**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 **216-529-5005**
**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*
## November 2026

*In the spirit of the upcoming holiday season, please remember to be kind, courteous, and caring, and offer assistance to others who may be in need. The holidays can be tough for some and lending support, or a kind word and smile, can make all the difference in someone's day!*
*Susan*

**Are you a Lakewood resident and homeowner in need of assistance raking your leaves?**
**The Lakewood Division of Aging, partnered with youths from H2O and St. Edward High School, will be providing leaf raking on SATURDAY, NOVEMBER 14TH!**
Call Susan at 216-529-3069
to get signed up! Slots are limited!

### *The Division of Aging Giving Tree*

As we enter the holiday season, most of us are inclined to think about and want to help those less fortunate. The Giving Tree program is the perfect opportunity to make a real difference in the lives of our senior neighbors in need.

When you arrive at Cove you will see our Giving Tree with gift tags on it, with each listing particular items.

You will be able to select a gift tag, make the purchase and then bring it back unwrapped to Cove so that we can get it to those most in need.

Your thoughtfulness and generosity is sure to brighten someone's holiday season!

We invite you to join us and the Lakewood Commission on Aging for our annual *Illuminate a Memory* program. Purchase a dove ornament in honor of a loved one to hang on our tree or yours for the holidays.

It's a wonderful way to honor someone special while also helping to sustain Senior Programming here at Cove Community Center.

Please stop in to Cove to fill out a form and make your donation. You may also cut this form out to bring it in with you.

### Illuminate A Memory

Your Name_____

Address _____

Telephone Number _____

Name on ornament #1_____

Name on ornament #2_____

Name on ornament #3_____

Total enclosed ($5.00 per ornament) _____
(Please make checks payable to The Lakewood Foundation)
**Thank you for your generous donation!**

## *TURKEY TROT YOUR WAY OVER TO COVE AND SIGN UP FOR A TRIP!*

### TRINITY BROWNBAG CONCERT - WEDNESDAY, NOVEMBER 4TH

Enjoy a lively performance by one of the Cleveland area's most talented and creative ensembles! A great monthly tradition that is guaranteed to impress and the perfect way to break up the day. Come along to enjoy the beautiful sounds and relaxed setting with friends.

**Transportation is $3.00. Bus leaves at 10:00am. Sign up for a boxed lunch to bring with you!**

### MITCHELL'S ICE CREAM - TUESDAY, NOVEMBER 10TH

The weather is getting colder, but our love for ice cream isn't stopping! Join us for an afternoon outing to Mitchell's Ice Cream, a Cleveland favorite known for its made-from-scratch and incredibly unique flavors. A sweet way to spend time with friends.



**Transportation is $3.00. Bring money for dessert. Bus leaves at 12:30pm.**

### SHOPPING TRIP TO WALMART - THURSDAY, NOVEMBER 12TH

Hop aboard for a fun-filled run to Walmart! Grab your list, bring a friend and make a morning of it: clothes, household goods, anything you can think of - Walmart has it!



**Transportation is $3.00. Bring money for shopping. Bus leaves at 9:30am.**

### LUNCH BUNCH GOES TO... BIG BOY! - FRIDAY, NOVEMBER 13TH

Get a jump start on Thanksgiving and stuff your belly full of a burger and fries at Big Boy! Join the Lunch Bunch as we head to Big Boy to enjoy some classic American Diner food! But be sure to bring your appetite!

**Transportation is $3.00. Bring money for lunch. Bus leaves at 11:00am.**

### TRADER JOE'S - TUESDAY, NOVEMBER 17TH

Come along for a fun trip to Trader Joe's! Bring a list & browse their friendly aisles for fresh produce, snacks and all those seasonal finds that only show up this time of year.



**Transportation is $3.00. Bring money for shopping. Bus leaves at 12:30pm.**

### DAVE & BUSTER'S - WEDNESDAY, NOVEMBER 18TH

Get ready for an afternoon of half-priced games, laughs and good food at Dave & Buster's! Play a round of arcade favorites then sit down for lunch with the group. Bring a friend or make new ones — this one's all about having a good time!

