

Euclid Lakefront COMMUNITY CENTER

SENIOR PROGRAMS NEWSLETTER



AUGUST 2026

1 Bliss Lane | Euclid, OH 44123 | (216)289-2985

www.cityofeuclid.gov



A Letter from the Mayor

Greetings from the Mayor! I hope you are enjoying the warm summer weather, have watched a beautiful sunset, enjoyed a park, gotten an ice cream cone, and been able to spend time with family, friends, and neighbors!

We officially opened the Recreation and Wellness Center in July, so I hope you will come and take a tour. This new facility offers 3 multi-purpose courts, a walking track, an exercise/strength room, 3 multi-purpose room, a welcoming lobby and space for the Recreation Department staff. The Center turned out beautifully and we are so excited to see the impact the new space, programs, and partnerships have on the community.

August 4th is National Night Out – this is a day where police departments across the county hold events to focus on safety and build positive relationships with the community. Building trust and positive relationships between residents and the police is so important and leads to improved safety! The event is always a lot of fun – I hope you will join us Tuesday, August 4th from 4-7 at Bluestone Elementary. I hope to see you there!

There are lots of projects underway or getting started:

- ◆ Asphalt Street resurfacing project has been awarded and will start soon
- ◆ Concrete Road replacement project has been awarded and will start soon
- ◆ Russell Avenue playground will be replaced
- ◆ Mavec Park playground will be replaced
- ◆ Phase 2 is starting at Heritage Park – adding paths, furniture and fixtures
- ◆ E. 215 Trail Connection has started
- ◆ Tree planting program set for the Fall and 220-221 is finally nearing completion

There is a lot going on – in addition to the everyday services and work that our wonderful staff do.

I look forward to seeing you soon!

Mayor Kirsten Holzheimer Gail

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=CBG 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 TR	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 T	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 preceded by an asterisk.			Menu Approved By: <i>Ann Stahlheber MS, RDN, 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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Benefits Check-up 9:00 AM – 1:00 PM 10:00 AM Chair Yoga Annex 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall	4 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet/Knitting Craft Room 10:00 AM Bible Study Phone Conference 11:00 AM Fun Bingo w/Heritage of Euclid 1:00 PM Tai Chi Annex	5 No Podiatrist Today 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Fun Bingo w/Prosper at Wickliffe 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab	6 Lady Caroline 10:00 AM 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room 1:00 PM Line Dance Library 1:00 PM Fun Bingo w/Foundations Health 1:00 PM Chair Exercise YouTube Comp. Lab 1:00 PM Stretch & Balance Class Annex	7 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Cricut Craft Room 11:00 AM MUSIC BINGO Dining Hall 1:00 PM BINGO! Dining Hall 1:00 PM Board Games & Puzzles Hallway
10 10:00 AM Chair Yoga Annex 11:00 AM Decades to Donuts w/ Bridget from Slovene Home Annex 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall	11 Gallucci's 12:30 PM 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet/Knitting Craft Room 10:00 AM Bible Study Phone Conference 11:00 AM Reserve Care Bereavement Coordinator 1:00 PM Tai Chi Annex	12 10:45 AM Cop – a - Question w/ Euclid Police Department Dining Hall 11:00 AM Mindfulness Group Library 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab	13 Miles Market 12:30 PM 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room 1:00 PM Line Dance Library 1:00 PM Fun Bingo w/Eastbrook Healthcare 1:00 PM Chair Exercise YouTube Comp. Lab	14 Chair Massages 9:00 AM – 12:00 PM (by appointment) 9:20 AM Pool Tournament Pool Tables 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Cricut Craft Room 1:00 PM BINGO! Dining Hall 1:00 PM Book Club Library 1:00 PM Board Games & Puzzles Hallway
17 10:00 AM Chair Yoga Annex 11:00 AM Fun Bingo w/Chase Medical Library 1:00 PM Ballroom Dance Dining Hall 1:00 PM BINGO! Dining Hall	18 Racino 9:30 AM 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet/Knitting Craft Room 10:00 AM Bible Study Phone Conference 11:00 AM Craft w/Heritage of Euclid Dining Hall 1:00 PM Tai Chi Annex	19 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Veteran's Group Library 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab BIRTHDAY DAYS!	20 Lady Caroline 10:00 AM 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room 1:00 PM Line Dance Library 1:00 PM Chair Exercise YouTube Comp. Lab 1:00 PM Stretch & Balance Class Annex	21 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Cricut Craft Room 11:00 AM MUSIC BINGO Dining Hall 1:00 PM BINGO! Dining Hall 1:00 PM Board Games & Puzzles Hallway
24 Produce Distribution 12:30 PM Library 10:00 AM Chair Yoga Annex 10:45 AM Brain Games w/ Home Instead Library 1:00 PM Ballroom Dance Dining Hall 1:00 PM BINGO! Dining Hall	25 Pro Football Hall of Fame 9:00 AM 9:00 AM Silver Sneakers CLASSIC Annex 10:00 AM Silver Sneakers Circuit Annex 10:00 AM Crochet/Knitting Craft Room 10:00 AM Bible Study Phone Conference 1:00 PM Tai Chi Annex	26 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Mindfulness Group Library 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall 1:00 PM Chair Exercise YouTube Comp. Lab	27 Great Northern Mall 9:00 AM 9:00 AM Floor Yoga Library 10:00 AM Silver Sneakers STRETCH Annex 11:00 AM Crafts Craft Room 1:00 PM Line Dance Library 1:00 PM Chair Exercise YouTube Comp. Lab	28 10:00 AM Silver Sneakers CLASSIC Annex 11:00 AM Cricut Craft Room 1:00 PM BINGO! Dining Hall 1:00 PM Board Games & Puzzles Hallway
31 Mayor's Visit 11:00 AM 10:00 AM Chair Yoga Annex 1:00 PM Ballroom Dance Library 1:00 PM BINGO! Dining Hall				

