

**THURSDAY, July 7**  
**Eat 'N' Park at South Euclid**  
**Community Center**  
**Free (courtesy of South Euclid**  
**Community Center! Max 100)**

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

**\*\*Entertainment\*\***

**The fun starts at 11:30AM!**

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

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**THURSDAY, July 28**  
**Lunch 'N' Movie!**

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

\$5; Mayfield Village Civic Center  
Lunch at 12:00PM, Movie at 1:00  
"Death on the Nile" (2022)

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

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**THURSDAY, August 11**  
**Lunch Box (and Ice Cream**  
**Social at 1:00PM!)**

**\*\*Black Bean Burger\*\***

Pick up at South Euclid Community  
Center at 11:30AM; \$5 per person  
Lunch Box Deadline: Aug. 9 at 12:00PM

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**THURSDAY, August 25**  
**Lunch 'N' Movie**

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

\$5; Mayfield Village Civic Center  
Lunch at 12:00PM, Movie at 1:00  
"King Richard" (2021)

Deadline to order:  
Monday, August 22 at 12:00PM

**Call 216-970-0347 for reservations**



**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.

Upcoming Classes at South Euclid Community Center!

**Wednesday, July 13th 1:00PM - 2:00PM**

**Heart Healthy/Low Sodium Diet**

A low sodium diet can help decrease your risk of heart disease  
and help control blood pressure.

Learn ways to reduce your salt intake by replacing it with fresh  
herbs and spices. During the class will make our own salt  
alternative packets to take home.

**Wednesday, August 17 1:00PM - 2:00PM**

**Diabetes**

Living with diabetes means managing your blood sugar levels  
with healthy eating and exercise.

Learn tips and diet plans that best suit your lifestyle. Make a  
snack to take home.

**Call 216-970-0347 to sign up!**

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

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 and South Euclid 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.**