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

April 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

SENIOR CENTER MANAGER
Joe Snyder.....216-475-3244

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

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

ADMINISTRATIVE ASSISTANT:
Jennifer Sopkovich.....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!!!

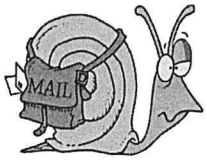
From the desk of Senior Center Manager, Joe Snyder

I want to introduce Jennifer Sopkovich as the new Administrative Assistant for the Senior Center! I'm sure some of you have already noticed her hanging around the first floor the last few weeks, and that is why! With Jenn's added help, we should be able to continue to get the Senior Center back to its pre-COVID glory! If you see her walking around, be sure to say hello. That way, she can keep meeting all of the Seniors and know who everyone is! I would also like to welcome (hopefully) the beginning of Spring this month! It was a very cold winter, accompanied by quite a few big snow storms, and I am sure we are all ready to move on to brighter, warmer days.

I look forward to the continued growth of the Senior Center and hope everyone has a wonderful Spring!

POST OFFICE ON WHEELS

Tuesday, April 19th , 9:40-10:00a.m.
Purchase stamps/money orders/packaging supplies.
Mail letters and packages.



Costs for Transportation

The following are fees for bus transportation:

Senior Center—$0.25-round trip
Medical Trips—-$2.00-round trip
Trips & Errands-$3.00-round trip
(e.g. Field Trips, Bank, Pharmacy, Grocery)

2022 Mind Challenge Trivia Tournament

We have begun our practice sessions to prepare our Garfield Heights Seniors for the upcoming Mind Challenge competition. Come join us as we convene on Wednesdays at 9:30am to have fun, sharpen our trivia skills and gain more trivia knowledge.

The competition begins May 9-June 17, 2022
No cost to play

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

Fun and Exciting-Team Concept-Like a Game Show .
Senior Friendly questions....Not like Jeopardy

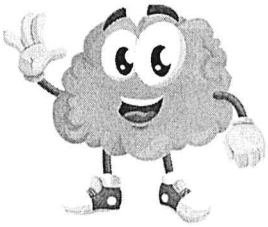
Prize money to the Final 4 teams' Senior Centers.

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

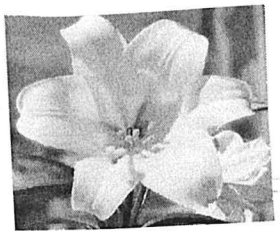
Preparing for the trivia challenge

As we prepare for the Mind Challenge Trivia Tournament, we will continue our **KAHOOT** trivia games on Wednesday mornings starting at 9:15-10:00am. There will be varying topics, categories, and subjects touched upon that will hopefully aide in enhancing the trivia challenge experience.

Bring your ipad, android, cellphone to download **KAHOOT** to be set up to enjoy and play the games.

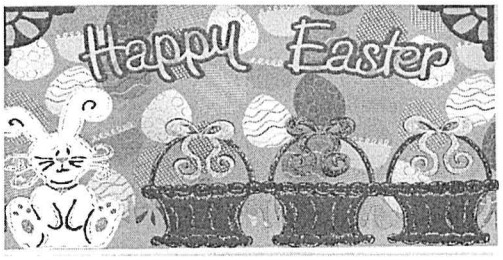


Last Month…



- Due in part to Mayor Burke's Garfield Heights community newsletter, our Senior Center family is growing
- The BingoCize activity, sponsored by Fairhill Partners continued it's bi-weekly sessions
- Line Dance class grew tremendously from 4-6 participants to over 20 energetic dancers
- Spring 2022 Wii bowling league began
- Kahoot trivia continued as we prepare for the 2022 Mind Challenge Trivia Tournament competition
- The Craft Room started selling raffle tickets for 3 stuffed easter rabbits and a 50/50 raffle
- 5th Thursday visit to Jack's Casino to participate in the Senior Day $5.55 buffet and play games
- Thank you's extended to our Senior Center sponsors:

