

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

JULY 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 — Vacant

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 COORDINATOR:

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

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 ongoing infrastructure improvements, city-wide safety improvements, new economic teams put into place
- The 2022 Mind Challenge Trivia Tournament competition ended for the Garfield Heights Senior Center teams.
- Cardio Drumming continued with a full class of seniors participating
- The Wii Bowling League held the awards banquet
- Karaoke continued with lively group of participants
- Humana Health became a new sponsor and introduced a Mowntown Monday trivia session
- Senior Center staff prepared a Spaghetti meal
- Fathers were saluted with a breakfast and gifts
- The pool opened for senior activities
- Jacks Racino was visited by our seniors

Gratitude is extended to our supportive Senior Center sponsors:

- Humana Health for joining our team and will conduct varying events on 2nd Monday of each month
- Legacy Health joined our team of sponsors and will conduct 4th Tuesday BINGO sessions
- The Heights
- Oak Street Health for the Flag Day hot dog cook-out and June birthdays recognition
- Fairhill Partners returned with a six week Diabetes workshop
- Marymount place for the 2nd Tuesday BINGO prize donations



From the desk of Senior Center Manager, Joe Snyder

It is officially Summer! And boy don't we know it, as we have had some HOT HOT days the last few weeks. It is a good thing we were able to get a pool day (hosted by the Rec Center and wonderful Jenn Sopkovich) scheduled so that everyone has the opportunity to cool down! June gave us both a spaghetti dinner and a cookout! I wonder what July will have in store? I hope that as we are now fully into the swing of Summer, everyone's Winter blues have completely melted away. July is usually one of my favorite months of the year because of all of the opportunities to be outside! Going boating, watching baseball games, watching fireworks, having campfires and eating s'mores are just a few of my favorite things to do, and I hope you all get the opportunities to enjoy some of your favorite outdoor activities. As a reminder though, be sure to keep yourselves HYDRATED! It is always important to drink plenty of water, but evermore important to do so during the hot summer months. I hope everyone has enjoyed their Summers so far. Let's plan to make the rest of it even better!



POST OFFICE ON WHEELS

Tuesday, July 26th @ 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

On May 27, 2022 our Garfield Heights Senior Center was represented in the 2022 Mind Challenge Trivia Tournament by the following two teams.:

Greg Rowinsky, Capt.

Lydia Debelak

Cheryl Pavlek

Kathy Rowinsky

Barb Molin

Jim Stoneking, Capt.

Alan Becka

Jimmy Williams

Carolyn Lockett

We represented well and the first round found our teams in first and second place. However the Shaker Heights team won the final round and advanced to semi-final round representing our Central division.

Thank you to our participants who persevered to the end.

Trivia for All

We plan to continue with the weekly trivia challenges.

Come exercise your mind and keep it sharpened in a fun filled, brain teasing, morale boosting atmosphere on Wednesdays at 9:30am. Bring your ipad, android, tablet or cellphone to download the KAHOOT app and be set up to enjoy and play the games.



QUIZ TIME



INDEPENDENCE DAY

The Fourth of July, is the National Day of the United States of America. It is a federal holiday and also a holiday in all 50 states and other US territories on July 4th



NEW SENIORS TO OUR CENTER

Christine Iwan	Zera Johnson
James White	Amanda White
Lea Ann Russell	Gerri McCully
Linda Wilkerson	Emma Jordan-Wren
Betty Svoboda	Mark Svoboda

HAPPY BIRTHDAY
TO YOU!



Allen Becka	7/4
Cheryl Palvek	7/4
Carolyn Lockett	7/7
Vera Rackley	7/23
Nick Karanicholas	7/24
Ralph Redmond	7/28

The JULY Happy Birthday Celebration
will be held on Thursday,
JULY 21st@12:30pm

OAK STREET HEALTH WILL SPONSOR
THE ACTIVITIES.

