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
Wed., October 4 - Instant Pot class Part 3
Wed., Nov. 1 - "Inflammation in the Body: What it is and how to reduce it"

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 on-site according to the following schedule:
- Mondays: Richmond Heights Community Center and Lyndhurst Community Center
- Wednesdays: Highland Heights Community Center and South Euclid Community Center
- Fridays: Highland Heights Community Center

THURSDAY, October 26
Lunch ‘N’ Movie
**Tuna Melts**
$5; Mayfield Village Civic Center
Lunch at 12:00PM, Movie at 1:00
Lunch reservation deadline: October 23 at 12:00PM

THURSDAY, NOV. 9
Lunch Box
**Chicken Noodle Soup**
Pick up at South Euclid Community Center at 11:30AM
$5 per person
Deadline to order: Monday, November 6 at 12:00PM

THURSDAY, DECEMBER 21
Lunch ‘N’ Movie
**Menu TBA**
Movie: “Air” (2023)(R) Stars Matt Damon; the story of how Nike pursued the greatest athlete in the history of basketball, Michael Jordan
$5; Mayfield Village Civic Center
Call 216-970-0347 for all Lunch ‘N’ Movie and Lunch Box reservations

The CPA Pretzel Gift Boxes are returning!
Pick up on December 14th at South Euclid Community Center between 11:00AM-1:00PM
2 dozen pretzels per box!
Call 216-650-4029 before December 4 at 2PM

No October Lunch Box - Lunch Box will resume in November!

No NOVEMBER Lunch ‘N’ Movie (it’s Thanksgiving!)