

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
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



Lakewood Senior Services

Department of Human Services
Division of Aging

November 2025



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 15TH.

To get placed on the schedule for that day, call Susan at 216-529-3069.

Slots are limited so call today!



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.



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 TO COVE AND SIGN UP FOR A TRIP!

CASTLE NOEL & SULLY’S IRISH PUB THURSDAY, NOVEMBER 6TH

Take a trip to a winter wonderland, Castle Noel, where you’ll find a vast collection of Christmas memorabilia. From the Cleveland department store displays of the ‘40’s, ‘50’s, and ‘60’s to movie posters and props, you won’t want to miss out on this trip! Afterwards, we’ll walk two blocks to Sully’s Irish Pub for lunch!

Admission is \$28.00, payable at registration. Transportation is \$3.00.

Please note that there will be outdoor walking on this trip, dress accordingly and wear comfy shoes!

NOVEMBER LUNCH BUNCH GOES TO... COZUMEL FRIDAY, NOVEMBER 7TH

By popular request we return to Cozumel in Lakewood, where you’ll find a wide range of Mexican cuisine prepared to your liking. Enjoy lively conversation with friends along with the sights, smells and tastes straight from south of the border.

Transportation is \$3.00. Bring funds for lunch.

JACK CASINO TRIP WEDNESDAY, NOVEMBER 12TH

Get ready to test Lady Luck on a trip to Jack Casino in downtown Cleveland, where you can try your hand at slot machines and table games!

Then when you’re ready for a break, you can recharge your battery at their Wednesday lunch buffet! Win, lose or draw we’re sure you will have a great time!

Transportation is \$3.00. Bring funds for games and lunch.

MAJESTIC MEADOWS & YOURS TRULY THURSDAY, NOVEMBER 13TH

You wanted to go back so... we’re going back!

Enjoy an up-close interactive experience with some amazing animals! Alpacas, wallabies, and more! Feed them, pet them, and maybe even meet the family that owns this beautiful farm!

On our way back to Cove, we will stop for lunch at Yours Truly.

Admission is \$13.00, payable at registration. Transportation is \$3.00.

Bring funds for lunch, souvenirs, and animal snacks to hand feed them!

SHOPPING TRIP TO GREAT NORTHERN MALL FRIDAY, NOVEMBER 14TH

The season would not be complete without a trip to Great Northern Mall. Grab those holiday gifts, get your steps in while window shopping, or hangout with friends in the food court. Whatever you choose, it will be a nice afternoon getaway.

Transportation is \$3.00. Bring funds for shopping.

BREAKFAST TRIP TO BOB EVANS TUESDAY, NOVEMBER 18TH

Get on board for what might become one of our newest traditions... a monthly breakfast trip! This month we go to Bob Evans, a well known and loved breakfast destination. Come along to enjoy some traditional breakfast foods, complete with jokes and lively conversation amongst friends! **Note that you will not be at Cove for lunch this day.**

Transportation is \$3.00. Bring funds for breakfast.

TRINITY BROWNBAG CONCERT featuring CROOKED RIVER STOMPERS WEDNESDAY, NOVEMBER 19TH

Enjoy a lively performance by one of the Cleveland area’s most talented and creative ensembles! Crooked River Stompers perform bluegrass, jump jazz tunes, and more. Bring a boxed lunch from Cove or from home to eat before the concert.

Transportation is \$3.00. Sign up for a boxed lunch to bring with you by noon on 11/10!

DESSERT TRIP TO MITCHELL’S ICE CREAM TUESDAY, NOVEMBER 25TH

As we all know, there is no bad time for ice cream. Thanksgiving might be in two days, but that doesn’t mean you can’t have a little something now. Join with your friends as we go and grab a tasty treat after lunch at Cove.

Transportation is \$3.00. Bring funds for dessert.

DECEMBER TRIP TO SIGN UP FOR NOW...

GREAT LAKES THEATER FESTIVAL: “A CHRISTMAS CAROL” THURSDAY, DECEMBER 11TH

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 that he helped create.

All money for this holiday tradition must be received by November 6th so don’t delay!

Admission is \$26.00, payable at registration. Transportation is \$3.00.

