

January 2022 WRAAA Menu

HAPPY NEW YEAR, 2022

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

Western Reserve Area Agency on Aging - 2022
Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.
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 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.

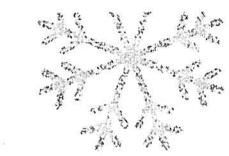
POLICY STATEMENT:

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!!!



January



HIBERNATE
KING
FIRST
SNOW

FURNACE
SKIING
BLIZZARD
JANUARY

MONTH
SHOVEL
BOOTS
RESOLUTION

FREEZING
WINTER
FOG
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.

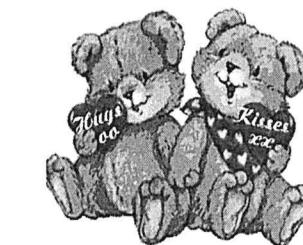
Thank you Dedicated Seniors for your consistent support.

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

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

CHAIR AEROBICS

Led by Rev. Mel Kendall McCray

Join instructor led exercises that will assist you in improving, strengthening and/or maintaining 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

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.

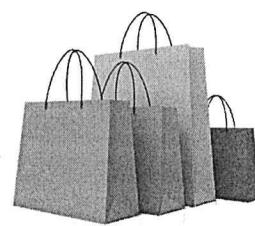
Coming soon on Thursdays at 1:00 p.m.

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



Trash to Treasure B I N G O

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

Free Smoke Alarms

Our Garfield Heights Fire Department will install smoke alarms for homeowners in the City of Garfield Heights.

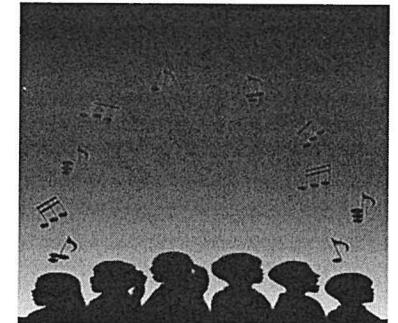
Residents are entitled to receive up to 3 smoke alarms. The city's Fire Safety Officer will determine how many new alarms are needed. If you have old alarms that still work, they will be replaced with a newer one whose battery life is 10 years.

If you are a renter, the homeowner must contact the fire department. It is the homeowner'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.

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

