

FREE TRANSPORTATION AVAILABLE FOR SATURDAY MASSES

The Cluster Parishes of St. Martin of Tours, St. Monica, Sts. Peter & Paul and St. Therese in cooperation with the Maple Heights Department of Human Services, continue to offer transportation to the Saturday liturgy. This transportation is done on a rotating basis as follows:



- 1st Saturday of each month: St. Martin of Tours.....Mass time: 4:30 PM
- 2nd Saturday of each month: St. Monica.....Mass time: 4:00 PM
- 3rd Saturday of each month: Sts. Peter and Paul.....Mass time: 4:00 PM
- 4th Saturday of each month: St. Therese.....Mass time: 5:30 PM



This service is open to residents of Maple Heights and Garfield Heights who are 60 years of age or older. You are welcome to attend Mass at any or all of the four parishes whether or not you are a parishioner.

To reserve your seat or request more information, please call the Maple Heights Senior Center at 216-587-5472 by the Wednesday, before the Saturday you wish to attend. The first time you call to reserve your ride, you will be asked some basic information such as name, address, phone number, birthday and emergency contact information. Please have this information handy. We ask that you be ready for pickup one hour before the scheduled church service. This program will operate on a first call, first served basis.

Contact Us

Give us a call for more information about our services.

Maple Heights Senior Center
15901 Libby Rd.
Maple Heights, OH 44137

(216) 587-5481

E-Mail
lvopat@mapleheightsohio.com

Visit us on the web at
www.mapleheightsohio.com



GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell , Mayor

JANUARY 2019

Linda M. Vopat, Director of Human Services

Meal Reservations: 216-587-0015

Transportation Reservations: 216-265-1489

Fax: 216-587-9069

Additional Information: 216-587-5481

JANUARY PROGRAMS AT A GLANCE

- Jan 1: CLOSED - Happy New Year!
- Jan 3: 9:45 Movie: The Poseidon Adventure
- Jan 4: 9:45 - Chair Exercise - Video
- Jan 7: 9:30 USPS Truck
- Jan 7: 9:45 - Chair Volleyball—Beachwood Pt.
- Jan 8: 10:30 Sr. Site Council
- Jan 8: Noon January Birthday's
- Jan 9: 10:30 Cleveland Clinic - Skin Cancer
- Jan 9: 10:30 Tai Chi
- Jan 10: 9:45 Movie: Dante's Peak
- Jan 11: 9:45 - Chair Exercise - Video
- Jan 11: 10:00 Mind Challenge Trivia
- Jan 14: 9:45 - Chair Volleyball—Beachwood Pt.
- Jan 15: 10:30 BP Screening - Suburban Hlth
- Jan 17: 10:00 **BINGO**
- Jan 18: 9:45 Chair Exercise - Video
- Jan 21: CLOSED - MLK Day
- Jan 23: 10:30 Tai Chi
- Jan 24: 9:45 Movie: Book Club
- Jan 25: 10:00 Bunco
- Jan 28: 9:30 Hair Cuts—Mr. White
- Jan 28: 9:45 - Chair Volleyball Beachwood Pt.
- Jan 29: 10:30 Sr. Site Council Meeting
- Jan 30: 12:45 Sr. Gen. Meeting-Walton Manor
- Jan 31: 9:45 Movie: Mamma Mia! Here We Go Again

Linda

Message from Mayor Annette M. Blackwell

Happy New Year!

We have come to the end of the year (2018). During this year, the City of Maple Heights has moved forward in the areas of Economic Development (new and expanded businesses), Property Value Appreciation, Additional Employees hired in the City, updates to city buildings and equipment, a Metropark (Dunham Park), new LED lighting at the Municipal Center, City Hall and the Police Station, the under construction Pocket Park at Lee Road and Broadway Avenue, which will be known as the Mayor Jeffrey A. Lansky Memorial Park and with much more to come in future years.

Be sure to continue to look forward to very talented performers at the Summer Music-in-the Park series which is well attended. We are hoping to plan a citywide summer event with activities and events, and the very exciting news that there is a possibility that the pool at Stafford Park will re-open after receiving hard fought for grant dollars!

