

Cove Community Center 12525 Lake Avenue 216-521-1515 aging@lakewoodoh.gov
Nutrition Information for Congregate Meals & Home Delivered Meals please call 216-529-5000
Volunteer Services, Programs and Activities please call 216-529-3069
Social Work / Outreach please call 216-521-1515 option 4 or 5
Transportation to Cove Community Center & Special Events please call 216-521-1288
Transportation for medical appointments, please call
Senior Transportation Connection (STC) @ 216-265-1489

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A gentle reminder to all participants of the Lakewood Division of Aging

We would appreciate it if you would consider the following suggested donations:
 A ride on the Division of Aging bus is \$3.00 per round trip. Lunch is \$1.00 per day.

Have you filled out your PIF yet?

All Division of Aging participants must complete a Participant Intake Form annually.
 This information is required by our funders. Please make sure forms are fully completed.
 Contact the Social Work Office at 216-521-1515 option 4 with questions or concerns.

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The Lakewood Division of Aging's services are funded in part by a Title III grant under the Older Americans Act, administered by the Ohio Department of Aging through the Western Reserve Area Agency on Aging, Cuyahoga County through the Health and Human Services levy and Program Donations. **Thank you for your support!**

Visit the City of Lakewood website at www.lakewoodoh.gov

It is the policy of the City of Lakewood that there shall be no discrimination on the basis of race, religion, color, age, sex, national origin, sexual orientation or disability.

Cove Community Center
 Division of Aging
 12525 Lake Avenue
 Lakewood, Ohio 44107



Lakewood Senior Services
 Department of Human Services
 Division of Aging

August 2026

***August has arrived
 and it looks like it's going to be a bit
 toasty outside, so...
 in consideration of the "Heat Wave"
 we are expecting, we have planned a
 calendar full of fun-filled events
 that we hope will keep you cool
 while having fun!***

***And there's lots to choose from!
 A few "new" adventures
 (and some of our favorites!)
 so come in on the first of the month
 and sign-up for everything
 and anything that sounds like fun!***

See you soon,

Susan

**PLAN TO JOIN US
 FOR SOME FUN AND FACTUAL...**

LAKEWOOD



**HOSTED BY OUR VERY OWN
 LAKEWOOD COUNCILMAN
 TOM BULLOCK!**

WEDNESDAY, AUGUST 12TH AT 10:30AM

Councilman Tom Bullock will be at
 Cove Community Center on August 12th
 to host a fun game of **LAKEWOOD TRIVIA!**
 Think you've got what it takes to outsmart
 everyone? Come in and test your knowledge
 of our fine city!

AUGUST IS PACKED FULL OF FUN TRIPS!

FARMER’S MARKET TRIPS WEDNESDAYS, AUGUST 5TH & AUGUST 26TH

Sign up on the Event Registration Form to take one or both trips to the Madison Park Farmers Market!

If you received a Farmers Market Nutrition Card, be sure to bring it along! Transportation is free. Bring funds for shopping.



WEST SIDE MARKET FRIDAY, AUGUST 7TH

The West Side Market is currently home to 60 small businesses offering fresh produce, meats, seafood, baked goods and more! Some businesses are just getting started while others have been passed down through generations. As the West Side Market is currently undergoing a \$70 million transformation, come along to check out it’s rich history along with new experiences to be enjoyed by Clevelanders for the next 100 years.

Transportation is \$3.00. Bring funds for shopping.



LA FLOR MICHOACANA PALETERIA & NEVERIA TUESDAY, AUGUST 11TH

Come with us to this authentic Mexican ice cream shop in Fairport Harbor.

They specialize in handmade *paletas*, creamy ice cream, and refreshing *aguas frescas* made with fresh, natural ingredients.

Transportation is \$3.00 Bring funds for ice cream.

DOLLAR TREE WEDNESDAY, AUGUST 12TH

Come shop for early Fall finds, household necessities, and affordable goods of all kinds at Dollar Tree.

Be sure to walk every aisle as you never know what you may come across!

