

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

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.

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



October 2026

Lakewood Senior Services
 Department of Human Services
 Division of Aging



WELCOME FALL!

*Sweater weather, pumpkin spice, apple cider, corn mazes and football...
 it's certainly a fun time of year!*

*There are some great events, activities, and trips planned for you
 and hope you join in on all the festivities!*

*We have a Halloween Celebration with a Costume Contest,
 a trip on the Cuyahoga Valley Scenic Railroad, and much more!
 Take a glance at all the offerings for this month, then come in and have fun!*

*Hope we see you soon,
 Susan*



LEAF RAKING DAY!!

**SATURDAY, NOVEMBER 14TH
 9:00AM - 1:00PM**

We will be raking leaves again this year for Lakewood Seniors.
 You must be a Lakewood resident 60 years and older, own and reside at the property, and be at home during the timeframe listed above.
H2O and St. Ed's will be joining us to rake this year. They will rake your yard... front, back and sides (sorry, no garden areas). The leaves will then be placed at your tree lawn area, unbagged and be ready for City Leaf Pick-Up!

**Please call Susan
 at 216-529-3069 to sign-up!**



**JOIN US FOR ANOTHER
 FUN EDITION OF**

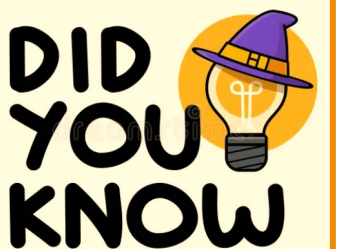
TRIVIA

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

MONDAY, OCTOBER 19TH AT 10:30AM

Join Councilman Tom Bullock for a themed trivia session on October 19th!

Win fun prizes and sharpen your knowledge!



WHY DON'T MUMMIES TAKE TRIPS? *BECAUSE THEY'RE AFRAID THEY'LL UNWIND!*
COME UNWIND WITH US ON ONE OF OUR GHOULISHLY FUN OCTOBER TRIPS!

LAKEWOOD FARMERS MARKET - WEDNESDAY, OCTOBER 7TH

Sign up on the October Event Registration Form and take one last trip with us to the Lakewood Farmers Market before their season ends on October 14th. If you received a Farmers Market Nutrition Card, be sure to bring it along and use up any balance left on it!
Transportation is free. Bring money for shopping.



LUNCH BUNCH GOES TO OLIVE GARDEN - TUESDAY, OCTOBER 13TH

Join us for a relaxing lunch trip to Olive Garden! Enjoy some great soups, salads, and breadsticks plus classic Italian entrees! Be sure to come hungry!
Transportation is \$3.00. Bring money for lunch.



OLD TIME POTTERY & BAKERS SQUARE - WEDNESDAY, OCTOBER 14TH

Hunt for fall décor at Old Time Pottery, with aisles of homes goods, crafts, and seasonal finds. Then we will head to Bakers Square to indulge in lunch and their famous pies! Perfect trip for shopping and a sweet treat with friends!
Transportation is \$3.00 Bring money for shopping and lunch.

OLLIE'S - THURSDAY, OCTOBER 22ND

Join us as we head to Ollie's Bargain Outlet on the hunt for some great deals! You'll find books, food, toys, and so much more, all at up to 70% off!
Transportation is \$3.00. Bring money for shopping.



CUYAHOGA VALLEY SCENIC RAILROAD - FRIDAY, OCTOBER 23RD

Settle in for a 3 hour journey and watch as the landscape transforms into a tapestry of brilliant reds, fiery oranges, and golden yellows. Wind through forests ablaze with color, and native wildlife preparing for the season ahead. All from the comfort of a vintage train.
Tickets are \$21.00. Transportation is \$3.00.

CLEVELAND MUSEUM OF ART - MONDAY, OCTOBER 26TH

Explore world-class art from ancient to contemporary at the Cleveland Museum of Art! Wander galleries featuring paintings, sculptures, and photography. Admission to the permanent collection is free for Cuyahoga residents!
Transportation is \$3.00. Bring money for lunch at the museum café.

FORE CORNERS MINI GOLF & DQ GRILL AND CHILL - TUESDAY, OCTOBER 27TH



Join us for a fun afternoon of miniature golf at Fore Corners where we'll enjoy 18 holes of friendly competition! Afterwards, we'll cool down with a sweet treat at Dairy Queen to celebrate our great scores!
Transportation is \$3.00. Bring money for mini golf and ice cream!

