

# September 2022 Events

## BRING A PARTNER AND JOIN THE FUN

We're still looking for card players

BRIDGE   POKER   PINOCHLE   GIN RUMMY   HEARTS   SPADES   BID WHIST



TUESDAYS AT 12:30pm

## BINGO

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



EVERYONE attending the Senior Center must practice oral hygiene, bathe/shower regularly and come in clean clothes.

If you are in need of supplies inform Laketia or Jennifer for assistance.

## HYGIENE



**Bus Drivers needed for senior transportation.**  
To apply go to [www.garfieldhts.org](http://www.garfieldhts.org)  
Human Resources and select job application



shutterstock - 57253393

## 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 us on Thursday mornings 9:30-10:00.



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.

# September 2022 Events

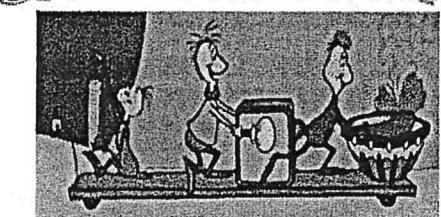
## C H A E R O B I C S

Join the video instructor led routines that will assist you in improving strengthening and/or maintaining your flexibility.

Respond to the routines at your own comfortable pace.

Sessions are Wednesdays, 10-10:30am.

## Cardio Drumming



Exercise balls and drumsticks are your workout partners as you use your arms, waist and feet to twist, turn, and stretch while becoming a drummer for fitness.

Thursdays at 10:00am

## Line Dancing

Move your feet to the beat as you learn new routines and re-visit the old, while exercising your mind, muscles and spirit. Sessions are instructor led and held on

Tuesdays, 10:30-11:15am

Cost \$3.00

Join your fellow seniors as two teams compete and have fun while exercising an upper body workout.

Thursdays 12:30-1:30pm

## CHAIR VOLLEYBALL



## Introducing Chair Yoga for Seniors



Join the group for 30 minute routines from our friends on YouTube. Keep your muscles active, alert, toned and flexible as you breathe and stretch with the video instructed work out session.

Tuesdays 9:30-10:00am



Welcome  
We are glad you're here



Virgie Thrasher  
Mary Stephen  
Sheila Fletcher  
Carol DiChiro

## Costs for Transportation

*The following are fees for bus transportation:*

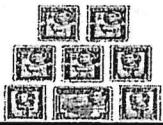
**Senior Center—\$0.25-round trip**  
**Medical Trips—\$2.00-round trip**  
**Trips & Errands—\$3.00-round trip**  
(e.g. Field Trips, Bank, Pharmacy, Grocery)

## **POST OFFICE ON WHEELS**

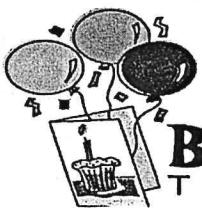


Tuesday, September 27th,  
9:40-10:00a.m.

Purchase stamps/money orders/  
packaging supplies.  
Mail letters and packages.



Sign up with Ketia  
Transportation cost \$3.00



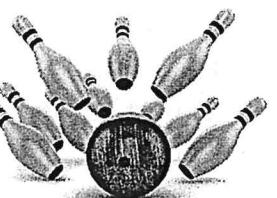
## **BIRTHDAYS THIS MONTH**

The September Happy Birthday Celebration for

**FRANK MERCURIO 9/6**  
**SHEILA FLETCHER 9/29**

will be held Thursday, September 22nd@12:30pm  
**Oak Street Health** will sponsor the activity.

The Spring Wii Bowling Session has ended.  
Congratulations to the following winners:



**1st Place Team**  
Jim Stoneking — Joyce Zuransky  
**Highest game Male**  
Jim Stoneking 245  
**Highest game Female**  
Shirley Rozmarynowski 244

Sign up now for the Fall Wii Bowling League. See Carolyn for the sign up sheet. Team bowling starts the week of September 19, 2022 and continues until November 21, 2022. Cost is \$2.00 per week.  
Bowl on Monday or Wednesday from 9:00am-1:00pm.



## **Friday Shopping**

September 2nd.....Giant Eagle  
September 9th.....Marc's  
September 16th.....NO SHOPPING  
September 23rd.....Marc's  
September 30th.....Giant Eagle

Our bus will transport you to local shopping venues.