July Lunch Bunch Outing

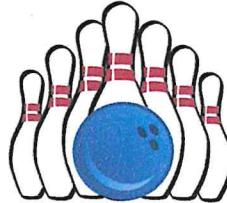
When: Thursday, July 7, 2022@11:00a.m

Where: Lockkeepers Restaurant

Cost: \$2 for bus/Lunch on your own

See Carolyn for sign up sheet

Wii Bowling Summer League



The summer Wii Bowling League session will begin Wednesday, June 22, 2022 and end on Wednesday August 31, 2022, Monday or Wednesday at 9:00am is the time to bowl.

The weekly fee is \$2.00 per person
Teams of 2 are forming now. Sign up with Carolyn

Chair Volleyball is Here!

Our chair volleyball competition has begun! Join others as you sit and hit the beach/volleyball over the net to score on your opponents. Great way to secretly get in a good body workout while having low impact fun.



July 14, 2022
12:30pm

JOIN US & MINGLE
ice cream
SOCIAL

STAY COOL WITH SOME SWEET TREATS



JULY 2022 EVENTS

MORNING BREAK WITH MAYOR BURKE

The June morning meeting with Mayor Burke included discussions on the following:

- * The progress of ongoing street repairs
- * An update on Towpath Trail improvements
- * Elimination of abandoned structures
- * The creation of an economic development team
- * The potential replacement of the Justice Center

The seniors next monthly meeting with Mayor Burke will be held on Wednesday, July 13, 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



The Site Council met and discussed the reopening of their bank account and reestablishment of their 501c3 status.

WE ARE BACK IN BUSINESS!!!

All funds raised by the Site Council benefit the programs and activities of the Senior Center.

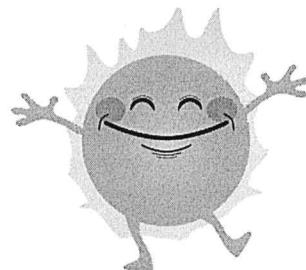
The next Site Council scheduled meeting is July 12, 2022 at 10:00 a.m. in Rm 118.

Shirley Rozmarynowski - Council President

KARAOKE

Sopranos-Altos-Tenors-Bass

Lend your talents to the Karaoke afternoons Wednesdays@12:30pm

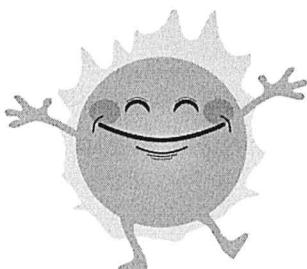


POOL TIME



Wednesdays@12:30pm
(weather permitting)

Sessions will continue until pool area closes for the season.



Line Dance



Come join this energetic, fun filled, lively, friendly group for a vigorous workout using upbeat music and line dance techniques.

Instructor, Darlene Brashers can modify routines to accommodate most physical challenges

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

Cardio DRUMMING

Strengthen your heart and body muscles by moving to the rhythmic beats produced while using drumsticks and exercise balls. You'll experience a good workout, while doing it at your own pace. Sit or stand as you determine your level of comfort and endurance. Space is limited so come early to secure your spot.

Thursdays
10:00am-10:45am

Bid Whist

Spades

Bridge

Hearts

Pinochle

Poker



Bring a partner(s) and come to play your favorite card game.

TUESDAYS--12:30pm-2:00pm

PROGRAM-ACTIVITY REMINDERS

THERABAND WORKOUT



MONDAYS

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

DIABETES EMPOWERMENT EDUCATION PROGRAM

A program that helps participants take control of their disease and reduce the risk of complications.

6 weeks of 2 hour sessions

MONDAYS @9:00a.m.-11:00a.m.