November 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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 Stubbisher MS, RD, LD</i>			
3 *Stuffed Cabbage w/ Beef 6 oz *Noodles, ½ c w/ *Gravy, 2 oz *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Cranberry Juice 4 oz ALT=CS	4 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Mixed Vegetables ½ c 2 Whole Grain White Apricots ½ c ALT=CBG	5 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit 2 oz Banana, 1 ea RBALT = CF	6 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz ALT=CBG	7 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CF
10 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Cheesy Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c ALT=CS	11 Center is CLOSED in honor of Veterans Day NO WRAAA Congregate or Home Delivered Meals Served ALT=CBG	12 *Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Antigua Blend ½ c Cauliflower ½ c Whole Grain Wheat Pineapple ½ c ALT=CF	13 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c Grape Juice 4 oz ALT=CBG	14 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c *Broccoli ½ c Whole Grain Wheat Scalloped Apples ½ c ALT=CF
17 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Japanese Blend ½ c Whole Grain Wheat Tropical Fruit ½ c Apple Juice 4 oz ALT=CS	18 *Salisbury Steak 3 oz w/ *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Orange ALT=CBG	19 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CF	20 *Stuffed Shells 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CBG	21 *Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c W.G. Biscuit 2 oz Orange ALT=CF
24 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Applesauce ½ c ALT=CS	25 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange ALT=CBG	26 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz ALT=CF	27 Center is CLOSED in honor of the Thanksgiving holiday NO WRAAA Congregate or Home Delivered Meals Served ALT=CBG	28 Center is CLOSED in honor of the Thanksgiving holiday NO WRAAA Congregate or Home Delivered Meals Served ALT=CF

Western Reserve Area Agency on Aging - 2025

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

COMPUTERS WITH DAN PRESENTS...

“GETTING A RIDE WITH UBER OR LYFT”

FRIDAY, NOVEMBER 21ST 10:00am

This month in our Computers with Dan class, Dan will be tackling a technology topic that is sure to have some practical benefits.

With the use of ride-share services exploding over the last few years, plan on attending this very informative session and learn how easy it is to use Uber and Lyft!

Your newfound knowledge of this growing service will broaden your transportation options greatly!



**PAINT & SIP with ELISHA ORTIZ
from OAK STREET HEALTH!**

TUESDAY, NOVEMBER 4TH 10:00am

Join us for a special morning with our friends from Oak Street Health. Elisha Ortiz will be leading us in a painting project, while also bringing some snacks to enjoy!

No prior skill is required, just a desire to have fun and try your hand at something new!

There is no charge for this special class but sign-ups will be required.

So be sure to sign the sheet at Cove, or call the Activities Office at 216-529-5005.

And get ready to paint your heart out!



For this months edition of
TRAVELOGUE
venture with us
on a remarkable journey to...
SINGAPORE!

MONDAYS, NOVEMBER 10TH & 24TH 12:30pm

Located in Southeast Asia just 84 miles north of the equator, this city-state island country seamlessly melds multiple cultures, ethnicities and religions.

Best known for it's economic might,
it is also known for it's beauty.

Plan on taking a closer look at this fascinating place!

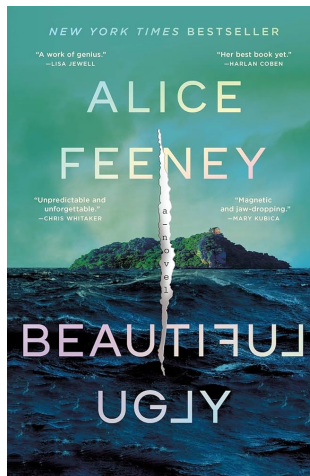
NOVEMBER BOOK DISCUSSION CLUB READS...

“BEAUTIFUL UGLY” by ALICE FEENEY

MONDAY, NOVEMBER 24TH 1:00pm

This psychological thriller follows a once successful author, Grady Green, who retreats to a remote Scottish Island after his wife's disappearance, only to encounter unsettling events and a woman who looks exactly like his missing wife.

For more information on this months book or the Book Discussion Club, speak with Carrol Hahn while at Cove or give her a call at 216-521-1090.