Transportation is \$3.00. Bring funds for shopping.



SOUTHPARK MALL TUESDAY, AUGUST 18TH

Explore all of the shops you love at SouthPark Mall.

With over 100 options, you are sure to find something you’ll want.

Or come along to hang out in the food court and enjoy some time with friends while having lunch. And bonus, there is a movie theater if you’d rather snack there while catching a flick!

Transportation is \$3.00. Bring funds for shopping, lunch, and/or a movie!



POTBELLY INDEPENDENCE WEDNESDAY, AUGUST 19TH

Potbelly Sandwich Works, also known as just *Potbelly*, is an American fast-casual restaurant chain with over 400 locations that focuses on submarine sandwiches and milkshakes. Potbelly was founded in 1977 in Chicago and its name refers to the potbelly stove. Sign up to experience one of their delicious subs!

Transportation is \$3.00. Bring funds for lunch.



KRAKOW DELI IN POLISH VILLAGE PARMA TUESDAY, AUGUST 25TH

Once you’ve entered through the doors of Krakow Deli, prepare to feel as though you’ve just arrived in the heart of central Europe! The Krakow Deli is a delightful specialty grocery store that offers many high quality imported products, from soups, syrups, cookies and candy, to authentic Polish meats and much more!

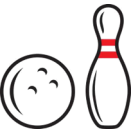
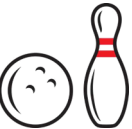
Transportation is \$3.00. Bring funds for shopping.



ROLLHOUSE LANES THURSDAY, AUGUST 27TH

We are going to open bowling at RollHouse Lanes, where the pins are always ready to tumble! Whether you’re looking to practice your strikes, have a casual outing with friends, or just need a fun way to unwind, these lanes offer a top-notch bowling experience.

Transportation is \$3.00. Bring funds for bowling, bowling shoes, and



AUGUST 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 *Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Mushrooms ½ c *Spinach ½ c w/Lemon PC Fresh Fruit Salad 1 c ALT=CS TR	4 *Pork Pattie 3 oz w/ BBQ Sauce *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Whole Grain Bun 2 oz Mandarin Oranges ½ c ALT=CBG RB	5 *Breaded Chicken Patty 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CF TR	6 *Turkey Tetrazzini 4 oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Peaches ½ c ALT=CBG RB	7 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CF TR
10 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Grape Juice ½ c ALT=CS TR	11 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w/ 2 oz sauce *Broccoli ½ c, *Cauliflower ½ c W.G. Roll 1 oz Applesauce ½ c ALT=CBG V	12 *Tuna Salad 3 oz *Tomato Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CF RB	13 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz Mandarin Oranges ½ c ALT=CBG RB	14 *Stuffed Cabbage 6 oz *Mashed Potatoes ½ c *California Blend ½ c 2 Whole Grain Wheat Fresh Plum ALT=CF TR
17 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Spinach ½ c w/ Lemon 1 PC *Harvard Beets ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	18 *Chicken stuffed w/ Broccoli 6 oz *Mashed Potatoes ½ c, *Gravy 2 oz *Brussels Sprouts ½ c 2 Whole Grain White Orange ALT=CBG RB	19 *Stuffed Pepper 6 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 W.G. Wheat Pineapple Chunks ½ c ALT=CF T	20 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Green Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Bread 2 oz Sliced Peaches ½ c ALT=CGB RB	21 *Roasted Turkey Breast 3 oz *Gravy 2 oz, W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Fresh Grapes 1 c ALT=CF RB
24 *Chicken Parmesan 3 oz w/ Sauce 2 oz, W.G. Rotini ½ c *Spinach ½ c w/ Lemon Jc. 1 PC *Bermuda Blend ½ c Whole Grain Wheat Diced Pears ½ c ALT=CS RB	25 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CBG RB	26 *Chicken Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend ½ c Whole Grain Wheat Fresh Plum ALT=CF RB	27 *3 oz Corned Beef *Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT=CBG T	28 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT=CF RB
31 *Salisbury Steak 3 oz, *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT=CS T	Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice *=take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDW, LD</i>		

Western Reserve Area Agency on Aging - 2026

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

**SENIOR CHEFS AUGUST EDITION ARE MAKING
BBQ CHICKEN FLATBREAD!**

THURSDAY, AUGUST 13TH AT 12:30PM



This month's demonstration is going to be fantastic! Chef Erin is teaching us how to make BBQ Chicken Flatbread and we can't wait! It's the perfect summer food for you and your family and friends! So come on in to have some fun with us and a tasty treat too!

