



Garfield Heights Senior Center

5407 Turney Road
Garfield Heights, OH 44125

Phone: (216) 475-3244
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Hours of Operation
Mon-Thurs 9am-2pm

What's Inside?

- 1 - 3** Announcements
- 4** Around Town
- 5 - 7** The Puzzle Page
- 8** Flyers
- 9 - 10** Calendars

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

The City of Garfield Heights Senior Center Newsletter

Edition #2

April 2023



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



April Birthdays

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

Linda Martino - April 11th

Carol Ballow - April 17th

Robert Wornoff - April 20th (not pictured)

Hazel Alston - April 30th

Notice Board

Post Office on Wheels

Tuesday, April 25th @9:45am

The next visit from the Post Office on Wheels will be on Tuesday, April 25th.

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 - \$3.00 (round trip)

Errands - \$4.00 (round trip)

Annual Enrollment

For those of you who have not re-registered for the Senior Center, please stop in and do so. Updated information is needed for all seniors who attend the Senior Center in 2023.

Ensuring our Seniors' Safety

We would like to extend a sincere "thank you!" to Manager Jennifer Sopkovich for fighting for our seniors' safety. Handicapped-accessible doors will finally be installed in the first-floor restrooms, which will help prevent any accidents or mishaps.

Thank you Jennifer!

Announcements 2

April Special Events

Crafts with Anessia and Laketia

Join Anessia and Laketia for special Easter-themed (and edible) crafts this month!

Tuesday, April 4th and Thursday, April 6th

Easter Egg Hunt

The Garfield Heights Senior Center will be hosting an Easter Egg Hunt on **Thursday, April 6, 2023 @12:00pm.**

Navigating the Digital World

"Digital Navigators" from the Cuyahoga County Public Library will be available on **Thursday, April 13th @9:30am** to provide assistance with creating and using email accounts, understanding a cellphone's basic features, and more!

Only 12 slots are available, so preregister today!

Dr. Diamond the Podiatrist

Dr. Diamond the Podiatrist will be returning to our senior center on **Thursday, April 20th @9:30am**

Bunny Raffle

Our seniors in the craft room will be hosting a 50/50 raffle to celebrate Easter! Tickets can be purchased until the morning of April 6th.

Winners will be drawn on **Thursday, April 6th @12pm.**

Dessert and Learn with Devoted Health

Join us for an information session about how to MAKE IT STOP! Learn how to deal with unwanted (and frankly, annoying) calls, texts, and emails on **Thursday, April 13th @12pm.**

Library Book Discussion

Join us on **Monday, April 17th @7pm** for a discussion of Hernan Diaz's Trust at the Cuyahoga County Public Library - Garfield Heights Branch.

3 Announcements



March Recap

The Garfield Heights Senior Center celebrated St. Patrick's Day and Pi Day with crafts, games, and tasty treats.

Our Senior Center Site Council sponsored a \$100 lottery ticket raffle fundraiser in the month of March. Congratulations to Jennifer Duber for winning the raffle!

We would also like to congratulate Linda Martino for winning the St. Patrick's Day 50/50 raffle.

Laketia, our activities coordinator, initiated a new fitness program for our senior Center. Tai Chi is now available to all seniors. Join us for some meditation in motion!

The monthly book club / discussion officially restarted on Monday, March 27th at the Cuyahoga County Library - Garfield Heights Branch.

A Message from Site Council

Your Site Council is happy to announce that we will be hosting a fundraiser bake sale from Tuesday, April 4th to Thursday, April 6th, from 10am to 1pm. All revenue generated by our fundraisers helps us make the Senior Center even better for all of us. We are accepting donations of baked goods until Monday, April 3rd.

The members of Site Council would also like to wish you a safe and happy Easter!

We encourage all seniors to attend Site Council Meetings, held on the 2nd Tuesday of every month. **Our next meeting is April 11th @10:00am, Room 118.**

Around Town 4



A Message from Mayor Burke

Happy April and happy Spring to you all. I can certainly say that I am happy to see some blue skies and green plants coming back. I hope you're all enjoying the activities the Senior Center has to offer. We're always happy to welcome other members of community into our family, so don't be afraid to invite friends along.

Cuyahoga County Public Library Events

Take advantage of CCPL's **FREE** courses and group events.
Contact Anessia to register.

Chair Yoga Series

*Saturday, April 1st, 11am - Maple Heights
Friday, April 14th, 11am - Maple Heights*

Start your new year off right & join us for chair yoga. This low-impact, inclusive program will get you moving while seated for a yoga routine.

Internet Basics

Tuesday, April 4th, 1pm - Garfield Heights

The Library offers FREE tech training classes that cover digital literacy basics, Windows, Microsoft Office programs, digital imaging and cloud computing.

Vegetable Gardening - All You Need to Know

Thursday, April 20th, 7pm - Maple Heights
This presentation covers the basics of how to start a vegetable garden from scratch.