- Dedicated Seniors for the fried chicken wings for the taste of Black History soul food meal
- Oak Street Health for the Fat Tuesday treats, the St. Patrick's Day corned beef and potato salad and our March birthday recognition
- The Heights for the bi-monthly BINGO prize donations
- Marymount place for the BINGO prize donations



APRIL 2022 EVENTS

MORNING BREAK WITH MAYOR BURKE

March's morning meeting with Mayor Burke included discussions on the following:

* partnering seniors and students in a program with the Garfield Heights Historical Society
* institution of sobriety checkpoints throughout the city to deter misbehaviors associated with bars in the area
* field trip for seniors to the newly reopened Performing Arts Center
* the progress of the landfill cleanup and revitalization
* traffic light at 135th & Granger
* Garfield Heights Blvd and Antennucci street upgrades and repairs
* potholes

Join us for the next meeting with Mayor Burke on Monday, April 11, 2022 at 9:30am in the dining room. He will openly discuss and update us on activities taking place in the city.

SITE COUNCIL

At the last meeting of the Senior Center Site Council in addition to officers and staff we had 13 seniors present.

The purpose of the Site Council is to work for you seniors. The Site Council relinquished its bank account during the pandemic. The money is now in the care of the city of Garfield Heights. Joe and the Site Council Treasurer, Jim Stoneking, are working toward accessing the funds. We are moving forward with establishing a new bank account. All money added to this account will be used for activities and events for you

On Wednesday April 13th we are holding a bake sale just before Easter. All homemade or store bought bakery is welcome. All bakery can be brought in on Tuesday, April 12th.

We need your help and support to make this event successful.

WE ARE COUNTING ON YOU!!!

Next Site Council meeting Tues April 12th@10am Rm 118

Shirley Rozmarynowski- Council president

The Wii BOWLING LEAGUE IS BACK!!!

The Wii Bowling league started March 7, 2022 and will conclude on May 23, 2022. There are seven teams competing in this fun competition. Monday or Wednesday, from 9:00-1:00, are the days and time for bowlers to bowl and record scores. Geri is recording scores and collecting dues/fees. Scores from previous week will be posted in room 101 on Monday.

The League is a 12 week, non-handicap league. The weekly dues are $2.00 ($24.00 for the season).

The awards banquet will be held the week of June 6. 2022.

Awards will be for:

First Place Team

Male highest average

Female highest average

Most improved average

Questions, contact Carolyn, 216-475-3244.

Spiritual Music

Allow the spirit to move, soothe and encourage you as you listen, reminisce, hum or sing to songs that bring joy, peace and an uplifted spirit to the beginning of your day.

Join others in room 101 on Thursday mornings, 9:30-10:00am.

BINGOCIZE
With Fairhill Partners
Mondays & Wednesdays

BINGO
With the Heights
1st & 3rd Tuesdays

BINGO
With Marymount Place
2nd Tuesday

BINGO
With Dedicated Seniors
4th & 5th Tuesday

1st board free additional boards $.25 each.
All games begin at 12:30pm in dining room except Bingocize convenes in room 118.

VOLUNTEER OPPORTUNITIES RETURNING

Volunteer opportunities are being reinstated at our Senior Center. Assistance is needed with varying daily activities e.g. kitchen assistance, registration sign-ins, table prep, clean up and more. Sign up at the registration table. Assignments are on a first come first served. Thank you to everyone who wishes to take advantage of earning points towards the end of year Volunteer Awards Celebration.

Tuesdays
10:30am - 11:15am
Cost $3.00

There's room on the dance floor for you as instructor, Darlene Brashers, teaches the glides, strides and movements for a fun-filled, upbeat, synchronized line dance experience.
Darlene is also a licensed Physical Therapist who has the knack for tailoring movements to accommodate those with physical challenges so don't let anything deter you from trying this fulfilling workout.
The class has grown tremendously but there's still room for you!!!

