

February 2022 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday
1 *Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c *Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz. ALT = CBG RB	2 *Beef Sloppy Joe 4 oz. *Green Peas ½ c *Cauliflower ½ c Whole Grain Bun Sliced Peaches ½ c ALT = CBG T	3 *Chicken Stir Fry 3 oz. Sauce 2 oz. / *Brown Rice ½ c *Oriental Blend 1 c Whole Grain Wheat Tropical Fruit ½ c ALT = CBG RB	4 *Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Peas ½ c Whole Grain Wheat Orange ALT = CBG RB
7 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CS TR	8 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG RB	9 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. / *Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c ALT = CBG TR	10 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Cranberry Juice ½ c ALT = CBG T
14 *Tomato Basil Chicken 3 oz w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Peas ½ c ALT = CS RB	15 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG TR	16 *Vegetable Lasagna 6 oz. *Carrots ½ c *Broccoli ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz. ALT = CBG RB	17 *Grilled Chicken strips 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c ALT = CBG T
21 PRESIDENT'S DAY Site Closed	22 *Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c ALT = CS TR	23 *Breaded Fish 3 oz. Tarter Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c ALT = CBG RB	24 *Take Temperature of Milk and all food preceded by an asterisk. Choice of : 1 % Milk or Buttermilk
28 *Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c ALT = CS TR			

Menu Approved by:
Ann Stalheber, MS, RDN, LD



Western Reserve Area Agency on Aging - 2022
 Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.
 "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef
 ALT CS = Chicken Salad with Croissant, ALT CBG Spring Lettuce Salad w/ Chicken Breast

GARFIELD HEIGHTS SENIOR CENTER

5407 Turney Road
 Garfield Heights, OH 44125
 216-475-3244

Open Monday-Thursday — 9:00a.m.—2:00 p.m.

SENIOR HI-LITES FEBRUARY 2022

CITY OF GARFIELD HEIGHTS

Mayor, Matt Burke

Ward 1 Councilperson — Stacey Collier
 Ward 2 Councilperson — Charles Donahue Jr.
 Ward 3 Councilperson — Jason D. Seither
 Ward 4 Councilperson — Avery M. Johnson
 Ward 5 Councilperson — Jason X. Blake
 Ward 6 Councilperson — Clifford Kelley Jr.
 Ward 7 Councilperson — Tom Vaughn

RECREATION/SENIOR CENTER DIRECTOR:
 Paul Birk.....216-475-3244

ACTIVITIES ASSISTANT:
 Carolyn Lockett.....216-475-3244

CLERICAL SUPPORT II:
 Laketia Gaston.....216-475-3244

ADMINISTRATIVE ASSISTANT II:
 Joe Snyder.....216-475-3244

STAFF:
 Diane Coon.....Kitchen Aide
 Ralph Redmon.....Meals Driver
 Angelo Musarra.....Bus Driver
 Larry Speights.....Bus Driver
 Bob Hejl.....Bus Driver

MISSION STATEMENT:
 The mission of the Garfield Heights Senior Center is to provide information and a range of services, activities and volunteer opportunities, which promote personal growth, health, friendship and independence for older persons.

POLICY STATEMENT:
 It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color national origin or handicap.

"Funded(in part) by a Title III grant under the Older American Act, administered by the Ohio Department of Aging through the (AAA)."

SUGGESTED DONATION FOR CONGREGATE AND HOME DELIVERED LUNCH \$1.25
ALL BUS RIDERS MUST USE SEAT BELTS AT ALL TIME. IT IS THE LAW!!!



WORKSHEET

- _____ First African American to play in the major leagues in the modern era
- _____ First African American to win a Nobel Peace Prize - for mediating the Arab-Israeli truce
- _____ First African American to publish a book - Poems on Various Subjects, Religious and Moral
- _____ First African American millionaire - invented black hair care products
- _____ First African American Supreme Court Justice
- _____ First African American with his own network radio show - The Nat King Cole Show
- _____ First African American student to attend the University of Mississippi
- _____ First African American to go into space
- _____ First African American to be on a U.S. postage stamp
- _____ First African American to serve in the United States Senate

A. Thurgood Marshall
B. James Meredith
C. Jackie Robinson
D. Ralph J. Bunche

E. Phillis Wheatley
F. Hiram Revels
G. Guion Bluford

H. Booker T. Washington
I. Nat King Cole
J. Madame C. J. Walker



FEBRUARY 2022 EVENTS



SITE COUNCIL



The Site Council is renewing, reactivating and restructuring to form a newly revamped organization. Stay tuned for updates as we combine some old traditions and incorporate new ideas that will best serve and service our senior center.

Next meeting, Tuesday February 8, 2022

10:00 am Room 118

Seniors Planning Ahead

Although you have become a certain age, it's possible there are still plans that need to be made for your future. Just in case your faculties are not as sharp as they once were, have your wishes been made known? Who did you tell? Is it written down? What issues are relevant now and going forward?

Mary J Smith, Advanced Planning Advisor from E. F. Boyd & Son, the oldest African American funeral home in the Greater Cleveland area and the oldest African American business, will be here on Monday, February 28, 2022@9:45am to address, clarify and educate you concerning such issues.

POST OFFICE ON WHEELS

Tuesday, February 23rd, 9:30-9:50a.m.
Purchase stamps/money orders/packaging supplies.
Mail letters and packages.