**Transportation is $3.00. Bring money for food & games. Bus leaves at 11:00am.**

### ROLLHOUSE LANES - FRIDAY, NOVEMBER 20TH

Strike up some fun and roll a few turkeys at RollHouse Lanes! Whether you're a seasoned bowler or just there to cheer, we'll roll a few frames together, enjoy snacks & each other's company between turns!



**Transportation is $3.00. Bring money for bowling and food. Bus leaves at 12:30pm.**

### SOUTH PARK MALL - TUESDAY, NOVEMBER 24TH

Get a jump on your holiday shopping and spend the afternoon strolling South Park Mall at your own pace. Shop your favorite stores, then grab a bite to eat at the food court! Comfortable shoes recommended!




**Transportation is $3.00. Bring money for food & shopping. Bus leaves at 10:00am.**

## DECEMBER TRIP TO SIGN UP FOR NOW...

### GREAT LAKES THEATER FESTIVAL: "A CHRISTMAS CAROL" - TUESDAY, DECEMBER 15TH

A timeless tale of love, forgiveness and redemption. Witness Ebenezer Scrooge experience a change of heart and turn over a new leaf after being confronted by the suffering he helped create.

**All money for this holiday tradition must be received by November 12th so don't delay!**

**Transportation is $3.00. Ticket is $20, payable at registration.**

Western Reserve Area Agency on Aging

# November 2026 WRAAA MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2<br>*Stuffed Cabbage w/ Beef 6 oz<br>*Noodles, ½ c w *Gravy, 2 oz<br>*Buttered Beets ½ c<br>Whole Grain White<br>Mixed Fruit ½ c<br>Cranberry Juice 4 oz<br>ALT=CS TR | 3<br>*Sweet & Sour Pork Loin 4 oz<br>*Rice Pilaf ½ c<br>*Red Cabbage ½ c<br>*Green Peas ½ c<br>W.G. Vanilla Wafer 1 oz<br>Diced pears ½ c<br>ALT=CBG RB | 4<br>*Beef Lasagna 8 oz<br>*Cauliflower ½ c<br>*Green Peas ½ c<br>Whole Grain Garlic Toast 2 oz<br>Mixed Fruit ½ c<br>ALT = CF | 5<br>*Chicken Cordon Bleu 7 oz<br>*Mashed Potatoes ½ c w/ Gravy 2 oz<br>*Mixed Vegetables ½ c<br>2 Whole Grain White<br>Apricots ½ c<br>ALT=CBG T | 6<br>*Sloppy Joe 4 oz<br>*Oven Roasted Potatoes ½ c<br>*Lima Beans ½ c<br>Whole Grain Hamburger Bun<br>Sliced Pears ½ c<br>ALT=CF TR |
| 9<br>*Breaded Chicken Breast Patty 3 oz<br>Mayo 1 PC<br>*Cheesy Potatoes ½ c<br>*Broccoli ½ c<br>Whole Grain Bun 2 oz<br>Pears ½ c<br>ALT=CS RB | 10<br>*Beef Stroganoff 4 oz<br>*Noodles ½ c w/ *Gravy 2 oz<br>*Antigua Blend ½ c<br>Cauliflower ½ c<br>Whole Grain Wheat<br>Pineapple ½ c<br>ALT=CBG TR | 11<br>Veterans Day<br>Center is Closed<br>No WRAAA Congregate<br>or<br>Home Delivered Meals | 12<br>*Breaded Fish 3 oz<br>Tartar Sauce 1 PC<br>*Scalloped Potatoes ½ c<br>*Cape Cod Blend ½ c<br>Whole Grain Bun<br>Peaches ½ c<br>ALT=CBG T | 13<br>*Chicken Marsala 3 oz<br>*Brown Rice ½ c<br>*Mushrooms ½ c<br>*Broccoli ½ c<br>Whole Grain Wheat<br>Scalloped Apples ½ c<br>ALT=CF RB |
| 16<br>*Lemon Chicken 3 oz<br>*Rice Pilaf ½ c<br>*Antigua Blend ½ c<br>Whole Grain Wheat<br>Tropical Fruit ½ c<br>Apple Juice 4 oz<br>ALT=CS RB | 17<br>*Sliced Ham 3 oz<br>w/ Pineapple Glaze<br>*California Blend ½ c<br>*Cheesy Potatoes ½ c<br>W.G. Dinner Roll 2 oz<br>Applesauce ½ c<br>ALT=CBG T | 18<br>*Beef Stew 8 oz<br>*Brussels Sprouts ½ c<br>*Buttered Sliced Carrots ½ c<br>W.G. Biscuit 2 oz<br>Banana, 1 ea<br>ALT=CF | 19<br>*Salisbury Steak 3 oz w/ *Gravy 2 oz<br>*Noodles ½ c<br>*Red Cabbage ½ c<br>*Green Beans ½ c<br>Whole Grain White<br>Orange<br>ALT=CBG RB | 20<br>*BBQ Chicken Breast 3 oz<br>*Macaroni and Cheese ½ c<br>*Spinach ½ c w/ Lemon 1 PC<br>W.G. Corn Muffin 1 oz<br>Sliced Peaches ½ c<br>Grape Juice 4 oz<br>ALT=CF T |
| 23<br>*Hamburger 3 oz<br>Ketchup 2 PC<br>*Roasted Potato Wedges ½ c<br>*Baked Beans ½ c<br>W. G. Hamburger Bun 2 oz<br>Apricots ½ c<br>ALT=CS TR | 24<br>*Stuffed Pepper 6 oz w/2 oz Sauce<br>*W.G. Pasta ½ c<br>*Mixed Vegetables ½ c<br>*Broccoli ½ c<br>W.G. Wheat<br>Orange<br>ALT=CBG T | 25<br>Center is Closed<br>No WRAAA Congregate<br>or<br>Home Delivered Meals | 26<br>Thanksgiving Holiday<br>Center is Closed<br>No WRAAA Congregate<br>or<br>Home Delivered Meals | 27<br>Thanksgiving Holiday<br>Center is Closed<br>No WRAAA Congregate<br>or<br>Home Delivered Meals |
| 30<br>*Beef Meatloaf 3 oz<br>*Gravy 2 oz<br>*Mashed Potatoes ½ c<br>*Green Beans ½ c<br>W.G. Dinner Roll 2 oz<br>Orange<br>ALT-CS TR | | | | |

