



# The City of Garfield Heights Senior Center Newsletter

**Edition #2**

**April 2023**

## Garfield Heights Senior Center

5407 Turney Road  
Garfield Heights, OH 44125

Phone: (216) 475-3244

Email: [jsopkovich@garfieldhts.org](mailto: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



## 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.

Laketa, 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.**





## 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.

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## 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.

### 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.

### 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.

### 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

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

## 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!

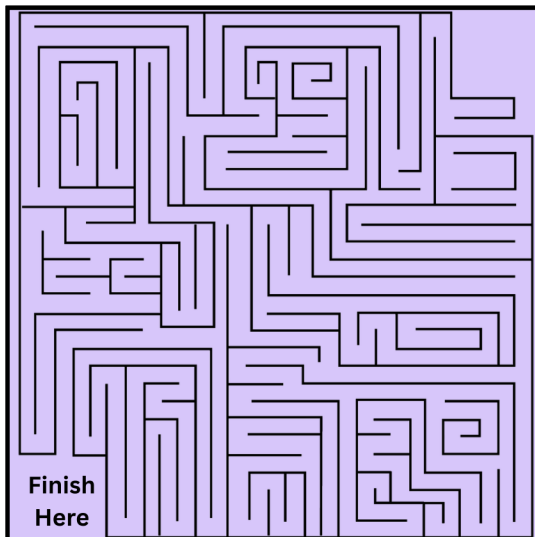
OTACRAIN \_\_\_\_\_

WOESRSH \_\_\_\_\_

MALEBRUL \_\_\_\_\_

ESSED \_\_\_\_\_

FELRSOW \_\_\_\_\_



Finish  
Here

## Maze



Start Here

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

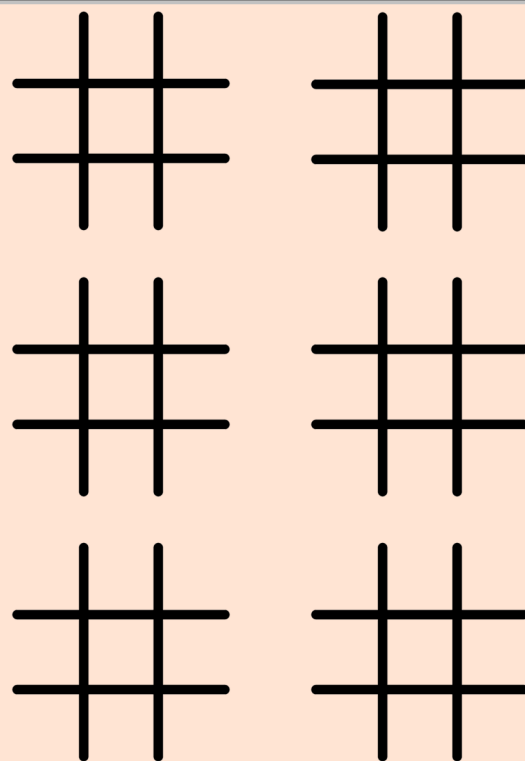
## Sudoku

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

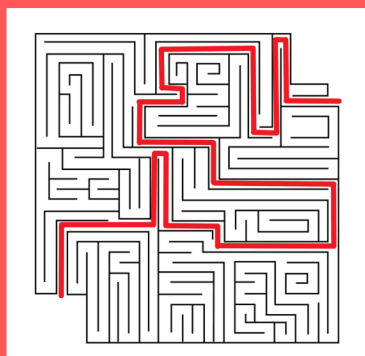
## Tic Tac Toe

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

3

Reserve Lunch  
10:00am Wii Bowling  
10:00am Cardio Drumming  
11:30am Lunch  
12:30am Bingo  
W/Justin from KAZ Company

## TUESDAY

4

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

## WEDNESDAY

5

10:00am Chair Aerobics  
10:00am Easter Bake Sale  
11:30am Lunch  
12pm Karaoke Bingo W/ Sean from Holland Insurance

## THURSDAY

6

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

## FRIDAY

7

Good Friday  
8:30am-11:00pm  
Giant Eagle

10

Reserve Lunch  
10:00am Wii Bowling  
10:00am Cardio Drumming  
11:30am Lunch  
12:30pm Bingo

**National Siblings Day**

11

Reserve Lunch  
10:00am Wii Bowling  
10:30am Tai Chi  
10:00am Site Council Meeting  
11:30am Lunch  
1:00pm Practice Mind Challenge

12

10:30am Chair Aerobics  
11:30am Lunch  
12:00pm Grilled Cheese Sandwiches

**National  
Grilled Cheese Day**

13

9:30am-11:30am Digital Navigators  
11:30am Lunch  
12:00pm Dessert & Learn w/ Devoted Health's Judy Mack

**National Scrabble Day**

14

8:30am-11:00pm  
Aldi's

17

Reserve Lunch  
10:00am Wii Bowling  
10:00am Cardio Drumming  
11:30 Lunch  
12:30am Bingo  
W/Justin from KAZ Company

18

Reserve Lunch  
10:00am Wii Bowling  
10:30am Tai Chi  
11:30am Lunch  
12:30pm Teddy Grahams Dessert  
1:00pm Practice Mind Challenge

19

10:00 am Chair Aerobics  
11:30am Lunch  
1:00pm Library Book Discussion

**FOOD DISTRIBUTION  
1:00 PM-2:00 PM**

20

9:30am Dr. Diamond the Podiatrist  
10:00am Cardio Drum  
11:30am Lunch  
12:45pm Bingo W/Connie from Devoted Seniors

**FOOD DISTRIBUTION  
5:00 PM-6:00 PM**

21

8:30am- 11:00pm  
Marcs

24

Reserve Lunch  
10:00am Wii Bowling  
10:00am Cardio Drumming  
11:30am Lunch  
12:30pm Bingo w/ Devoted Health Judy Mack

25

Reserve Lunch  
**9:45am  
POST OFFICE ON WHEELS**  
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

26

10:00am Chair Aerobics  
11:30am Lunch

27

11:30am Lunch  
12:30pm Bingo: Judy Mack from Devoted Health

**Monthly Birthday Celebration!**

28

8:30am- 11:00pm  
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.