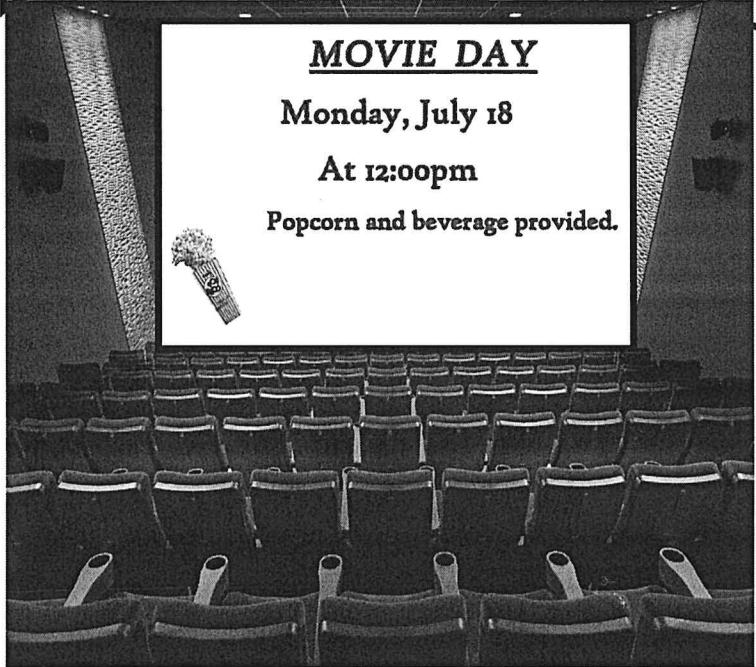
Sponsored by Fairhill Partners

MOVIE DAY

Monday, July 18

At 12:00pm

Popcorn and beverage provided.



Support our senior activities.

Various snacks and beverages are available to purchase daily.

\$1.00
AND
UNDER



BINGO

Tuesdays

July 5, 12, 19, 26

at 12:30

in the dining room.



PODIATRIST VISIT

Dr. Diamond's will visit this facility on

August 11, 2022.

Appointments are being scheduled now.

Call or see Ketia to schedule.

JULY 2022 EVENTS

Friday Shopping

July 1st ----- Giant Eagle
July 8th ----- Drug Mart
July 15th ----- Marcs
July 22nd ----- Save-A-Lot
July 29th ----- Daves

Our bus will transport you to local shopping venues.

Sign up with Ketia
Transportation cost \$3.00

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OAK
STREET
HEALTH



The Village at
Marymount

Marymount Place • Villa St. Joseph
A Continuing Care Community



Legacy Health Services

Our Family Caring for Yours



THE HEIGHTS

REHABILITATION & HEALTHCARE CENTER

Humana®

MONTHLY FOOD PANTRY

Wednesday, July 20, 2022

1:00—2:00 p.m.



