Plus other fun activities throughout the
week at Gunning Park Rose Center.



Young Art Center
Friday, July 18th at 10 am.



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

Gunning Park Rose Center

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please make your weekly meal and or transportation reservation by Wednesday's before 10:00 am. Thank you!</p>	<p>1 9:30 Pinochle 9:30 Toast on Tuesday 10:00 Yarn Group 11:30 Lunch</p>	<p>2 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>3 EMS Screening 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>4th of July </p>
<p>7 10:00 Cardio Line Dance 11:30 Lunch 12:30 Bingo or Mind Your Memory</p>	<p>8 10:00 Music Bingo 11:30 Lunch 12:00 Fresh Flowers Arrangement</p>	<p>9 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>10 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>11 Special Trip Edgewater Park 11:30 Lunch 12:30 Bingo or Movie Matinee</p>
<p>14 10:00 Zumba 11:30 Lunch 12:30 Bingo or Mind Your Memory</p>	<p>15 9:30 Pinochle 9:30 Tap Time 9:30 Toast on Tuesday 11:30 Lunch</p>	<p>16 10:00 Healthy Cooking Class 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>17 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>18 9:30 Walking 10:00 Young Art Center 11:30 Lunch 12:30 Bingo or Friday Feud</p>
<p>21 10:00 Cardio Line Dance 11:30 Lunch 12:30 Bingo or Mind Your Memory</p>	<p>22 9:30 Pinochle 10:00 Yarn Group 10:00 Seated Rhythm 11:30 Lunch</p>	<p>23 9:30 Food Box 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>24 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>25 9:30 Walking Special Trip Sweeties Golfland 11:30 Lunch</p>
<p>28 10:00 Zumba 11:30 Lunch 12:30 Bingo or Mind Your Memory</p>	<p>29 9:30 Pinochle 9:30 Toast on Tuesday 11:30 Lunch</p>	<p>30 9:30 Waffle Wednesday 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>31 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>HAPPY SUMMER </p>

Paul W. Alandt Lakeshore Rose Center

Join us for Exercise Classes

Classes Begin at 10am

Monday- Aerobics

Tuesday- Fitness with Rashida (varies)

Wednesday- Virtual Exercise

Please join us on 7/1 and 7/29 as we have seated rhythm and seated tap dance classes with Active for Life!

Walking is daily at your leisure!



Cleveland EMS will be coming to Lakeshore the 2nd Thursday of the month for health screenings. Come get screened on Thursday, July 10th at 11:00 am

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.



The Center will be closed in observance of Independence Day on July 4th.

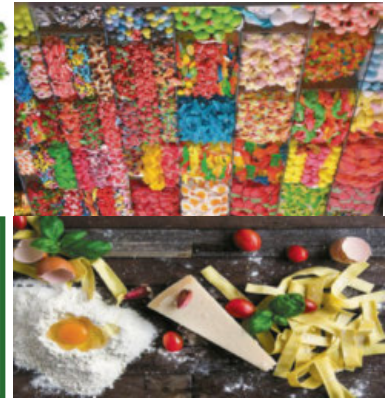


Monthly Trips

- ♦ 7/14 All City Candy
- ♦ 7/23 Farmer's Market (Cleveland Clinic)
- ♦ 7/25 Near West Theater (evening)
- ♦ 7/29 Gallucci's Italian Restaurant



Don't forget to redeem your Farmer's Market benefits !!



Interested in knowing more about Diabetes? Join us for a series of workshops focused on Diabetes, provided by Fairhill Partners on:

- ♦ July 10
- ♦ July 17
- ♦ July 24
- ♦ July 31

Workshops Begin at 10am!



Join us July 16th at 10am for an art project with Chris Young from Young's Art Studio



There is Limited Seating for this event.



Join us on July 3rd at 12 noon for our monthly party.

Birthday acknowledgements, group games and dancing!



