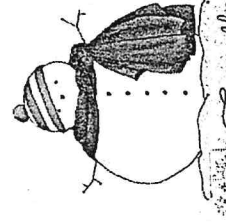
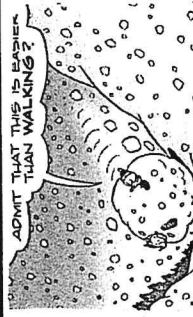


# January 2022 WRAAA Menu

HAPPY NEW YEAR, 2022

Monday	Tuesday	Wednesday	Thursday
3 *Sweet & Sour Meatballs 3-1 oz Sauce 2 oz / *Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Orange Juice 4 oz. ALT= CS TR	4 *Breaded Chicken Breast, 3 oz Mayo 1 PC *Carrots ½ c *Brussels Sprouts ½ c W.G. Hamburger Bun 2 oz. Banana ALT=CBG RB	5 *Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Buttered Beets ½ c 2 Whole Grain Wheat Sliced Apricots ½ c ALT= CBG T	6 * Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Corn w/Red Peppers ½ c Whole Grain Roll, 2 oz. Orange ALT=CBG TR
10 *Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c ALT=CS RB	11 *Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Diced Peaches ½ c ALT=CBG TR	12 *Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CBG RB	13 *Pineapple Glaze Ham 3 oz. *Scalloped Potatoes ½ c *Buttered Carrots ½ c 2 Whole Grain White Sliced Pears ½ c ALT=CBG T
17 Martin Luther King Day Site Closed	18 *Vegetable Lasagna 6 oz *Seasoned Carrots ½ c W. G. Dinner Roll, 2 oz Mixed Fruit, ½ c Grape Juice 4 oz. ALT=CS RB	19 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Dinner Roll 2 oz. Chunky Applesauce ½ c ALT=CBG TR	20 *Chicken Breast Stuffed w*/Broccoli 6 oz. *Diced Potatoes ½ c *Green Beans ½ c 2 Whole Grain White Orange ATL=CBG T
24 *Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT=CS RB	25 *Stuffed Peppers 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CBG T	26 *Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash ½ c *Mixed Vegetables ½ c Whole Grain White Banana ALT=CBG RB	27 *BBQ Chicken, 3 oz. *Macaroni and Cheese, ½ c *Sweet Potatoes ½ c *Spinach ½ c Lemon Juice 1 PC Whole Grain White Grapes 1 c ALT=CBG RB
31 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, *Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT=CS TR	Menu Approved by: Ann Stahlheber, MS, RDN, LD  Choice of : 1% Milk or Buttermilk *=Take Temperature of Milk and all food proceeded by an asterisk		



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 w/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

## January 2022

CITY OF GARFIELD HEIGHTS

Mayor, Matt Burke

Ward 1 Councilperson — Stacey Collier

Ward 4 Councilperson — Avery M. Johnson

Ward 2 Councilperson — Charles Donahue Jr.

Ward 5 Councilperson — Jason X. Blake

Ward 3 Councilperson — Jason D. Seither

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.

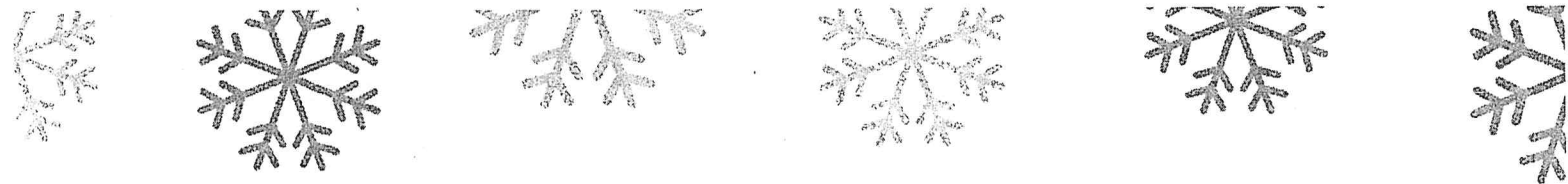
### POLICY STATEMENT:

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!!!**



January

J	L	H	N	G	H	I	B	E	R	N	A	T	E	Z
G	X	J	Y	G	X	Q	W	B	H	C	X	Y	L	F
Y	Z	A	W	U	G	N	I	F	Y	D	P	A	T	H
S	D	N	M	B	T	J	R	F	U	R	N	A	C	E
F	G	U	A	O	S	H	O	V	E	L	H	R	S	N
W	T	A	F	Y	T	B	Y	R	V	X	N	C	T	D
I	P	R	X	O	M	L	U	E	B	O	O	T	S	O
Y	M	Y	G	I	V	I	B	S	C	W	I	F	A	T
I	C	E	K	S	T	Z	M	O	B	I	N	R	S	K
I	F	I	R	S	T	Z	O	L	X	N	L	E	S	I
F	O	G	T	X	F	A	N	U	G	T	J	E	C	N
S	K	I	I	N	G	R	T	T	S	E	W	Z	W	G
J	M	L	H	A	U	D	H	I	N	R	D	I	X	N
H	L	D	S	B	A	N	C	O	O	J	P	N	J	X
F	L	P	Z	V	W	O	J	N	W	X	B	G	X	G

HIBERNATE	FURNACE	MONTH	FREEZING
KING	SKIING	SHOVEL	WINTER
FIRST	BLIZZARD	BOOTS	FOG
SNOW	JANUARY	RESOLUTION	ICE

Last Month...



December was a month full of events as we continue to strive towards our pre-COVID levels of daily activities.

Several seniors were sponsored by the E. F. Boyd and Sons Funeral Home to attend a lively Seniors Christmas luncheon at the Mediterranean party Center. In addition to a very nice meal of chicken marsala, roasted red potatoes, green beans, salad, rolls, desserts and beverages, there was a live band, line dancing and door prizes . We thank E. F. Boyd and Sons for this wonderful opportunity.

Dedicated Seniors hosted a brunch exclusively for Garfield heights seniors. In addition to a meal of breakfast sandwiches, fruit cup and beverages, provided by Panera Bread, there were several raffles of gift cards from Giant Eagle. A very talented young man provided lyrics and music for a Christmas carol sing-a-long. There was a tour of the facility that provided information on services that are offered to area seniors.

Thank you Dedicated Seniors for your consistent support.

Mayor Burke accompanied us on a trip to downtown Cleveland which allowed for a visit to Jack's Casino, or shopping in Tower City, or a visit to Public Square. The casino offers seniors 50+ an opportunity to feast at the all-you-can-eat buffet for \$5.55 on Thursdays. Everyone took advantage of this opportunity by acquiring or updating their Jack's players card. Upon leaving downtown, many reminisced about their past experiences during visits to downtown Cleveland, especially during the Christmas holiday season.

The Chinese Raffle and 50/50 fundraisers we sponsored by the ladies in the craft room. Many special, unique and creative items were created and donated to this effort led by Barb Dines. Several outside donations were received from the general public. Mr. and Mrs. McManus, winners of the 50/50 raffle donated their winnings back to the Center. All proceeds from this project benefit the Senior Center's activities.

On December 13, 2021 holiday pictures were taken of everyone present who wanted a photo made. Mary Boone used the wonderful Christmas display erected by the Service Department as a backdrop for the photos. There was a visit by good ol' St Nick who also posed for many photos.

Mayor Burke entertained us that day with his guitar and singing.

We want to thank our bus/van drivers Angelo, Bob, Larry and Ralph. We appreciate you so much for getting us here and there safely and for your dependably delivering the daily meals.



## Line Dancing



Sessions will return on Tuesday,  
January 11th, 18th, & 25th

Move your feet to the beat as you learn  
the new moves and remember the old  
grooves while exercising your mind,  
body and heart.