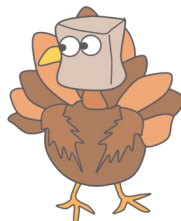
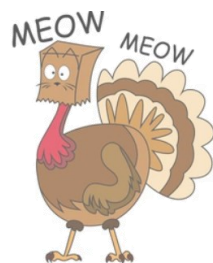
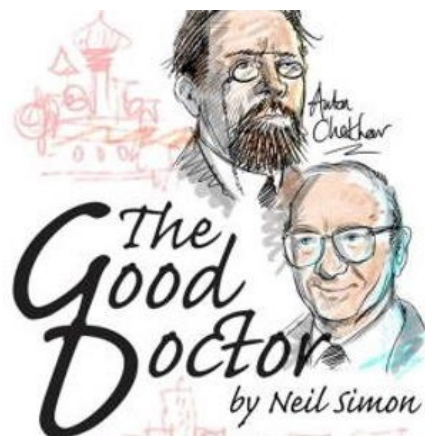


**JOIN OUR NOVEMBER
PLAY READING GROUP
AS THEY READ...**

**“THE GOOD DOCTOR”
by NEIL SIMON**

THREE WEDNESDAYS THIS MONTH
NOVEMBER 5TH 9:30am
NOVEMBER 12TH 9:30am
NOVEMBER 19TH 9:30am

The roles have been cast, but we are still looking for audience members. Join us for a fun activity, as we go through one of Neil Simon's lesser known, but very well received plays. This is a true cultural experience!



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 Barry @ 216-529-5005 in the Activities Office if you need more details!



FALL BACK

DAYLIGHT SAVING TIME ENDS



**SUNDAY, NOVEMBER 2, 2025
AT 2:00 AM**

Remember to
**SET YOUR CLOCKS BACK
ONE HOUR!**

**STOP IN FOR A FUN AFTERNOON OF
POPCORN AND A MOVIE
AS WE WATCH
“ELF”**

THURSDAY, NOVEMBER 20TH 12:30pm

It's that time of year where we're getting into that holiday frame of mind! But if you're having a difficult time, this movie should help do the trick. In Elf, Buddy returns to his roots and brings a whole bunch of Christmas cheer with him! It's sure to make you laugh and get you into the spirit of the holiday season!



JOIN US FOR A SPECIAL PRESENTATION

LUNCH & LEARN:

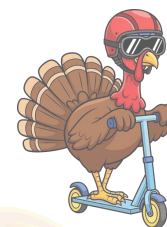
“HEALTHY EATING DURING THE HOLIDAYS”

WEDNESDAY, NOVEMBER 19TH 11:45am

Elisha Ortiz from Oak Street Health brings us a particularly timely talk, just before the Thanksgiving holiday. “Healthy Eating During The Holidays” is a presentation that will teach us to make healthy yet satisfying choices even when surrounded by temptation.

This presentation includes a complimentary lunch and will be held in Activity Room 1.

Be sure to sign up, as a reservation is required.



Join us for Senior Chefs
as we make...

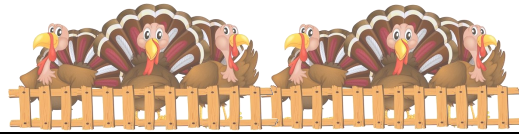
NEW ENGLAND CLAM CHOWDER!

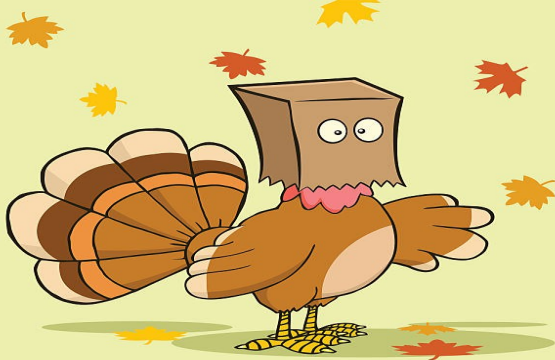
THURSDAY, NOVEMBER 13TH 12:30pm

As the nights get longer and days colder, many of us are excited for “Soup Season”! This month we will be making a favorite, New England Clam Chowder.

Join us as we learn how easy it is
to prepare this
rich and creamy
classic!