AUGUST

activity calendar

Senior Trips for the Month of August 2026



GALLUCCI'S

Tuesday, August 11

12:30 PM

Admission: \$5.00



MILES MARKET

Thursday, August 13

12:30 PM

Admission: \$5.00



RACINO

Tuesday, August 18

9:30 AM

Admission: \$5.00



GREAT NORTHERN MALL

Thursday, August 27

9:00 AM

Admission: \$7.00

Senior trips will be open for sign-up the FIRST BUSINESS DAY OF THE MONTH

unless otherwise noted

Please remember to cancel your lunch reservation with Sylka if you plan to attend any of the senior trips that occur during the lunch hour

Lady CAROLINE

CLEVELAND, OHIO

Join Euclid Senior Programs for a midday lunch, cruise and spectacular views of Cleveland.

TWO DATES!

Thursday, August 6

10:00 AM

Admission: \$55.00

Thursday, August 20

10:00 AM

Admission: \$55.00

SIGN-UP IS OPEN NOW!

Cruise Lunch Menu

- ♦ Salad Bar
- ♦ Smothered Chicken Breast (lightly breaded w/ onion gravy)
- ♦ Stuffed Cabbage (in a rich marinara sauce, topped w/ bacon bits)
 - ♦ Chef's Catch (w/ newburg sauce)
 - ♦ Rice Pilaf
- ♦ Pierogies (w/sauteed onions & sour cream)
 - ♦ Vegetable Medley
 - ♦ Dinner Rolls & Butter
 - ♦ Chef's Choice of Dessert



PRO FOOTBALL HALL OF FAME TRIP

Tuesday, August 25
9:00 AM (2:00 PM return)

Admission: \$7.00

\$20.95 + TAX at the door

From its humble beginnings in 1963 to the present day, the Pro Football Hall of Fame has grown in both size and stature. An exhilarating museum and attraction, the Hall of Fame pays tribute to the talents and triumphs of pro football's greatest legends. Chronicled within the walls of the Hall of Fame are the stories and circumstances of play that bring to life words such as courage, dedication, vision, fair play, integrity and excellence. The Pro Football Hall of Fame has welcomed more than 10 million fans. Each year, visitors travel from each of the 50 states and from upward of 70 foreign countries to tour the Hall of Fame.