**WHO'S READY FOR ANOTHER GREAT
ART PROJECT WITH FARRELL FOUNDATION
RIGHT HERE AT
COVE COMMUNITY CENTER?**

THURSDAY, AUGUST 20TH AT 12:30PM

Get ready to join in on the fun as we see what **Farrell Foundation**, our gracious host, brings us this time in the form of "Art and Expression"!

Sign-up for this wonderful class will be at the Bistro, but register early because this class will fill up quickly!



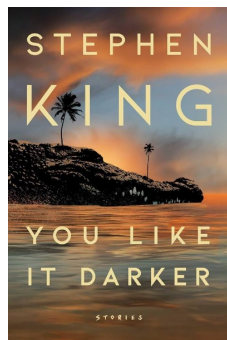
CARROL'S BOOK DISCUSSION GROUP READS...

"YOU LIKE IT DARKER" by Stephen King

MONDAY, AUGUST 24TH AT 1:00PM

From legendary storyteller and master of short fiction Stephen King comes an extraordinary new collection of twelve short stories, many never-before-published, and some of his best EVER. *"You like it darker? Fine, so do I" writes Stephen King in the afterword to this magnificent new collection that delves into the darker part of life.*

For more information about this month's book or the discussion group, call Carrol at 216-521-1090!



**PRESENTATION BY THE
NORTH UNION FARMERS MARKET
TUESDAY, AUGUST 4TH AT 10:00AM**

Denise Sumbry will be here to present information on all of the benefits you can receive if you have a SNAP benefit card, as well as everything you need to know about their farmers market program. Plan to be here for this informative session!



**SCIENCE WITH DAN!
MONDAY, AUGUST 10TH AT 10:00AM**

and

MONDAY, AUGUST 24TH AT 10:00AM

Meet us downstairs in Activity Room 1 for two different but equally interesting sessions of

Science with Dan!

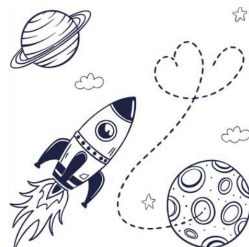
You won't want to miss these either of these great discussions with Dan as he shares the latest info on a variety of very intriguing topics!

And you will definitely want to join in on the fun because this is one of our most attended offerings!



Get here by 10:00am to get your seat as Dan imparts the latest findings.

**Stay in
the know!**



**COME JOIN IN ON TUESDAY MORNING
BOCCE GAMES ON OUR OUTDOOR COURT!**

We are solidly into the summer months and the weather is gorgeous. What better time to get outside and have some fun! This month, we will be planning on having weekly bocce games on Tuesday mornings. Get your friends together and make your way outside to the Bocce court.



You will quickly find out how easy this game is to learn and how much fun you will have!

~HOW TO REGISTER FOR TRIPS~

Registration starts at 10:00am on the first business day of the month.

Event registration forms will be available at 8:00 am on registration day

and can be found in the information rack near the front desk at Cove Community Center.

Although registration starts on the first business day of the month, you can register anytime after (spaces limited). Please have your form completed along with cash or check (no credit cards accepted) when you come to register.

If possible please have correct dollar amount as change is limited and keep your receipt.

Contact Susan at 216-529-3069 if you need more details!

**LINE
DANCING
WITH CAROLINE!**

**EVERY FRIDAY
AFTERNOON
IN AUGUST!**

**AUGUST
7TH, 14TH,
21ST, 28TH
12:30PM**

Come kick up your heels as Caroline gets us moving with some fun line dances!