I would like to end this message with confirming that the City administration will continue to make the living experience and quality of life in the City of Maple Heights, one that serves the people of this community in the best way that we can every day, As the Mayor of this city, I want every resident to know that your support and engagement is essential to our continued recovery and success. Stay with us as we move forward.

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties. – Helen Keller

Blessings to you and yours in the New Year!



Interested in Advertising in the Golden Maple Leaves? Please Call for Details! Like us on Face book!

City of Maple Heights
Maple Heights Senior Center
15901 Libby Rd.
Maple Hts., Ohio 44137

PLACE
STAMP
HERE

Maple Heights Office On Aging | 15901 Libby Road | Maple Heights, Ohio 44137

- | | | |
|--|---|--|
| <p>District 1 - Stafford L. Shenett Sr.
District 2 - Toni Jones
District 3 - Ebony Miller
District 4 - Terry Woody Sr.</p> | <p>Members of City Council
President of Council—Ron Jackson
City Hall
5353 Lee Road
Maple Heights, Ohio 44137
Phone: 216-662-6000</p> | <p>District 5 - Tanglyn Madden
District 6 - Sharri Thomas
District 7 - Edwina Agee</p> |
|--|---|--|

Donations Accepted



The services offered at the Maple Heights Senior Center are funded by the City of Maple Heights, the Older Americans Act through the

Ohio Department of Aging and the Cuyahoga County Division of Senior and Adult Services, through the Health & Human Services Levy. Donations are accepted for the services of Congregate and Home-Delivered Meals, Outreach, Transportation, and Escort. The decision to donate or not to donate is totally yours and will in no way affect your eligibility for these services.

Monthly Bingo

The monthly bingo is usually the third Thursday of each month and starts at 10:00 a.m. Please check the newsletter for the date each month. If you would like to stay for lunch, your meal reservation should be made on Monday or Tuesday the week before. Thank you to Sunrise Pointe for the December Bingo prizes. The next Bingo will be January 17th



Volunteers Needed

The Maple Heights Senior Center offers many opportunities for you to give of your time and talents to others. Volunteers are needed to deliver home delivered meals and to escort seniors to medical appointments. For more information or to lend a hand, call 216—587-5481.

F.Y.I.

Division of Senior and Adult Services: 1-216-420-6750
Long-Term Care
Ombudsman Helpline: 1-800-365-3112
Long-Term Care Ombudsman: 1-216-696-2719
Western Reserve Area Agency on Aging: 1-216-621-8010

Transportation

Seniors 60 years or older who reside in the city of Maple Heights and bordering areas can request van transportation. The Maple Heights Senior van can be used for medical appointments, prescription pick-ups, grocery shopping, banking and to come to the Maple Heights Senior Center. Suggested donation is \$1.00 **each way.**

To register for the Senior Center call 216-587-5481. To make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, three (3) business days prior to, or up to two (2) weeks in advance, Monday through Friday from 7:00 a.m. to 5:00 p.m.

Maple Hts. Nutrition Program - New Meals!

Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. It is the Center's policy that you arrive by 11:30 a.m. for your reserved lunch, otherwise it will be offered to a person on the stand-by list. Meal reservations are made one week in advance on Monday or Tuesday. You can reserve or cancel a lunch either by phone at 216-587-0015 or in person from 9:00 AM to 5:00 PM. **We are pleased to announce additional options to your menu! We will be accepting 3 different menu choices for each day. When calling in your meal reservation, please tell us if you want the regular hot meal, the Cold Plate (CP) option of Chicken Salad w/Croissant (Monday only) or Spring Lettuce Salad w/Chicken Breast (Tues—Fri) or the Boxed Lunch (BX) option of Tuna, Turkey or Roast Beef designated on the menu for each day. We are now taking lunch reservations for the new meal options.**

Outreach Service

If you know someone in Maple Heights who is 60 plus and needs assistance, please contact Jaimie Hasenohrl to arrange an OUTREACH VISIT from 8:30 a.m. to 5:00 p.m. at 216-587-5451.