Don't miss out on this road trip and lunch while at the Hall of Fame!

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VETERAN'S PROGRAMS

Euclid Senior Center Veteran's Group
3rd Wednesday of the month at 11:00 AM
Euclid Senior Center Library

Veterans and Veteran Dependents (spouse/widow/widower) are welcome!

Please come with questions for American Legion Service Officer

Dennis Brandt.

Membership is required to participate in the group.

Next Meeting: Wednesday, August 19



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Elder Law Attorneys | Advocates in Aging

If you have questions regarding estate planning, wills, trusts, Medicaid eligibility, long term care needs, or Veterans benefits contact us at **(216) 289-2985** or stop by the front desk for details on how to schedule your appointment.

PRODUCE DISTRIBUTION



Monday, August 24

12:30 PM—1:30 PM

Annex

Distribution is first come first serve on the 4th Monday of the month unless other wise noted .

You must be a current member of Euclid Senior Programs to participate.

Memberships can be renewed prior to the start of distribution.

PLEASE BRING YOUR OWN REUSABLE BAGS



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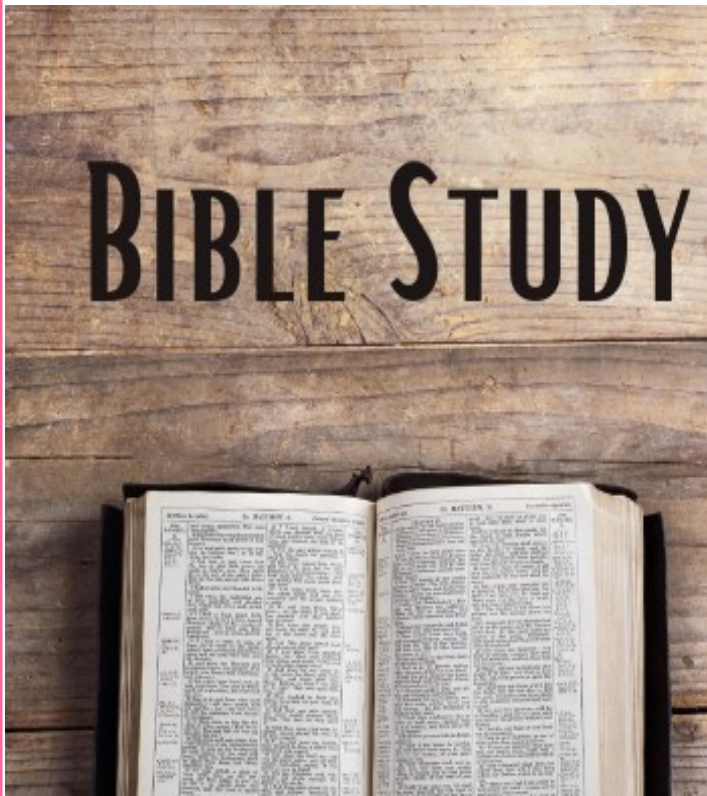


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Non-Denominational Bible Study meets every **Tuesday at 10:00 AM.** Each weekly class lasts about an hour.

You can join a session by:

Calling 1-917-900-1022

Enter code: 1747896

*When calling in, please tell them your name and then mute your telephone to prevent background noise. Unmute yourself when you want to comment.

Mindfulness Group

2nd and 4th Wednesday of the month at 11:00 AM in the Library.



Computer Class

&

Jewelry Making

Temporarily postponed until further notice.

Thank you for your understanding.