GREAT LAKES THEATER presents "Sweeney Todd" - THURSDAY, OCTOBER 29TH

Join us October 29th for Sweeny Todd! Set in gritty 19th-century London, this razor-sharp musical combines suspense, wicked humor and extraordinary music. This musical thriller serves up a chilling tale of revenge, obsession and darkly comic mayhem.
Tickets are \$20.00. Transportation is \$3.00. Must register by October 2nd!



October 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ann Stahlheber MS, RDW, LD</i>	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk, Buttermilk, or Calcium fortified Juice		1 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Japanese Vegetables ½ c *Peppers and Onions ½ c W.G. Vanilla Wafers 1 oz Tropical Fruit ½ c ALT=CBG T ALT=CF	2 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Fresh Plum ALT=CF RB
5 *Chicken stuffed with Broccoli 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CS RB ALT=CBG	6 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Green Peas ½ c 2 Whole Grain White Applesauce ½ c ALT=CBG TR ALT=CF	7 *Breaded Fish 3 oz, Tartar Sce 1 PC *Seasoned Potato Wedges ½ c Ketchup 1 PC *Lima Beans ½ c W.G. Hamburger Bun Banana ALT=CF RB	8 *Meatball Sub 3 – 1 oz W.G. Bun *Marinara Sauce 2 oz *Zucchini ½ c *Carrot Coins ½ c Applesauce ½ c ALT=CBG T ALT=CF	9 *Chicken Cacciatore 3 oz *WG Pasta ½ c w/ *Sauce 2 oz *Peppers and Onions ½ c Whole Grain Wheat Cranberry Juice 4 oz Orange TR
12 Columbus Day Center is Closed No WRAAA Congregate or Home Delivered Meals Today	13 *Baked Chicken Breast 3 oz w/ Gravy 2 oz *Cheesy Potatoes ½ c *Sautéed Spinach ½ c w/ Lemon 1 PC Whole Grain Biscuit 2 oz Mandarin Oranges ½ c ALT=CS RB ALT=CBG	14 *Stuffed Cabbage 6 oz W.G. Noodles ½ c w *Gravy 2 oz, *Antigua Blend Vegetables ½ c Whole Grain Wheat Tropical Fruit ½ c Cranberry Juice 4 oz ALT=CF T	15 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT=CBG TR ALT=CF	16 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Mixed Fruit ½ c RB
19 *Baked Chicken Breast 3 oz *Gravy 2 oz *Key Largo Vegetables ½ c *Scalloped Potatoes ½ c W.G. Biscuit 2 oz Pears ½ c ALT=CS RB ALT=CBG	20 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange ALT=CBG TR ALT=CF	21 *Chicken Stir Fry 3 oz, *Brown Rice ½ c, Sauce 2 oz *Kyoto Blend ½ c Whole Grain Wheat Tropical Fruit ½ c Grape juice 4 oz RB ALT=CF	22 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Red Grapes 1 c ALT=CBG T ALT=CF	23 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/W.G. Stuffing ½ c *Mashed Potatoes ½ c *Green Beans ½ c W.G. White Mandarin Oranges ½ c RB
26 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Peaches ½ c ALT=CS TR ALT=CBG	27 2-2 oz *Stuffed Shells *w/Sauce 2 oz *Corn ½ c *Lima Beans ½ c 2 Whole Grain Wheat Applesauce ½ c RB ALT=CBG	28 *Beef Stew 8 oz *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz Apricots ½ c Apple Juice ½ c ALT=CF TR	29 *BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c ALT=CBG RB ALT=CF	30 *Salisbury Steak 3 oz *Gravy 2 oz *Sweet Potatoes ½ c *Mushrooms ½ c 2 Whole Grain Wheat Pears ½ c T

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



YOU WON'T WANT TO MISS OUT ON OUR OCTOBER 16TH SENIOR CHEFS WHERE ERIN WILL BE MAKING... GOULASH! (OR GHOULASH)

Chef Erin is packing her suitcases and traveling to Romania!
Stick around after lunch for this step by step process on how to prepare
an authentic Goulash, followed by samples for everyone.
But beware... only good ghouls allowed!



HALLOWEEN PIZZA PARTY and COSTUME CONTEST! FRIDAY OCTOBER 30TH

Come and join in on the fun for our annual
Halloween costume contest and pizza lunch.
It's always fun to see the creative energy
everyone puts into their costumes!
We will be providing pizza and salad for those who
sign-up in advance. It will surely be a fun day!

Sorry no-walk-ins.

This day is a sign-up in
advance event.

You MUST register
for this event,
walk-ins will not receive lunch.



SCIENCE WITH DAN!

MONDAY, OCTOBER 5TH AT 10:00AM
and
MONDAY, OCTOBER 19TH 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.