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 REGISTRATION @ 10:00 AM 9:30-11:00 Visit with the Paramedic (CR) 9:30 Cards (CR) 10:00 Registration (CR) 11:00 * Grocery Shopping @ Giant Eagle 12:30 Adaptive Jazzercise (CR)	4 9:00-11:00 Coffee with a Vet (CR2) 9:30 Games (CR) 9:30 \$ Adaptive Qi Gong (A1) 10:00 * Paint & Sip with Elisha Ortiz (CR) 12:30 \$ Silver Strength (CR)	5 9:30 Cards (CR) 9:30 Play Reading Group (A2) 10:00 LCR (CR) 10:30 Slow Flow Chair Yoga (A1) 12:30 Mah Jong (CR)	6 9:30 Games (CR) 9:30 Cards (CR) 10:00 Breath, Body & Mind Restoration with Paul (A1) 10:30 * Castle Noel & Sully's Irish Pub 12:45 Adaptive Tai Chi (A1)	7 9:30 Cards (CR) 10:00 Garden Club-Garden to Bed Cold Crops 10:00 Table Top Bowling (CR) 11:30 * Cozumel
10 9:30 Cards (CR) 10:00 Science with Dan (CR2) 11:00 * Grocery Shopping @ Aldi 12:30 Adaptive Jazzercise (CR) 12:30 Travelogue-Singapore (A1)	11 CENTER IS CLOSED TODAY 	12 9:30 Games (CR) 9:30 Play Reading Group (A2) 10:00 B.P. Clinic-University Hospital (CR) 10:00 * Jack Casino 10:30 Slow Flow Chair Yoga (A1) 10:30 Radio Shows of Yesteryear (MP) 12:30 BINGO (A1) 12:30 Mah Jong (CR) 12:30 Garden Club-Harvest Luncheon	13 9:30 Arts & Crafts with Maryann (CR) 9:30 Improv (CR) 10:00 Breath, Body & Mind Restoration with Paul (A1) 10:00 Trivia (CR) 10:30 * Majestic Meadows & Yours Truly 12:30 Senior Chefs (Bistro) 12:45 Adaptive Tai Chi (A1)	14 9:30 * Tech Support with Palmer (MP) 9:30 Games (CR) 10:00 LCR (CR) 12:30 * Great Northern Mall 
17 9:30-11:00 Visit with the Paramedic (CR) 9:30 Games (CR) 10:00 Skip Bo (CR) 11:00 * Grocery Shopping @ Giant Eagle 12:30 Adaptive Jazzercise (CR) 	18 9:15 * Breakfast at Bob Evans 10:00 Table Top Bowling (CR) 9:30 \$ Adaptive Qi Gong (A1) 12:30 \$ Silver Strength (CR)	19 9:30 Cards (CR) 9:30 Play Reading Group (A2) 10:00 Crochet, Knit & Loom (CR) 10:00 * Trinity Brownbag Concert 10:30 Slow Flow Chair Yoga (A1) 11:45 * Lunch & Learn-Healthy Eating during the Holidays with Elisha Ortiz (A1) 12:30 Mah Jong (CR)	20 9:30 Games (CR) 10:00 Breath, Body & Mind Restoration with Paul (A1) 10:00 Hangman (CR) 12:30 Popcorn and a Movie "Elf" (CR) 12:45 Adaptive Tai Chi (A1)	21 9:00 * Cleveland Orchestra 9:30 Games (CR) 9:30 Wii Bowling (A1) 10:00 Computers with Dan "Lyft and Uber" (CR2) 10:00 Spelling Bee (CR)
24 9:30 Games (CR) 10:00 Science with Dan (CR2) 11:00 * Grocery Shopping @ Giant Eagle 12:30 Adaptive Jazzercise (CR) 12:30 Travelogue-Singapore (A1) 1:00 Carrol's Book Discussion Group (A2)	25 9:30 Cards (CR) 9:30 \$ Adaptive Qi Gong (A1) 11:30 November Newsletter Drawing (CR) 12:30 * Mitchell's Ice Cream 12:30 \$ Silver Strength (CR)	26 9:30 Games (CR) 10:30 Slow Flow Chair Yoga (A1) 12:30 BINGO (A1) 12:30 Mah Jong (CR)	27 CENTER IS CLOSED TODAY 	
Do you feel like a turkey when it comes to today's technology? Sign up for a free 30 minute session with our tech volunteer, Palmer Chin, who will be here on one Friday this month! Call the Activities Office today to schedule your time slot with him at 216-529-5005.			<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 registration fee for that activity.</u>	Would you like the newsletter delivered to your email each month? See Barry or email him at barry.wemyss@lakewoodoh.gov to be put on our monthly email list!