Charming Paper Purses

Thursday, April 27th, 6:30pm - Maple Heights
We'll create an adorable paper handbag complete with a handle perfect for a gift card and/or small Mother's Day gift (or any occasion!).

The Puzzle Page



Word Search

Find all the words hidden in this puzzle!

April Fools Day

Easter

Planting

Bloom

Flowers

Showers

Chocolate

Green

Spring

Earth Day

Passover

Tulips

See page 7 for solutions

The Puzzle Page

Word Unscrambler

Unscramble these mixed up words!

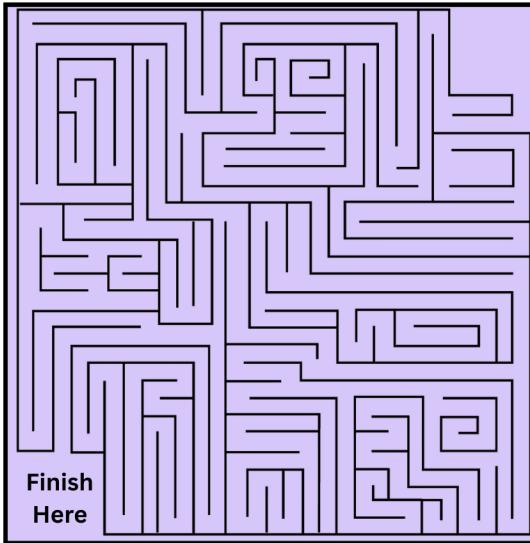
OTACRAIN

WOESRSH

MALEBRUL

ESSED

FELRSOW



Maze

← Start Here

Find your way through this tricky maze, starting in the top right corner and finishing in the bottom left.

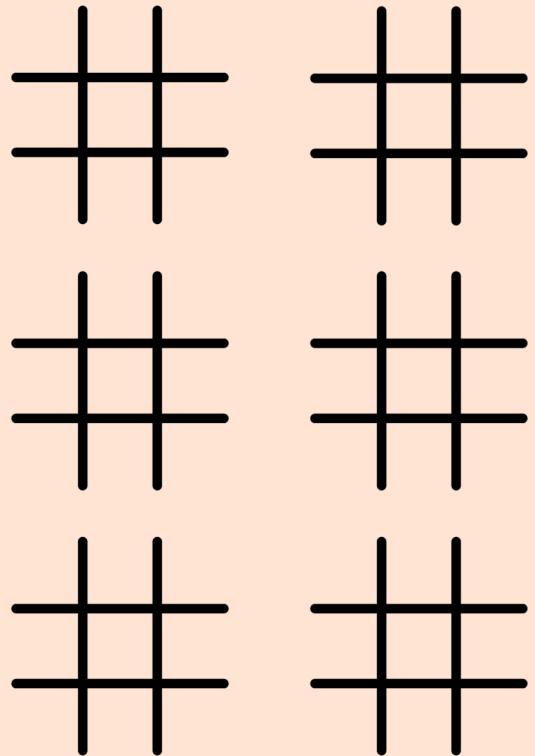
Sudoku

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

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

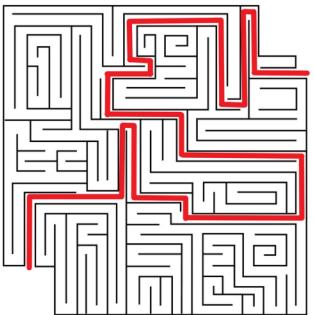
Tic Tac Toe

Grab a friend and play this classic game of Xs and Os



See page 7 for solutions

Puzzle Solutions



Maze

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

Raincoat
Showers
Umbrella
Seeds
Flowers

Word Scrambler

Word Search



FUNDRAISER

Bake Sale

PLEASE HELP US HELP THEM

April 4-6, 2023
10a.m. - 1p.m.



Garfield Heights Civic Center
1st Floor in the Solarium

Lunch Menu

8

Monday, April 3
Meatballs
WG Spaghetti
California Blend
Spinach

ALT=CS *TR*

Tuesday, April 4
Sliced Turkey
Mashed Potatoes
Harvard Beets

ALT=CBG *RB*

Wednesday, April 5
Chicken Alfredo w/Sauce
Broccoli
Cauliflower

ALT=CBG *T*

Thursday, April 6
Hamburger
Baked Beans
Potato Wedges

ALT=CBG *TR*

Monday, April 10
Corned Beef
Cabbage and Carrots
Roasted Red Potatoes

ALT=CS *TR*

Tuesday, April 11
Tomato Basil Chicken Pasta
Zucchini
Green Peas

ALT=CBG *RB*

Wednesday, April 12
Roasted Turkey Breast
Sweet Potatoes w/Gravy
Brussels Sprouts

