

# *City of Garfield Heights Senior Center*

## October 2022 Newsletter



### **5407 Turney Road**

Garfield Heights, Ohio 44125

216-475-3244 [www.garfieldhts.org](http://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.

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*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 prepare for your arrival.**

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### **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.**

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## **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!

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

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### **On-site activities:**

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