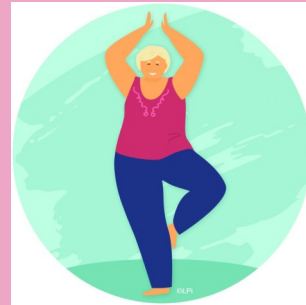
Chair Exercise

Chair Exercise via YouTube on
Wednesdays and Thursdays
at 1:00 PM in the
Computer Lab



Stretch & Balance

1st and 3rd Thursday of
the month at
1:00 PM in the Annex



Tai Chi

Tuesdays at 1:00 PM
in the Annex



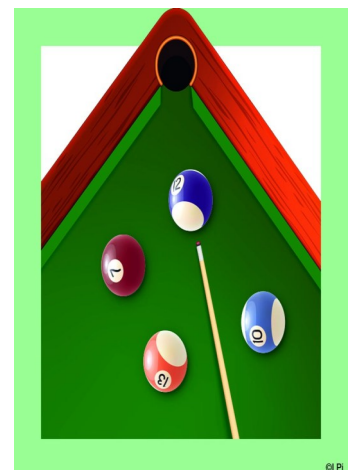
BILLIARDS TOURNAMENT

©LPI

Friday, August 14 at 9:20 AM

Please join us at the pool tables for some
healthy competition!

Please be on time!



©LPI



Euclid Senior Programs can provide transportation services, on a limited basis. Please note – we do not transport to/from senior communities that have their own transportation. Euclid Senior Program members residing in the city wishing to make transportation arrangements should contact our Program Coordinator, Monica Fetheroff at (216) 289 -2985.

Shopping Transportation

Shopping is limited to the following local stores: DAVE's, ALDI's, MARC's, Dollar General and Drug Mart. Please note – we will transport a MAXIMUM OF 8 BAGS.

TUESDAY SHOPPING -Mornings / one hour at store

THURSDAY SHOPPING -Afternoons / one hour at store

Fee — \$3.00

Medical Appointment Transportation

You must schedule medical appointment transportation at least two weeks in advance. Please note, we cannot transport outside of the times listed below. If your appointment runs later, you need to arrange other means of transportation. Euclid Senior Program transportation does not operate as ambulance service.

Medical appointment transportation service is limited to the following areas:

- ♦ East to Lake West Hospital
- ♦ South to Hillcrest Hospital
- ♦ West to VA Hospital, Cleveland Clinic and University Hospital
- ♦ All of Euclid

Medical Appointments within Euclid
9:00 AM – 3:00 PM Fee—\$6.00

Medical Appointments outside Euclid
9:00 AM – 3:00 PM Fee—\$10.00



We are a vulnerable community and illness tends to spread quickly. Stay home and return to the Center when you are well. We will be happy to see you when you return.

Thank you.



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Monday, Wednesday & Friday

1:00 PM

Please Note:

Once the caller has begun the first game, no one will be permitted to join in on any session.

Please keep in mind Euclid Senior Programs does not operate a Bingo Hall.

Only bingo boards provided by Euclid Senior Programs are permitted for play.

All boards must be returned to the bingo cart and stored away at the conclusion of the bingo session.

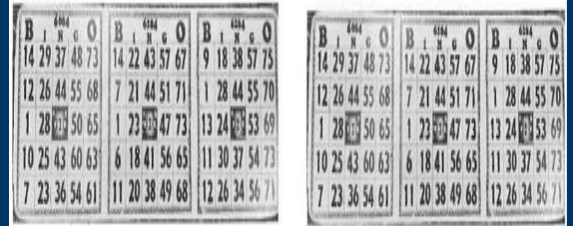
\$7.00 for each bingo session. You must buy at least \$7.00 worth of bingo boards.

