

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



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.



Bus Drivers needed for senior transportation.
To apply go to www.garfieldhts.org
Human Resources and select job application



shutterstock - 579253393

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



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

CHAEROBICS



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.



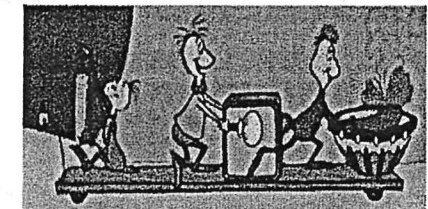
Join your fellow seniors as two teams compete and have fun while exercising an upper body workout.

Thursdays 12:30-1:30pm

CHAIR VOLLEYBALL



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

Introducing Chair Yoga for Seniors

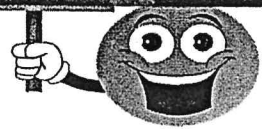


Join the group for 30 minute routines from our friends on YouTube. Keep your muscles active, alert, toned and flexible as you breathe and stretch with the video instructed work out session.

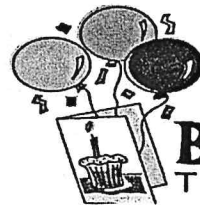
Tuesdays 9:30-10:00am



Welcome
We are glad you're here



Virgie Thrasher
Mary Stephen
Sheila Fletcher
Carol DiChiro



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.

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.



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.....Marcs
September 16th.....NO SHOPPING
September 23rd.....Marcs
September 30th.....Giant Eagle
Our bus will transport you to local shopping venues.



Sign up with Ketia
Transportation cost \$3.00

Name _____

September Word Search

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

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

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

Gratitude 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
<p>CLOSED</p> <p>12 MAKE RES/NEXT WEEK</p> <p>9:00am Morning Donuts \$1 10:30am TheraBand Workout 11:30am Lunch 12:30-1:30pm Humana Health</p>	<p>6 MAKE RES/NEXT WEEK</p> <p>9:30-10am Chair Yoga 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/The Heights</p>	<p>7 9:00am Morning Donuts \$1 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 11:30am Lunch 12:30pm Wii Bowling Banquet</p>	<p>1 9:30-10:00am Spiritual Singing 10:00-10:45am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball</p>	<p>2 Shopping@Giant Eagle 10:00-11:30am</p>
<p>19 MAKE RES/NEXT WEEK</p> <p>Craft Room Raffle tickets sale</p> <p>9:00am Morning Donuts \$1 Wii Bowling League 10:30am TheraBand Workout 11:30am Lunch 12:00-1:30pm Movie</p>	<p>20 MAKE RES/NEXT WEEK</p> <p>9:30-10am Chair Yoga 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/The Heights</p>	<p>14 9:00am Donuts w/The Heights 9:30am Kahoot Trivia 10:00am-1:00pm Science Center trip w/Mayor Burke 11:30am Lunch</p>	<p>15 9:30-10:00am Spiritual Singing 10:00-10:30am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball</p>	<p>16 NO SHOPPING</p>
<p>26 MAKE RES/NEXT WEEK</p> <p>9:00am Morning Donuts \$1 Wii Bowling League 10:30am TheraBand Workout 11:30am Lunch 12:15 Movie</p>	<p>27 MAKE RES/NEXT WEEK</p> <p>9:40-10:00am Post Office on Wheels 9:30-10am Chair Yoga 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/Legacy Health</p>	<p>28 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</p>	<p>22 9:30-10:00am Spiritual Singing 10:00-10:30am Cardio Drumming 11:30am Lunch 12:30pm Happy Birthday w/Oak Street Health</p>	<p>23 Shopping@MARCS 10:00-11:30am</p>
<p>23 MAKE RES/NEXT WEEK</p> <p>9:40-10:00am Post Office on Wheels 9:30-10am Chair Yoga 10:30am-11:15am Line Dancing 11:30am Lunch 12:15 Movie</p>	<p>29 JACKS CASINO DAY</p> <p>9:30-10:00am Spiritual Singing 10:00-10:30am Cardio Drumming 11:30am Lunch 12:00pm</p>	<p>29 9:30-10:00am Spiritual Singing 10:00-10:30am Cardio Drumming 11:30am Lunch 12:00pm</p>	<p>30 Shopping@Giant Eagle 10:00-11:30am</p>	

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 LaKeria 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.