

**\*\*Chicken Salad\*\***

Deadline to order:  
Monday, June 6 at 12:00PM

**THURSDAY, JUNE 23**  
**Lunch Box**

**\*\*Tacos\*\***

Deadline to order:  
Monday, June 20 at 12:00PM

**THURSDAY, July 7**  
**Lunch Box**

**\*\*Hot Dog/Potato Salad\*\***

Deadline to order:  
Tuesday, July 5 at 12:00PM

**THURSDAY, July 28**  
**Lunch Box**

**\*\*Chicken Artichoke Flat Bread\*\***

Deadline to order:  
Monday, July 25 at 12:00PM

**Pick up for June 9:**

Highland Heights  
Community Center

**Pick up for June 23, July 7  
and July 28:**

South Euclid  
Community Center

Call 216-970-0347 for all Lunch



**Nutrition 360° is a new program  
spearheaded by CPA's Dietetic  
Technician, Mary Beth Healy.**

Through education, coaching and  
experiential learning, interested older adults  
can learn (or even RE-learn!) healthy food  
behaviors.

- Are you dealing with a chronic illness?
- Do you sometimes struggle to make ends meet and afford healthy food purchases?
- Would you like to learn how to cook healthier foods for yourself?

If you answered YES to ANY of those questions, then we want YOU for Nutrition 360°! See more info on the back of the June newsletter. PS - it's FREE!

**CPA Community Meals: call 216-650-4029  
for all frozen meal reservations and inquiries**

Community Meals are open! Contact CPA staff for  
Community Meal questions and reservations: 216-650-4029.

**Community Meal schedule (please note locations!)**

- **Mondays:** Richmond Heights Kiwanis Hall or Lyndhurst Community Center
- **Wednesdays:** Highland Heights Community Center
- **Fridays:** Highland Heights Community Center

**Frozen Meals will still be available for those who prefer:**

- **Tuesdays at Lyndhurst Community Center only**

**Call 216-650-4029 for Community Meal and Frozen Meal**