




February



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00–11:15 Tu B'Shvat Seder and Activities Tu B'Shvat is the Holiday of the Trees 11:45-12:30 Lunch	10:00-10:45 Chair Exercise with Sue 10:45 Bingo 11:45-12:30 Lunch	10:00–11:15 Mahjong and Other Games 11:45-12:30 Lunch	10:00-10:45 Exercise with Brian 10:45 Bingo 11:45-12:30 Lunch	10:00-11:15 Google Tips 11:45-12:30 Lunch
9	10	11	12	13
10:00–11:15 Bell Choir 11:45-12:30 Lunch	10:00-10:45 Chair Exercise with Sue 10:45 Bingo 11:45-12:30 Lunch	10:00–12:30 Monthly Movie with Popcorn and Pizza RSVP by Feb 3	10:00-10:45 Exercise with Brian 12:00-2:00 ElderClass: Beachwood Band/Choir/Orchestra RSVP by Feb 3	10:30-11:30 Rosh Chodesh with Cantor Sager 11:45-12:30 Lunch 2:00-3:00 Debbie Darling concert at the Beachwood Library: Music of Richard Rodgers Space is Limited! RSVP by Feb 3
16	17	18	19	20
No Program 	10:00-10:45 Chair Exercise with Sue 10:45 Bingo 11:45-12:30 Lunch	10:00–11:15 Mahjong and Other Games 11:45-12:30 Lunch	10:30-12:00 Siegal Lifelong Learning: The Art of Kadishman RSVP by Feb 10 12:15-1:00 PM Lunch	10:00-11:00 Cardio Drumming 11:45-12:30 Lunch
23	24	25	26	27
10:00-11:15 Lynne's Birthday Party! NO GIFTS! 11:45-12:30 Lunch	10:00-10:45 Exercise with Sue 10:45 Bingo 11:45-12:30 Lunch	10:00-11:15 Knitting and Crafts/Games 11:45-12:30 Lunch	10:00-10:45 Exercise with Brian 10:45 Bingo 11:45-12:30 Lunch	10:00-11:15 BINGO Tournament 11:45-12:30 Lunch

- All program and class schedules are subject to change or cancellation.
- All program classes, transportation & lunch must be registered by Tuesday for the following week, unless otherwise noted.
 - Free transportation is available for LunchPlus registered participants.
 - LunchPlus is held in the Ante Room (near Stonehill Auditorium).
 - Participants must be registered through LunchPlus to join programs.
 - LunchPlus is free with a suggested donation of \$2
 - Cancel with STC at 216-265-1489 and with ACE Taxi at 216-361-4700

WRAAA February 2026 Kosher Menu

Menu written by: Dan Kaminski Menu Approval: *Alex Stahlheber, MS, RDN, LD*
Each meal is served with 8 oz Non Dairy Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 2	Feb 3	Feb 4	Feb 5	Feb 6
Plov (4 oz beef, ½ cup rice, ½ cup vegetables) Corn salad , ½ cup Banana , 1 medium Whole wheat bread , 1 oz Margarine , 1 PC	Chicken Ceasar Salad , 3oz chicken, 1 cup spring mix , 1 cup fresh vegetables, 1 oz croutons Salad Dressing , 1 PC Orange , 1 medium Oatmeal cookie 2oz	Chicken , 3 oz Mashed potato , ½ cup Grilled Veggies , ½ cup Corn salad , ½ cup Banana , 1 medium WG tortilla Chips , 2 oz	Grilled Turkey , 3oz Peas , ½ cup Potato Bureka , ½ cup Fruit Juice , 4oz Whole wheat bread , 2 oz Margarine , 1 PC	WG Spaghetti , 1 cup Meatballs , 3oz Marinara , ½ cup Ratatouille , ½ cup Apple sauce , ½ cup
Feb 9	Feb 10	Feb 11	Feb 12	Feb 13
Chili , 3oz beef Beans , 1 cup Buckwheat , 1 cup Sauce , 4oz Apple , 1 medium	Cobb Salad 1 cup spring mix, 1 cup fresh vegetables, 4 oz chicken Fruit cup , 1 cup WG tortilla Chips , 2 oz	Crispy chicken , 3oz Quinoa salad ½ cup quinoa ½ cup veggies) Cabbage salad , 1 cup Fruit Juice , 4oz Whole wheat bread , 1 oz	Grilled chicken , 3oz Bun , 2 oz Fresh veggies , 1 cup Fried eggplant and onion , ½ cup Banana , 1 medium Oatmeal cookie , 2oz	Goulash , 3oz beef Majadra , ½ cup rice, Lentils , ½ cup Beet salad , ½ cup Orange , 1 medium Whole wheat bread , 1 oz Margarine , 1 PC
Feb 16	Feb 17	Feb 18	Feb 19	Feb 20
President's Day Site Closed	Chickpea salad (2.5 oz protein equivalent, 1 cup fresh vegetables) Grilled Chicken , 2oz Fruit cup 1 cup Roasted Yams , ½ cup Whole wheat bread , 2oz Margarine , 1 PC	Chicken cacciatore , 3oz chicken, ½ cup veggies Roasted potato , ½ cup Fruit Juice , 4oz Oatmeal cookie , 2oz	Falafel , 4 oz protein equivalent Pita , 2 oz Fries , 1 cup Ketchup , 1 PC Orange , 1 medium	Chicken soup , 3oz chicken, ½ cup veggies Fattoush , 1 cup fresh veggies Banana , 1 medium WG tortilla Chips , 2 oz
Feb 23	Feb 24	Feb 25	Feb 26	Feb 27
Arrais , 3oz ground beef, Cooked vegetables , ½ cup Carrot salad , 1 cup Apple , 1 medium Whole wheat pita , 2 oz	Grilled chicken salad (4oz chicken, 1 cup spring mix, 1 cup fresh vegetables) Fruit cup , 1cup Israeli couscous , 1 cup Whole wheat bread , 1oz Margarine , 1 PC	General Tso's chicken , 3oz chicken Rice , 1 cup Vegetable stir fry , 1 cup Whole wheat bread , 1 oz	Roasted Beef , 3 oz Roasted Potato , ½ cup Green beans , ½ cup Couscous , 1 cup Orange , 1 medium Oatmeal cookie , 2oz	Beef , 3oz ground beef Kasha , ½ cup Pasta , ½ cup Roasted Butternut Squash , 1 cup Banana , 1 medium

Choose daily menu or Alternate meal. Alternate meal is: Falafel (3 oz), Pita 2 oz, 1 cup spring mix salad, ½ c hummus, 1 orange, and milk alternative 8 oz