



The City of Garfield Heights Senior Center Newsletter

Edition #1

March 2023

Garfield Heights Senior Center

5407 Turney Road
Garfield Heights, OH 44125

Phone: (216) 475-3244

Email: jsopkovich@garfieldhts.org

Hours of Operation
Mon-Thurs 9am-2pm

What's Inside?

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Telephone Guide

Civic Center: 216-475-1100

Senior Center: 216-475-3244

Complaint Line:

216-475-1199

Fire Dept:

Station 1 - 216-475-4053

Station 2 - 216-475-5991

Police Dept: 216-475-1234

Marymount Hospital:

216-581-0500

GH Post Office:

216-518-9308

GH Historical Society:

216-475-3050



Welcome to the new Garfield Heights Senior Center Newsletter!



Meet the Staff

Thank you to those who make
our work possible!

Paul Birk - Director

Jennifer Sopkovich - Manager
Anessia Dailey - Administrative
Assistant

Laketia Gaston - Transportation
/ Activities Coordinator

Diane Coon - Kitchen Aide

Larry Speights - Receptionist

Marlene Kalish - Receptionist

Juliette Porter - Driver

Beverly Drake - Driver

Ralph Redmon - Driver

1 Announcements

Garfield Heights Senior Center Announcements



March Birthdays

We would like to wish a very happy birthday to three special seniors:

Janette Thorn - March 8th

Chiyoko Williams - March 24th

Lucy Marshall - March 29th

March Special Activities

Crafts with Anessia

Tuesday, March 7th and Wednesday, March 29th @12:30

Join us for St. Patrick's Day and Easter - themed editions of *Crafts with Anessia*.

St. Patrick's Day Party

Thursday, March 16th

The Senior Center Site Council is sponsoring a St. Patty's Day Party! Tickets are \$7 and include a corned beef sandwich. Tickets **must** be purchased before Thursday, March 9th.

Coffee with Mayor Burke

Wednesday, March 8th @10am

Do you have any questions, comments or concerns about Garfield Heights? Want to hear what's going on in the city? Join us for Coffee with the Mayor and hear directly from Mayor Matt Burke.

Library Book Discussion

Monday, March 27th @10am

Join us for a discussion of Rumaan Alam's *Leave the World Behind* at the Garfield Heights Public Library.

Announcements 2

Important Reminders

Post Office on Wheels

The next visit from the Post Office on Wheels will be on **March 21st, 2023 at 9:45am**

Buy some postage or send letters to your family and friends!

Transportation Costs

This is just a friendly reminder that there is a small fee to use our transportation services:

Senior Center - \$0.25 (round trip)

Medical Trips - \$2.00 (round trip)

Errands - \$3.00 (round trip)

NOTICE

Our transportation prices will be increasing in **April**

Medical Trips - **\$3.00**

Errands - **\$4.00**

The cost of transportation to the Senior Center **WILL NOT** change.

A Warm Welcome!

Welcome to the new seniors who have joined the Senior Center in February!

Les Hendricks

Sandra Huber

Carlean Thompson

Thelma Alston

Hazel Alston

Dora Huston

Ed Chraska

Your Pot of Gold

Our Senior Center Site Council is sponsoring a lottery ticket raffle for St. Patrick's Day. Tickets will be available for purchase at the Civic Center Customer Desk.

\$100 worth of lottery tickets is up for grabs! Try your luck and purchase a ticket!

\$1 per ticket or 6 for \$5

3 Announcements

February Recap

On Thursday, February 8th, our seniors were invited to enjoy lunch at McDonald's on Rockside Road.

The lunch was sponsored by Garfield Heights United and John and Nancy House, owners of the franchise.

The Garfield Heights Senior Center celebrated Valentine's Day on the 13th, where they enjoyed playing Valentines-themed games to win prizes. Everyone received a Valentine's Day flower to celebrate the holiday.

Some Seniors went to the Senior Centers of Ohio on February 14th for a Valentine's Day Dance.

On February 23rd, our Seniors had the chance to meet NHS Seniors and share yearbooks with the students. The group talked about the activities they enjoyed in high school and how the curriculum has changed.



