

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



May 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!!!

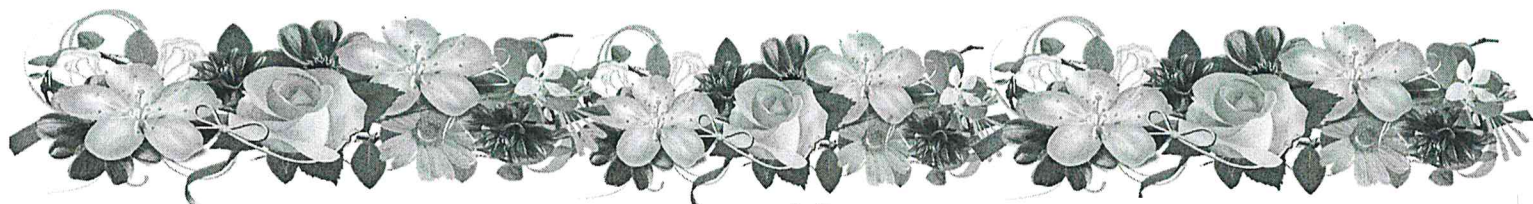


Last Month...



- Mayor Burke's monthly visit with the seniors addressed future activities and partnerships, pending upgrades happening in our community as he interacted individually with those who voiced their concerns
- The BingoCize activity, sponsored by Fairhill Partners wrapped up it's bi-weekly sessions
- Line Dance class continues to grow and prepare for a Mother's Day presentation
- A Lively Easter egg hunt was held. 20 individual Easter Baskets were raffled off
- Sponsors for the 2022 Mind Challenge Trivia Tournament competition visited to give details on expectations for the event
- The Craft Room announced winners of the stuffed rabbits & 50/50 raffle
- The Site Council sponsored a successful bake sale
- A government program allowed for seniors to receive free tablets that include free internet service
- Cardio Drumming equipment was received and sessions began
- The fire department closed their workout room and donated the exercise equipment to the senior center
- Gratitude is extended to our supportive Senior Center sponsors:
 - Dedicated Seniors for the Easter candy, the singer Matt and 4th Tuesday Bingo
 - Oak Street Health for the Easter Baskets for the egg hunt and the April birthdays recognition
 - The Heights for the Easter gift basket and the 1st and 3rd Tuesdays BINGO prize donations
 - Marymount place for the 2nd Tuesday BINGO prize donations
 - Walton Manor for Easter gift basket and presentation on their services
 - All of the Garfield Heights City departments for the creative Easter baskets





New Seniors to our center!!!

Laurie Crowell
Paula McGhee
Cecil Arnold
Little Ogletree
Charles Arnita
Lisa Barbee
Robert Wornoff
Wesley Jones
Ann Moore
Lucy Marshall

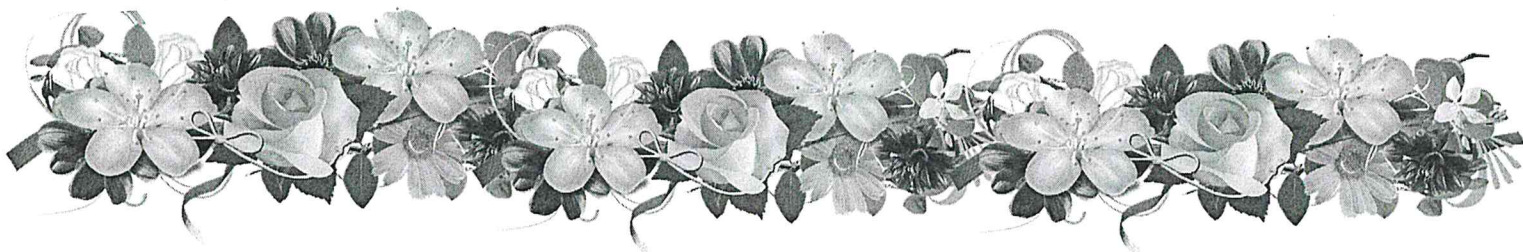


MAY

Geri Grzybowski 5-1
Joyce Zuranski 5-13
Bruce McGuen 5-10
Kenneth Bican 5-16

The May Happy Birthday
Celebration will be held on
Thursday, April 28@12:30pm

OAK STREET HEALTH WILL
SPONSOR THE ACTIVITIES.



From the desk of Senior Center Manager, Joe Snyder

Spring is officially here! Although we may still be fighting some less than ideal weather from time to time, I do think we have finally broken away from Winter! Hopefully that means more sunshine, more outside activities, and a little more daylight throughout the week to pull us from the winter blues! At this point, I am sure that most, if not all, of you have been able to meet our new Administrative Assistant, Jenn. Jenn has been extremely helpful to us already here in the Senior Center and I can only imagine how she will continue to be of help. We were also able to finally start Cardio Drumming during this past month, which has already shown to be immensely popular! We are in the process of ordering a little bit more equipment so that we can have even more participants! The Easter Egg hunt that Carolyn put together went off without a hitch and looked to be a lot of fun, so if you haven't already, be sure to reach out to her to thank her for setting that up! It seems like things are slowly but surely starting to normalize around here as we (hopefully) leave the problems of COVID behind us. Let's keep looking forward to newer and better things to accompany us into this spring and summer!

POST OFFICE ON WHEELS

Tuesday, May 24th, 9:40-10:00a.m.
Purchase stamps/money orders/package
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

On April 11, 2022 our site was visited by representatives of the Mind Challenge Trivia tournament to give an overview of the upcoming event. Examples of expectations, rules and question types were addressed.

Our Garfield Heights Senior Center's team formation round will be May 19, 2022 at 11:00.
At this time we have 15 seniors signed up to compete. There's still time for others to join our team(s).
The competition begins May 9-June 17, 2022.

Play for city pride—Play for enjoyment
Contact 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 aid in enhancing the trivia challenge experience.

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



QUIZ TIME



MAY 2022 EVENTS

MORNING BREAK WITH MAYOR BURKE

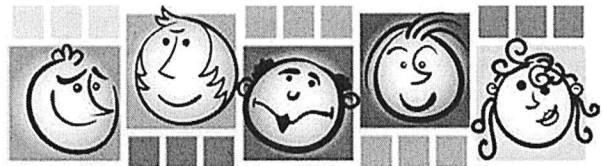
April's morning meeting with Mayor Burke included discussions on the following:

- * Partnering seniors and students from Garfield Heights High School to enhance technology skills
- * Field trip for seniors to the newly reopened Performing Arts Center
- * Infrastructure upgrades taking place throughout the city

The seniors next monthly meeting with Mayor Burke will be held on Wednesday, May 11, 2022 at 10:00 a.m. in the dining room. He will openly discuss and update us on activities taking place throughout the city.



SITE COUNCIL



MEETING

The Site Council appreciates each and every one of you that contributed to the success of our April 13th Bake Sale. Please continue to support our efforts as we raise funds for our Senior Center supplies and activities.

The next Site Council meeting will convene May 10, 2022 at 10:00 a.m. in Rm 118.

Shirley Rozmarynowski - Council President

CHAIR VOLLEYBALL IS COMING!



Equipment is in the process of being ordered to proceed with the Senior chair volleyball exercises.

COMING IN MAY.
LET'S GET READY TO PLAY

PAINT & SIP

Sponsored by The HEIGHTS
Wednesday May 11th & 12th
@12:30pm



KARAOKE

Sopranos-Altos-Tenors-Bass

Lend your talents to the Karaoke afternoons
held on May 4th & 25th @12:30pm





MAY 2022 EVENTS

Friday Shopping

May 6th-----Giant Eagle

May 13th-----Drug Mart

May 20th-----Marcs

May 27th-----Daves

Our bus will transport you to local shopping venues.

Sign up with Ketia

Transportation cost \$3.00

MONTHLY FOOD PANTRY

Wednesday, May 18, 2022

1:00—2:00 p.m.



Feeding the
Community



CRAFT ROOM

Raffle Winners

50/50 Raffle:

Lydia Debelak

Bunnies:

Carol Ballow, Tom Collinwood,

Karyn Anel

Wreaths:

Norma Dvorak, Barbara Dines

A special 'Thank you' is extended to Carol Ballow for her generous donation of bunnies to the craft room. In addition a special 'Thank you' to Jennifer Sopkovich for her donation of wreaths for our raffle.

Thank you to all of you for your continued enthusiasm and support through purchasing the tickets which make for a successful event. Your participation is greatly appreciated.

"BLESS YOU ALWAYS"

Sincerely,

Barb Dines, Craft Room Manager

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OAK
STREET
HEALTH



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



THE HEIGHTS

REHABILITATION & HEALTHCARE CENTER



Dedicated Senior
Medical Center
A CHENMED COMPANY

Walton Manor
Health Care Center

PROGRAM-ACTIVITY REMINDERS

THERABAND WORKOUT



MONDAYS

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



MASSAGES WITH DARLENE

Date: Tuesdays

Time: 12:30p.m.-2:00p.m.

Cost: \$5.00 for 10 minutes

Appointments necessary.

Call Carolyn at 216--475-3244

MOVIE DAY



Thursday May 5th,

At 12:00pm

Popcorn and beverage provided

Cost \$.25

Support our senior activities.

**Various snacks are available to
purchase daily.**

\$1.00

AND

UNDER



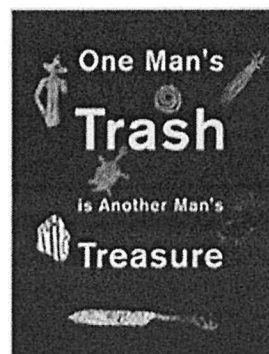
BINGO

Tuesdays

May 3, 10, 17, 24, 31

at 12:30

in the dining room.



Trash to Treasure

BINGO

Tuesday

May 31, 2022

Volunteer Opportunities Have Returned

Accumulate points towards an end of year Volunteer Awards Celebration by assisting in varying activities throughout the Senior Center. Sign up at the registration table to assist with game set up; morning registration; lunch room set up and/or breakdown; meal assistance and more.

Check out the list of possibilities on the sign-up sheet. Assignments are on a first come first served basis.

Thank you to those who have already stepped up and undertaken a responsibility. Questions can be directed to Jenn Sopkovich.



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.



BINGO

With the Heights
1st & 3rd Tuesdays

BINGO

With Marymount Place
2nd Tuesday

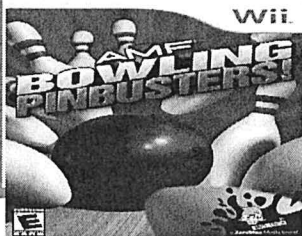
BINGO

With Dedicated Seniors
4th & 5th Tuesday

1st board free additional boards \$.25

All games begin at 12:30pm

Wii Spring Bowling League



Wii bowling continues with the 2022 Spring League through May 23, 2022. The awards banquet will be held on June 6, 2022 honoring the 1st place team, man & woman's high averages and the most improved bowler.

Line Dance



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!!!

Join this friendly, exciting group for the next session.

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

Cardio Drumming is Here!



Our equipment has arrived and the workouts have begun!

Come strengthen your heart by moving your upper body, twisting and turning your torso and enjoying a good, comfortable workout using drumsticks and exercise balls.

Sit or stand as you determine your level of comfort and endurance.

Space is limited so come early.

JOIN US!

Thursdays
10:00am-10:45am



BID WHIST

POKER

HEARTS

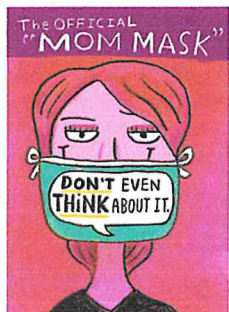
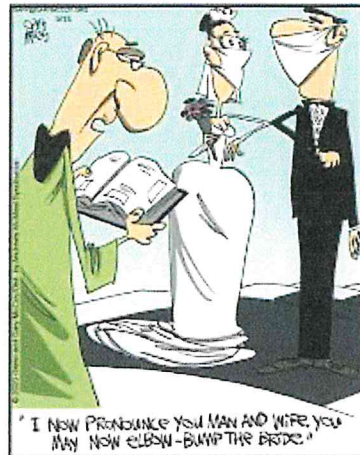
BRIDGE

SPADES

PINOCHLE

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 DAYS AND TIMES TO PLAY OPTIONS



We salute those who served!



Spring Word Jumble

1. FLIAFDDO _____
2. RSHWSOE _____
3. MARW _____
4. RESTEA _____
5. ULLARBME _____
6. AYISD _____
7. TLERFYTUB _____
8. GGES _____
9. NRIBOAW _____
10. HTAHC _____
11. THEREWA _____
12. EOSNSA _____
13. PORTSU _____
14. EGNER _____
15. AIPLR _____
16. ILTUP _____
17. OESLWFR _____
18. MHRCA _____
19. HUNISSEN _____
20. JUEN _____
21. MYA _____
22. TIEK _____
23. BIRSD _____
24. SRGAS _____

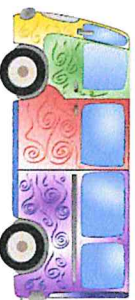
TRANSPORTATION IS BACK!!!

Medical Trips

Monday - Thursday

9:00am-3:00pm

COST \$2.00 ROUNDTrip



Errands

Monday - Thursday

9:00am-3:00pm

COST \$3.00 ROUNDTrip

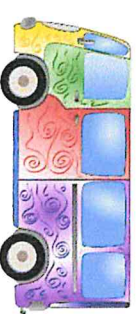
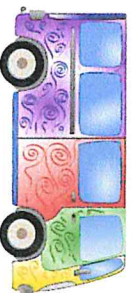
(Bank, Pharmacy, Grocery Shopping,
etc)

Group Shopping Trips

Fridays






Must call day before

COST \$3.00 ROUNDTrip



FOR TRANSPORTATION REQUEST CALL CITY OF GARFIELD HEIGHTS SENIOR CENTER (216) 475-3244 TO REGISTER

May 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>*Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Green Peas ½ c 1 Whole Grain Rye Applesauce ½ c Oatmeal Cookie, 1 oz ALT = CS</p> <p>TR</p>	<p>3</p> <p>2-2 oz. Cheese Ravioli *w/Sauce 2 oz *Broccoli ½ c *Glazed Baby Carrots ½ c W. G. Dinner Roll, 2 oz Apricots ½ c ALT = CBG</p> <p>TR</p>	<p>4</p> <p>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c ALT = CBG</p> <p>RB</p>	<p>5</p> <p>*Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Sliced Peaches ½ c Grape Juice 4 oz ALT = CBG</p> <p>RB</p>	
<p>9</p> <p>*Beef Lasagna 8 oz *Cauliflower ½ c *Green Beans ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CS</p> <p>TR</p>	<p>10</p> <p>*Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2oz Pineapple Chunks ½ c ALT = CBG</p> <p>RB</p>	<p>11</p> <p>*Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread Orange ALT = CBG</p> <p>T</p>	<p>12</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *California Blend ½ c 2 Whole Grain White Banana ATL = CBG</p> <p>T</p>	
<p>16</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Spinach ½ c / 1 PC lemon 1 Whole Grain Wheat Applesauce ½ c ALT = CS</p> <p>RB</p>	<p>17</p> <p>*Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Green Beans ½ c 1 Whole Grain White Apricots ½ c ALT=CBG</p> <p>RB</p>	<p>18</p> <p>*Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CBG</p> <p>RB</p>	<p>19</p> <p>*Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ATL = CBG</p> <p>T</p>	
<p>23</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Grape Juice 4 oz ALT = CS</p> <p>TR</p>	<p>24</p> <p>*Chicken Cordon Bleu 6 oz *W.G. Pasta W. Pesto Sauce ½ c *Green Beans ½ c *Carrot coins ½ c 2 Whole Grain White Pears ½ c ALT=CBG</p> <p>RB</p>	<p>25</p> <p>*Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT = CBG</p> <p>TR</p>	<p>26</p> <p>*Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c Spinach ½ c / 1 Vinegar PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CBG</p> <p>T</p>	
<p>30</p> <p>Memorial Day Site Closed</p>	<p>31</p> <p>2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mandarin oranges ½ c ATL = CS</p> <p>RB</p>	<p>Menu Approved By: <i>Ann Sakthuber MS, RDN, LD</i></p>	<p>Choice of 1% Milk or Buttermilk *Take Temperature of Milk and all food proceeded by an asterisk.</p>	

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

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 MAKE RES/NEXT WEEK 9:00am Morning Donuts \$1 Wii Bowling League 10:30am Theraband Workout 11:30am Lunch 12:30-1:30pm	3 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 12:30-1:30pm	4 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Senior Aerobics 11:30am Lunch 12:30-1:30pm Karaoke	5 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming Ramol 11:30am Lunch 12:00pm Movie Day	6 Shopping@Giant Eagle 10:00-11:30am 
9 MAKE RES/NEXT WEEK 9:00am Morning Donuts \$1 Wii Bowling League 10:30am Theraband Workout 11:30am Lunch 12:30-1:30pm	10 MAKE RES/NEXT WEEK 10:00am Slic Council Meeting 12:30pm-2pm Massage w/Darlene 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm Massage w/Darlene 12:30pm BINGO w/Marymount Pl	11 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Mayor Burke meeting 11:30am Lunch 12:30pm Paint & Sip	12 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming 11:30am Lunch 12:30pm Paint & Sip continued	13 Shopping@Drug Mart 10:00-11:30am
16 MAKE RES/NEXT WEEK 9:00am Morning Donuts \$1 Wii Bowling League 10:30am Theraband Workout 11:30am Lunch 12:30-1:30pm	17 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 12:30-1:30pm	18 FOOD PANTRY@12:00PM 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Senior Aerobics 11:30am Lunch 12:30-1:30pm	19 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming 11:00am Mind Challenge Team Form 11:30am Lunch 12:30pm Happy Birthday w/Oak Street Health	20 Shopping@Marcs 10:00-11:30am
23 MAKE RES/NEXT WEEK 9:00am Morning Donuts \$1 Wii Bowling League 10:30am Theraband Workout 11:30am Lunch 12:30-1:30pm	24 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 12:30-1:30pm	25 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Senior Aerobics 11:30am Lunch 12:30-1:30pm Karaoke	26 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming 11:30am Lunch 12:00pm Movie Day	27 Shopping@Daves 10:00-11:30am
30 CLOSED 	31 9:30am-12:30pm Massage w/Darlene 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm Trash to Treasure BINGO			

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 LaKerita 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.