CHAIR AEROBICS

Rev. Mel Kendall McCray skillfully leads routines that work on flexibility, strengthening and enhancing muscle tone and exercising your heart. This workout routine incorporates using your chair for sitting and some standing sequences as comfortably paced series of movements are introduced.
Bring your hand weights to further enhance your workout experience.

Join this lively class every

WEDNESDAYS 10-11:00am

Cost $3.00

BID WHIST

BRIDGE

POKER

SPADES

PINOCHLE

HEARTS

LOOKING FOR INTERESTED CARD PLAYERS TO JOIN OUR CENTER.
CALL 216-475-3244 TO EXPRESS YOUR INTEREST AND WHICH GAMES YOU ARE INTERESTED. ONCE 4 PLAYERS EXPRESS INTEREST IN A GAME I WILL CALL YOU WITH DAY AND TIME TO PLAY.

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APRIL 2022 EVENTS

Friday Shopping

April 1st----------Giant Eagle
April 8th----------Drug Mart
April 8th----------Marcs
April 22----------Daves
April 29th----------Save-A-Lot

Our bus will transport you to local shopping venues.
Sign up with Ketia
Transportation cost $3.00

MONTHLY FOOD PANTRY

Wednesday, April 20, 2022
1:00—2:00 p.m.

OUR SPONSORS

OAK STREET HEALTH

The Village at Marymount
Marymount Place • Villa St. Joseph
A Continuing Care Community

FAIRHILL PARTNERS

THE HEIGHTS
REHABILITATION & HEALTHCARE CENTER

Dedicated Senior Medical Center
A CHENMED COMPANY

WE THANK YOU

CRAFT ROOM

Upcoming Events

We have begun selling tickets for our 'rabbit raffle'. Two of the rabbits are 4' tall and one is smaller. In addition, we're sponsoring a 50/50 raffle this month.

Tickets are $1.00 each or 6 for $5.00. The drawings will be held on Monday, April 11, 2022 at 12:30pm at the Senior Center—-5407 Turney Road.

YOU DO NOT HAVE TO BE PRESENT TO WIN!

All tickets sold and items created for sale benefit our Senior Center.
Visit us from 9am-2pm Mon-Thurs

PROGRAM-ACTIVITY REMINDERS

MASSAGES WITH TARA

Date: Wednesday, 4-20-22

Time: 10:30a.m.-12:30p.m.

Cost: $5.00 for 10 minutes

Appointments necessary.

Call Carolyn at 216--475-3244

MASSAGES WITH DARLENE

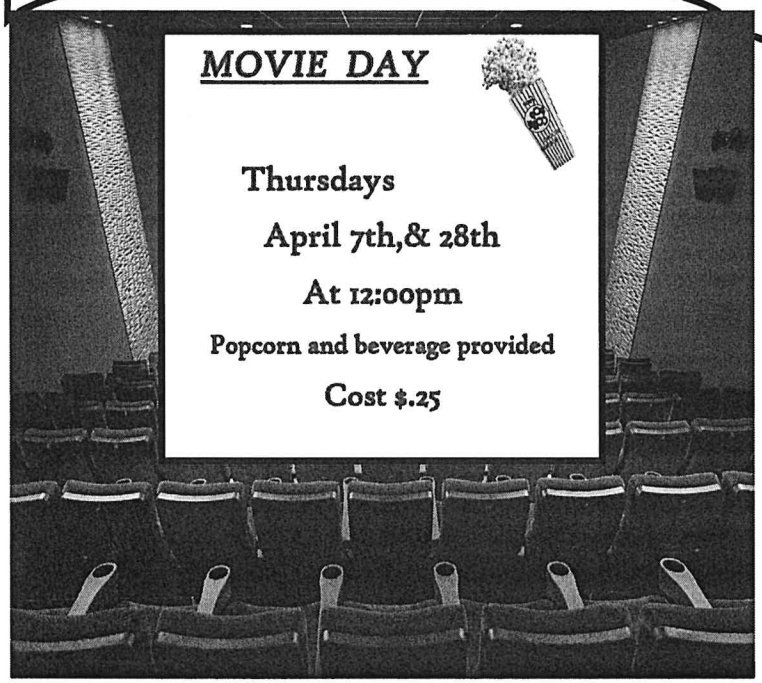
Date: Tuesdays

Time: 9:30a.m.-12:30p.m.

