

City of Garfield Heights Senior Center

November 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 regardless of 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)."

THE SUGGESTED DONATION FOR CONGREGATE AND HOME-DELIVERED LUNCH IS \$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!

Meet the Senior Center Staff:

Welcome, Anessia Dailey the new Administration Assistant. Anessia brings a smiling face, great ideas, and a warm heart.

Welcome, Marlene Kalish who will assist Larry Speights at the front desk. Marlene has taken on more responsibilities during the day shift and will continue her night shift. Marlene also brings a smiling face and a pleasant voice to our team.

Last month, I, Laketia Gaston became the Senior Center Coordinator Clerk. This job allows me to do most of the activities and trips with the seniors.

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

Juliette Porter and Cynthia Sain the bus drivers will assist Ralph Redmon with delivering meals.

Angelo Musarra has moved to the building department so feel free to contact him for all questions pertaining to building and property complaints.

Larry Speights and Marlene Kalish are handling all your transportation requests and meal reservations so please give your request to Larry and Marlene.

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 Senior:

Linda Martino

* 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.

Carol Wagner 11/1

Barb Dines 11/18

Paulette Williams 11/5

Dorethea Vernon 11/19

Barb Molin 11/11

Florence Clay 11/27

Catherine Jones 11/12

Post Office on Wheels:

On Tuesday, November 22 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 November 3, 2022 for coffee with Mayor Burke at 10:45 AM.

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: (Please bring your own bags).

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 November 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:

- The trip to Great Lakes Science Center on October 5, 2022, was amazing. The seniors had a chance to see exhibits, movies, and more. (See pictures posted on www.garfieldhts.org).
- The performance by the FADS band had Mayor Burke, staff, and the seniors singing and dancing to the beat.
- Senior week started off slow but ended with a blast. On October 26, 2022, the seniors had an amazing spaghetti dinner with fancy plates and fancy silverware. The seniors totally enjoyed themselves, during the week by playing games and winning prizes.
- On October 28, 2022, Mayor Matt Burke and a group of seniors attended Hartville Kitchen and did a little gift shopping.
- October 31, 2022, Halloween Day Nick Karnichols won a prize for the scariest costume (Grim Reaper), Norma Dvork won the funniest costume(Hawaian Girl), and last but not least Chiyoko Williams won the best costume(Ninja). The seniors enjoyed rootbeer floats and kitty litter cake and much more.

November events:

Tuesday, November 1, 2022, AARP Virtual Workshop from 2:00 PM till 3:00 PM see Laketia for details.

November 3, 2022, at 11:00 am Dedicated Seniors will host an event and provide lunch for those who attend. Please see Anessia or Laketia to sign up.

November 3, 2022 Coffee with the Mayor and visit from Dr. Reynolds Superintendent of Garfield Heights Schools at 10:45 AM.

November 7, 2022, Taco Tuesday Luncheon will be held at Los Gallos.

A trip to The Cleveland Museum of Art November 8, 2022 at 11:30AM.

The Site Council meeting will be held on November 8, 2022, at 10:00 am all senior center members are welcome to attend.

November 9, 2022, you can purchase soup and salad for \$2.00 to take home for dinner.

On November 10, 2022, there will be a special Veterans Day Celebration for seniors who attend the center. Please let Anessia or Laketia know if you are a Veteran.

November 14, 2022, we will host Pajamas and popcorn at 12:00 PM. Yes, that's right you can come to the senior center in your pajamas and enjoy popcorn and a movie.

November 15, 2022, Benhian Luncheon at 11:30 am.

Monthly Food Pantry November 16, 2022, from 1:00 PM till 2:00 pm. Please bring your own bags and shopping cart.

November 17, 2022 a trip to The Performing Arts at 10:45 AM till 11:30 AM.

Sip and paint on November 21, 2022, at 12:30 PM.

Finding Nemo project on November 22, 2022, at 10:00 AM.

November 23, 2022 Closing early for holiday and playing roll a turkey.

On Tuesday, November 29, 2022, at 10:00 AM we will play meet your neighbor sitting at the next table along with a color party.

November 30, 2022 Adopt A Senior project and X-mas craft.

On-site activities:

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

CHINESE & RAFFLE
50/50

AT: GARFIELD HTS. SENIOR CTR.
5407 Turney Rd.

DATES: DEC. 5, 6, 7 & 8th 2022

TIME: 9:00 AM - 2:00 PM

DRAWING: DEC 8th AT 12:30 PM
AT THE CENTER

DO NOT NEED TO BE PRESENT IF
YOU WIN

DONATIONS OF GIFT CARDS OR BASKETS

ARE GREATLY APPRECIATED

BARB DINES
(CHAIROWMAN)
216-475-3244

GARFIELD HEIGHTS SENIOR CENTER

November 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
	1 Reserve Lunch 10:30 AM Line Dance 12:30 PM Bingo 2:00 PM AARP Driving Class	2 10:30AM Line Dance 12:30 PM Karaoke	3 10:45 AM Mr. Reynolds from GH School Board 10:45 AM Coffee w/Mayor 11:00 AM Dedicated Seniors Luncheon 12:30 PM Bingo	4 9:00 AM Giant Eagle
7 Reserve Lunch 10:30 AM TheraBand 11:30 AM Taco Tuesday @ LOS GALLOS 12:30 PM Bingo	8 Reserve Lunch <u>10:00 AM Site Council Meeting</u> <u>10:30 AM Line Dance</u> <u>11:30 The Cleveland Museum of Art</u>	9 10:00 AM Chair Aerobics 10:00 AM Kahoot 10:30 AM Line Dancing 1:00 PM Soup & Salad to Go	10 9:00 AM Veterans Celebration 10:00 AM Cardio Drum 12:30 PM Bingo	11 Closed Veteran's Day
14 Reserve Lunch 10:30 AM TheraBand 12:30 PM Pajamas & Popcorn Movie Day	15 Reserve Lunch <u>10:00AM Wii Bowling</u> <u>10:30 AM Line Dance</u> <u>11:00 Benihana Luncheon</u> <u>12:30 PM Bingo</u>	16 10:00 AM Chair Volleyball 10:30 AM Line Dance <u>FOOD DISTRIBUTION</u> <u>1:00 PM-2:00 PM</u> 	17 9:30 AM Performing Arts 10:00 AM Cardio Drum 10:30 AM Game Day	18 9:00 AM Mares
21 Reserve Lunch  9:30: Wii Bowling 9:30: Games & Puzzles 12:30 Sip and Paint	22 Reserve Lunch 9:45 AM <u>POST OFFICE ON WHEELS</u>  10:00 AM Craft FINDING NEMO	23 10:00 AM -12:00 AM Roll A Turkey	24 CLOSED	25 CLOSED
28 <u>Reserve Lunch</u> <u>10:30 AM TheraBand</u> <u>12:30 PM Craft</u>	29 Reserve Lunch 10:00 Am Wii Bowling 10:00 Am Meet your neighbor	30 10:00 AM Kick Off for Adopt A SENIOR 10:30 X-Mas Craft		

November 2022 WRAAA MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
31	*Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS	*Tomato Basil Chicken 3 oz *W.G. Pasta ½ c w/S 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Breadstick, 1 oz Peaches ½ c TR LT=CBG	*Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c Whole Grain Hamburger Bun Sliced Pears ½ c T ALT=CBG	*Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c RB ALT=CBG	*Sliders 3 oz *W. Pineapple Glaze *California Blt ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c T ALT=CBG
1	*Stuffed Cabbage w/ Beef 6 oz *Mashed Potatoes ½ c w 2 oz sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CS	*White Chicken Chili 8 oz *Corn w/ Red Bell Peppers ½ c *Broccoli ½ c Corn Bread, 2 oz Orange, 1 ea TR ALT=CBG	*Salisbury Steak 3 oz w *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Peaches ½ c T ALT=CBG	*Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c / *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c RB ALT=CBG	*Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c / *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c RB ALT=CBG
14	*Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS	*Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c *Cauliflower ½ c Whole Grain Wheat Banana, 1 ea T ALT=CBG	*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w Lemon 1 PC W/G Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz TR ALT=CBG	*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea RB ALT=CBG	*Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea RB ALT=CBG
21	*Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c ALT=CS	*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Beans ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c TR ALT=CBG	*Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz T ALT=CBG	*Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz RB ALT=CBG	*Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz RB ALT=CBG
28	*Vegetable Lasagna 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CS	*Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange T ALT=CBG	*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c TR ALT=CBG	*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c RB ALT=CBG	*take temperature of Milk and all food proceeded by an asterisk. ALT=CBG

Note: Box Lunch Default Menu choice is shown in the right-hand corner of each day.

"T" = Tuna, "R" = Turkey, "RB" = Roast Beef

ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast