

SEPTEMBER 2022 WRAAA MENU

| Monday | Tuesday | Wednesday | Thursday |
|---|--|---|---|
| Menu Approved By: <i>Ann Stalnaker MS, RDN, LD</i> | Choice of 1% Milk or Buttermilk | *=take temperature of Milk and all food proceeded by an asterisk | <u>OFFICE OPEN</u> Mon-Fri 8:30am-4:30pm <u>SENIOR CENTER OPEN</u> Mon-Thurs 9:00am-2:00pm RESERVATIONS 216-475-3244 |
| 5 | 6 | 7 | 1 |
| Labor Day Sites Closed | *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges 1/2 c *Baked Beans, 1/2 c Whole Grain Bun Sliced Peaches 1/2 c ALT=CS | *Breaded Fish 3 oz *Brown Rice Pilaf 1/2 c *Capri Blend 1/2 c *Carrots 1/2 c W.G. Dinner Roll 1 oz Orange ALT=CBG | *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes 1/2 c *Chuckwagon Corn 1/2 c 2 W.G. White Cranberry Juice 1/2 c ALT=CBG |
| 12 | 13 | 14 | 8 |
| | *Stuffed Pepper 6 oz *W.G. Pasta 1/2 c w/2 oz Sauce *Zucchini & *Yellow Squash 1 c W.G. Wheat Fruit Cocktail 1/2 c ALT=CS | *BBQ Chicken *W.G. Macaroni and Cheese 1/2 c *Baked Beans 1/2 c *Sautéed Swiss Chard 1/2 c W.G. Corn Muffin, 1 oz Banana ALT=CBG | *Chicken, 3 oz and Dumplings 1/2 c *Green Beans 1/2 c *Spinach 1/2 c w Lemon 1 PC Whole Grain Wheat Tropical Fruit 1/2 c ALT=CBG |
| 19 | 20 | 21 | 15 |
| | *Stuffed Cabbage 6 oz *Noodles 1/2 c w/*Gravy 2 oz *Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks 1/2 c Grape Juice 1/2 c ALT=CS | *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes 1/2 c *Green Peas 1/2 c Whole Grain Bun Fresh Grapes 1 c ALT=CBG | *Chicken Cordon Bleu 6 oz *Mashed Potatoes 1/2 c Gravy 2 oz *California Blend 1/2 c 2 Whole Grain White Apricots 1/2 c ALT=CBG |
| 26 | 27 | 28 | 22 |
| | *Chicken Alfredo 4 oz *W.G. Pasta 1/2 c *Broccoli 1/2 c *Cauliflower 1/2 c Whole Grain White Sliced Pears 1/2 c ALT=CS | *Chicken Stir Fry 3 oz Brown Rice Pilaf 1/2 c *Kyoto Blend 1/2 c *Oriental Blend 1/2 c Mandarin Oranges 1/2 c W.G. Vanilla Wafer 1 oz RB ALT=CBG | *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes 1/2 c *Broccoli 1/2 c W.G. Dinner Roll, 2 oz Pears 1/2 c TR ALT=CBG |
| | | | 29 |
| | | | *Roasted Turkey Breast 3 oz *Gravy 2 oz *Sweet Potatoes 1/2 c *Brussels Sprouts 1/2 c W.G. Wheat 2 Applesauce 1/2 c ALT=CBG |
| | | | *Swedish Meatballs 3-1/2 oz *Noodles 1/2 c w/Gravy 2 oz *Green Beans 1/2 c *Red Cabbage 1/2 c Whole Grain White Apricots 1/2 c 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
ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

Western Reserve
Area Agency on Aging

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

September 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 — Rachelle Tonsing
Ward 6 Councilperson — Clifford Kelley Jr.
Ward 7 Councilperson — Tom Vaughn

RECREATION/SENIOR CENTER DIRECTOR:

Paul Birk.....216-475-3244

SENIOR CENTER MANAGER:

Jennifer Sopkovich.....216-475-3244

ACTIVITIES COORDINATOR:

Carolyn Lockett.....216-475-3244

CLERICAL SUPPORT II:

Laketia Gaston.....216-475-3244

RECEPTIONIST:

Larry Speights.....216-475-3244

STAFF:

Diane Coon.....Kitchen Aide

Ralph Redmon.....Meals Driver

Angelo Musarra.....Bus Driver

Juliette Porter.....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.

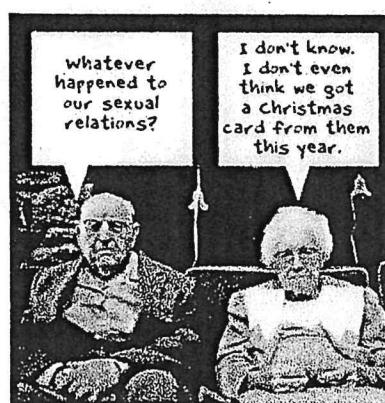
"Funded(in part) by a Title III grant under the Older American Act, administered by the Ohio Department of Aging through the (AAA)."

SUGGESTED DONATION FOR CONGREGATE AND HOME DELIVERED LUNCH \$1.25

ALL BUS RIDERS MUST USE SEAT BELTS AT ALL TIME. IT IS THE LAW!!!

SENIOR LOL FUNNIES

I CALLED THE
INCONTINENCE HOTLINE...



Romance?

Karl and Milly were lying in bed one night. Carl was falling asleep but Milly was in a romantic mood and wanted to talk. She said, "You used to hold my hand when we were courting."

Wearily Karl reached across, held her hand for a second, and rolled over to try to fall asleep.

A few moments later she said, "Then you used to kiss me."

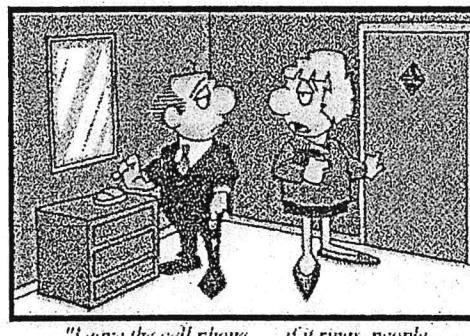
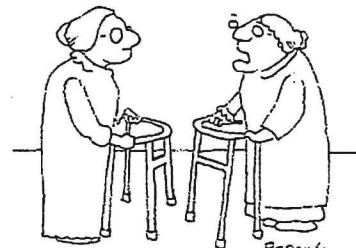
Mildly irritated, he leaned across, gave her a peck on the cheek and settled back down to sleep.

Thirty seconds later she said, "Then you used to bite my neck."

Angrily, he threw back the bed clothes and got out of bed.

"Where are you going?" she asked.

"To the bathroom to get my teeth," he replied.



An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."

September 2022 Events

MORNING BREAK WITH MAYOR BURKE

At the August meeting with Mayor Burke the following topics were discussed. Senior Center changes include:

- * the Building Department moving to the main floor level
- * the front reception desk will be removed and a waiting area instituted
- * Replacing doors and adding ring doorbells for safety and monitored access to center
- * Moving the rec room and updating the existing furniture
- * Eliminating unused equipment and furniture
- * Senior transportation structure may change
- * Potential collaboration with Maple Heights to coordinate services

Residents asked about:

- * Street repair delays—
Delays are due to lack of workers to complete the jobs
- * Fireworks within city limits
- * Traffic violators (failure to stop at stop signs; speeders)
- Mayor explained new surveillance technology currently being used and the new Target Enforcement Unit that is in effect now to curtail criminal activity
- * Potential Senior trips include a downtown luncheon trip to Casino and Science Center and a holiday trip to the Festival of Lights

On Wednesday, September 14, 2022, at 10:00am seniors will visit the Great Lakes Science Center with Mayor Burke.



SITE COUNCIL



The Site Council is once again in business. In September we are holding two 50/50 raffles.

The tickets will be 6 for \$5.00 or \$1.00 each and sold every Tuesday and Wednesday in September from 9:00 a.m.-2:00 p.m. in the Civic Center Lobby. The drawings will be Wednesday, September 28th. The winner need not be present. Please support the efforts of our organization that financially supports many programs and activities of the Senior Center.

Senior Week will begin Monday, October 24th through Thursday, October 27th. The theme will be Game Shows. There will be a catered luncheon. Tickets will be required for the luncheon and the cost is \$4.00. There will be games, a DJ and lots of entertainment. We know our seniors love a party. More details will be coming in September.

The next Site Council scheduled meeting is Tuesday, September 13, 2022 at 10:00 am in Rm 118.

Shirley Rozmarynowski - Council President

September 2022 Events

THERABAND WORKOUT



MONDAYS 10:30-11:00am

Bands available for \$1.00



PODIATRIST VISIT

Dr. Diamond will visit this facility on
October 13, 2022.

Appointments are being scheduled now.

Call or see Ketia to schedule.

MOVIE DAY

Monday, September 19 & 26 at 12:00pm

Popcorn provided.



KARAOKE

Lend your voice to
Karaoke afternoons
Sing, laugh and
have a good time
Wednesdays@12:30pm



BINGO

Tuesdays

September 6, 13, 20, 27

at 12:30

in the dining room.

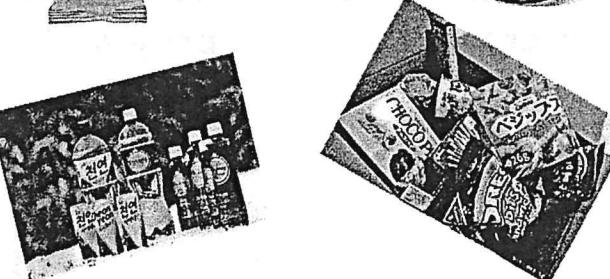


Support our senior activities.

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



**\$1.00
AND
UNDER**



Bring your i-pad, android, tablet or cellphone
to download the KAHOOT app to be set up
to play and enjoy the trivia games.

Wednesdays at 9:30-10am.

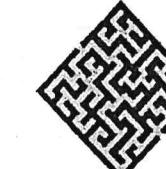
September 2022 Events



**OAK
STREET
HEALTH**

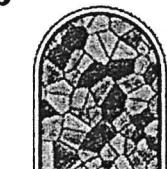
THE HEIGHTS
REHABILITATION & HEALTHCARE CENTER

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

 **KAZ
Company**
Ask Us About the Maze®
A PEDELI GROUP COMPANY

 **Legacy Health Services**
Our Family Caring for Yours

Humana®

 **E.F.
Boyd & Son inc.**

**AVVENTURA
AT WALTON HILLS**

S P O N S O R S

T H A N K Y O U

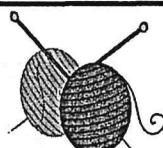
MONTHLY FOOD PANTRY

Wednesday, September 21, 2022

1:00—2:00 p.m.



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**

Start preparing for our **MAIN EVENT** the
CHINESES RAFFLE coming in December.

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

