

# 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** *August 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 — Rachel Tonsing

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 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

Vacant.....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*

- *The Lunch Bunch dined at Lockkeepers*
- *Pool activities continued*
- *Humana Health facilitated a bird house building and painting activity*
- *Fairhill Partners continued the Diabetes Awareness workshop*
- *An Ice Cream social was held on the outdoor patio area*
- *Physical activity programs continued with TheraBand workouts, line Dancing, Chair Aerobics, Cardio Drumming, Chair Volleyball*
- *Our additional game activities included trivia challenges, karaoke, bingo and Wii bowling*
- *Christmas in July was celebrated with games, gift donations to the children from Claudia's Kids Care, a gift exchange, a re-purposed item competition, a wonderful dinner catered by Pearl Flower Catering*

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

- *Humana Health for the birdhouse painting event*
- *Legacy Health for the Christmas in July Bingo event*
- *Fairhill Partners for continuing the Diabetes workshop*
- *Marymount Place for the 2nd Tuesday Bingo*
- *The Heights for 1st and 3rd Tuesdays Bingo*
- *Darlene Brashers for the TheraBand workouts*
- *Oak Street Health for the Christmas in July gift basket and the July birthdays recognition*
- *Aventura@Walton Hills for the Christmas in July trivia challenge*

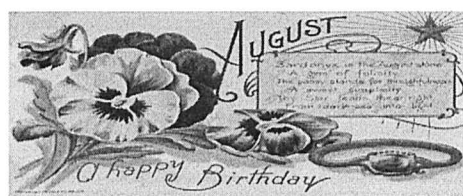
### *From the desk of Senior Center Manager, Joe Snyder*

Welcome to August! I hope everyone had a wonderful July filled with family and fireworks! We have been blessed to have some amazing Summer weather throughout this month, especially over the Fourth of July weekend. Although the weather was beautiful, it was also HOT. Thankfully, we have been able to utilize the pool on Wednesdays and had an Ice Cream Social to help us get outside, but still try and stay cool. I have to give out a big THANK YOU to both Carolyn, as well as all of the sponsors that helped out putting on our Christmas in July celebration! After having to miss our Christmas party last year due to COVID, this was definitely a welcome celebration to be had. The gift drive for the children from Claudia's Kid's Care went off extremely well! The kids were very appreciative, so thank you to all of the Seniors for their help and contributions to this! Let's see what fun August has to bring us!

In other news, I am sorry to report that I have recently resigned from my position as Senior Center Manager. My last day here in Garfield Heights will be August 12<sup>th</sup>. It was an extremely tough decision, but I have decided to pursue some other and new opportunities. I greatly appreciate the time that I have spent here with you all over the course of the last four years and have a lot of memories to carry with me in life. Thank you all for all of the wonderful moments. I had a lot of fun and certainly learned a lot. If anyone has any questions, please feel free to ask!

#### **POST OFFICE ON WHEELS**

**Tuesday, August 23rd@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)



**Lee Ann Russell 8/3**  
**Ann Blackburn 8/9**  
**Veronica Gilmore 8/19**  
**Greg Rowinski /20**

**The August Happy Birthday**  
**Celebration will be held**  
**Thursday, August 19th@12:30pm**

#### **Trivia for All**

**Our weekly trivia challenges continue.**

**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**

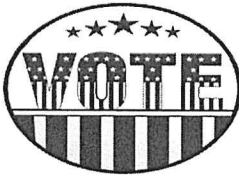


# August 2022 Events

## MORNING BREAK WITH MAYOR BURKE



The next monthly meeting with Mayor Burke in the Senior Center will be held on Wednesday, August 10, 2022 at 10:00 am in the dining room. He will openly discuss and update us on activities taking place throughout the city.



**REMEMBER TO VOTE TUESDAY, AUGUST 2**

## SITE COUNCIL



The Site Council will conduct a 50/50 raffle during the month of September. Please support the efforts of our organization that financially supports many programs and activities of the Senior Center.

Thank you Site Council for funding the wonderful Christmas in July dinner.

The next Site Council scheduled meeting is Tuesday, August 9, 2022 at 10:00 am in Rm 118.

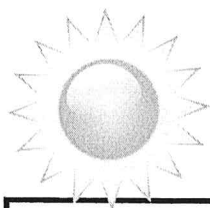
Shirley Rozmarynowski ~ Council President

## **KARAOKE**

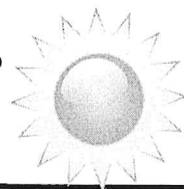
**Sopranos-Altos-Tenors-Bass**  
Lend your talents to the Karaoke  
afternoons Wednesdays@12:30pm



**Wednesdays@12:45pm**  
(weather permitting)  
Sessions will continue until pool area  
closes for the season.



# August 2022 Events



## Friday Shopping

August 5th-----Giant Eagle

August 12th-----Drug Mart

August 19th-----Marcs

August 26th-----Save-A-Lot

Our bus will transport you to local shopping venues.