A Message from Site Council

Your Site Council is working for you. Our goal is to make each day one you will enjoy. Site Council is busy planning our calendar for 2023. We have provided funding for monthly crafts and bingo prizes. We have also purchased 2 small refrigerators - one for the Craft Room and another for Catherine's Corner Store - as well as a new coffee pot for the Dining Room.

We encourage all seniors to attend Site Council Meetings, held on the 2nd Tuesday of every month. **Our next meeting is March 14th at 10:00am, Room 118.**

The Puzzle Page

Sudoku

Fill in the puzzle so that every row, every column, and every 3x3 square contains the number 1-9.

9	6	3	4		7		2	1
		5			9			
8	1	4	2		6			9
		9	6			8	4	
	8	7					6	3
4	3	6	9	7		2		
6						3		
	9		1			4	5	
			8	9	5			

Word Unscrambler

Unscramble these mixed up words!

ITSNA CIATSPKR YDA _____

MSERGIINPT _____

GNREE _____

WSRLOFE _____

AIRN _____

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

Word Search

Find all the words hidden in this puzzle!

Birds
Bloom
Clover
Flowers
Green
Pi Day
Rainbow
Shamrock
Spring
St Patrick's Day
Tulip
Women's Day

See page 5 for solutions



A Message from Mayor Burke

Happy almost spring to all of you. Mother Nature continues to bring us changing weather daily, but that's how it is here in Northeast Ohio. I hope you are enjoying all the activities here at the Garfield Heights Senior Center. Please let others in the community know about the lunch and programs here so we can welcome more of our neighbors.

In the Community

Utility Assistance Resource Fair

Need help with utility bills? Attend the Utility Assistance Fair on Saturday, March 4th from 9am - 12pm. See the flyer on the following page for more information.

Vietnam Veterans' Day Program

Honor those that served in the Vietnam War at our community's Vietnam Veterans' Day Program on Wednesday, March 29th at 7pm. The event will be held at the Civic Center.

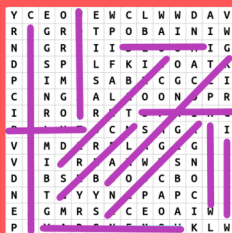
Councilwoman Tonsing's Water Drive

Help the residents of East Palestine, Ohio during their time of need by donating water to those in need. Cases of water bottles will be accepted at Fire Station #1 until March 17th.

Garfield Heights City Council Meetings

Learn more about what is happening in the city at Garfield Heights City Council meetings on March 13th and March 27th at 7pm. Meetings are held at the Civic Center.

Puzzle Solutions



Word Search

9	6	3	4	8	7	5	2	1
2	7	5	3	1	9	6	8	4
8	1	4	2	5	6	7	3	9
5	2	9	6	3	1	8	4	7
1	8	7	5	2	4	9	6	3
4	3	6	9	7	8	2	1	5
6	5	1	7	4	2	3	9	8
7	9	8	1	6	3	4	5	2
3	4	2	8	9	5	1	7	6

Sudoku

Saint Patrick's Day
Springtime
Green
Flowers
Rain

Word Scrambler

NEED HELP WITH UTILITY BILLS?

Utility Assistance Resource Fair

Mayors Annette M. Blackwell (Maple Heights) & Matthew A. Burke (Garfield Heights)



SATURDAY MAR. 4

9:00AM - 12:00PM

GARFIELD HEIGHTS CIVIC CENTER

5407 TURNEY RD.
GARFIELD HTS, OH 44125

- Scan the QR code for registration instructions
- Or you can call **216-881-8247** for help with registration



*** LIMITED ADVANCED
REGISTRATION ACCEPTED!**

*** LIMITED WALK-INS ONLY
ACCEPTED FROM 11AM-12PM!**

IMPORTANT INFO

Please bring photocopies of all of the documents listed below. (A copy machine will be available on site)

WHAT TO BRING

In order to complete applications to enroll in assistance programs, you must bring:

- **Proof of household's total gross income** (e.g. paystub, social security, disability, pension letter, or most recently filed IRS 1040)
- **Birth certificate(s)**
- **ID (driver's license or state ID)**
- **Social Security Card**
- **Lease Agreement (if a renter)**
- Supplemental Medical Insurance
- Current Electric Bill
- Current Gas Bill
- Current Water and Sewer Bills (if applicable)
- Bring COPIES of the above documentation for all members of your household