Notary Services Available

Maple Heights Resident Audrey Brandon

Has offered her services as a Notary Public to all of our Seniors. Please call 1-216-587-5481 or speak to a staff member to make an appointment with Audrey for all your Notary needs.

Medicare Assistance

An OSHIIP Counselor is available to all seniors at the Maple Heights Senior Center. Staff will assist you with Medicare forms and questions. Appointments for this service can be made by calling 216-587-5481.

Chair Exercises - SIT and be FIT

By request of the Maple Heights Seniors, the center is offering a weekly chair exercise class. This a 2 DVD set called SIT and be FIT for 2 complete workouts. Easy fitness for Seniors. This exercise format is administered by Juanita Womack, Vice President of the Senior Site Council every Friday (unless other activities are planned) on Friday's beginning at 9:45 AM. Please check the Newsletter for weekly dates.



Income Tax Preparation

AARP will be providing the free income tax service for seniors and low-income individuals every Monday beginning February 4th through April 8th from 9:15 AM—2:30 PM with the exception of February 18th. We are closed due to Presidents day. We will begin scheduling appointments on Monday, January 7, 2019. Please call 216-587-5481 to schedule your Appointment.



Mobile Food Pantry - Here we grow again!

The City of Maple Heights and the Cuyahoga County Board of Developmental Disabilities in cooperation with the Greater Cleveland Food Bank are sponsoring a **New Mobile Farmers Market** at the **Maple Heights Adult Training Center** 14775 Broadway Ave. Maple Heights, Ohio 44137 From 9:30—11:30 AM

On the third Thursday of every Month our next date will be Thursday, January 17th

Please Bring Your Own Bags

Learn to Play BUNCO!

Bunco is a social dice game, traditionally played with 12 players, who are divided into three tables with 4 players at each table. But really, any number can play. Join in to play Bunco on at the Maple Heights Senior Center. Just \$1.00 to play. The money collected will then be distributed to the person(s), who wins Most Bunco's, Most Baby Bunco's, Most Wins, Most Losses! Thank you to Suburban Pavilion for providing a gift card for the person who wins the "Most Bunco's" prize.



Volunteer of the Month



Evelyn Lewis



Telephone Reassurance

Any elderly person who is homebound or lives alone and would like a daily phone call, please contact the Center at 216-587-5451. Let us provide you with a reassuring daily call to let you know we care.

Legal Aid for Seniors

The Legal Aid Society offers legal counseling and services to persons age 60 and over.

New intakes are processed via phone:

888-817-3777 (toll-free)

Monday, Wednesday, Friday: 9 a.m. – 4 p.m.

Tuesday, Thurs: 9 a.m. – 2 p.m.

In-person intake applications are handled:

Tuesday, Thursday 9 a.m. – 1 p.m.

At any of four Northeast Ohio Offices in Cleveland, Elyria, Jefferson & Painesville

Visit www.lasclev.org for more information

Benefits Checkup

The program is a simple way for you to learn about state and federal programs you may be eligible for. You need to use a computer and answer several simple questions. The program will bring up a list of possible programs you may qualify for. Call 216-420-6840 for more information or the website to log onto is:

www.benefitscheckup.org/link/cuyahoga

Podiatry Service

Lara S. Poduska, DPM will be available for foot care. Assignment from Medicare and Medicaid is accepted. Special arrangements can be made for persons on HMO insurances. Call Dr. Poduska's office at 216-662-0027 for an appointment.

Thank You to the Following Seniors

For donations of money, cups, sugar, creamer, coffee, Tea and/or snacks, straws & wrapping silverware

**Rosemary & Otis Cesco
& Gayle Holman**



Hot Meals Program

The Maple Heights Lutheran Church of the Covenant will be offering a FREE Hot Meal on the last Thursday of the month. Meals will be served from 5:00 – 6:00 pm. The Maple Heights Lutheran Church of the Covenant is located at 19000 Libby Road. For a ride call 216-587-5481.