Sign up with Ketia  
Transportation cost \$3.00

## MONTHLY FOOD PANTRY

Wednesday, August 17, 2022

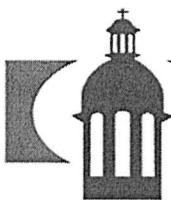
1:00—2:00 p.m.



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OAK  
STREET  
HEALTH



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



**KAZ**  
**Company**

Ask Us About the Maze®

A FEDELI GROUP COMPANY



Legacy Health Services  
Our Family Caring for Yours



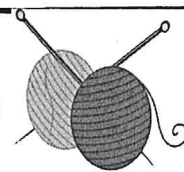
**THE HEIGHTS**

REHABILITATION & HEALTHCARE CENTER

**Humana.**

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## CRAFT ROOM



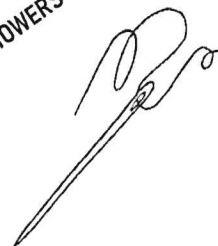
Shop for handmade gifts and cards for all occasions.

WEDDINGS

BIRTHDAY

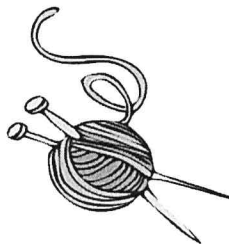
BABY SHOWERS

GREETING CARDS KITCHEN ITEMS  
CUSTOMIZED ITEMS



ALL ITEMS CREATED ARE FOR SALE.  
PROCEEDS BENEFIT OUR SENIOR  
CENTER ACTIVITIES AND PROGRAMS

Visit us 9:00am-2:00pm Mon-Thurs





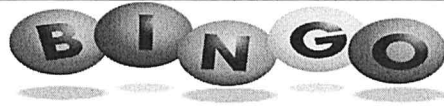
# August 2022 Events

**BRING A PARTNER AND JOIN THE FUN**

**We're looking for card players**



**TUESDAYS AT 12:30pm**



Sponsored by **THE HEIGHTS**

1st & 3rd Tuesdays

Sponsored by **MARYMOUNT PLACE**

2nd Tuesday

Sponsored by **LEGACY HEALTH**

4th Tuesdays

**TRASH TO TREASURE**

5th Tuesday

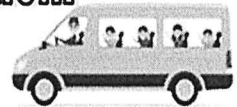
Games begin at 12:30pm

1st board free, additional boards \$.25



**Bus Drivers needed for senior transportation.**

**To apply go to [www.garfieldhts.org](http://www.garfieldhts.org)**



shutterstock - 573253393

**Human Resources and select job application**

## **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.*

# August 2022 Events

## THERABAND WORKOUT



MONDAYS 10:30-11:00am

Led by Darlene Brashers  
Bands available for \$1.00

## DIABETES EMPOWERMENT EDUCATION PROGRAM

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

Only two 2 hour sessions remaining.

Program ends August 8, 2022

MONDAYS @9:00-11:00am

Sponsored by Fairhill Partners

## MOVIE DAY

Monday, August 15th

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

August 2, 9, 16, 23 & 30

at 12:30

in the dining room.



## PODIATRIST VISIT

Dr. Diamond will visit this facility on

August 11, 2022.

Appointments are being scheduled now.

Call or see Ketia to schedule.

# August 2022 Events

## 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

## 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.

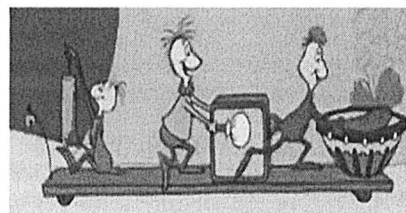
Respond to the routines at your own comfortable pace.

Sessions are Wednesdays,  
10-10:30am.