Paul W. Alandt Lakeshore Rose Center

July

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>All reservations for meals and transportation should be made by Wednesday morning</i></p>	<p>1 10:00 Seating Rhythm Dancing 11:30 Lunch 12:00 Bingo sponsored by Humana</p>	<p>2 10:00 Virtual Exercise 11:30 Lunch 12:30 Bingo Pantry</p>	<p>3 10:00 Brain buster's w/ Barbara 11:30 Lunch 12:30 Bible Study Monthly Party</p>	
<p>7 10:00 Movin N Groovin w/ Christine 11:30 Lunch 12:00 Book Club</p>	<p>8 10:00 Fitness w/ Rashida 11:30 Lunch 12:00 Gardening</p>	<p>9 10:00 Virtual Exercise 11:30 Lunch 12:30 Bingo Pantry Mobile Post</p>	<p>10 10:00 Diabetes Workshop 11:00 EMS 11:30 Lunch 12:30 Bible Study</p>	<p>11 10:00 Fun and fitness w/ CSU 11:30 Lunch 12:00 Games</p>
<p>14 10:00 Movin N Groovin w/ Christine 11:30 Lunch 12:00 Book Club All City Candy Trip</p>	<p>15 10:00 Fitness w/ Rashida 11:30 Lunch 12:00 Gardening Build a Bouquet</p>	<p>16 10:00 Art w/ Chris Young 11:30 Lunch 12:30 Bingo Pantry</p>	<p>17 10:00 Diabetes Workshop 11:30 Lunch 12:30 Bible Study</p>	<p>18 10:00 Tea w/ Theresa 11:30 Lunch 12:00 Bingo</p>
<p>21 10:00 Movin N Groovin w/ Christine 11:30 Lunch 12:00 Book Club</p>	<p>22 10:00 Fitness w/ Rashida 11:30 Lunch 12:00 Gardening</p>	<p>23 10:00 Virtual Exercise 11:30 Lunch 12:30 Bingo Farmer's Market Trip</p>	<p>24 10:00 Diabetes Workshop 11:30 Lunch 12:30 Bible Study</p>	<p>25 10:00 Tea w/ Theresa 11:30 Lunch 12:00 Games Near West Evening Trip</p>
<p>28 10:00 Movin N Groovin w/ Christine 11:30 Lunch 12:00 Book Club</p>	<p>29 10:00 Seated Tap Dance 11:30 Lunch 12:00 Gardening Gallucci's Restaurant Trip</p>	<p>30 10:00 Virtual Exercise 11:30 Lunch 12:30 Bingo Pantry</p>	<p>31 10:00 Diabetes Workshop 11:30 Lunch 12:30 Bible Study</p>	<p>Please remember to cancel with STC by 7am (216) 265-1489</p>

Rose on the Go

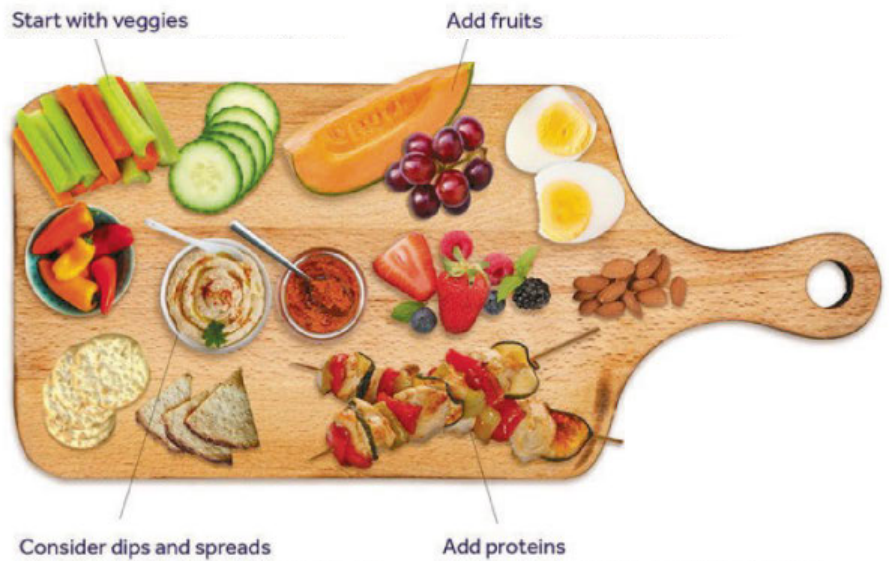
Healthier Picnics for a Healthier You!