**NO EXPERIENCE
NEEDED TO JOIN IN ON THE
FUN!**

ATTORNEY MARGARET KARL

WEDNESDAY, AUGUST 26TH

9:00AM TO 11:00AM

Book your appointment today to meet with Attorney Margaret Karl right here at Cove. She is available for a free 30 minute consultation (by appointment only) and will help answer your questions as well as assist you in navigating the legal world.

**Appointments may be made with Susan
by calling 216-529-3069
or stop in to see Susan while you're here!**

Lakewood Police invite you to:

Coffee with a VET



First Tuesday of the Month
at
Cove Community Center
12525 Lake Avenue
0900-1100 hrs.

**YOU DIDN'T THINK WE FORGOT ABOUT OUR
MONTHLY NEWSLETTER CONTEST DID YOU??**

Head on over to our information rack near the front desk and grab your August puzzle to solve!

Once both sides are completed, show your sheet to Janet or Susan by Friday, August 21st to be entered into our drawing!

**ONE TICKET WILL BE RANDOMLY DRAWN AND THE
WINNER WILL GET TO SELECT A PRIZE!**

Choose from either a Malley's candy bar or an item from our prize bucket!

And be sure to join in on the fun because even if you can't be here on drawing day, the winner can select their prize the next time they come to Cove Community!

We hope you enjoy our monthly puzzles as much as we do!

GOOD LUCK EVERYONE!

BRAND NEW TO COVE COMMUNITY CENTER...

EUCHRE MEETUP EVERY THURSDAY AFTERNOON!

Looking for a fun afternoon of Euchre with friends, old and new? Well look no further because you can now find that right here at Cove! Join us every Thursday at 1:30PM to test your Euchre skills, or learn how to play this fun fast-paced, trick-taking card game!