All monies spent on bingo boards will be returned as prize money. Prize money for each game will be determined as follows:

- Amount collected in sales divided by 14 (number of games)= Value of each pot
- If more than one person wins Bingo on the same game, the pot is split by number of winners.
- Game 14, the final game, will be fill-up. The fill-up pot will consist of the normal payouts plus any monies collected from the sale of bingo chips before the game.
- Bingo must be claimed by yelling "Bingo." You can only bingo on the last number called. No exceptions.

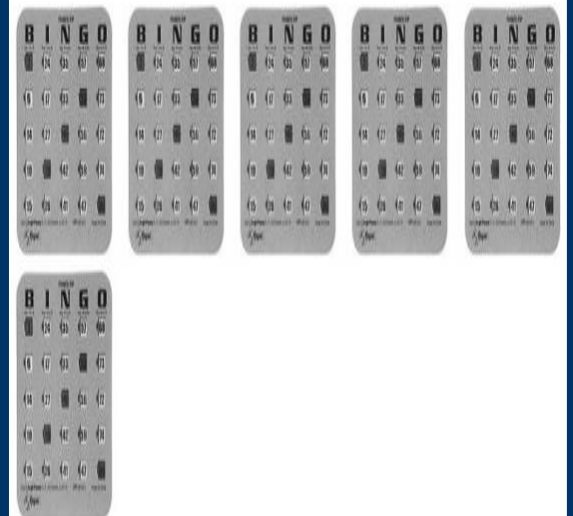
Bingo must conclude promptly at 3:00 pm

Play two (2) for \$7.00



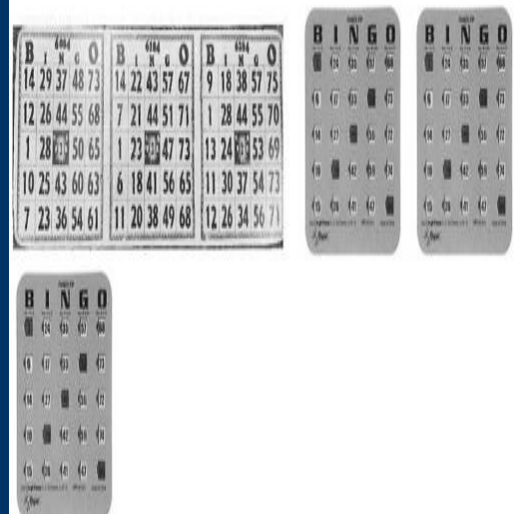
Or

Play six (6) for \$7.00



Or

Play a mix for \$7.00





- ♦ Tuesday, August 4 @ 11:00 am w/ Heritage of Euclid
- ♦ Thursday, August 6 @ 1:00 pm w/ Foundations Health
- ♦ Thursday, August 13 @ 1:00 pm w/ Eastbrook Healthcare
- ♦ Monday, August 17 @ 11:00 am w/ Chase Medical Services

Bingo daubers are available for \$1.00 each

Please play ONE (1) bingo sheet per round

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Euclid Senior Programs Congregate Meals

Euclid Senior Programs offers a sit-down lunch program Monday thru Friday 12:00 PM– 1:00 PM. We serve a nutritious meal that supplies 1/3 of your daily nutrition requirements. Our menus are written by a licensed dietitian to ensure you receive a healthy lunch. The suggested donation is \$1 per day.

RESERVATIONS MUST BE MADE BY NOON ON TUESDAYS FOR THE FOLLOWING WEEK.

Contact Nutrition Supervisor, Sylka Edmondson at 216-289-2985 to make your reservation.

Please remember to cancel your reservation with Sylka if you are unable to make it to the Center for a reserved lunch.

Euclid Senior Programs Home Delivered Meals

Euclid Senior Programs delivers the same balanced, dietitian-planned lunch served at the Center to homebound seniors (age 60+) who are unable to prepare meals for themselves. Meals are delivered Monday thru Friday between 11:00 AM - 1:30 PM.

The suggested donation is \$1 per day.

Contact us at 216-289-2985 for more information.