Hair Cuts - Isiah White

Isiah White is a licensed barber that will be coming to the Maple Heights Senior Center on the last Monday of each month! Except those months where there is a holiday that falls on the last Monday. He will then come the week before. The cost is \$6.00 per hair cut. He is scheduled to come at 9:30 AM. Please call 216-587-5481 to schedule your appointment. See calendar for date.



Cleveland Clinic

The Cleveland Clinic provides community outreach education as part of a grant with the Maple Heights Office on Aging. They will be coming on a quarterly basis. The next scheduled date is **Wednesday, January 9th** the topic of discussion will be focusing on **Skin Cancer** starting at 10:30 AM.



Senior Employment Service

Employment opportunities are available through various Senior employment services. The following agencies offer some kind of assistance for employment opportunities.

AARP Senior Employment Program: 216-881-1155

Jewish Family Service Association: 216-292-3999

National Caucus & Center on Black Aged:
216-721-9197

Parma Employment Connection: 216-898-1366

Vocational Guidance Service Incorporated:
216-431-7800

Book Delivery for Homebound-Library2you

Library2You is a free service for homebound individuals from Cuyahoga County Public Library which mails library materials to your home. Are you a Cuyahoga County resident who is unable to visit the library for one of the following reasons?

- Frail older adult age 60 and older
- Physically, visually and/or mentally impaired
- Temporarily homebound

Contact the Adult Services Department at
216-749-9307 to make arrangements.

NEW Chair Volley Ball! NEW

Our chair volley ball games are under way and so much fun! Rebecca Moore from Beachwood Pointe Care Center is coming every Monday to administer Chair Volleyball Games. Chair Volleyball is a rapidly growing sport among seniors and great exercise too! Won't you join us?



December Birthday's

On Tuesday December 11th, we celebrated birthdays at the Senior Center. The special birthday table was covered with a festive tablecloth distinguishing it from other tables in the dining room.

**Special Thank You to
Suburban Health Care
for providing Cakes!**

HAPPY BIRTHDAY!!!



Agnes Kobzowicz 12/02 Sid Smith 12/08
Phyllis Leanza 12/10 Ruby Simpson 12/12
Norman Borowski 12/19 Odella Pearson 12/19
Evelyn Lewis 12/26

USPS Mobile Truck

The United States Post office Mobile truck usually visits the Maple Heights Senior Center on the first Monday of each month. This is a full service mail truck to accommodate all your mailing needs. The next visit will be

Monday, January 7, 2019

Blood Pressure Screening - Tuesday

Melissa from Suburban Pavilion will be doing blood pressure screenings on the Third **Tuesday** of every month at 10:30 AM



Suburban Pavilion Nursing
and Rehabilitation Center



Groovy Movies 9:45 AM

January Movies - 2nd Floor



Thursday, January 3rd - The Poseidon Adventure

7.1/10 (1972)

Nine people explore a cruise ship at sea in a manner that turns their whole lives upside down.

Snacks provided by Walton Manor

Thursday, January 10th - Dante's Peak

5.9/10 (1997)

A volcanologist arrives at a countryside town recently named the second most desirable place to live in America, and discovers that the long dormant volcano, Dante's Peak, may wake up at any moment.

Snacks provided by Beachwood Pointe

Thursday, January 24th - Book Club

6.1/10 (2018)

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

Snacks provided by Sunrise Pointe

Thursday, January 31st - Mamma Mia! Here We Go Again

6.9/10 (2018)

Five years after the events of [Mamma Mia!](#) (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

Snacks provided by Maple Heights Senior Site Council

Free Tai Chi Classes

In cooperation with the Maple Heights Adult Activities Center is offering a free Tai Chi Class on Wednesday Mornings from 10:30 -11:30 AM. The classes will be 2nd & 4th Wednesday's of the Month. Transportation will be available from the Maple Heights Senior Center leaving between 10:00 AM and 10:15 AM. You can drive directly to the activity center and participate at the Maple Heights Adult Activities Center 14775 Broadway Ave., Maple Heights. For more Information call 1.216.587.5481



Walton Manor - General Meeting - Heart Health

AnaMaria Talpa from Walton Manor Health Care Center - Saber Healthcare Group will be coming to the Maple Heights Senior Center the day of the general meeting to speak about "Heart Health". She will be coming on a quarterly basis for 2019 year to speak on various topics. The general meeting this month will be on Wednesday, January 30th at 12:45 pm.

