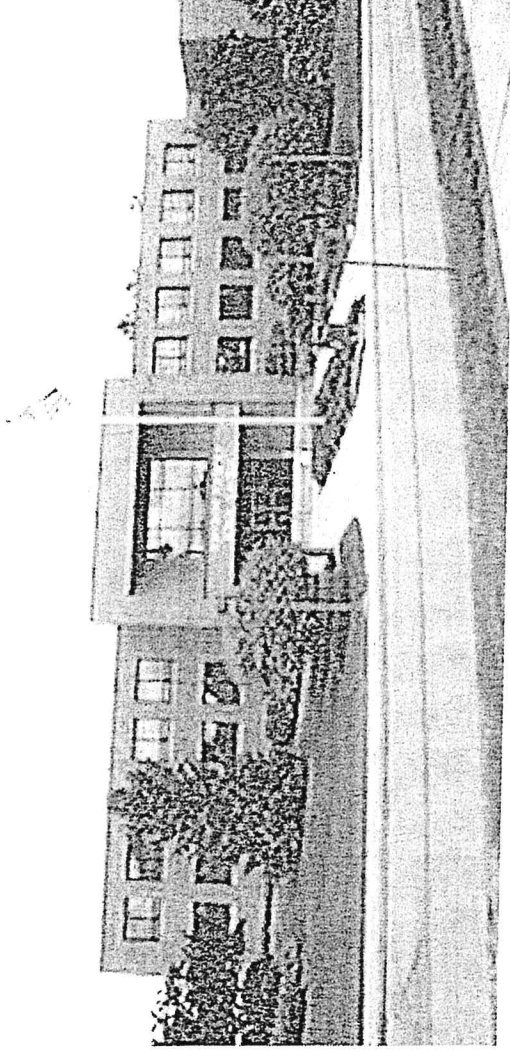


# City of Garfield Heights Senior Center



## **FEBRUARY 2023 NEWSLETTER**

5407 Turney Road  
Garfield Heights, Ohio 44125  
216-475-3244 [www.garfieldhts.org](http://www.garfieldhts.org)

**Mission Statement:** The mission of the City of 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 A SEAT BELT AT ALL TIMES, IT IS THE LAW!**

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

# Happy Birthday

## FEBRUARY BIRTHDAYS!

FIRST NAME	LAST NAME
Barbara	Kozma
Andrew	Garcia
Pam	Redel

### COME JOIN US FOR:

Cardio Drumming  
 Chair Exercises  
 Theraband  
 Line Dancing  
 Tai Chi



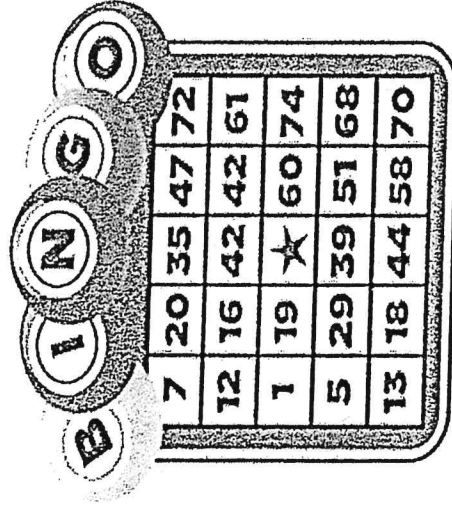
## Crafts with Anessia

Come join us for a Valentines Day  
 Bug Craft  
 Thursday, February 2, 2023 @  
 1:00pm

On Tuesday, February 7, 2023 @  
 12:00pm we will partake in  
 making a  
 Valentines Day Heart Magnet