Home Delivered Meals Client Policy:

- Please be awake, dressed, and ready to answer the door.
- Please have any pets secured away from the door for delivery time.
- Meals must be given to you and your signature is required.
- Meals CANNOT be left on the porch, in a cooler, or with someone else.
- Please call to cancel if you will not be home for meal delivery. We will attempt to make sure you are safe by calling you, your emergency contact, and Euclid Police for a welfare check, if necessary.
- Euclid Senior Programs Drivers are not permitted to do other personal activities like taking out the trash, making phone calls, etc.

Summer

word scramble

NHSSNIUE _____

LOPO _____

MIWSGNIM _____

CEI RAMEC _____

ATLOMERNEW _____

TECDASLNSA _____

ONAVCATI _____

ELASUSGNSS _____

BLUAMLER _____

INCICP _____

PLCSIEPO _____

TIKE _____

IPFL LPSOF _____

HCEAB _____

UBERCABE _____

NIRADEGNG _____

ERCNSUSNE _____

GISFINH _____

ALMEONDE _____

VATELR _____

YAILMF _____

WORD BANK:



BARBECUE
BEACH
FAMILY
FISHING
FLIP FLOPS
GARDENING
ICE CREAM

KITE
LEMONADE
PICNIC
POOL
POPSICLE
SANDCASTLE
SUNGLASSES

SUNSCREEN
SUNSHINE
SWIMMING
TRAVEL
UMBRELLA
VACATION
WATERMELON



Thank you !

A special thanks to our wonderful staff

PROGRAM MANAGER

Cassaundra Bronson

ADMINISTRATIVE ASSISTANT

Dynesha Stover-McDonald

PROGRAM COORDINATOR

Monica Fetheroff

NUTRITION SUPERVISOR

Sylka Edmondson

SOCIAL WORKER

Earlene Johnson

FOOD SERVICE

Kenyatta Black, Effie Grays &
Stephanie Jones-Dixon

DRIVERS

David Belle, John Gay,
Jim Hendrickson, Allen Patrick
& Moses Taylor

STAFF MEMBERS

Rita Campbell & Bill Solnosky

VANTAGE AGING STAFF

Velesia Brown & Gary Woodworth

BENJAMIN ROSE VOLUNTEERS

Robin Boley, Darlene Foster, Leslie Harding,
Billy Howze, & Verlana Munn Rogers

Euclid Senior Programs is fortunate to have organizations provide us with pertinent information and sponsor wonderful events for our seniors. We thank all the organizations and partner agencies for their time this month.

Thank you to our wonderful volunteers and instructors, you are vital to the success of Euclid Senior Programs!

Thank you to the Euclid residents and Euclid Senior Program members that donate items to the center.

“Just for Fun” Days

Have fun with
these August celebrations!

Aug. 1–7: International Clown Week

Aug. 3: National Watermelon Day

Aug. 10: National S'mores Day

Aug 12: Vinyl Record Day

Aug. 13: International Left-Handers Day

Aug. 20: World Honeybee Day

Aug. 25: Kiss-and-Make-Up Day

Aug. 31: National Trail Mix Day



Remember to add your name to the ROBO call list at
the front desk to receive
Euclid Senior Center closure
notifications.



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Euclid Public Library

Adult Services Department

DIGITAL DROP-IN

FRIDAY, AUGUST 21
2PM-4PM

**Do you need help setting up an app or
troubleshooting settings on your device?**

Digital Drop-ins are a time when you can bring
in your own phone, tablet or laptop and learn
on the spot or chat with our Digital Literacy
Associates about the latest tech news.

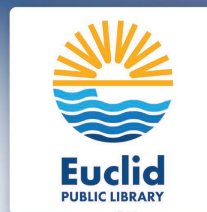
We can help with most devices and operating
systems, but cannot troubleshoot hardware
issues. Don't forget to bring important
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Euclid Lakefront Community Center, Euclid, OH

14-1642