Please join me in welcoming Ms. Talpa to the Senior Center.



NORTHEAST OHIO MIND CHALLENGE



Enjoy Academic Challenge or Trivia? Ever want to be part of the Team? If so, represent the City of Maple Heights in the inaugural NEO Mind Challenge for the New Majority, coordinated by SCORE Communications, a local marketing firm.

Local municipalities will seat one team to compete against others throughout the Northeast Ohio region. Bragging rights and cash prizes will be rewarded to both team members and the team's organization – more than \$2,500 will be awarded to the winning team! All participants, regardless of team placement, will receive a T-Shirt and the opportunity to attend the Championship event in April, 2019.

If you are interested, participants will begin competing in December for the opportunity to make our team. The team will include the top 4 scorers and 2 alternates. Play-off competition against other municipal teams will follow with the Smart Sixteen (January), Elevated Eight (February), Fact Finding Four (March) and Mind Challenge Championship (April).

A trivia company will be at the Maple Heights Senior Center on Friday, January 11th from 10:30 AM - 11:30 AM to facilitate the trivia contest for all Seniors interested in participating to form a team to represent Maple Heights. This opportunity is for all those in the New Majority age group 50 years old and up. As mentioned above all participants will receive a T-Shirt.



The CARE Program is actively recruiting volunteers to assist elderly home owners with simple tasks around their homes in your area! Become a part of our team, give back to the community, and help make a difference in the lives of local senior citizens! For more information please call Eric McLellan at 216-848-0594 or email Eric at mcllellane@communitypartnershiponaging.org.

This Initiative is funded in part through a Senior Center Innovation Grant awarded by the Cuyahoga County Division of Senior and Adult Services through the Health & Human service Levy.



YOU CAN ASSIST US

- By being courteous to our drivers
- By being ready 15 minutes prior to your scheduled pick up time.
- By being patient

The drivers have rules to follow and try to be fair and courteous to everyone. During inclement weather and Senior Center special events, expect delays. These delays are out of our control. Your understanding is appreciated.

ALTERNATE TRANSPORTATION

- Cleveland Clinic/Marymount Bus216-906-5738
- Maple Heights Cab.....216-662-6666
- Provide-a-Ride.....216-475-1001

The services offered at the Maple Heights Senior Center are funded through a levy passed by the residents of the City of Maple Heights, the older American Act through the Ohio Department of Aging, the Western Reserve Area on Aging, the Cuyahoga County Department of Senior and Adult Services.

The decision to donate or not is totally yours and will in no way affect your eligibility for the transportation services.



TRANSPORTATION REGULATIONS

Mayor Annette M. Blackwell

Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 44137

Linda M. Vopat, Director of Human Services

- Administrative Offices.....216-587-5481
- Reservation desk.....216-587-0015
- Transportation Information.....216-587-5472

Hours of Operation
Monday– Friday
9:00 AM - 5:00 PM

The Maple Heights Senior Van

WHO CAN USE THE VAN?

Seniors 60 years of age or older and disable individuals who reside in the City of Maple Heights and bordering areas in compliance with Federal Regulations for Specialized Vehicle Transportation, The Western Reserve Area Agency on Aging (WRAAA), The Ohio Department of Aging (ODA) and The Department of Senior and Adult Services (DSAS) contract compliance.

HOW DO YOU RESERVE A RIDE?

All rides must be scheduled by noon **3 business days prior** to the scheduled appointment of up to 14 days in advance. Call 1-216-265-1489, Monday through Friday between 7:00am - 5:00pm. Please provide the following information:

- Rider's name, address and phone number
- Date and time of appointment
- Destination address and phone number
- If a medical appointment, doctor's name, address and phone number.