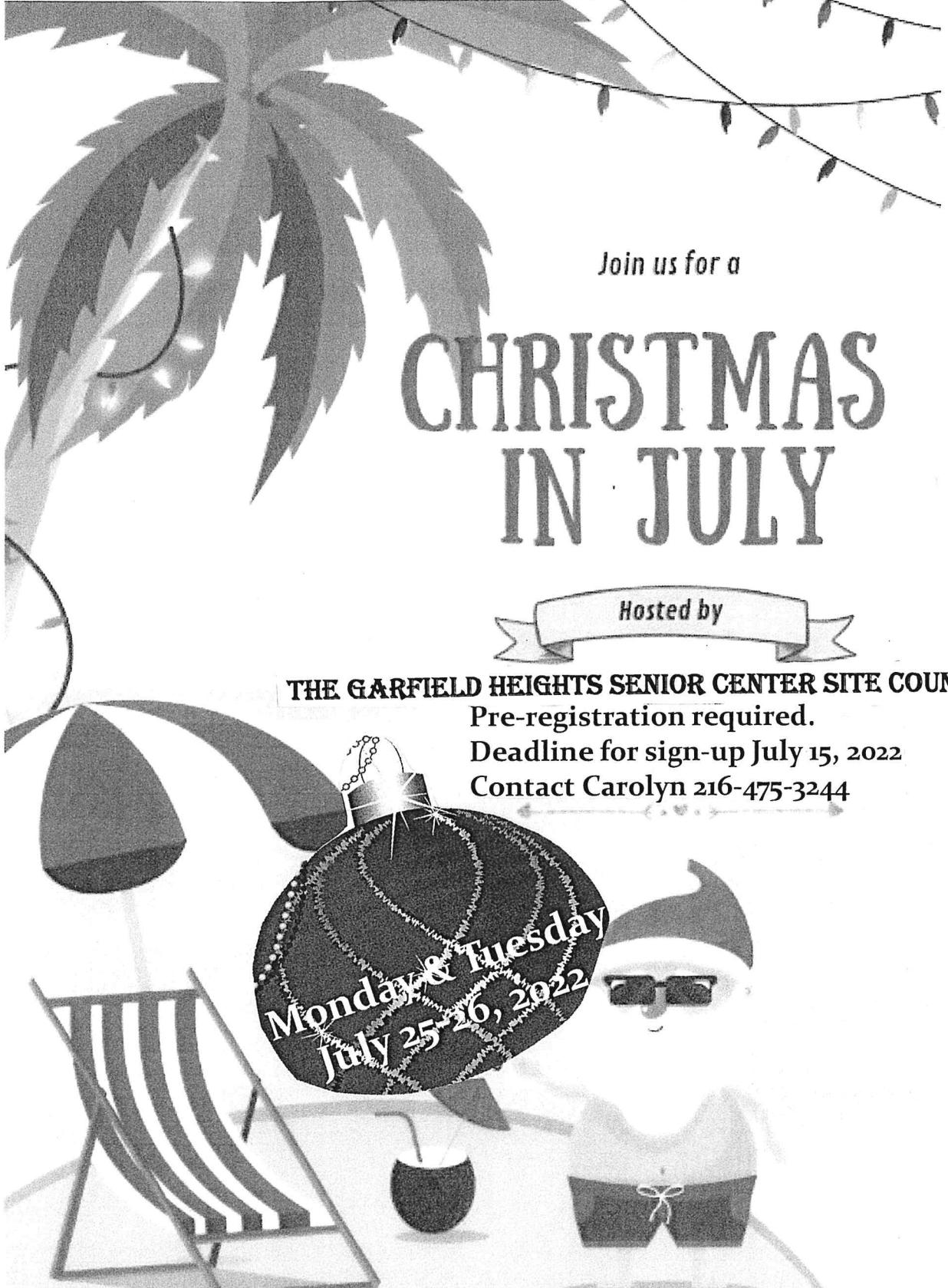
Feeding the
Community

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CRAFT ROOM



Christmas in July, Christmas in Summer or Christmas in Winter is a second Christmas celebration held around the summer season, mainly during July. It is centered around Christmas-themed activities and entertainment, including small gatherings, seasonal music and specials, and shopping, with the goal of getting the public in the "Christmas spirit" during the summer season in the Northern hemisphere.



Join us for a

CHRISTMAS IN JULY

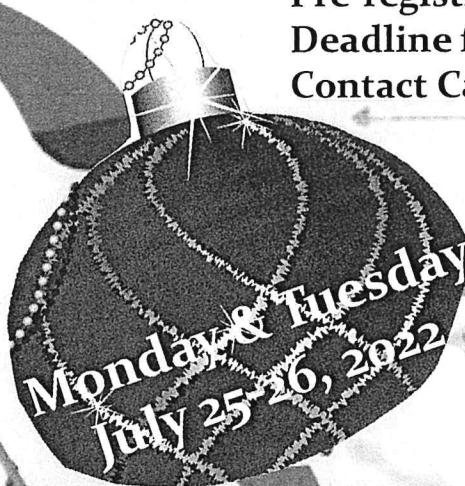
Hosted by

THE GARFIELD HEIGHTS SENIOR CENTER SITE COUNCIL

Pre-registration required.

Deadline for sign-up July 15, 2022

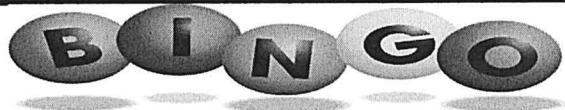
Contact Carolyn 216-475-3244



Monday & Tuesday
July 25-26, 2022

COVID restrictions mandated suspension of activities at the Senior Center during the December Christmas holiday season. July is the perfect time to pick up the spirit of the yuletide joy so we will celebrate with Christmas music, movies, gift exchange, craft making, a community gift project and Christmas dinner.