Monday, February 13, 2023 @  
 10:00

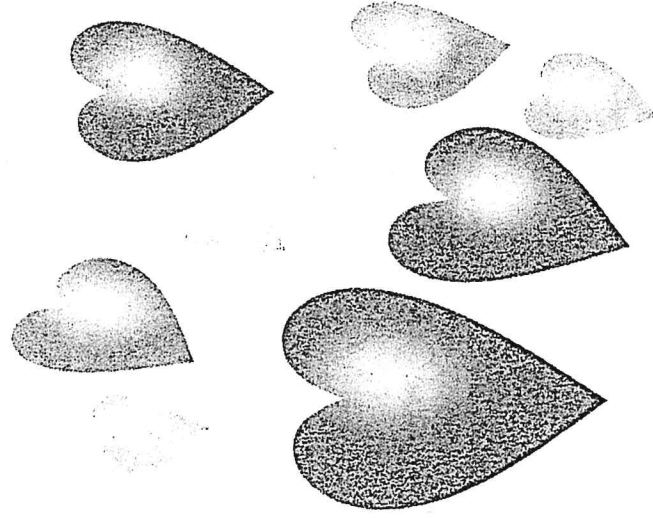
Make your own Valentines for the  
 people you care about!



**BINGO! BINGO! BINGO!**

We know everyone loves to play Bingo!

Check the current months schedule for  
time and dates

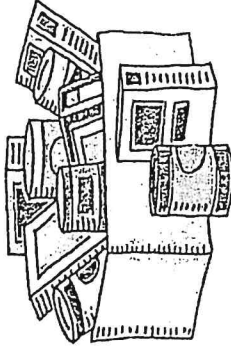


# ANNOUNCEMENTS

## MONTHLY FOOD PANTRY

As a reminder, we still have our monthly food pantry on the third Wednesday at 1:00 PM and the third Thursday at 5:00 PM for those who are registered and meet the Cleveland Food Bank eligibility requirements. If you are not registered and would like to register, please see Anessia to set up and complete the registration process.

For now, the monthly Fresh Produce program that was held on the third Tuesday of each month is temporarily suspended. We will let you know when we plan to restart this popular program again.



## SITE COUNCIL MEETING

Site council will have there monthly meetings on Tuesday, February 7, 2023 at 10:00 AM. Please drop all suggestions in the suggestion box by Monday so that we can have a discussion about them.

## COFFEE WITH MAYOR BURKE

Do you have any questions, comments or concerns about Garfield Heights? Join us for Coffee with the Mayor this month and hear what Mayor Matt Burke has to say about the wonderful things going on in Garfield Heights!

**WHEN:** FEBRUARY 8, 2023  
**TIME:** 10:00 AM  
**WHERE:** Dining Room

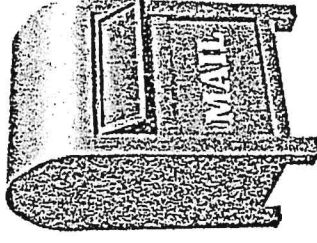
## Welcome New Bus Driver(s)!

Some good news to share! We have "found" a new bus driver Beverly Drake. Please join me in wishing Beverly Drake the best in her new role! Laketia Gaston the transportation coordinator will be training Beverly the next couple of weeks. Please remember to pay your quarter for the roundtrip to the senior center and be ready by 8:30am for pick up.

I would like to also welcome Mitch Walkup from the recreation department who will also fill in for transportation from time to time. Thanks Mitch for jumping right in to help!

## POST OFFICE ON WHEELS

The next visit from the Post Office on Wheels will be on Tuesday, February 28, 2023. This is a great opportunity to pick up some postage for cards or postcards to send to all your family and friends. Don't forget that the craft room has cards for a \$0.25



## DR. DIAMOND

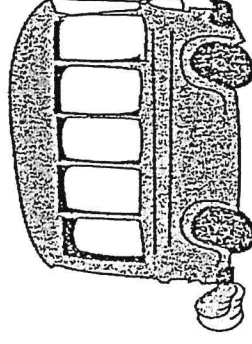
Podiatrist appointments available February 9, 2023.