Menu Approved By:

*Ann Stahlheber MS, RDN, LD*

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

## JOIN US THIS MONTH FOR LEGO CLUB

**Bring your creativity and building abilities this November and lets have some fun!**

**FRIDAY, NOVEMBER 20TH**
**12:30PM (CR)**

**WEDNESDAY, NOVEMBER 25TH**
**10:00AM (CR)**

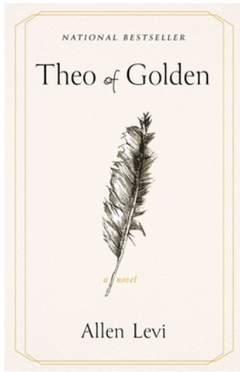
## NOVEMBER BOOK DISCUSSION CLUB READS…

**Theo of Golden by Allen Levi**

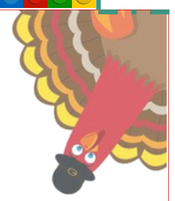
***MONDAY, NOVEMBER 23RD 1:00PM***

**A story of giving and receiving, of seeing and being seen, Theo of Golden is a beautifully crafted novel about the power of creative generosity, the importance of wonder to a purposeful life, and the invisible threads of kindness that bind us to one another.**

**give her a call at 216-521-1090.**




## *JOIN US THIS MONTH FOR ART WITH ANN & ART WITH FARRELL*

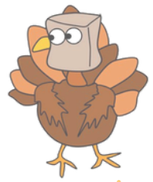


**ART WITH FARRELL**
**NOVEMBER 19TH AT 12:30PM**



**ART WITH ANN**
**NOVEMBER 20TH AT 9:30AM**
**THANKSGIVING PAINTING!**



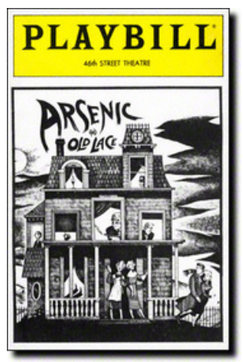



## JOIN OUR NOVEMBER PLAY READING GROUP AS THEY READ…

***ARSENIC AND OLD LACE***

**This month we're tackling Arsenic and Old Lace! A classic comedy by Joseph Kesserling where sweet aunts, secret poison, a "Roosevelt" in the basbement turn one night in Brooklyn upside down. Join us for a spooky comedy! Come see Henry if you would like a script and part.**