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

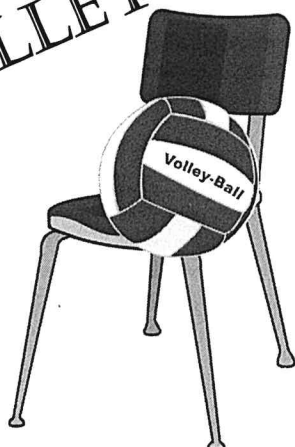
## Cardio Drumming



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

## CHAIR VOLLEYBALL



Thursdays  
12:30-1:30pm



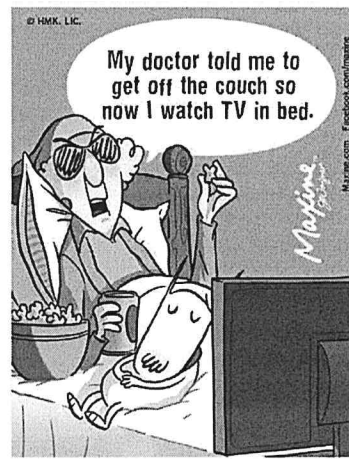
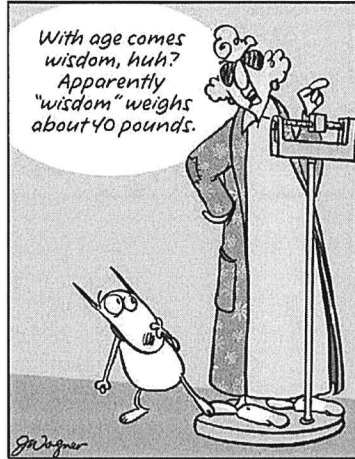
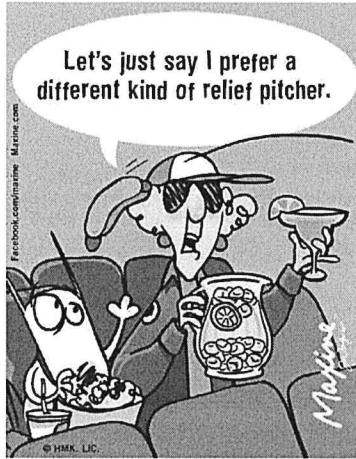
## Summer Word Search

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n	n	r	n	a	s	u	i	v	u	g	e	p
i	i	i	s	e	s	s	a	l	g	n	u	s
c	h	p	y	a	i	c	n	o	u	i	c	r
t	s	s	a	a	a	i	i	f	s	m	e	t
e	n	k	d	t	i	f	a	c	t	m	b	m
n	u	c	i	n	f	p	a	b	m	i	r	i
t	s	o	i	p	e	m	a	u	e	w	a	g
s	n	t	o	j	p	i	s	h	c	s	b	s
h	g	t	h	i	u	i	r	s	c	s	a	o
n	g	a	n	f	i	i	n	f	c	a	s	b
t	i	g	u	s	m	n	y	g	d	a	e	w
m	t	e	n	n	i	s	o	c	c	e	r	b

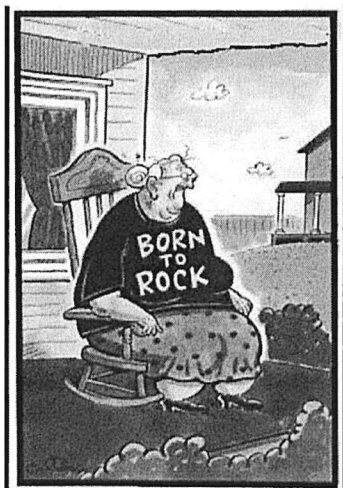
summer  
vacation  
beach  
tents  
trips  
baseball  
playing  
July

swimming  
golf  
cottage  
friends  
tennis  
sun  
sunglasses  
August

holidays  
fun  
camping  
barbecues  
skipping  
sunshine  
sandals  
soccer



I'M SO OLD I CAN  
LAUGH, COUGH,  
SNEEZE, AND PEE ALL  
AT THE SAME TIME.