MEDICAL APPOINTMENTS

Trips for medical appointments must be within service area. If there is a doubt, please contact the STC with questions. Van service begins approximately **9:30 am** and service ends at approximately **3:00 pm**. Please schedule appointments during these hours and allow time to be home before service ends.

Since returns trips are not available after these hours, please make other return trip arrangements.

HOME APPOINTMENTS

Reservations for grocery shopping, banking prescription pick ups and other social service agencies should be made within service hours and within service area. Scheduled shopping trips are as follows:

- Mondays - Drugmart
- Tuesday - Save-A-Lot
- Wednesday - Giant Eagle at City View
- Thursday - Marcs in Garfield Heights
- Friday - Giant Eagle at Southgate

There is a limit of four (4) shopping bags per rider.

RIDES TO THE SENIOR CENTER

Please call the STC at 1-216-265-1489, 3 to 14 days ahead to schedule your ride. Pick-ups will begin at approximately 8:30 am. Return trips are at approximately 1:00 pm. Please inform a staff member, if you make other arrangements to return home.

***PLEASE DO NOT CALL THE MAPLE HEIGHTS SENIOR CENTER TO SCHEDULE YOUR INITIAL RIDE. ALL RIDES MUST BE SCHEDULED THROUGH STC, AS INSTRUCTED.**

***A SUGGESTED DONATION OF \$1.00 EACH WAY IS APPRECIATED.**

January 2019 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Written By: Carolynn Scott</p> <p>Menu Approved By: Jill Riffle MS, RDN, LD</p>	<p>1</p> <p>HAPPY NEW YEAR 2019 Site Closed</p>	<p>2</p> <p>*Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c Green Peas ½ c Blueberry Muffin 2 oz. Chunky Applesauce ½ c</p> <p>ALT =CBG TR</p>	<p>3</p> <p>*Swiss Steak 3 oz./Gravy 2 oz. *Mashed Potatoes ½ c Green Beans ½ c W. G. Dinner Roll 2 oz Tropical Fruit ½ c</p> <p>ALT= CBG T</p>	<p>4</p> <p>*Chili Con Carne 8 oz. Mixed Vegetables ½ c Corn Muffin 2 oz. Apple Juice 4 oz. Banana</p> <p>ALT = CBG TR</p>
<p>7</p> <p>*BBQ Chicken Breast 3 oz. *Butternut Squash & Sweet Potato Medley ½ c Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz.</p> <p>ALT= CS RB</p>	<p>8</p> <p>*Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. *Brown Rice ½ c Oriental Blend Vegetables ½ c Baby Lima Beans ½ c Whole Grain Wheat Banana</p> <p>ALT=CBG T</p>	<p>9</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 Apricots ½ c</p> <p>ALT= CBG TR</p>	<p>10</p> <p>*Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Green Peas ½ c Whole Grain White Pineapple Chunks ½ c</p> <p>ALT=CBG T</p>	<p>11</p> <p>*2 (2oz.) Stuffed Shells *w/Sauce 2 oz. Spinach ½ c Lemon Juice 1 PC California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c</p> <p>ALT=CBG RB</p>
<p>14</p> <p>*Breaded Fish 4 oz. Tartar Sauce 1 PC/Ketchup 1 PC Seasoned Wedge Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT=CS RB</p>	<p>15</p> <p>*Cheese Ravioli 6 oz. Green Peas ½ c Baby Carrots ½ c Whole Grain Breadsticks 2 oz. Sliced Apricots ½ c</p> <p>ALT=CBG RB</p>	<p>16</p> <p>*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>17</p> <p>*Breaded Chicken Breast Pattie 3.75 oz *Mashed Potatoes ½ c /Gravy 2 oz Spinach ½ c w/ Vinegar 1 PC Whole Grain Wheat Orange Whole Grain Vanilla Wafers</p> <p>ALT=CBG RB</p>	<p>18</p> <p>*Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c Mixed Vegetables ½ c 2 Whole Grain White Tropical Fruit ½ c</p> <p>ALT=CBG T</p>
<p>21</p> <p>Martin Luther King Day</p> <p>Site Closed</p>	<p>22</p> <p>*Vegetable Lasagna 6 oz. Green Peas ½ c Brussel Sprouts ½ c Whole Grain Wheat Pineapple Chunks ½ c W. Grain Vanilla Wafers</p> <p>ALT=CS RB</p>	<p>23</p> <p>*Salisbury Steak 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Harvard Beets ½ c W. G. Buttermilk Biscuit 2 oz. Mixed Fruit ½ c</p> <p>ALT=CBG TR</p>	<p>24</p> <p>*Beef Sloppy Joe 4 oz. Seasoned Wedge Potatoes ½ c Ketchup 1 PC Mixed Vegetables ½ c Whole Grain Bun Banana</p> <p>ATL=CBG T</p>	<p>25</p> <p>*Chicken Breast Stuffed w/ Broccoli 6 oz. Green Beans ½ c Baby Carrots ½ c 2 Whole Grain White Sliced Apricots ½ c</p> <p>ALT=CBG RB</p>
<p>28</p> <p>*Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c Buttered Beets ½ c Mixed Vegetables ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CS T</p>	<p>29</p> <p>*Stuffed Pepper 6 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c Kernel Corn ½ c 2 Whole Grain Wheat Mandarin Oranges ½ c</p> <p>ALT=CBG TR</p>	<p>30</p> <p>*Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c Spinach ½ c w/ Vinegar 1 PC Whole Grain Dinner Roll 2 oz. Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>31</p> <p>*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain White Bread Cinnamon Applesauce ½ c</p> <p>ALT=CBG TR</p>	<p>Choice of : 1% Milk or Buttermilk</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk</p>




Western Reserve Area Agency on Aging - 2019

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1) Closed – Happy New Year!</p> 	<p>2) 1:00 PM Bid Whist, 7:00 PM Council Meeting</p> 	<p>3) Movie: 9:45 AM – The Poseidon Adventure Snacks Provided by Walton Manor</p> 	<p>4) 9:45 AM - Chair Exercises with Video</p> 
<p>7) Meal Reservations, 9:30 USPS Mail Truck, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>8) Meal Reservations, 10:30 AM Senior Site Council, Noon January Birthday's Sponsored by Walton Manor</p> 	<p>9) 10:30 AM Cleveland Clinic – Skin Cancer, 10:30 Tai Chi, 1:00 PM Bid Whist</p> 	<p>10) Movie: 9:45 AM – Dante's Peak Snacks Provided by Beachwood Pointe</p> 	<p>11) 9:45 AM - Chair Exercises with Video, 10:00 AM Mind Challenge Trivia</p> 
<p>14) Meal Reservations, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>15) Meal Reservations, 10:30 AM Blood Pressure Sponsored by Suburban Health</p> 	<p>16) 1:00 PM Bid Whist, 7:00 PM Council Meeting</p> 	<p>17) 10:00 Bingo Sponsored by Suburban Health</p> 	<p>18) 9:45 AM - Chair Exercises with Video</p> 
<p>21) Closed – MLK Day</p> 	<p>22) Meal Reservations</p>	<p>23) 10:30 Tai Chi, 1:00 PM Bid Whist</p> 	<p>24) Movie: 9:45 AM – Book Club Snacks Provided by Sunrise Point</p> 	<p>25) 10:00 AM BUNCO</p> 
<p>28) Meal Reservations, 9:30 Hair Cuts Isiah White – Licensed Barber, 9:45 Chair Volleyball Sponsored by Beachwood Pointe Administered by Rebecca Moore</p> 	<p>29) Meal Reservations, 10:30 AM Senior Site Council Meeting</p> 	<p>30) 10:30 AM - Speaker Walton Manor - Heart Health, 12:45 General Meeting, 1:00 PM Bid Whist</p> 	<p>31) Movie: 9:45 AM – Mamma Mia! Here We Go Again Snacks Provided by Maple Hts. Site Council</p> 	

Meal Reservations are taken on Monday and Tuesday, One Week in Advance, @ 216.587.0015