**MONDAY, *NOVEMBER 9TH & 23RD 12:30PM* LOCATED IN A1**








**For this months edition of**
***TRAVELOGUE***
**venture with us**
**on a remarkable journey to…**
***SWITZERLAND!***

**TUESDAY'S, *NOVEMBER 10TH & 24TH 12:30PM***
**LOCATED IN A1**
**Join us as we take a guide through the incredible snowcapped Alps, storybook villages, and how they make their great chocolate! Plan on taking a closer look at this fascinating place!**









## HOW TO REGISTER FOR TRIPS

You can find the event registration form in the information rack prior to the start of registration. Although registration starts on the first business day of the month, you can register anytime after that. Please have the form completed along with cash or check when you come to register (no credit cards accepted).

**Please have correct dollar amount as change is limited and please keep your receipt!**

**VERY IMPORTANT NOTE: Registration starts at 10:00 AM on the first business day of the month.**

**Event registration forms will be available at 8:00 a.m. on the day of registration.**

***Contact Henry @ 216-529-5005 in the Activities Office if you need more details!***






**STOP IN A1 EVERY OTHER MONDAY AT 12:00PM FOR A FUN AFTERNOON OF POPCORN AND A MOVIE AS WE WATCH:**

**NOVEMBER 16TH - James Bond: On Her Majesty's Secret Service**

**NOVEMBER 30TH - The Holdovers**















The turkey on your dinner table
may be easy to find, but how about
the turkeys hiding right under your nose?
While scrolling through our newsletter for all the fun we have planned this month, see how many turkeys you can find hidden in plain sight! And don't forget to grab a newsletter contest puzzle from the front rack! Show your completed puzzle to Janet or Susan by November 24th for a chance to be our
NOVEMBER NEWSLETTER CONTEST WINNER!
Who will get to gobble up this months prize?








**Join us for Senior Chefs as we make…**

**ÄLPERMAGRONEN!**

**FRIDAY, *NOVEMBER 13TH 12:30PM***

***Älplermagronen are now regarded as a traditional dish of the Swiss Alps and a classic of Swiss comfort foods. Enjoy this creamy Pasta Dish, then race home and make it for your family & friends!***