# Senior Funnies

# GARFIELD HEIGHTS SENIOR CENTER

## August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 MAKE RES/NEXT WEEK</b> 9:00am Donuts w/KAZ Company Wii Bowling 9-11am Diabetes Workshop 10:30am TheraBand Workout 11:30am Lunch 12:30pm	<b>2 MAKE RES/NEXT WEEK</b> 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Bingo w/ The Heights Card Games	<b>3</b> 9:00am Donut Day \$1 Wii Bowling 9:30am Trivia Challenge 10-10:30am Chair Aerobics 11:30am Lunch 12:30pm Pool Activities Karaoke	<b>4</b> 9:30-10am Spiritual Singing 10-10:30am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball	<b>5</b> Shopping@Giant Eagle 10-11:30am
<b>8 MAKE RES/NEXT WEEK</b> 9:00am Donut Day \$1 Wii Bowling 9-11am Diabetes Workshop 10:30am TheraBand Workout 11:30am Lunch 12:30pm Humana Health Activity	<b>9 MAKE RES/NEXT WEEK</b> 10:00am Site Council Mtg 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Bingo w/Marymount Plc Card Games	<b>10</b> 9:00am Donuts w/The Heights 10-11am Mayor Burke Session Wii Bowling 9:30am Trivia Challenge 11:30am Lunch 12:30pm Pool Activities Karaoke	<b>11</b> Dr. Diamond Day 9:30-10am Spiritual Singing 10-10:30am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball	<b>12</b> Shopping@Drug Mart 10-11:30am
<b>15 MAKE RES/NEXT WEEK</b> 9:00am Donut Day \$1 Wii Bowling 10:30am TheraBand Workout 11:30am Lunch 12:30pm Movie	<b>16 MAKE RES/NEXT WEEK</b> 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Bingo w/The Heights Card Games	<b>17 FOOD DISTRIBUTION</b> <b>@ 1:00 – 2:00</b> 9:00am Donuts w/KAZ Company Wii Bowling 9:30am Trivia Challenge 10-10:30am Chair Aerobics 11:30am Lunch 12:30pm Pool Activities	<b>18</b> 9:30-10am Spiritual Singing 10-10:30am Cardio Drumming 11:30am Lunch 12:30pm Chair Volleyball	<b>19</b> Shopping@Mares 10-11:30am
<b>22 MAKE RES/NEXT WEEK</b> 9:00am Donut Day \$1 Wii Bowling 10:30am TheraBand Workout 11:30am Lunch 12:30pm Oak Street Health Medicare 101 Presentation	<b>23 MAKE RES/NEXT WEEK</b> 9:40-10am Post Office 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Bingo w/Legacy Health	<b>24</b> 9:00am Donut Day \$1 Wii Bowling 9:30am Trivia Challenge 10-10:30am Chair Aerobics 11:30am Lunch 12:30pm Pool Activities Karaoke	<b>25</b> 9:30-10am Spiritual Singing 10-10:30am Cardio Drumming 11:30am Lunch 12:30pm <b>Happy Birthday</b> w/Oak Street Health Chair Volleyball	<b>26</b> Shopping@Save-A-Lot 10-11:30am
<b>29 MAKE RES/NEXT WEEK</b> 9:00am Donut Day \$1 Wii Bowling 10:30am TheraBand Workout 11:30am Lunch 12:30pm Movie	<b>30 MAKE RES/NEXT WEEK</b> 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Trash to Treasure Bingo			

# AUGUST 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	
1 *Turkey Tetrazzini 4oz *Spaghetti ½ c *California Blend ½ c *Zucchini ½ c W.G. Wheat Pears ½ c ALT=CS RB	2 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar, 1 oz Mandarin Oranges ½ c ALT=CBG T	3 *Breaded Fish 4 oz Tartar Sauce 1 PC *Seasoned Potato Wedges ½ c Green Beans ½ c W.G. Bun 2 oz *Scalloped Apples ½ c ALT=CBG RB	4 * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Banana ALT=CBG TR	<div>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 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.</div> <div>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></div>
8 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange ALT=CS TR	9 *Tomato Basil Chicken 3 oz w/ Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Diced Pears ½ c ALT=CBG RB	10 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *Carrots ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG TR	11 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Peas ½ c 2 Whole Grain Rye Cranberry Juice ½ c ALT=CBG RB	
15 *Salisbury Steak 3 oz, *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT=CS TR	16 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w 2 oz sauce *Broccoli 1/2c, *Cauliflower 1/2c W.G. Roll 1 oz Sliced Pears ½ c ALT=CBG RB	17 *Tuna Salad 3 oz *Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CBG RB	18 *Stuffed Cabbage 6 oz *Wide Noodles ½ c Sauce 2 oz *California Blend ½ c *Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG T	
22 *BBQ Chicken Breast 3 oz *Sweet Potatoes ½ c *Green Beans ½ c W.G. Corn Bread 2 oz Apricots ½ c ALT=CS RB	23 *Stuffed Pepper 6 oz W.G. Pasta ½ c w/2 oz Sauce *Zucchini ½ c W.G. Wheat Grape Juice ½ c Banana ALT=CBG TR	24 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy 2 oz *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG T	25 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit, 2 oz Fresh Grapes 1 c ALT=CBG TR	
29 Chicken Stir Fry 3 oz *Brown Rice ½ c *Kyoto Blend ½ c *Oriental Blend ½ c Vanilla wafers 1 oz Mandarin Oranges ½ c ALT=CS RB	30 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Brussels Sprouts ½ c 2 Whole Grain Wheat Banana ALT=CBG TR	31 *Breaded Chicken Patty 3 oz Mayo 1 PC *Buttered Baby Carrots ½ c *Baked Beans ½ c Whole Grain Bun Pineapple Chunks ½ c ALT=CBG TR		

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