

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 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

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!!!

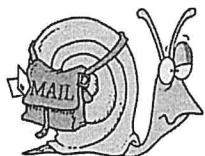
From the desk of Senior Center Manager, Joe Snyder

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

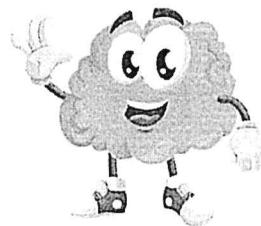
Preparing for the trivia challenge

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, cell phone to download **KAHOOT** to be set up to enjoy and play the games.



QUIZ TIME



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 Antenucci 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



For Relaxation

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.

Line Dance



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

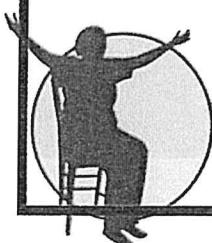
Rev. Mel Kendall McCray skillfully leads routines that work on flexibility, strengthening and enhancing muscle tone and exercising your heart. This workout routine incorporates using your chair for sitting and some standing sequences as comfortably paced series of movements are introduced.

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

SPADES

POKER

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 LAYERS EXPRESS INTEREST IN A GAME I WILL CALL YOU WITH DAY AND TIME TO PLAY.



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.



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

O
U
R
S
P
O
N
S
O
R
S



OAK
STREET
HEALTH



THE HEIGHTS

REHABILITATION & HEALTHCARE CENTER



Dedicated Senior
Medical Center
A CHENMED COMPANY

W
E
T
H
A
N
K
Y
O
U

MONTHLY FOOD PANTRY

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



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



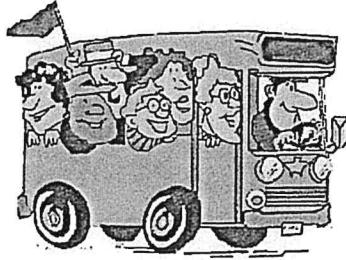
MONDAYS

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

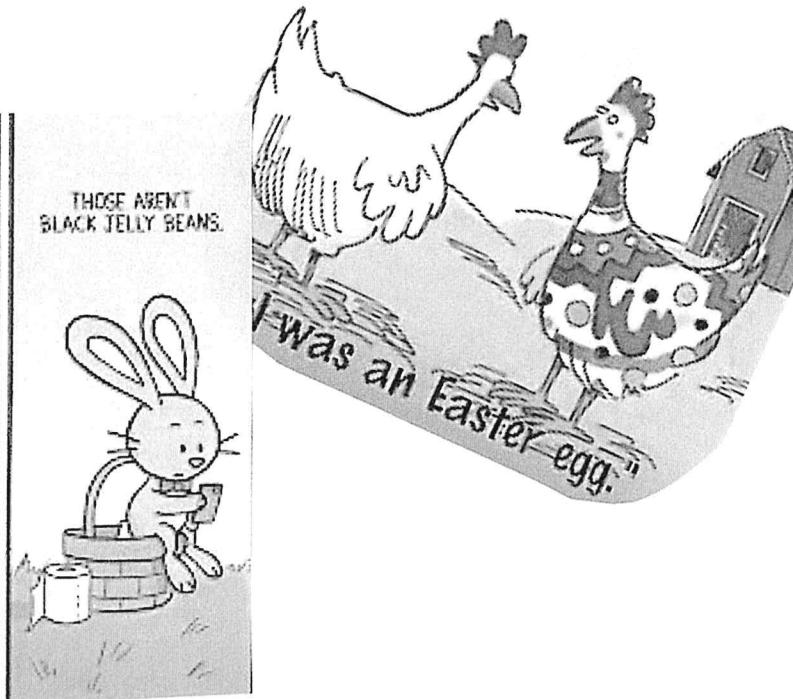
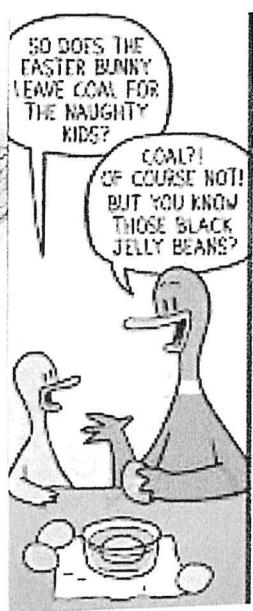
(bank, pharmacy, grocery, & etc)