*** Program enrollment based on eligibility.**

Federal Poverty Guidelines: <https://uwc.211ct.org/federal-poverty-level>



Community Housing Solutions



CHN Housing Partners

Lunch Menu

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Wednesday, March 1

Roasted Turkey Breast
w/Gravy and Stuffing
Green Beans
Corn w/ Red Peppers

Thursday, March 2

Roasted Pork Loin
Sweet Potatoes
Broccoli

Monday, March 6

Beef Lasagna
Spinach
Carrots

Tuesday, March 7

Chicken Stir Fry
Brown Rice
Oriental Blend
Green Peas

Wednesday, March 8

Stuffed Pepper w/Sauce
Mashed Potatoes
Carrots

Thursday, March 9

BBQ Chicken Breast
Sweet Potatoes
Brussel Sprouts

Monday, March 13

Breaded Chicken Patty on a
Whole Grain Bun (with Mayo)
Corn
Roasted Potatoes

Tuesday, March 14

Salisbury Steak w/Mushroom
Gravy
Whole Grain Noodles
Green Beans
Buttered Beets

Wednesday, March 15

Chicken Marsala
Brown Rice
Capri Blend

Thursday, March 16

Corned Beef
Cabbage & Carrots
Roasted Red Potatoes

Monday, March 20

Roasted Turkey Breast
w/Gravy
Sweet Potatoes
Green Beans

Tuesday, March 21

Sliced Ham w/ Pineapple Glaze
Scalloped Potatoes
Mixed Vegetables

Wednesday, March 22

Chicken w/ Lemon Gravy
Brown Rice
Carrot Coins
Cape Cod Blend

Thursday, March 23

Swedish Meatballs w/Gravy &
Noodles
California Blend

Monday, March 27

Beef Sloppy Joe
Cauliflower
Buttered Beets

Tuesday, March 28

Chicken Cacciatore
Whole Grain Spaghetti
w/Sauce

Wednesday, March 29

Stuffed Cabbage w/Sauce
Mashed Potatoes
Butternut Squash

Thursday, March 30

Beef Meatloaf w/Ketchup
Glaze
Mashed Potatoes
Broccoli

Reminder!

Meal reservations will be made on Mondays and Tuesdays for the following week. Reservations can be made in-person or over the phone at (216) 475-3244. Lunch will be served Monday - Thursday at 11:30am, but we ask that you arrive at 11:00am to check in.

Thank you!

Month Calendar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30am Chair Aerobics 11:30am Lunch	2 10:30am Lunch 12:30pm Bingo	3 8:30am - 11am Giant Eagle
6 9:00am Wii Bowling 9:45am Crafts at the Library 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo w/Justin from KAZ Company	7 9:00am Wii Bowling 10:00am Tai Chi 11:30am Lunch 12:15pm St. Patrick's Day Crafts	8 International Women's Day! 10:00am Coffee with the Mayor 10:30am Chair Aerobics 11:30am Lunch	9 11:30am Lunch 12:30pm Bingo	10 8:30am - 11am Marc's
13 Wild Animal Day! 9:00am Wii Bowling 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo w/Justin from KAZ Company	14 Pi Day! 10:00am Site Council Meeting 10:00am Wii Bowling 10:00am Tai Chi 11:30am Lunch	15 10:00am Chair Aerobics 11:30am Lunch Food Distribution 1:00pm - 2:00pm	16 11:30am St. Patrick's Day Lunch Party Food Distribution 5:00pm - 6:00pm	17 Saint Patrick's Day! 8:30am - 11am Giant Eagle
20 9:00am Wii Bowling 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo w/Justin from KAZ Company	21 9:00am Wii Bowling 9:45am Post Office on Wheels 10:00am Tai Chi 11:30am Lunch	22 10:00am Chair Aerobics 11:30am Lunch 12:30pm Bingo sponsored by Spry Seniors	23	24 8:30am - 11am Marc's
27 9:00am Wii Bowling 10:00am Cardio Drumming 10:00am Library Book Discussion 11:30am Lunch 12:30am Bingo w/Justin from KAZ Company	28 10:00am Tai Chi 11:30am Lunch 12:30pm Smores	29 11:30am Lunch 12:30pm Easter Crafts	30 10:00am Trip to Aurora Farms 11:30am Lunch	31 8:30am - 11am Giant Eagle

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.