JULY 2022 EVENTS



Sponsored by THE HEIGHTS

1st & 3rd Tuesdays

Sponsored by MARYMOUNT PLACE

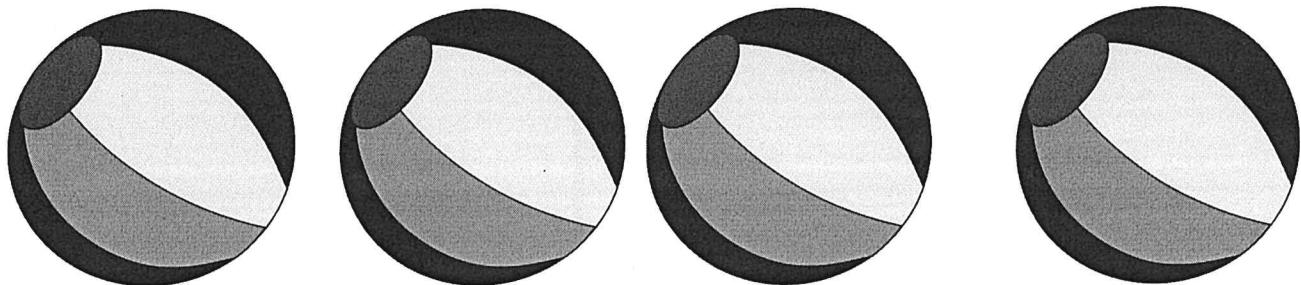
2nd Tuesday

Sponsored by LEGACY HEALTH

4th Tuesdays

Games begin at 12:30pm.

1st board free, additional boards \$.25



Spiritual Music Time

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 9:30-10:00.



GENEROUS GIVING AWARNESS SERVICES ASSISTANCE
CHARITABLE ACTIVISTIC LIFE VOLUNTEER TEAM
COMMUNITY CONTRIBUTION ASSISTED RESCUE DONATIONS
ADULT SUPPORT HOPE TEAMWORK PERSON
MISSION

Accumulate points towards an end of year Volunteer Awards Celebration by assisting with varying activities throughout the Senior Center. Sign up at the registration table to assist with game set up; morning registration; lunch room set up; kitchen assistance; trivia game creation; and several other activities. Check out the daily sign up sheets and the opportunities offered. Assignments are on a first come first served basis.

Many have already stepped up and undertaken several responsibilities.

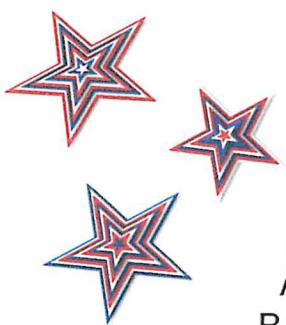
There's plenty for all to do.

See Jenn Sopkovich with questions or clarification.

Happy Independence Day!