APPLE	COLOR	AUTUMN	FRIENDS
ACORN	PUMPKIN	BACKPACK	SEPTEMBER
SCHOOL	OWL	BOOK	SUNFLOWER
FALL	FOOTBALL	BUS	CLASSROOM
LEAVES	CORN	TEACHER	PENCIL

K	O	L	O	C	A	H	G	L	A	A	N	H	E	Y
E	R	D	O	C	A	N	Y	O	H	P	A	B	L	H
Y	E	K	O	P	E	R	S	G	T	P	K	C	U	A
M	X	R	H	T	U	E	S	K	P	L	T	X	N	R
Q	E	H	M	V	W	W	R	G	E	S	P	R	Q	S
Q	E	S	P	A	V	N	E	P	S	L	C	A	O	T
Q	U	S	K	A	W	X	N	Q	V	R	C	C	T	I
S	I	L	A	P	O	I	D	H	A	L	E	W	E	H
N	D	P	K	L	Y	O	S	X	A	B	I	G	L	J
X	L	N	F	F	A	U	T	U	N	M	P	I	T	O
W	R	N	E	I	O	R	E	H	C	A	T	C	R	P
C	U	N	O	I	A	O	R	P	U	T	E	T	P	E
S	S	X	2	4	E	J	T	O	L	D	A	T	O	A
P	D	T	N	8	I	F	A	B	M	Y	E	O	D	J
G	A	A	S	3	A	R	O	N	A	N	M	U	K	V
H	8	2	E	6	R	A	L	K	A	L	N	E	F	O
G	E	7	R	5	E	B	T	O	D	S	O	I	K	G
W	O	6	E	4	M	N	0	T	H	C	D	E	Y	W

# Last Month

- \* Bid farewell to Senior Center manger Joe Snyder
- \* Pool activities continued through August 21st
- \* Humana Health facilitated 60 & 70's movie trivia challenge
- \* Fairhill Partners wrapped up the Diabetes Awareness workshops
- \* Physical activity programs continued with TheraBand workouts via YouTube, Line Dancing, Chair Aerobics, Cardio Drumming, Chair Volleyball
- \* Our additional game activities included trivia challenges, karaoke, bingo
- \* Our Wii bowling league wrapped up the summer session
- \* A very successful Trash to Treasurer BINGO was held on the 5th Tuesday

**G**ratitude is extended to our supportive Senior Center sponsors;

- \* Humana Health for the TV Show trivia and fresh fruit treats
- \* Legacy Health for the 4th Tuesday Bingo
- \* Fairhill Partners for completing the Diabetes workshop
- \* KAZ Company for 1st Monday and 3rd Wednesday morning donuts and trivia challenge
- \* Marymount Place for the 2nd Tuesday Bingo
- \* The Heights for 1st and 3rd Tuesdays Bingo, 2nd Wednesday morning donuts
- \* Oak Street Health for the City BBQ lunch and August birthdays recognition
- \* Aventura@Walton Hills for the donations for the Trash to Treasurer BINGO
- \* Legacy Health for 4th Tuesday Bingo
- \* E.F. Boyd and Son Funeral Home for the tickets for the senior luncheon

## September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>1</u> 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball	<u>2</u> Shopping@Giant Eagle 10:00-11:30am
<u>5</u> <b>CLOSED</b>			<u>8</u> 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball	<u>9</u> Shopping@MARC'S 10:00-11:30am
			<u>12</u> <b>MAKE RES/NEXT WEEK</b>	<u>15</u> 9:30-10:00am Spiritual Singing 10:00-10:30am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball
			<u>13</u> <b>MAKE RES/NEXT WEEK</b>	<u>16</u> 9:30-10:00am Spiritual Singing 10:00-10:30am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball
			<u>19</u> <b>MAKE RES/NEXT WEEK</b>	<u>22</u> 9:30-10:00am Spiritual Singing 10:00-10:30am Cardio Drumming 11:30am Lunch 12:30pm Happy Birthday w/Oak Street Health
			<u>20</u> <b>MAKE RES/NEXT WEEK</b>	<u>23</u> Shopping@MARC'S 10:00-11:30am
			<u>26</u> <b>MAKE RES/NEXT WEEK</b>	<u>29</u> <b>JACKS CASINO DAY</b> 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-10:30am Chair Aerobics 11:30am Lunch 12:30-1:30pm Karaoke
				<u>30</u> Shopping@Giant Eagle 10:00-11:30am

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

**SENIOR CENTER OPEN**  
Mon-Thurs 9am-2pm  
**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 availability.