Cost: $5.00 for 10 minutes

Appointments necessary.

Call Carolyn at 216--475-3244



MOVIE DAY

Thursdays

April 7th,& 28th

At 12:00pm

Popcorn and beverage provided

Cost $.25

Support our senior activities.

Various snacks are available to purchase daily.

BINGO

Tuesdays

April 5, 12, 19, 26

at 12:30

in the dining room.

THERABAND WORKOUT

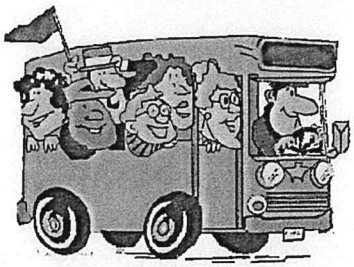
MONDAYS

Time: 10:30-11:00a.m.

Led by Darlene Brashers

Bands $1.00

TRANSPORTATION



IS BACK

Medical trips

Monday – Thursday 9:00am - 3:00pm
Cost $2.00 roundtrip

Errands

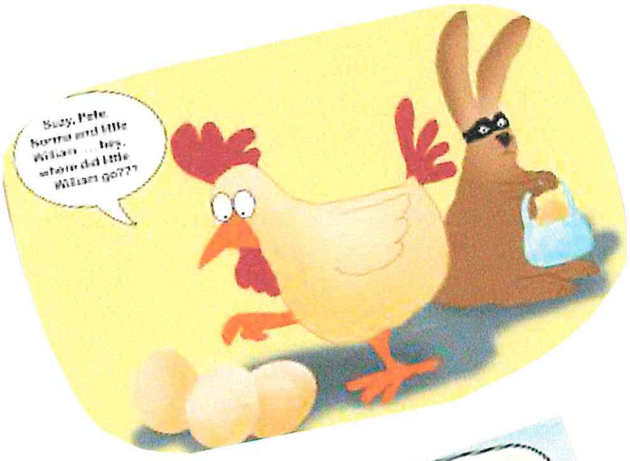
Monday – Thursday 9:00am-3:00pm
Cost $3.00 roundtrip
(bank, pharmacy, grocery, & etc)