MONTHLY FOOD PANTRY

Wednesday, February 16, 2022
1:00—2:00 p.m.



BINGO BINGO BINGO BINGO

BINGOCIZE w/Fairhill Partners
Mondays & Wednesdays

BINGO w/The Heights
1st & 3rd Tuesdays

BINGO w/Marymount Place
2nd Tuesday

BINGO w/Dedicated Seniors
4th Tuesday

1st board free-additional boards \$.25

ALL GAMES FROM 12:30-1:30pm IN THE DINING ROOM




The Birth of Rock and Roll: Songs That Defined an Era




This entertaining and enlightening program will take you back to one of the greatest musical eras in American history. Enjoy video presentations of such artists as Chuck Berry, Elvis Presley, Little Richard, Fats Domino, Buddy Holly, Ray Charles and Bo Diddley with author and pop culture historian Marty Gitlin. Marty will discuss the impact these rock and roll pioneers made on society and pop culture. He will also challenge patrons with trivia questions and interact with a Q&A after the event.




This one is a lot of fun so please join in! February 28@12:30pm—Cost \$3.00



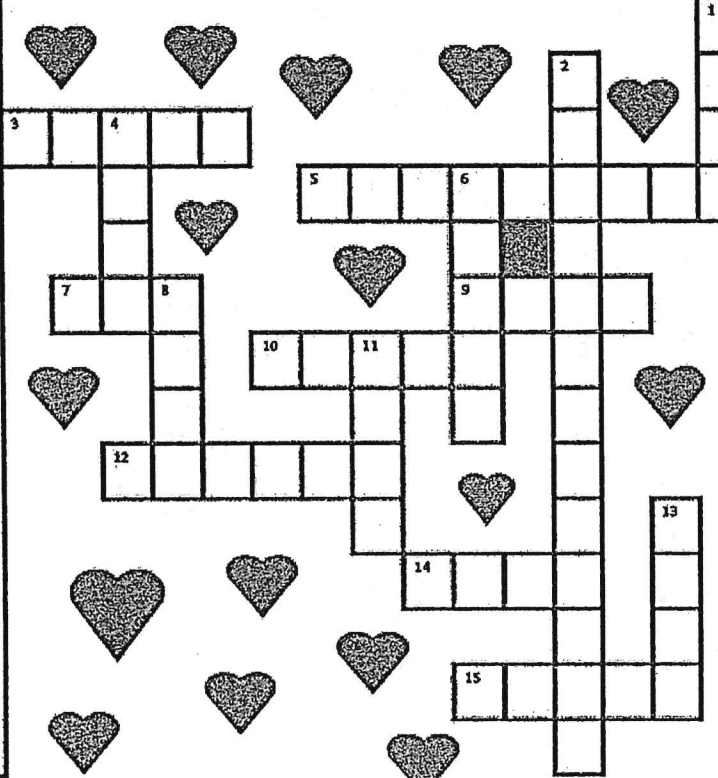







Valentine's Day



14 Feb.



Across

3. What cupid shoots.
5. A Valentine's Day treat.
7. Valentine's Day color.
9. Something you wear on your finger.
10. He shoots love arrows.
12. Something often written on Valentine's Day cards.
14. Touch lips.
15. The symbol of love.

Down

1. An emotion.
2. A day for love.
4. The flower of love.
6. People often exchange these on Valentine's Day.
8. Go on a _____. Go somewhere with your boyfriend or girlfriend.
11. Something a poet writes.
13. Present.

smita_haldankar10@yahoo.com

ISLCollective.com

PROGRAM-ACTIVITY REMINDERS

MASSAGES WITH TARA


Date: Wednesday, 2-18-22
 Time: 10:30a.m.-12:30p.m.
 Cost: \$5.00 for 10 minutes
 Appointments necessary.
 Call Carolyn at 216--475-3244

REIKI with Ms. Lean

Touch-Relaxation Therapy
 Thursday, February 18, 2022
 10:00a.m.—2:00p.m.
 Appointments necessary.

MASSAGES WITH DARLENE

Date: Tuesdays
 Time: 9:30a.m.-12:30p.m.
 Cost: \$5.00 for 10 minutes
 Appointments necessary.
 Call Carolyn at 216--475-3244



MOVIE DAY

Thursday
 February 3rd, 10th & 18th
 At 12:30pm
 Popcorn and beverage provided
 Cost \$2.25

Support our senior activities by participating in

\$1.00 DONUT DAYS

MONDAYS & WEDNESDAYS

2022 Mind Challenge Trivia Tournament

May 9-June 17, 2022

No cost to play

Teams of 4 minimum to 6 maximum compete against teams from other cities all across Northeast Ohio. No limit on how many teams can represent a city.

Senior Friendly questions

Fun and Exciting-Team Concept-Like a Game Show.

Not like Jeopardy

Prize money to the Final 4 teams' Senior Centers.

Play for pride-Play for Enjoyment

See Carolyn for more information or check out the Mind Challenge website www.themindchallenge.com



BINGO

Tuesdays

February 1, 8, 15, 23

at 12:30

in the dining room.

CRAFTS With Jennings

3rd Monday of each month

Time: 10:15-11:30

Limited to 7 participants

Bus service provided

Different craft each month.

Interested? Call Carolyn 216-475-3244