Group Shopping Trips on Friday

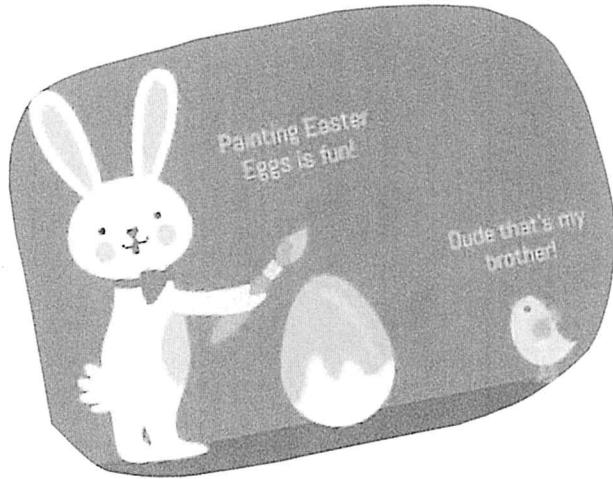
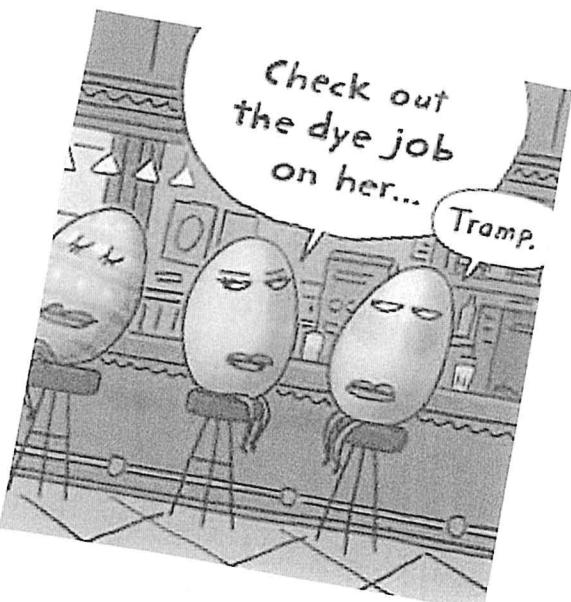
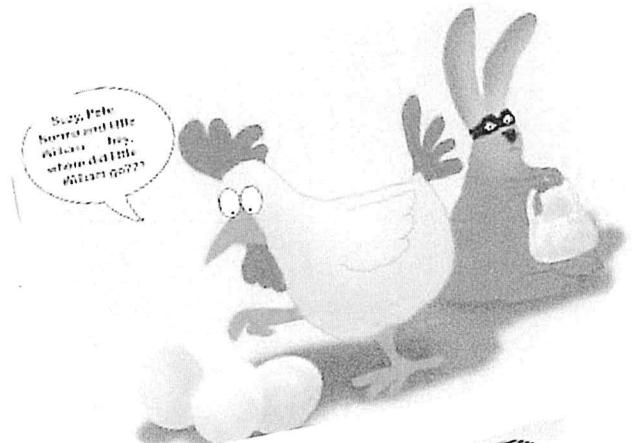
Must call day before to go shopping

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

BUNNYCGFEGS
MPASTELOTE
BUKSEARCS
SEEDTKAHOP
COLORQILOTR
CELPENCHICKI
ADYESUNLON
LHBASKETLEG
AEEGGAGRASS

BUNNY
CHICK
LAMB
HOP
SPRING

EGG
COLOR
DYE
PASTEL
SEARCH

JELLYBEAN
CHOCOLATE
GRASS
BASKET
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?

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
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 MAKE RES/NEXT WEEK 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 MAKE RES/NEXT WEEK 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming Rm101 11:30am Lunch 12:00pm Movie Day	1 Shopping@Giant Eagle 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 PI	13 MAKE RES/NEXT WEEK 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 MAKE RES/NEXT WEEK 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@Marc's 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 MAKE RES/NEXT WEEK 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 MAKE RES/NEXT WEEK 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	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 WRAA MENU

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

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, ATL CBG = Spring Lettuce Salad w/Chicken Breast