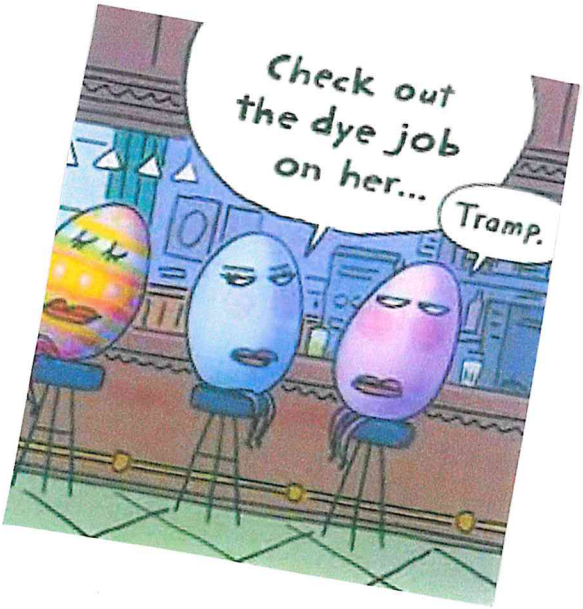
Group Shopping Trips on Friday

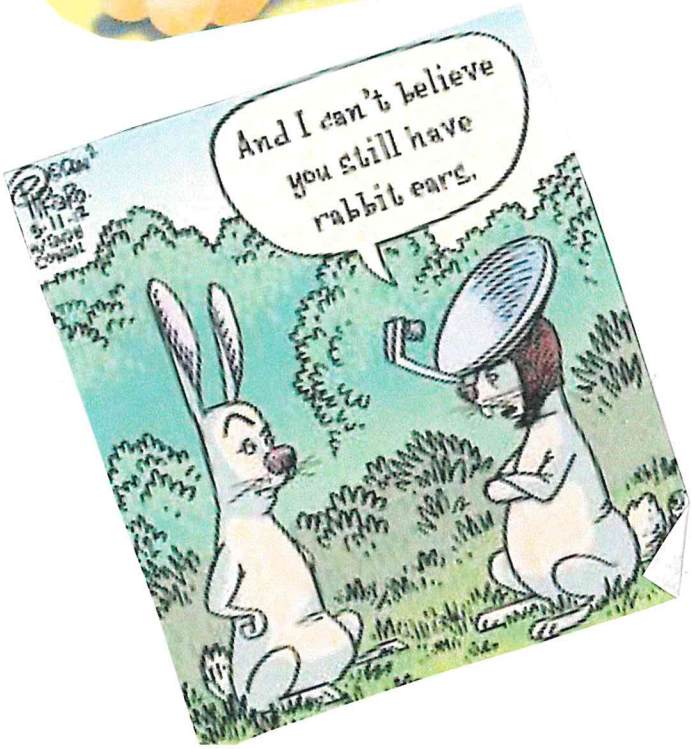
Must call day before to go shopping
Cost $3.00 roundtrip

If you need transportation please call City of Garfield Heights Senior Center (216) 475-3244, to register over the phone.

Senior Funnies







Easter Word Search

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

BUNNY	EGG	JELLYBEAN
CHICK	COLOR	CHOCOLATE
LAMB	DYE	GRASS
HOP	PASTEL	BASKET
SPRING	SEARCH	DRESS

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND THE ANSWER:

WHY DID THE EASTER BUNNY HAVE TO FIRE THE DUCK?

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www.kidspace.com/kidsarts/

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Shopping@Giant Eagle 10:00-11:30am
4 **MAKE RES/NEXT WEEK** 9:00am Morning Donuts $1 Wii Bowling League 10:30am TheraBand Workout 11:30am Lunch 12:30-1:30pm BINGOcize	5 **MAKE RES/NEXT WEEK** 9:30am-12:30pm Massage w/Darlene 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/The Heights	6 9:00am Morning Donuts $1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 11:30am Lunch 12:30-1:30pm BINGOcize	7 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming Rm101 11:30am Lunch 12:00pm Movie Day	8 Shopping@Drug Mart 10:00-11:30am
11 **MAKE RES/NEXT WEEK** 9:00am Morning Donuts $1 Wii Bowling League 10:30am TheraBand Workout 10:00am Meeting w/Mayor Burke 11:30am Lunch 12:30-1:30pm BINGOcize	12 **MAKE RES/NEXT WEEK** 9:30am-12:30pm Massage w/Darlene 10:00am Site Council Meeting 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/Marymount Pl	13 9:00am Morning Donuts $1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 10:30-12:30pm Massage w/Tara 11:30am Lunch 12:30-1:30pm BINGOcize	14 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming Rm101 11:30am Lunch 12:30pm Easter Egg Hunt w/Oak Street Health 	15 Shopping@Marcs 10:00-11:30am
18 **MAKE RES/NEXT WEEK** **Craft Room Raffle tickets sale** 9:00am Morning Donuts $1 Wii Bowling League 10:30am TheraBand Workout 11:30am Lunch 12:30-1:30pm BINGOcize	19 **MAKE RES/NEXT WEEK** 9:30am-12:30pm Massage w/Darlene 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/The Heights	20 **FOOD PANTRY @1:00-2:00PM** 9:00am Morning Donuts $1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 11:30am Lunch 12:30-1:30pm BINGOcize	21 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming Rm101 11:30am Lunch 12:30pm Happy Birthday w/Oak Street Health	22 Shopping@Save-A-Lot 10:00-11:30am
25 **MAKE RES/NEXT WEEK** 9:00am Morning Donuts $1 Wii Bowling League 10:30am TheraBand Workout 11:30am Lunch 12:30-1:30pm BINGOcize	26 **MAKE RES/NEXT WEEK** 9:30am-12:30pm Massage w/Darlene 9:40-10:00am Post Office on Wheels 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/Dedicated Seniors	27 9:00am Morning Donuts $1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 11:30am Lunch 12:30-1:30pm BINGOcize	28 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming Rm101 11:30am Lunch 12:00pm Movie Day	29