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 REGISTRATION @ 10:00 AM		4		5		6		7	
9:30 Games (CR) 10:00 Giant Jenga (CR) 10:00 EVENT REGISTRATION 10:00 * Grocery Shopping @ Giant Eagle 12:30 Adaptive Jazzercise (CR)		9:00-11:00 Coffee with a Vet (CR2) 9:30 Games (CR) 9:30 \$ Adaptive Qi Gong (A1) 10:00 Presentation by North Union Farmers Market (CR) 10:00 Bocce with H2O (Outside) 12:30 \$ Silver Strength (CR)		9:30 Coffee with Friends (CR) 9:30 Games (CR) 10:00 * Farmers Market 10:00 Crochet with Ginger (CR) 10:00 Table Top Bowling (CR) 10:30 Slow Flow Chair Yoga (A1) 12:30 Mah Jong (CR)		9:30 Cards (CR) 10:00 Table Top Bowling CR) 10:00 \$ Breath, Body & Mind Restoration with Paul (A1) 12:30 Garden Club 1:30 Euchre (CR)		9:00-11:00 Tech with Palmer (MP) 9:30 Games (CR) 9:30 * Garden Club Trip 11:15 * West Side Market 12:30 \$ Adaptive Tai Chi (A1) 12:30 Line Dancing with Caroline (CR)	
10		11		12		13		14	
9:30 Games (CR) 10:00 Science with Dan (CR2) 10:00 Cornhole (CR) 10:00 * Grocery Shopping @ Aldi 12:30 Adaptive Jazzercise (CR)		9:30 Games (CR) 9:30 \$ Adaptive Qi Gong (A1) 10:00 Bocce (Outside) 12:30 * LaFLor Michoacana Paleteria & Nevaria Ice cream & Treats-Fairport Harbor 12:30 \$ Silver Strength (CR)		9:30 Cards (CR) 10:00 Blood Pressure Clinic-Univ Hosp (CR) 10:30 Lakewood Trivia with Councilman Tom Bullock (CR) 10:30 Slow Flow Chair Yoga (A1) 12:15 * Dollar Tree 12:30 Mah Jong (CR)		9:30 Games (CR) 9:30 Improv (A2) 10:00 Table Top Bowling (CR) 10:00 \$ Breath, Body & Mind Restoration with Paul (A1) 12:30 Senior Chefs with Erin (CR) 1:30 Euchre (CR)		9:30 Cards (CR) 10:00 Garden Club 10:00 Wii Bowling (A1) 12:30 \$ Adaptive Tai Chi (A1) 12:30 Line Dancing with Caroline (CR)	
17		18		19		20		21	
9:30 Cards (CR) 10:00 Giant Jenga 10:00 * Grocery Shopping @ Giant Eagle 12:30 Adaptive Jazzercise (CR)		9:30 Bananagrams (CR) 9:30 \$ Adaptive Qi Gong (A1) 9:30 Games (CR) 10:00 Bocce (Outside) 11:00-3:00 * SouthPark Mall (shop, eat, or movie!) 12:30 \$ Silver Strength (CR)		9:30 Games (CR) 10:00 Crochet with Ginger (CR) 10:30 Slow Flow Chair Yoga (A1) 11:15 * Potbelly 12:30 BINGO-Dedicated Health (CR) 12:30 Mah Jong (CR)		9:30 Cards (CR) 10:00 Games (CR) 10:00 Table Top Bowling (CR) 10:00 \$ Breath, Body & Mind Restoration with Paul (A1) 12:30 * Art with Farrell Foundation (A1) 12:30 Garden Club 1:30 Euchre (CR)		9:00-11:00 Tech with Palmer (MP) 9:30 Cards (CR) 9:30 * Art with Ann & Maryann (A1) 10:00 Bocce (Outside) 11:30 NEWSLETTER CONTEST DRAWING 12:30 \$ Adaptive Tai Chi (A1) 12:30 Line Dancing with Caroline (CR)	
24		25		26		27		28	
9:30 Games (CR) 10:00 Science with Dan (CR2) 10:00 * Grocery Shopping @ Giant Eagle 12:30 Adaptive Jazzercise (CR) 1:00 Carrol's Book Discussion Group (A2)		9:30 Cards (CR) 9:30 \$ Adaptive Qi Gong (A1) 10:00 Bocce (Outside) 12:30 * Krakow Foods & Deli-Parma 12:30 \$ Silver Strength (CR)		9:30 Coffee with Friends (CR) 9:00-11:00 Attorney Margaret Karl (MP) 9:30 Games (CR) 10:00 * Farmers Market 10:00 Bocce (Outside) 10:30 Slow Flow Chair Yoga (A1) 12:30 Mah Jong (CR)		9:30 Games (CR) 9:30 Improv (A2) 10:00 Table Top Bowling (CR) 10:00 \$ Breath, Body & Mind Restoration with Paul (A1) 11:15 * Rollhouse Lanes 1:30 Euchre (CR)		9:30 Cards (CR) 10:00 Garden Club 10:00 Karaoke (CR) 10:00 Wii Bowling (A1) 12:30 \$ Adaptive Tai Chi (A1) 12:30 Line Dancing with Caroline (CR)	
31		Join other science-minded people for SCIENCE WITH DAN twice this month! Dan will explore various topics that have captured the public imagination, with no two classes alike! No need to sign up ahead of time, just check the calendar each month for dates and times and come in!		Would you like the newsletter delivered to your email each month? See Susan or email her at Susan.Hijjawi@lakewoodoh.gov to be put on our monthly email list!		CLASS FEES, PAYABLE AT CLASS TO THE INSTRUCTOR: Adaptive Qi Gong: \$2 Silver Strength: \$2 Breath, Body & Mind Restoration: \$3 Adaptive Tai Chi: \$2		<u>Any item on the calendar with an asterisk (*) needs a registration or sign up before attending!</u> <u>See “HOW TO REGISTER FOR TRIPS” in the trip section of this newsletter!</u> <u>Any item that has a \$ symbol next to it means there is a fee for that activity.</u>	
9:30 Games (CR) 10:00 Word Scrambles (CR) 10:00 * Grocery Shopping @ Giant Eagle 12:30 Adaptive Jazzercise (CR)									