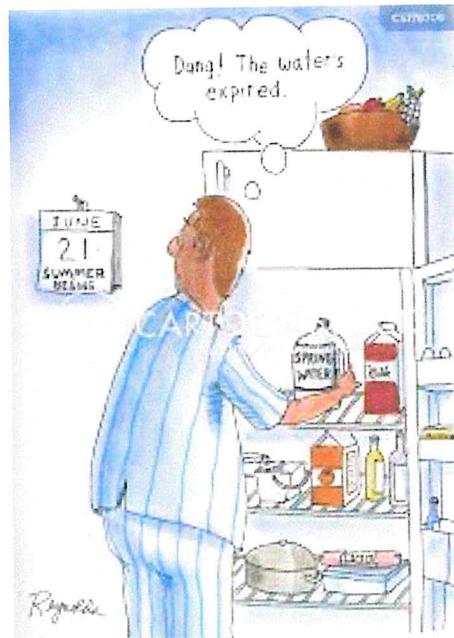
4th of July Word Search

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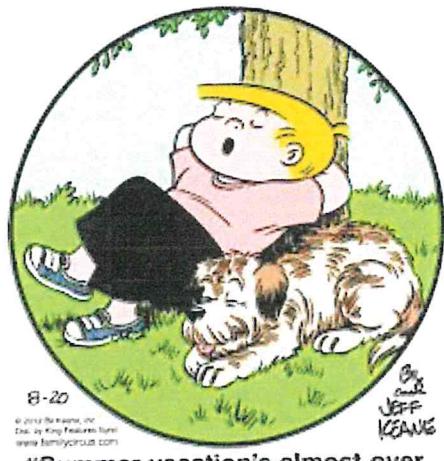
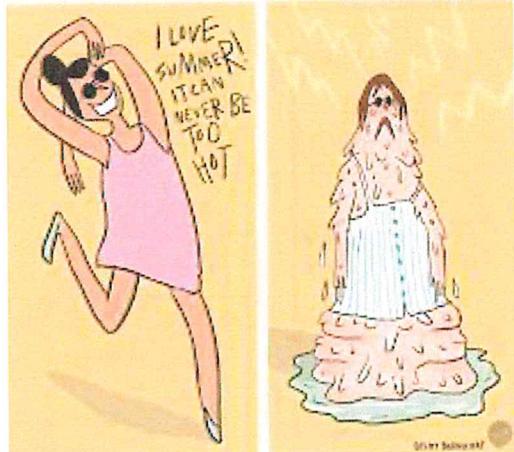


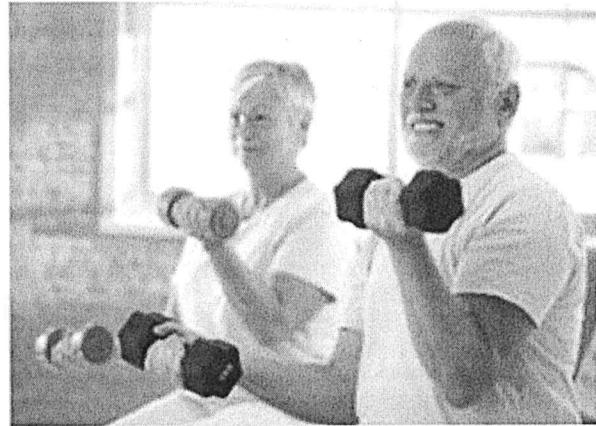
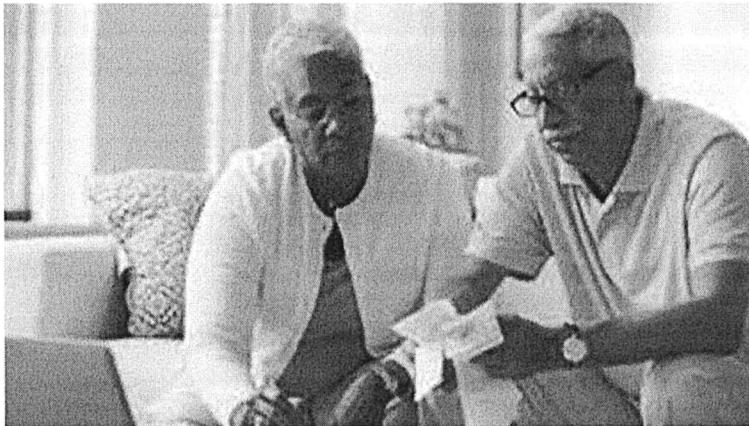
ABLAZE	CROWDS	FEAST	FREEDOM
ANTHEM	DECORATIONS	FLAG	INDEPENDENCE
BACKYARD	BANG	AMERICA	GRILL
BLAST	BOOM	FIRECRACKERS	HISTORY
GATHERING	BATTLEFIELD	ROCKETS	LIBERTY
RED	CAMPING	EXPLOSIONS	NATIONAL
WHITE	DELICIOUS	MUSIC	PARADES
BLUE	DESSERT	PICNICS	PATRIOTIC
CAVALCADE	DEMOCRACY	POTLUCK	FIREWORKS
CELEBRATION	EMOTIONAL		FESTIVAL

Senior Funnies



THERE ARE TWO TYPES OF PEOPLE:





Take charge of your health! Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) workshop helps participants take control of their disease and reduce the risk of complications. It empowers people with diabetes and pre-diabetes to take charge of their health. DEEP is fun and interactive, with hands-on learning. Workshops meet for 6 weekly 2-hour sessions.

Call today to register for a workshop near you!

