

**THURSDAY, JUNE 9
Lunch Box**

****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
Box reservations

**CPA Café Services: call 216-970-0347
for all Lunch Box reservations and inquiries**



**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
reservations.**