COVE Community Center
Division of Aging

# NOVEMBER 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2** **REGISTRATION @ 10:00 AM**<br>9:30 Cards (CR)<br>10:00 EVENT REGISTRATION (CR)<br>11:00 * Grocery Shopping @ Giant Eagle<br>12:30 Adaptive Jazzercise (CR) | **3** **GO VOTE!**<br>9:00-11:00 Coffee with a Vet (CR2)<br>9:30 Games (CR)<br>9:30 Adaptive Qi Gong (A1)<br>10:00 Radio Shows of Yesteryear (MP)<br>12:30 Silver Strength (CR) | **4**<br>9:30 Cards (CR)<br>9:30 Coffee with Friends (CR)<br>10:00 * Trinity Brownbag Concert<br>10:00 Art Cart (CR)<br>10:30 Slow Flow Chair Yoga (A1)<br>12:30 Mah Jong (CR) | **5**<br>9:30 Games (CR)<br>9:30 Low Vision Support Group Trip to Main Campus<br>10:00 Breath, Body & Mind Restoration with Paul (A1)<br>10:00 Table Top Bowling (CR)<br>12:30 Garden Club<br>1:00 Herbal Class (A1)<br>1:30 Euchre (CR) | **6**<br>9:30 Cards (CR)<br>10:00 Hangman with Henry (CR)<br>10:00 Wii Bowling (A1)<br>12:30 Chair Volleyball (CR) |
| **9**<br>9:30 Cards (CR)<br>10:00 Science with Dan (A1)<br>10:00 * Grocery Shopping @ Aldi<br>12:30 Adaptive Jazzercise (CR)<br>12:30 Play Reading (A1) | **10**<br>9:30 Games (CR)<br>9:30 Adaptive Qi Gong (A1)<br>10:00 Art Cart (CR)<br>12:30 * Mitchell's Ice Cream<br>12:30 Silver Strength (CR)<br>12:30 Travelogue-Switzerland (A1) | **11** **CENTER IS CLOSED TODAY**<br>11TH NOVEMBER<br>VETERANS DAY<br>HONORING ALL WHO SERVED | **12**<br>9:30 Hangman with Henry (CR)<br>9:30 Improv (A2)<br>9:30 * Walmart<br>10:00 Breath, Body & Mind Restoration with Paul (A1)<br>10:00 Table Top Bowling (CR)<br>1:30 Euchre (A2) | **13**<br>9:30 Cards (CR)<br>9:30 * Tech Support with Palmer (MP)<br>10:00 Wii Bowling (A1)<br>10:00 Karaoke (CR)<br>11:00 * Big Boy<br>12:30 Senior Chefs (CR) |
| **16**<br>9:30 Games (CR)<br>10:00 * GroceryShopping @ Giant Eagle<br>*12:00 Movie Monday - James Bond: On Her Majesty's Secret Service (A1)*<br>12:30 Adaptive Jazzercisze (CR) | **17**<br>9:30 Art Cart (CR)<br>9:30 Adaptive Qi Gong (A1)<br>10:30 Trivia with Councilman Tom Bullock (CR)<br>12:30 * Trader Joes<br>10:00 Radio Shows of Yesteryear (MP)<br>12:30 Silver Strength (CR) | **18**<br>9:30 Giant Jenga (CR)<br>9:30 Coffee with Friends (CR)<br>10:30 Slow Flow Chair Yoga (A1)<br>11:00 * Dave & Busters<br>12:30 Mah Jong (CR)<br>12:30 BINGO - O'Neill Healthcare (A1) | **19** **EARLY LUNCH - 11:15**<br>9:30 Games (CR)<br>10:00 Breath, Body & Mind Restoration with Paul (A1)<br>10:00 Table Top Bowling (CR)<br>12:30 Art with Farrell Foundation (A1)<br>NO EUCHRE TODAY | **20**<br>9:30 Games (CR)<br>9:30 Art with Ann (A1)<br>12:30 Garden Club<br>12:30 Adaptive Tai Chi (A1)<br>12:30 LEGO Building Club! (CR)<br>12:30 * Rollhouse Lanes |
| **23**<br>9:30 Games (CR)<br>10:00 Science with Dan (A1)<br>10:00 * Grocery Shopping @ Aldi<br>12:30 Adaptive Jazzercise (CR)<br>12:30 Play Reading (A1)<br>1:00 Carrol's Book Discussion Group (A2) | **24**<br>9:30 Cards (CR)<br>9:30 Adaptive Qi Gong (A1)<br>11:30 November Newsletter Drawing (CR)<br>10:00 * South Park Mall<br>10:00 Low Vision Support Group (A2)<br>12:30 Silver Strength (CR)<br>12:30 Travelogue-Switzerland (A1) | **25** **EARLY LUNCH - 11:15**<br>9:30 Cards (CR)<br>10:00 LEGO Building Club! (CR)<br>10:00 Attorney Margaret Karl (MP)<br>10:30 Slow Flow Chair Yoga (A1)<br>11:15 *EARLY LUNCH*<br>NO MAH JONG TODAY | **26** **CENTER IS CLOSED**<br>Happy Thanksgiving | **27** **CENTER IS CLOSED** |
| **30**<br>9:30 Cards (CR)<br>10:00 * GroceryShopping @ Giant Eagle<br>10:00 Karaoke (CR)<br>*12:00 Movie Monday - The Holdovers (A1)*<br>12:30 Adaptive Jazzercise (CR) | | **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!** | **Any item on the calendar with an asterisk (*) needs a registration or sign up before attending!**<br>**See "HOW TO REGISTER FOR TRIPS" in the trip section of this newsletter!**<br>**Any item that has a $ symbol next to it means there is a registration fee for that activity.** | |