Diabetes Empowerment Education Program (DEEP)

6 weekly 2-hour sessions

June 27 - August 8, 2022

Sign up with Carolyn at 216-475-1100 ext. 2435



12200 Fairhill Road
Cleveland, OH 44120
www.fairhillpartners.org
216-421-1350
programs@fairhillpartners.org



Western Reserve
Area Agency on Aging


ENCORE
Cleveland
Define your next chapter

Fairhill Partners is a 501(c)3 nonprofit organization. Programs are made possible in part by an Older Americans Act Grant from Ohio Dept. of Aging through Western Reserve Area Agency On Aging, The Cleveland Foundation Encore Cleveland initiative, gifts to the Fairhill Annual Fund, and our volunteers.

Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 CHRISTMAS IN JULY 9:00am Morning Donuts \$1 Wii Bowling League 10:30am Diabetes Workshop 10:30am Theraband Workout 11:30am LUNCH	5  Happy 4 th of July! www3708932.GoGraph.com	6 10:30-11:15am Line Dance 11:30am LUNCH 12:30pm BINGO w/Heights Card Games	7 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Trivia Challenge 10:00-11 am Chair Aerobics 11:30am LUNCH 12:30PM Pool Activities Karaoke	8 Shopping@Drug Mart 10:00-11:30am
11 MAKE RES/NEXT WEEK	12 MAKE RES/NEXT WEEK	13 10:00am Site Council Mtg 10:30-11:15am Line Dance 11:30am LUNCH 12:30pm BINGO w/Marymount Place Card Games	14 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Trivia Challenge 10:00-11 am Coffee With Mayor Burke 11:30am LUNCH 12:30PM Pool Activities Karaoke	15 Shopping@Marc's 10:00-11:30am
18 MAKE RES/NEXT WEEK	19 MAKE RES/NEXT WEEK	20 FOOD PANTRY@1-2PM	21	22
		10:30-11:15am Line Dance 11:30am LUNCH 12:30pm BINGO w/Heights Card Games	9:00am Morning Donuts \$1 Wii Bowling League 9:30am Trivia Challenge 10:00-11 am Chair Aerobics 11:30am LUNCH 12:30PM Pool Activities Karaoke	9:30-10am Spiritual Singing 10:10-45am Cardio Drumming 11:30am LUNCH 12:15pm Ice Cream Social@Pavillion 12:30pm Chair Volleyball
25 MAKE RES/NEXT WEEK	26 MAKE RES/NEXT WEEK	27	28	29
		10:30-11:15am Line Dance 11:30am LUNCH 12:30pm BINGO w/Legacy Health Card Games	9:00am Morning Donuts \$1 Wii Bowling League 9:30am Trivia Challenge w/Legacy Health	9:30-10am Spiritual Singing 10:10-45am Cardio Drumming 11:30am LUNCH 12:30pm Chair Volleyball
				Shopping@Daves 10:00-11:30am

July 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	OFFICE OPEN Mon-Fri 8:30am-4:30pm
Menu Approved By: <i>Am Stadlheber, M.S., R.D.N., L.D.</i>	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk or Buttermilk.			
4 Closed	5 Happy Fourth of July!	6 *Breaded Chicken Breast 3 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll 2 oz Applesauce 4 oz	7 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c	
11 ALT=CS	12 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Apricots ½ c	13 *Chicken Alfredo 3 oz W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c	14 Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Cucumber Salad ½ c 2 Whole Grain Rye Applesauce ½ c	
18 ALT=CS	19 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c	20 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz	21 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c	
25 ALT=CS	26 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Carrots ½ c 2 Whole Grain Wheat Apricots ½ c	27 Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend 1/2 c Whole Grain Wheat Mandarin Oranges ½ c Apple Juice ½ c	28 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c	
TR	ALT=CBG	TR	ALT=CBG	
				SENIOR CENTER OPEN Mon-Thurs 9:00am-2:00pm RESERVATIONS 216-475-3244
				<p>Reservations for lunch are made the Monday or Tuesday prior to the week being served. If you cannot make your reservation in person, you <u>MUST</u> call Laketria 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.</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

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast