

City of Garfield Heights Senior Center **December 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 Title III 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.

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:

Janice Boggan

* 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.

Joan Dubas Nancy Fitch Polka Adam

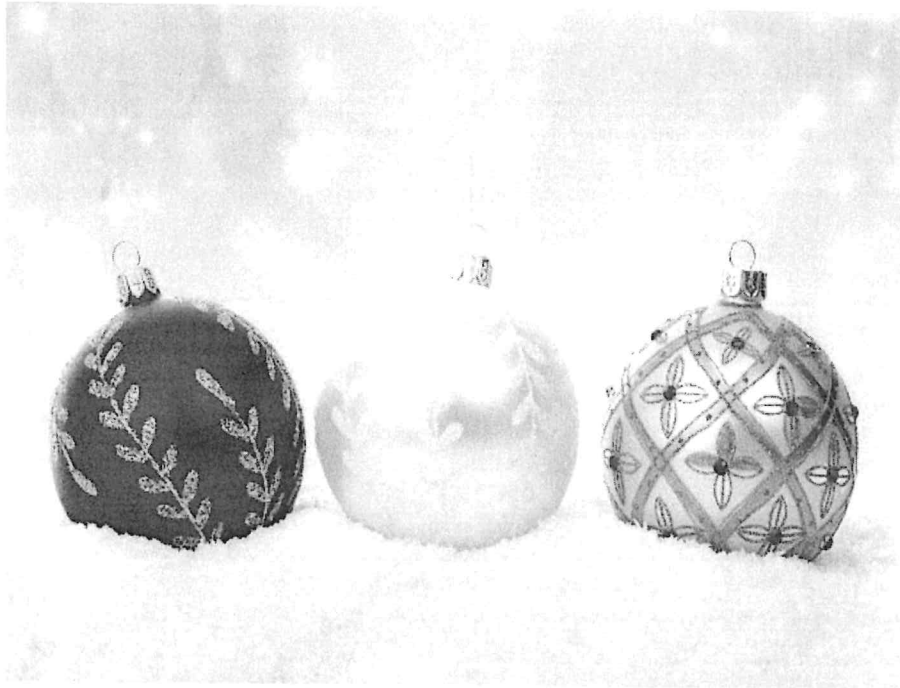
Shirley Rozmarynowski

Gayle Wilson Barbara Roslan

Craftroom: Please stop by for your holiday cards, gifts, and more.

Merry Christmas Friends!!!! This year has flown by and I can't believe it's the end of the year already. Its time to start making a list of your new year's resolutions and prepare for another fun filled year making memories together at the center. I appreciate and am so THANKFUL for each and every one of YOU 😊

Let's finish out this year with a BANG. We will have lots of crafts, games, and fun to be had as we close out December. I am also very excited about our Christmas Party on December 21st, I even heard Santa may make an appearance. I want to personally wish everyone a MERRY CHRISTMAS and a safe healthy HAPPY NEW YEAR!!!!





CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE

HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER

SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH



December 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: <i>Ace Stahlbacher MS, RDN, LD</i>	*=take temperature of Milk and all food preceded by an asterisk Choice of 1% Milk or Buttermilk			
5 *Chicken Alfredo 4 oz *W.G. Pasta 1/2 c *Mixed Vegetables 1/2 c *Broccoli 1/2 c W.G. White Sliced Peas 1/2 c ALT=CS	6 *Beef Ravioli 8 oz Cereal bar, 1 oz *Green Beans, 1/2 c *Corn, 1/2 c Fruit Cocktail, 1/2 c Vanilla Wafers, 1 oz ALT=CBG	7 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes 1/2 c W *Gravy 2 oz *Harvard Beets 1/2 c W.G. Dinner Roll 2 oz Scalloped Apples 1/2 c ALT=CBG	8 *BBQ Chicken Breast 3 oz *Macaroni and Cheese 1/2 c Spinach 1/2 c / Vinegar 1 PC *Baked Beans 1/2 c W.G. Corn Muffin 1 oz Sliced Peaches 1/2 c ALT=CBG	9 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables 1/2 c *Cheesy Potatoes 1/2 c W.G. Corn Muffin 2 *Grapes 1 c ALT=CBG
12 *Stuffed Pepper 6 oz w/2 oz Sauce *Mashed Potatoes 1/2 c *Baby Lima Beans 1/2 c W.G. Wheat Biscuit 2 oz Tropical Fruit 1/2 c ALT=CS	13 *Breaded Fish 4 oz Tartar See 1 PC *Brown Rice 1/2 c *Antigua Blend 1/2 c *Brussels Sprouts 1/2 c W.G. White Banana ALT=CBG	14 *Sloppy Joe 4 oz *Sweet Potatoes 1/2 c *Cape Cod Blend 1/2 c W.G. Hamburger Bun Apricots 1/2 c ALT=CBG	15 *Tomato Basil Chicken 3 oz *W.G. Pasta 1/2, w Sauce 2 oz *Mixed Vegetables 1/2 c *Broccoli 1/2 c W.G. White Orange ALT=CBG	16 *Chicken Stir Fry, 3 oz *Chicken *Brown Rice 1/2 c *Kyoto Blend 1/2 c, *Asian Blend 1/2 c W.G. White Mandarin Oranges ALT=CBG
19 *Swedish Meatballs 3-1 oz *Mashed Potatoes w/Gravy 2 oz *Broccoli 1/2 c 2, W.G. White Apricots 1/2 c ALT=CS	20 *Breaded Chicken Breast 3 oz *W.G. Pasta 1/2 c, *Tomato Sc. 2oz *Capri Blend 1/2 c Spinach 1/2 c / Vinegar 1 PC W.G. Breadstick 1 oz Sliced Peaches 1/2 c ALT=CBG	21 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf 1/2 c *Sautéed Mushrooms 1/2 c *Beets 1/2 c W.G. White Orange ALT=CBG	22 *Roasted Turkey Breast 3 oz *Gravy 2 oz / *Stuffing 1/2 c *Butternut Squash 1/2 c *Green Beans 1/2 c W.G. Dinner Roll 1 oz Cranberry Juice 1/2 c ALT=CBG	23 *Hawaiian Chicken 3 oz *Rice Pilaf 1/2 c *California Blend 1/2 c *Green Peas 1/2 c Tropical Fruit 1/2 c ALT=CBG
26 Holiday Sites Closed	27 *Breaded Fish 3 oz *Rice Pilaf 1/2 c *Glazed Carrots 1/2 c Spinach 1/2 c / Vinegar 1 PC Whole Grain Wheat Grape Juice 4 oz ALT=CS	28 *Turkey Tetrazzini w W.G. Spaghetti 1/2 c & Turkey 3 oz *Mixed Vegetables 1/2 c *Cauliflower 1/2 c Whole Grain White Banana ALT=CBG	29 *Chicken Cordon Bleu 6 oz *Mashed Potatoes 1/2 c *Harvard Beets 1/2 c 2 Whole Grain White Sliced Peaches 1/2 c ALT=CBG	30 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes 1/2 c *Broccoli 1/2 c 2 Whole Grain Wheat Diced Peas 1/2 c ALT=CS



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

 CHINESE & RAFFLE 
50/50 
 

AT: GARFIELD HTS. SENIOR CTR
540 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

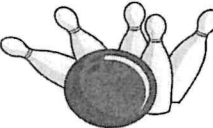




DONATIONS OF GIFT CARDS OR BASKETS

ARE GREATLY APPRECIATED

BARB DINES
(CHAIRWOMAN)
216-475-3244

GARFIELD HEIGHTS SENIOR CENTER

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 Crossword Puzzle 11:30 Lunch	2 Giant Eagle 9:00-11:00
5 <u>MAKE RES/NEXT WEEK</u> 9:00 Wii Bowling 10:30 Therband 11:30 Lunch 12:30 Xmas Craft 9:00-12:00 Chinese Raffle	6 <u>MAKE RES/NEXT WEEK</u> 10:00 Music Express 11:30 Lunch 12:30 Line Dancing 9:00-12:00 Chinese Raffle	7  9:00 Wii Bowling 10:00 Chair Aerobics 11:30 Lunch 12:30 Line Dancing 9:00-12:00 Chinese Raffle	8 Men's Breakfast with Larry @10:00 10:00 Cardio Drumming 11:30 Lunch 12:00 Xmas Craft 9:00-12:00 Chinese Raffle	9 Marcs 9:00-11:00
12 <u>MAKE RES/NEXT WEEK</u> Flannel Shirt Day 9:00 Wii Bowling 10:30 Therband 12:00 Fairhill Partners 12:00 Bingo w/ Humana	13 <u>MAKE RES/NEXT WEEK</u> Wear your favorite holiday socks! 9:30 AM Oak Street Breakfast 10:00 AM Site Council Meeting 11:30 Lunch 12:30 Line Dancing	14 <u>FOOD DISTRIBUTION</u> 1:00 - 2:00 Christmas Hat Day 9:00 Wii Bowling 11:30: Lunch 12:00 You've been MUGGED Activity! 12:30 Line Dancing	15 <u>FOOD DISTRIBUTION</u> 5:00- 6:00  <u>Ugly Christmas Sweater Day</u> 10:00 Chair Aerobics 11:30 Lunch 12:00 Snowman Craft	16 Giant Eagle 9:00-11:00 9:00 Trip to North Olmstead Mall
19 <u>MAKE RES/NEXT WEEK</u>  9:00 Wii Bowling 10:30 Therband 11:30 Lunch	20 11:30: Lunch 12:00 Xmas Related Games	21  Xmas Party /Gift Exchange Holiday Attire Required!	22 	23 CLOSED
26 CLOSED	27 <u>MAKE RES/NEXT WEEK</u> 9:00 New Year's Resolutions 11:30 Lunch 12:00 Bingo	28 9:00 Crossword Puzzles 11:30 Lunch 12:00 New Year's Activity	29 New Year's Eve Ball 11:30: Lunch	30 CLOSED