

City of Garfield Heights Senior Center

October 2022 Newsletter



5407 Turney Road

Garfield Heights, Ohio 44125

216-475-3244 www.garfieldhts.org

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: This Agency's policy is that all services funded with Older American Act Funds are to be provided without regard to race, color, national origin, or handicap.

"Funded(in part) by a TitleIII 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!

Note: If you feel sick please stay home and we will provide an emergency bag of food if needed.

The weather is changing and the staff is changing!

Senior Center Staff:

My name is Laketia Gaston and I have been an employee at The City of Garfield Heights since 2007.

I am looking forward to becoming the activities assistant and making memories. My door is always open and I am always a phone call away.

Last month, Carolyn Lockett decided to become a volunteer at the senior center and she will continue to do line dancing exercises.

Please welcome our newest bus drivers, Juliette Porter and Cynthia Sain. These ladies came in the door ready to drive and eager to learn.

Remember to clear a path for the meals on wheels guys, Ralph Redmon and Angelo Musarra as the snow season begins.

Do not forget about Larry Speights he stepped up to take all your transportation requests and meal reservations.

Diane Coon the kitchen aide will still make sure that your congregate and home-delivered meals are hot and ready.

Manager Jennifer Sopovich is working hard along with Director Paul Birk Sr. to fulfill all your suggestions on how to improve the senior center.

Last but not least Mayor Matt Burke will love to hang out with you on several field trips. Sign up and let's go places.

Note: Senior Center Hours are 9:00 AM till 2:00 PM. Please do not arrive early or stay late. The staff needs to get prepared for your arrival.

Welcome New Seniors/Returning Seniors:

Bernie Nenadovich

Robert Samilton

Adam Polk

Elaine Kucia

Louise Williams

Ken Bican

*** I challenge you to invite a friend or relative to join the senior center program.**

Happy Birthday!

Gifts and cake sponsored by Oak Street Health on the last Thursday of the month.

Laverne Oglio

Laurie Jones

Robert Samilton

Post Office on Wheels:

On Tuesday, October 25 the post office on wheels will be here with postage and packaging needs. This is also a great opportunity for you to visit the CRAFT ROOM to pick up \$.25 cards and more.

News from Mayor Burke:

Do you have questions, comments, or concerns about Garfield Heights? Join us on Tuesday, October 25 for coffee with Mayor Burke at 10:00 AM. Special guest (click the link)FADSBAND.

Do you want to know who your city councilperson is or when and where council meetings are held?

Click the link below.

City Council Members | Garfield Heights, OH

Garfield Heights Food Pantry:

Every 3rd Wednesday of the month from 1:00 PM-2:00 PM

Every 3rd Thursday of the month from 5:00 PM-6:00 PM

***Recertify in October call 216-475-3244 to schedule an appointment.**

Garfield Heights Senior Transportation Cost:

Trip to senior center \$0.25 round trip

Trip to a medical appointment \$2.00

Trip per errand \$3.00

***Fees are required not a donation!**

October Events:

- Trip to Great Lakes Science Center: October 5, 2022.

Great Lakes Science Center | A community where all people value ...

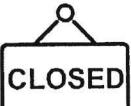
- Site council meeting October 11, 2022, all senior center members are welcome to attend. The meeting will be held in Room 105 at 10:00 AM.
- Walmart Shopping October 13, 2022, at 10:00 AM.
- Monthly Food Pantry October 19, 2022, from 1:00 PM till 2:00 pm. Please bring your own bags and shopping cart.
- Music from Garfield Heights School band October 20, 2022, 10:45 AM till 11:30 AM.
- Senior Week October 24-28, 2022. The theme is “Game Show”.
- Music by the FADS. - Facebook, October 25, 2022, at 10:00 AM.
- Senior Luncheon October 26, 2022, must have a ticket.
- Trip to Amish Country October 28, 2022, 20-person limit.
- Halloween Party October 31, 2022, 12:00 pm -2:00 PM. Must have a mask or costume to get a prize.

GARFIELD HEIGHTS SENIOR CENTER

October 2022

OFFICE OPEN WEEKDAYS: 8:00 AM – 4:30 PM
 CENTER OPEN MON-THURS: 9:00 AM – 2:00 PM

RESERVATIONS: 475-3244

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Reserve Lunch</u> 10:30 AM Therband 12:30 PM Movie Day	4 <u>Reserve Lunch</u> 10:30 AM Line Dance 12:30 PM Bingo	5 10:30AM Line Dance 10:00 AM Science Center	6 10:00 AM Cardio Drum 12:30 PM Bingo	7 9:00 AM Giant Eagle
10 	11 <u>Reserve Lunch</u> <u>Wii Bowling</u> <u>10:00 AM Site Council Meeting</u> <u>10:30 AM Line Dance</u>	12 10:00 AM Chair Aerobics 10:00 AM Kahoot 10:30 AM Line Dancing	13 9:30 Am Dr. Dimond 10:00 Am Cardio Drum 10:00 Am Walmart 12:30 PM Bingo	14 9:00AM Marcs
17 <u>Reserve Lunch</u> <u>Wii Bowling</u> 10:30AM- Therband 12:30PM- Movie Day	18 <u>Reserve Lunch</u> <u>Wii Bowling</u> <u>10:30 AM Line Dance</u> <u>12:30 PM Bingo</u>	19 10:30 AM Line Dance <u>FOOD DISTRIBUTION</u> <u>1:00 PM-2:00 PM</u> 	20 10:00 AM Cardio Drum 10:45 AM School Band 12:30 O	21 9:00 AM Giant Eagle
24 <u>Reserve Lunch</u>  9:30: Wii Bowling 9:30: Games & Puzzles <u>Senior Week</u>	25 <u>Senior Week</u> <u>9:00 AM</u> <u>POST OFFICE ON WHEELS</u> 	26 Senior Week	27 Senior Week 	28 9:00 AM Marcs 9:30 AM Amish Country
31 <u>Reserve Lunch</u> <u>Halloween Party</u> 	Please Arrive By 11:00 AM for Lunch!			

On-site activities:

- Line Dancing
- Chair Aerobics
- Cardio Drumming
- Therband
- Wii Bowling
- Movie Day
- Kahoot
- Chair Volleyball
- Karaoke