Nutrition 360° is a 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 Nutrition 360° Classes held at 1:00PM
- **Wednesday, July 5** - Unintended Weight Loss and Malnutrition at South Euclid Community Center
- **August, September & October** - 3-Part Instant Pot Cooking Series! Sign up (and attend!) all three classes and be entered into a drawing for a FREE Instant Pot! August 2, September 6, October 4 at South Euclid Community Center

Call 216-970-0347 with questions and to make a reservation.

Join us for lunch prior to the class; see the Community Meal info below ↓

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

Have a hot meal with us at 11:45AM on-site according to the following schedule:
- **Mondays**: Richmond Heights Community Center and Lyndhurst Community Center
- **Tuesdays**: Lyndhurst Community Center
- **Wednesdays**: Highland Heights Community Center and South Euclid Community Center
- **Fridays**: Highland Heights Community Center

---

**THURSDAY, JULY 13**
Lunch Box
**Turkey on a Pretzel Bun**
Pick up at South Euclid Community Center at 11:30AM
$5 per person. Deadline to order:
**July 10** at 12:00PM
Call 216-970-0347

---

**FRIDAY, JULY 21**
Summer Party
4:00PM at Richmond Heights Community Center/Kiwanis Lodge
$1.00 per hot dog
Call 216-650-4029 with reservations and number of hot dogs; deadline 7/17

---

**THURSDAY, July 27th**
Lunch ‘N’ Movie
**Chicken Salad Sandwich**
$5; Mayfield Village Civic Center
Lunch at 12:00PM, Movie at 1:00
Movie: “Champions” (2023)(PG-13)
Stars Woody Harrelson
Lunch reservation deadline:
**July 21** at 12:00PM
Call 216-970-0347

---

**THURSDAY, AUGUST 10**
Friends and Family Cook-Out - Bring a friend or family member!
South Euclid Community Center (time TBA)
Hot Dogs/Hamburgers and more
$2 per person. Reservation deadline:
**August 7** at 12:00PM
Call 216-650-4029 for reservations for the August Cook-Out

---

**THURSDAY, AUGUST 24**
Lunch ‘N’ Movie
**Strawberry Poppyseed Salad**
$5; Mayfield Village Civic Center
Lunch at 12:00PM, Movie at 1:00
Movie: “Are You There, God? It’s Me, Margaret” (2023)(PG-13)

Lunch ‘N’ Movie, continued
August Lunch reservation deadline: **August 21** at 12:00PM
Call 216-970-0347

---

**THURSDAY, SEPTEMBER 26**
Lunch ‘N’ Movie
**Sweetwater**
TENTATIVE Movie title: “Sweetwater” (2023)(PG-13)
Hall of Famer, Nat ‘Sweetwater’ Clifton, makes history as the first African American to sign an NBA contract, forever changing how the game of basketball is played.