## COST FOR TRANSPORTATION

Just a friendly reminder that there is a small fee for transportation:

Senior Center - \$0.25 round trip  
Medical Trips - \$2.00 round trip  
Errands - \$3.00 round trip

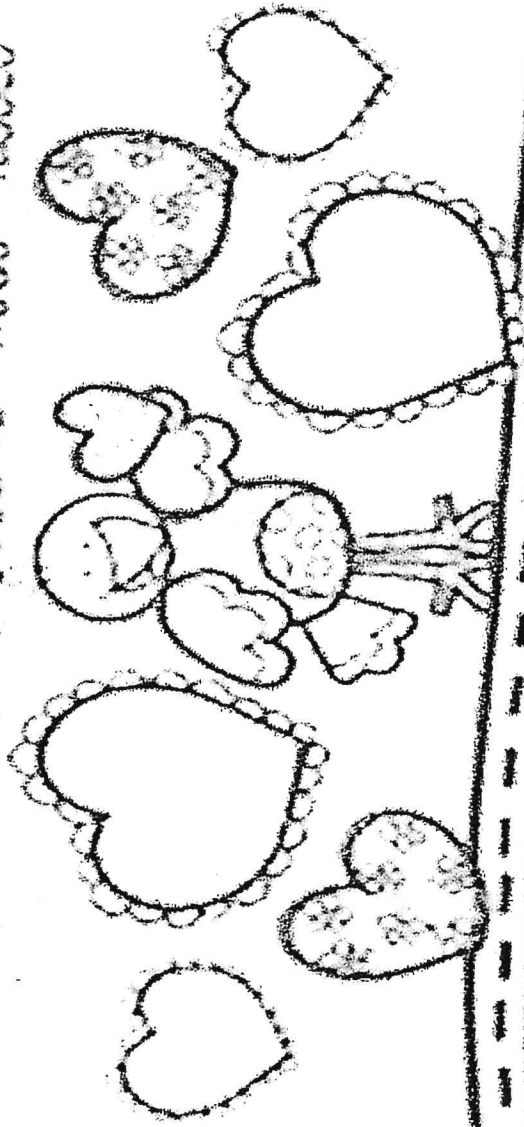


# Happy Valentine's Day

K Z C H O C O L A T E E G E A M J G  
I H C G C K T C F R A S G J R L B L  
S B N W V N Z S K V L E U C B Q O Y  
S C A N D Y Q O U Q V P I V N P K P  
E Q Z E Q M X G P V I N H R X U F I  
S O E E Y D I F B D A O H Y C B L W  
S M B K G S B J Q L I D G I Z W O P  
X Z P J E V M T I H M R H Y S B W Z  
X X K A L L G X S C A R D S V C E N  
R O D M O F P U Q C F V U R R W R A  
V A L E N T I N E H E A R T S L S I  
H K A M P S R P M U H I K S I O X I  
N N P D J U D B V G H J Q K J V R O  
F R I E N D S G N S P C T R K E U M