ALT=CBG *RB*

Thursday, April 13
Salisbury Steak w/Gravy
Mashed Potatoes
Succotash

ALT=CBG *T*

Monday, April 17
Breaded Fish Sandwich
w/Tartar Sauce
Potato Wedges

ALT=CS *RB*

Tuesday, April 18
Broccoli-Stuffed Chicken
Mashed Potatoes
Harvard Beets

ALT=CBG *RB*

Wednesday, April 19
Swedish Meatballs w/Gravy
Buttered Noodles
Cauliflower
Green Beans

ALT=CBG *T*

Thursday, April 20
Lemon Pizatta Chicken
Brown Rice Pilaf
Bermuda Blend
Carrots

ALT=CBG *RB*

Monday, April 24
Stuffed Cabbage w/Sauce
Mashed Potatoes
Green Peas

ALT=CS *TR*

Tuesday, April 25
Chicken Stir Fry
Brown Rice
Oriental Blend
Carrots

ALT=CBG *RB*

Wednesday, April 26
Stuffed Peppers w/Tomato Sauce
Mashed Potatoes
Zucchini

ALT=CBG *T*

Thursday, April 27
Chicken Sandwich
Broccoli
Red Cabbage

ALT=CBG *TR*

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!

Box Lunch option shown to the side of each date.

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

Alternatives are available everyday.

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

Month Calendar

9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Reserve Lunch 10:00am Wii Bowling 10:00am Cardio Drumming 11:30am Lunch 12:30am Bingo W/Justin from KAZ Company</p>	<p>4</p> <p>Reserve Lunch 10:00am Wii Bowling 10:30am Tai Chi 10:00am Easter Bake Sale 11:30am Lunch 12:15pm Craft for Easter 1:00pm Practice Mind Challenge</p>	<p>5</p> <p>10:00am Chair Aerobics 10:00am Easter Bake Sale 11:30am Lunch 12pm Karaoke Bingo W/ Sean from Holland Insurance</p>	<p>6</p> <p>10:00am Cardio Drum 10:00am-12:00pm Final Day of the Easter Bake Sale 11:30am Lunch 12:00pm Easter Egg Hunt/ Peep Craft W/ Laketia</p>	<p>7</p> <p>Good Friday 8:30am-11:00pm Giant Eagle</p>
<p>10</p> <p>Reserve Lunch 10:00am Wii Bowling 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo</p> <p>National Siblings Day</p>	<p>11</p> <p>Reserve Lunch 10:00am Wii Bowling 10:30am Tai Chi 10:00am Site Council Meeting 11:30am Lunch 1:00pm Practice Mind Challenge</p>	<p>12</p> <p>10:30am Chair Aerobics 11:30am Lunch 12:00pm Grilled Cheese Sandwiches</p> <p style="text-align: center;">National Grilled Cheese Day</p>	<p>13</p> <p>9:30am-11:30am Digital Navigators 11:30am Lunch 12:00pm Dessert & Learn w/ Devoted Health's Judy Mack</p> <p style="text-align: center;">National Scrabble Day</p>	<p>14</p> <p>8:30am-11:00pm Aldi's</p>
<p>17</p> <p>Reserve Lunch 10:00am Wii Bowling 10:00am Cardio Drumming 11:30 Lunch 12:30am Bingo W/Justin from KAZ Company</p>	<p>18</p> <p>Reserve Lunch 10:00am Wii Bowling 10:30am Tai Chi 11:30am Lunch 12:30pm Teddy Grahams Dessert 1:00pm Practice Mind Challenge</p>	<p>19</p> <p>10:00 am Chair Aerobics 11:30am Lunch 1:00pm Library Book Discussion</p> <p style="text-align: center;">FOOD DISTRIBUTION 1:00 PM-2:00 PM</p>	<p>20</p> <p>9:30am Dr. Diamond the Podiatrist 10:00am Cardio Drum 11:30am Lunch 12:45pm Bingo W/Connie from Devoted Seniors</p> <p style="text-align: center;">FOOD DISTRIBUTION 5:00 PM-6:00 PM</p>	<p>21</p> <p>8:30am- 11:00pm Marcs</p>
<p>24</p> <p>Reserve Lunch 10:00am Wii Bowling 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo w/ Devoted Health Judy Mack</p>	<p>25</p> <p>Reserve Lunch 9:45am POST OFFICE ON WHEELS</p> <p>10:00am Wii Bowling 10:00am Christina from Spry Senior Dessert 10:30am Tai Chi 11:30am Lunch Derby Day- Wear your Fanciest Hat 1:00pm Practice Mind Challenge</p>	<p>26</p> <p>10:00am Chair Aerobics 11:30am Lunch</p>	<p>27</p> <p>11:30am Lunch 12:30pm Bingo: Judy Mack from Devoted Health</p> <p>Monthly Birthday Celebration!</p>	<p>28</p> <p>8:30am- 11:00pm Giant Eagle</p>

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.