OFFICE OPEN
Mon-Fri 8:30am-4:30pm

SENIOR CENTER OPEN
Mon-Thurs 9:00am-2:00pm

RESERVATIONS
216-475-3244

Reservations for lunch are made the Monday or Tuesday prior to the week being served.
If you cannot make your reservation in person, you MUST call LaKetia on Monday or Tuesday at 216-475-3244 to state your choices. Failure to do so will result in your being served on a first come, first served basis and dependent on additional lunch availability.

April 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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.	** emergency food items for these items should be served.		
4 *Swedish Meatballs 3-1 oz *w/Gravy 2 oz *Buttered Noodles ½ c *Mushrooms ½ c, *Green Beans ½ c 1 Whole Grain White Tropical Fruit ½ c ATL=CS TR	5 *Chicken Cordon Bleu, 6 oz *Mashed potatoes ½ c w gravy *Harvard Beets ½ c W.G. Dinner Roll, 1 oz **Cereal bar 1 oz Peaches ½ c ALT = CBG RB	6 *Stuffed Cabbage 6 oz *w/ Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c W. G. Dinner Roll 2 oz Pears ½ c ATL = CBG T	7 *Chicken Alfredo 3 oz *Sauce 2 oz/ *Noodles ½ c *Broccoli ½ c *Carrots ½ c Whole Grain Wheat Fresh Fruit Salad 1 c ATL = CBG RB	
11 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Applesauce ½ c ATL= CS TR	12 * Chicken Cacciatore 3 oz *w/ Sauce 2 oz *WG Spaghetti ½ c *Zucchini ½ c, *Green Peas ½ c Dinner Roll, 1 oz Pineapple ½ c ATL = CBG RB	13 *Roasted Turkey Breast 3 oz *Mashed Potatoes ½ c *Gravy 2 oz *Brussels Sprouts ½ c Whole Grain Dinner Roll, 2 oz Mandarin Oranges, ½ c ATL = CBG RB	14 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Carrots ½ c Whole Grain White Mixed Fruit ½ c ATL = CBG T	
18 *Tomato Basil Chicken, 3 oz. W Sauce 2 oz *Fettuccini, ½ c *Capri Blend ½ c *Spinach ½ c 1 Lemon PC W.G. Dinner Roll, 1 oz Pears ½ c ATL = CS RB	19 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Harvard Beets ½ c *Green Beans ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c ATL = CBG TR	20 *Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Grape Juice ½ c ATL = CBG T	21 *Lemon Picatta Chicken 3 oz *Brown Rice Pilaf ½ c *Brussel Sprouts ½ c *Carrots ½ c Whole Grain White Pineapple Chunks ½ c ALT = CBG RB	
25 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Wheat Bread Fresh Orange, 1 ea ALT = CS RB	26 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ 2 Whole Wheat Bread c Applesauce ½ c ALT=CBG TR	27 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Banana, 1 ea ALT = CBG RB	28 *Roasted Turkey Breast 3 oz W.G. Stuffing ½ c *Sweet Potatoes ½ c *Cauliflower ½ c Whole Grain White Mandarin Oranges, ½ c ATL = CBG RB	

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

Western Reserve
Area Agency on Aging