COST \$3.00

## CHAIR AEROBICS

**Led by Rev. Mel Kendall McCray**

Join instructor led  
exercises that will assist you in  
improving, strengthening and/or maintain-  
ing your flexibility.



Incorporating sitting and some standing  
routines while using a chair as you respond  
to instruction at your comfortable pace.

Wednesdays 10:00-11:00 a.m.

**Cost \$3.00**

**DID YOU RESOLVE TO INCLUDE BEING MORE ACTIVE, IMPROVING YOUR PHYSICAL  
AND/OR MENTAL STRENGTHS, OR GETTING MORE INVOLVED IN THIS NEW YEAR???**

**IF YOU ANSWERED YES, THEN YOU SHOULD COME JOIN OUR OFFERED FITNESS  
CLASSES AND SENIOR CENTER ACTIVITIES.**



Move, glide, slide, stride and stretch your  
way to

fitness when you join

Instructor, Lois Carpenter  
for a pumped up physical routine.

Thursdays, January 13, 20, 27

10:30-11:15 a.m.

Cost \$3.00

## Cardio Drumming



Exercise balls and drumsticks are your  
partners as you use your arms, waist and feet to  
twist, turn, and stretch while becoming a drummer  
for fitness. Class size will be limited.

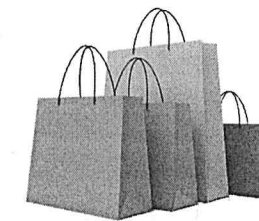
**Coming soon on Thursdays at 1:00 p.m.**

# JANUARY 2022 EVENTS

## Friday Shopping Resumed

January 7th-----Marcs  
January 14th-----Drug Mart  
January 21st-----Save-A-Lot  
January 28th-----Dave's  
Our bus will transport you to local shopping venues.

Sign up with Ketia  
Transportation cost \$3.00



## Free Smoke Alarms

Our Garfield Heights Fire Department will  
install smoke alarms for homeowners in the  
City of Garfield Heights.  
Residents are entitled to receive up to 3 smoke  
alarms. The city's Fire Safety Officer will  
determine how many new alarms are needed.  
If you have old alarms that still work, they will  
be replaced with a newer one whose battery  
life is 10 years.  
If you are a renter, the homeowner must  
contact the fire department. It is the home  
owner's responsibility to ensure their houses  
have smoke alarms.  
The fire department must install all alarms and  
residents cannot pick them up at the station.  
Residents can call Sandy at 216-475-4053 to  
schedule an appointment for installation.

## Trash to Treasure BINGO

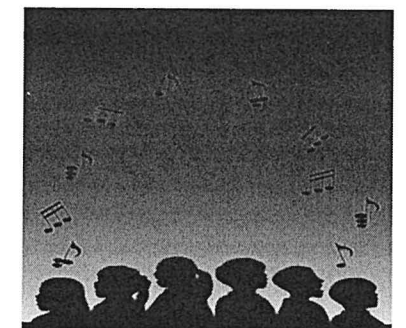
On Thursday, January 6, 2022 we will play BINGO  
all day(or until all gifts/prizes have been won)  
Winners will select their winning prizes from the  
'treasures' donated by all of you.  
This should be a fun day with many winners.

## Thank You Sponsors

Village of Marymount---Birthday Celebration Cake  
The Heights-----1st & 3rd Tuesday BINGO  
Marymount Place-----2nd Tuesday BINGO  
Dedicated Seniors-----4th Tuesday BINGO  
E F Boyd & Sons Funeral Home---Senior Luncheon  
Fairmount Partners---Matter of Balance Workshops  
**YOUR SUPPORT IS VERY APPRECIATED**

## Spiritual Sing-A-Long

Let the spirit move and encourage you as  
we lift our voices in song to start our day.



Join us to sing spiritually uplifting and  
motivating songs on  
Thursday mornings 9:30-10:30am