As Summer brings warm days and later evenings, many of us head outdoors for good fun AND good food. Whether you're hosting a backyard cookout or planning a picnic at your local park, be sure to fuel you and your family with summertime meals that are both nutritious and safe!

If you plan to bring food that will remain outdoors for several hours, choose foods that won't wilt, melt, or spoil easily in the heat. Good choices are fresh and firm vegetables, chopped fruit, whole grains, pasta salad, beans, and trail mix! Looking to class the picnic up a bit? Food boards generally look as good as they taste, and making your own board allows you the freedom to include what you like and what's healthy.

Consider what makes a good board—a mix of textures, tastes, and finger-friendly foods!

With warm weather comes more opportunities to be social, which improves our moods and our overall health. Pack up a blanket, invite a friend to catch up with, and enjoy that picnic food! Just don't forget the sunscreen and bug spray .



King Kennedy & James Woods Rose Center

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

NEW At King Kennedy:
Meals will now require reservations.



Senior Boxes will be delivered July 15th! Keep your eye out for pick up times if you ordered a shelf stable box!
Missed July sign up? Sign up for next months delivery! MUST be 60 years of age and meet income elligibility.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or Dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temp above 103 Red, dry skin
Nausea or Vomiting		Nausea or Vomiting
Rapid, weak		Rapid, strong pulse
Muscle Cramps		May lose consciousness
<ul style="list-style-type: none"> Get to a cooler, air conditioned place Drink water if fully conscious Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> Move person to cooler place Cool using cool cloths or bath Do not give anything to drink

July 2025 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>1 Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Grape Juice 4 oz ALT=CBG RB</p>	<p>2 *Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CF V</p>	<p>3 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT-CBG RB</p>	<p>4 Closed Happy Fourth of July!</p>
<p>7 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT=CS T</p>	<p>8 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG TR</p>	<p>9 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Banana ALT=CF RB</p>	<p>10 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Peas ½ c Whole Grain Bun 2 oz Fresh Grapes 1 c ALT=CBG V</p>	<p>11 *Salisbury Steak 3 oz *Gravy 2 oz, *Mashed Potatoes ½ c *Zucchini ½ c Whole Grain biscuit 2 oz Pears ½ ALT=CF TR</p>
<p>14 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CS V</p>	<p>15 *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple chunks ½ c ALT=CBG RB</p>	<p>16 * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Green Beans ½ c Fresh Plum ALT=CF T</p>	<p>17 *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 TR</p>	<p>18 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun 2 oz Peaches ½ c ALT=CF RB</p>
<p>21 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CS V</p>	<p>22 *Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Pears ½ c ALT=CBG RB</p>	<p>23 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange ALT=CF TR</p>	<p>24 *Breaded Fish 3 oz Tartar Sauce 1 PC *Roasted Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Applesauce ½ c ALT=CBG RB</p>	<p>25 *Chicken Parmesan Patty 3 oz. W. Pesto Sauce ½ c *Antigua Blend ½ c *Cape Cod Blend ½ c WG Bun 2 oz Banana ALT=CF T</p>
<p>28 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz, *Corn ½ c 2 Whole Grain White Peaches ½ c ALT=CS TR</p>	<p>29 *Beef Lasagna 3 oz. *Spinach ½ c *Beets ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT=CBG T</p>	<p>30 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Cranberry Juice 4 oz ALT=CF V</p>	<p>31 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT=CBG TR</p>	<p>Menu Approved By: <i>Ann Staktheber MS, RDN, LD</i></p>

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

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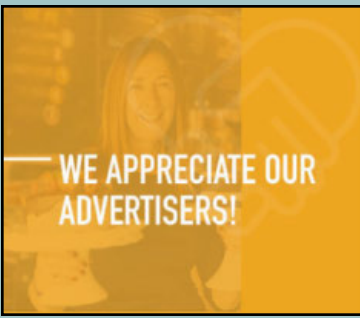
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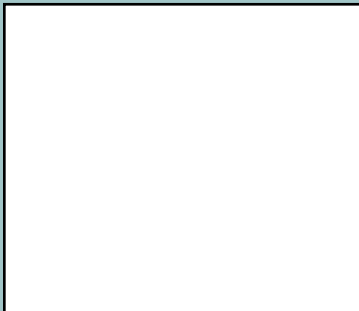
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