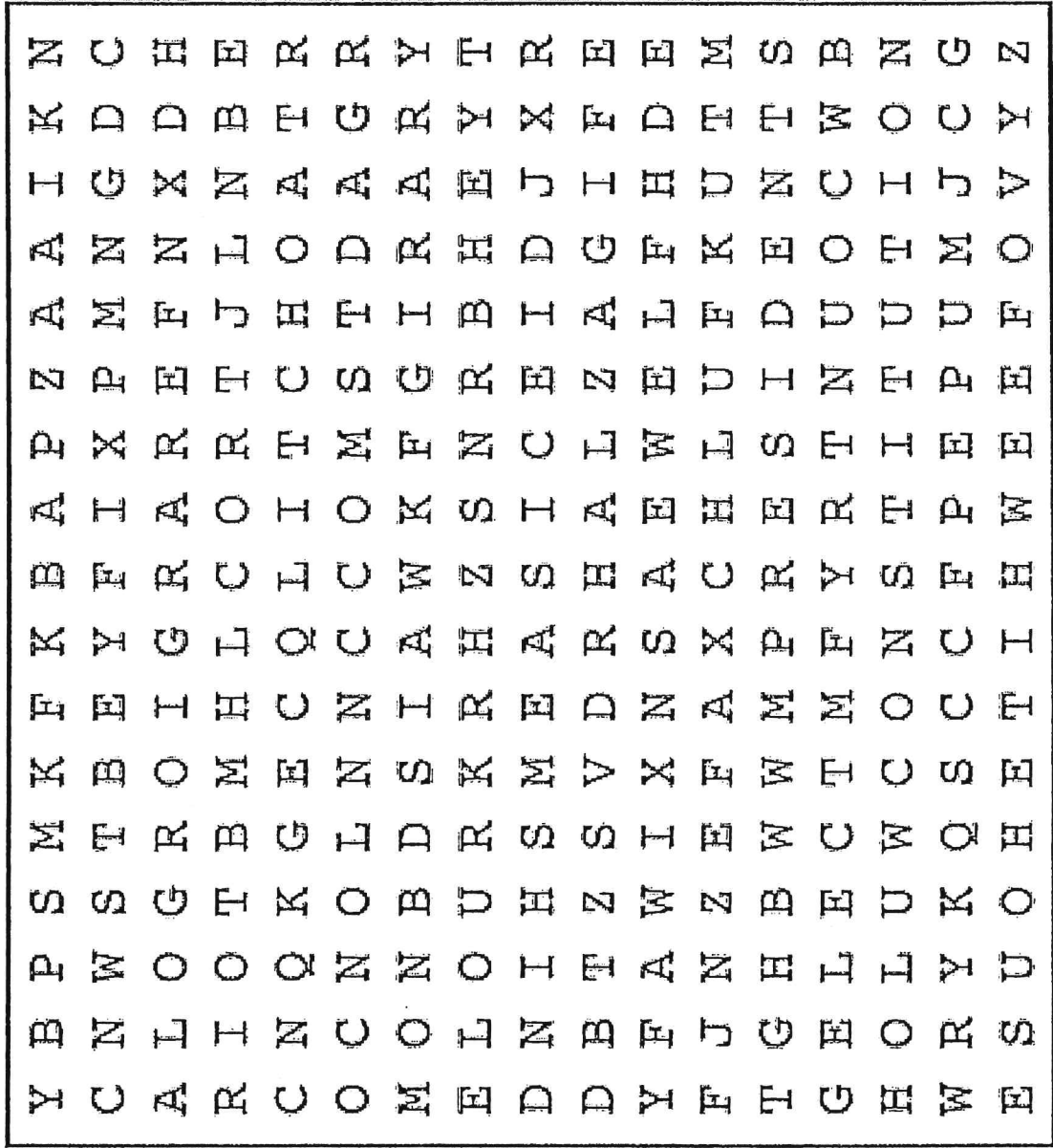
VALENTINE CANDY HEARTS LOVE FLOWERS

CARDS FRIENDS CHOCOLATE HUGS KISSES

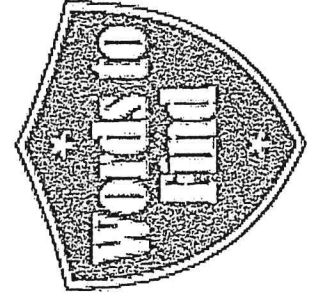


# Presidential Word Search

Find each word in the puzzle. Look horizontally, vertically, and diagonally for the words and circle them in the puzzle.



DEMOCRACY  
WASHINGTON DC  
FLAG  
BILL OF RIGHTS  
PRESIDENT  
NATION  
WASHINGTON  
LINCOLN  
LEADER






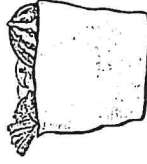
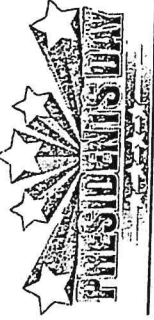

COMMANDER IN CHIEF  
CHERRY TREE  
AMERICA  
BIRTHDAY  
WHITE HOUSE  
ELECT  
COUNTRY  
CONSTITUTION  
CELEBRATE  
HISTORY



Find more puzzles for children at [www.123curriculum.com/puzzles/activities/word-searches](http://www.123curriculum.com/puzzles/activities/word-searches)