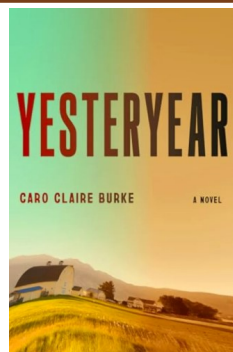


CARROL'S BOOK DISCUSSION GROUP MONDAY, OCTOBER 26TH AT 1:00PM

"Yesteryear"
by
Caro Claire Burke

Published in 2026 as a debut novel, Yesteryear follows Natalie Heller Mills, a polished
online homemaker whose brand hides disloyalty, deception, and a crumbling family life.
One morning she wakes in 1855 on a rougher version of her farm, under the control
of a harsher "Old Caleb," and must navigate this stark, dangerous new reality.

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

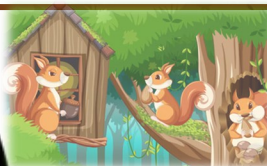


MOVIE WEDNESDAYS! Join us after lunch at Cove
on **THREE** Wednesdays this month
for a movie on the Projector Screen with Popcorn!

Wednesday, October 7th - Sheep Detectives
Wednesday, October 14th - Young Frankenstein
Wednesday, October 28th - **Spooky Surprise!**



FIND THE
SQUIRRELS!
COUNT THE
SQUIRRELS AND
SEE HOW
MANY YOU
CAN FIND
HIDING IN
PLAIN
SIGHT!
IT'S NOT
AS EASY
AS YOU
THINK!



~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 Henry in our Activities Office at 216-529-5005 if you need more details!



LINE DANCING
WITH CAROLINE!
Be here for Caroline's last
two sessions this season!

**TWO FRIDAY
AFTERNOONS
IN OCTOBER!**

**OCTOBER
2ND & 9TH
12:30PM**

Come kick up
your heels as
Caroline gets us
moving with some
fun line dances!
And it's her last two
sessions until she returns
next Spring so join in
while you can!
**NO EXPERIENCE NEEDED TO
JOIN IN ON THE FUN!**



TECHNOLOGY SUPPORT WITH PALMER 1ST AND 3RD FRIDAY OF EVERY MONTH! OCTOBER 2ND & 16TH

Need assistance
with technology?
Palmer's ready and willing
to help you out!

Call Henry at 216-529-5005 to
get scheduled for your free
30 minute session and meet with
Palmer right here at
Cove Community Center!

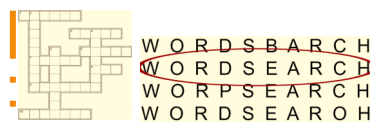
But act fast because his time slots
fill up quickly!



Head on in to
Cove Community Center
and grab a contest puzzle
from the front rack.

Complete both sides
for your chance to be our
MONTHLY DRAWING
WINNER!

See the puzzle sheet
for more details!



To our wonderful seniors...

We would like to make you aware of
how our transportation works on days
we have a field trip. If our buses plan
to return to Cove in the late afternoon
(sometimes 3:00 p.m. or later), you
may stay to wait for a ride home upon
their return, or you may find your own
way home should you prefer not to
wait. Please be sure to read the
calendar so you are prepared.
An announcement will be made the
day ahead, as a reminder.



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
Would you like the newsletter delivered to your email each month? See Janet while at Cove or email your request to Janet.Leonard@lakewoodoh.gov to be put on our monthly email list!	<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>	CLASS FEES, PAYABLE AT CLASS TO THE INSTRUCTOR: Adaptive Qi Gong: \$2 Silver Strength: \$2 Breath, Body & Mind Restoration: \$3 Adaptive Tai Chi: \$2 	1 REGISTRATION @ 10:00 AM 9:30 Cards (CR) 10:00 EVENT REGISTRATION 10:00 \$ Breath, Body & Mind Restoration with Paul (A1) 12:30 Garden Club 1:30 Euchre (CR) 	2 9:00-11:00 Tech with Palmer (MP) 9:30 Games (CR) 10:30 Voter Registration Assistance with Sheila and Lisa (CR) 12:30 \$ Adaptive Tai Chi (A1) 12:30 Line Dancing with Caroline (CR)
5 9:30 Games (CR) 10:00 Science with Dan (A1) 10:00 Cornhole (CR) 10:00 * Grocery Shopping @ Giant Eagle 12:30 Adaptive Jazzercise (CR) 	6 9:00-11:00 Coffee with a Vet (CR2) 9:30 Games (CR) 9:30 \$ Adaptive Qi Gong (A1) 10:00 Bocce (Outside) 10:00 Radio Shows of Yesteryear (MP) 11:00 Medicare Preview with Dan 12:30 \$ Silver Strength (CR)	7 9:30 Cards (CR) 10:00 * Farmers Market 10:30 Slow Flow Chair Yoga (A1) 12:30 Mah Jong (A1) 12:30 Movie - Sheep Detectives (CR)	8 9:00 * Great Lakes Theater “Winter’s Tale” (September signup) 9:30 Games (CR) 9:30 Improv (A2) 10:00 Table Top Bowling (CR) 10:00 \$ Breath, Body & Mind Restoration with Paul (A1) 1:30 Euchre (CR)	9 9:30 Cards (CR) 9:30 Play Reading (A2) 10:00 Garden Club 10:00 Wii Bowling (A1) 12:30 \$ Adaptive Tai Chi (A1) 12:30 Line Dancing with Caroline (CR) <i>We will miss you Caroline! Thank you for your dedication to us and we will see you in the Spring!</i>
12 CLOSED NO SENIOR PROGRAMMING TODAY 	13 9:30 Bananagrams (CR) 9:30 \$ Adaptive Qi Gong (A1) 9:30 Games (CR) 10:00 Bocce (Outside) 11:15 * Olive Garden 12:30 \$ Silver Strength (CR)	14 9:30 Games (CR) 10:00 Crochet with Ginger (CR) 10:00 Blood Pressure Clinic-Univ Hosp (CR) 10:00 * Old Time Pottery & Bakers Square 10:30 Slow Flow Chair Yoga (A1) 12:30 Movie - Young Frankenstein (CR) 12:30 Mah Jong (A1)	15 9:30 Cards (CR) 9:30 Garden Club (Trip) 10:00 Karaoke (CR) 10:00 Games (CR) 10:00 Table Top Bowling (CR) 10:00 \$ Breath, Body & Mind Restoration with Paul (A1) 1:30 Euchre (CR)	16 9:00-11:00 Tech with Palmer (MP) 9:30 Cards (CR) 9:30 Play Reading (A2) 10:00 Bocce (Outside) 10:00 Art with Ann (A1) 12:30 Senior Chefs with Erin (CR) 
19 9:30 Games (CR) 10:00 Science with Dan (A1) 10:00 * Grocery Shopping @ Giant Eagle 10:30 Trivia with Councilman Tom Bullock (CR) 12:30 Adaptive Jazzercise (CR) 	20 9:30 Cards (CR) 9:30 \$ Adaptive Qi Gong (A1) 10:00 Bocce (Outside) 10:00 Radio Shows of Yesteryear (MP) 12:30 \$ Silver Strength (CR)	21 9:30 Coffee with Friends (CR) 9:30 Games (CR) 10:30 Slow Flow Chair Yoga (A1) 12:30 Mah Jong (CR) 12:30 BINGO-Eliza Jennings (A1) 	22 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 Karaoke (CR) 12:30 Art with Farrell Foundation (A1) 12:30 * Ollie’s 1:30 Euchre (CR) 	23 9:30 Cards (CR) 9:30 Play Reading (A2) 10:00 Wii Bowling (A1) 10:00 Garden Club 12:00 * Cuyahoga Valley Scenic Railroad 12:30 \$ Adaptive Tai Chi (A1)
26 9:30 Games (CR) 10:00 Word Scrambles (CR) 10:00 * Grocery Shopping @ Giant Eagle 10:00 * Cleveland Museum of Art 12:30 Adaptive Jazzercise (CR) 12:30 Travelogue (A1) 1:00 Carrol’s Book Discussion Group (A2)	27 9:30 Cards (CR) 9:30 \$ Adaptive Qi Gong (A1) 10:00 Low Vision Support Group (A2) 12:30 \$ Silver Strength (CR) 12:30 * Fore Corners Mini Golf and Dairy Queen	28 9:00-11:00 Attorney Margaret Karl (MP) 9:30 Games (CR) 10:00 Bocce (Outside) 10:30 Slow Flow Chair Yoga (A1) 12:30 Mah Jong (A1) 12:30 Movie - Spooky Surprise! (CR) 	29 9:00 * Great Lakes Theater “Sweeney Todd” 9:30 Cards (CR) 10:00 Games (CR) 10:00 Table Top Bowling (CR) 10:00 \$ Breath, Body & Mind Restoration with Paul (A1) 1:30 Euchre (CR)	30 9:30 Cards (CR) 9:30 Karaoke (CR) 10:00 Bocce (Outside) 11:30 * Pizza Party & Costume Contest! 