# GARFIELD HEIGHTS SENIOR CENTER

## February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> 	<p>2</p> <p>10:30 Chair Aerobics 12:30 Line Dancing</p>	<p>3</p> <p>11:00 Speaker Chief Strophe 1:00 Valentine's Day Bug Craft</p>	<p>4</p> <p>11:00 Speaker Chief Strophe 1:00 Valentine's Day Bug Craft</p>	<p>5</p> <p>Giant Eagle 8:30-11:00</p>
<p>6</p> <p><u>MAKE RES/NEXT WEEK</u> 9:00 Wii Bowling 10:30 Cardio Drumming 11:30 Lunch 12:00 Garfield Heights Culinary Tour 12:30 Bingo</p>	<p>7</p> <p><u>MAKE RES/NEXT WEEK</u> 9:00 Wii Bowling 10:00 Site Council 11:30 Lunch 12:00 Valentine's Day Heart Craft</p>	<p>8</p> <p>10:00 Coffee with The Mayor 11:30 National Honor Society Year Book Activity</p>	<p>9</p> <p>9:00 McDonald's Tour 1:00 Bingo w/ Oak Street</p>	<p>10</p> <p>Marc's 8:30-11:00</p>
<p>13</p> <p>10:00 Valentines Craft &amp; Party</p> 	<p>14</p> <p><u>MAKE RES/NEXT WEEK</u> 10:30 Senior Centers of Ohio Trip</p>	<p>15</p> <p>10:30 Cardio Drumming 12:00 Line Dancing</p> <p><u>FOOD DISTRIBUTION</u> 1:00 - 2:00</p> 	<p>16</p> <p>12:30 Bingo w/Harris Homecare</p> <p><u>FOOD DISTRIBUTION</u> 5:00-6:00</p> 	<p>17</p> <p>Giant Eagle 8:30-11:00</p>
<p>20</p>  <p>CLOSED</p>	<p>21</p> <p><u>MAKE RES/NEXT WEEK</u> 11:30 Lunch 12:00 Bingo 1:00 Presidents Day Activity</p>	<p>22</p> <p>10:30 Cardio Drumming 12:00 Tour of Garfield Mall</p>	<p>23</p>  <p>11:30 Lunch 12:00 The Village at Marymount Bingo</p>	<p>24</p> <p>Marc's 8:30-11:00</p>
<p>27</p> <p><u>MAKE RES/NEXT WEEK</u> 9:00 Wii Bowling 10:30 Cardio Drumming 12:00 Cereal Box Project</p>	<p>28</p> <p><u>MAKE RES/NEXT WEEK</u> 10:00 Breakfast Bingo 12:00 Trip &amp; Activities Discussion</p>			

# February 2023 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Take Temperature of Milk and all food proceeded by an asterisk. Choice of : 1 % Milk or Buttermilk				
*Beef Stew 8 oz *Brussel Sprouts ½ c *Mashed Potatoes ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Banana, 1 ea	*Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c *Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz	*Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c	*Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Orange	*BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c Whole Grain Bun Applesauce ½ c
*Tomato Basil Chicken 3 oz w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c	*Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c	*Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c	*Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c	*Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c
*Salsbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c	*Breaded Fish 3 oz. Tarter Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scalloped Apples ½ c	*Breaded Fish 3 oz. Tarter Sauce 1 PC *Seasoned Potato Wedges ½ c *W.G. Pasta ½ c, *Broccoli ½ c With Alfredo sc 2 oz *Grilled Chicken strips 3 oz Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c	*Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c	*Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c
<b>PRESIDENT'S DAY</b>				
Site Closed				
*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain Bun, 2 oz Sliced Pears ½ c	*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain Bun, 2 oz Sliced Pears ½ c	*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain Bun, 2 oz Sliced Pears ½ c	*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain Bun, 2 oz Sliced Pears ½ c	*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain Bun, 2 oz Sliced Pears ½ c

(Cold Plate Lunch  
 -Chicken Salad  
 with Croissant  
 (AIT = CS)  
 Available on  
 Monday  
 -Spring Lettuce  
 Salad with Chick-  
 en Breast  
 (AIT = CBG)  
 Available on  
 Tuesday through  
 Thursday

Available  
 Monday through  
 Thursday  
 Boxed Lunch:  
 Available  
 Monday through  
 Thursday  
 Available  
 Monday through  
 Thursday  
 T = Tuna  
 TR = Turkey  
 RB = Roast Beef

Western Reserve Area Agency on Aging - 2020  
 Meal reservations need to be made every Monday or Tuesday for the following week and  
 may be done over the phone or in person. Lunch is served Monday - Thursday at 11:30 AM,  
 but we ask that you arrive by 11:00 AM to sign in for your meal.