



The City of Garfield Heights Senior Center Newsletter

Edition #3

May 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

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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



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.



Meet the Staff

Thank you to those who make
our work possible!

Paul Birk - Director

Jennifer Sopkovich - Manager

Anessia Dailey - Administrative
Assistant

Laketa 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



May Birthdays

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

Geri Grzybowski 5/1

Zera Johnson 5/9

Joyce Zaranski 5/13

Kenneth Bican 5/16

Clint Provance 5/19

Notice Board

Post Office on Wheels

Tuesday, May 30th @9:45am

The next visit from the Post Office on Wheels will be on Tuesday, May 30th. 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 have been installed in the first-floor restrooms, which will help prevent any accidents or mishaps.

Thank you Jennifer!

Announcements 2

May Special Events

Crafts with Anessia and Laketia

Join Anessia for patriotic
and Japanese lantern-
themed crafts this month!

**Thursday, May 11th and
Tuesday, May 30th @12:30**

Mother's Day Tea Party

The Garfield Heights Senior
Center will be hosting a
Mother's Day Tea Party on
Tuesday, May 9th @12pm.
**Registration is required to
participate.**

Mother's Day 50/50

Our seniors in the craft room
will be hosting a 50/50 raffle
and afghan raffle to
celebrate Mother's Day! Geri
Gryzbowski has been working
very hard to complete a
beautiful lavender afghan
that anyone would love!
Winners will be drawn on
Thursday, May 11th @12pm.

Library Book Discussion

Join us on **Tuesday, May
16th @7pm** for a discussion
of Elizabeth Strout's *Lucy by
the Sea* at the Cuyahoga
County Public Library -
Garfield Heights Branch.

3 Announcements



April Recap

Our seniors started April off with a bang! after a very successful bake sale hosted by our very own Site Council. Thank you to everyone who purchased and donated bakery, and to those who volunteered their time to make this sale a success!

We enjoyed Easter-themed crafts with Anessia and Laketia on April 4th and 6th.

The Easter Bunny and some of his friends paid a special visit to the Garfield Heights Senior Center on April 6th for our Easter Egg hunt.

Congratulations to Bob Wornoff for winning the Senior Center craftroom's 50/50 raffle!

We would also like to congratulate Barb Kozma and Holly Yeh for winning the craftroom's bunny raffles! Congratulations everybody!

A Message from Site Council

May is the month for all Mothers. Let them know how much they are appreciated! Memorial Day is May 29th and there are some red, white and blue plans in the making.

Let us honor those who gave their all so we can live in the Land of the Free!

We encourage all seniors to attend Site Council Meetings, held on the 2nd Tuesday of every month. **Our next meeting is May 8th @10:00am, Room 118.**



A Message from Mayor Burke

Happy May everyone! It's nice to finally have some warm weather and beautiful days here in northeast Ohio. I want to say how happy I am to have such wonderful, friendly and caring community in the Garfield Heights Senior Center. I'm excited to spend more time with you all soon, especially out in this fantastic weather!

Cuyahoga County Public Library Events

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

Seniors' Monday Morning Meet-Up

Monday, May 1st, 10am - Garfield Heights

Join us on the first Monday of the month for a fun activity to start your week.

Embroidery Basics

Saturday, May 20th, 11am - Garfield Heights

Join us for an introduction to the embroidery machine in the Innovation Centers throughout Cuyahoga County Public Library.

Open Craft Night

Thursday, May 4th, 6:30 pm - Maple Heights

Bring your art journal or craft project to work on!

Digital Navigators

Tuesday, May 30th, 1pm - Garfield Heights

Ask CCPL Digital Navigators any questions you may have about the world of tech. Call the library at 216.749.9420 to make an appointment with one of our Digital Navigators at a CCPL branch.

Painted Garden Rocks

Saturday, May 13th, 10:30am - Bedford

Join us to learn the meditative and creative art of painting rocks.

The Puzzle Page

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

Word Search

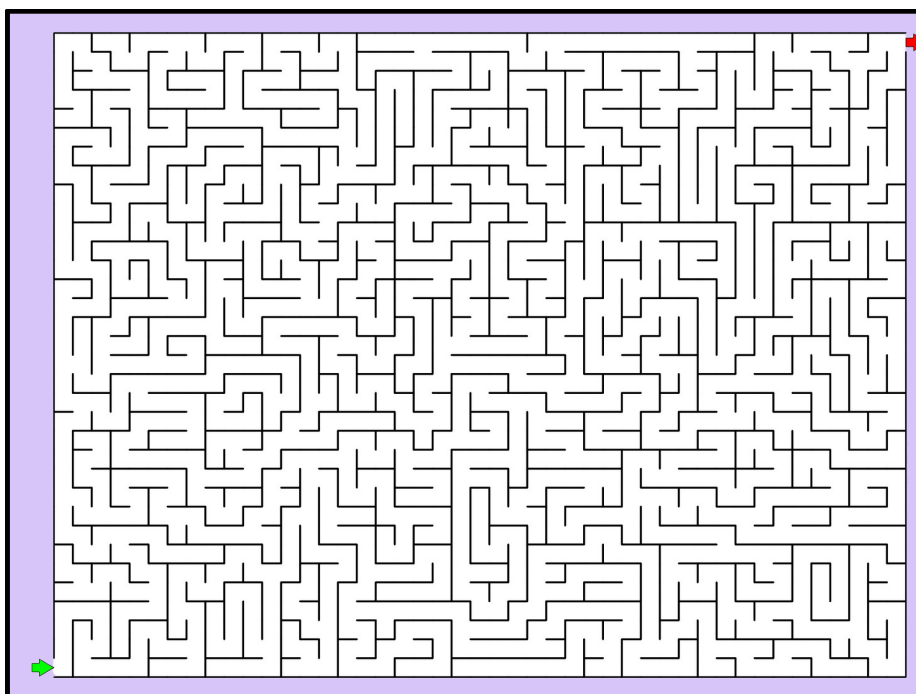
Find all the words hidden in this puzzle!

Flowers Lawnmower Seeds
Garden Memorial Day Spring
Green Mother's Day Sunshine
Ladybug Plants

Sudoku

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

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



Maze

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

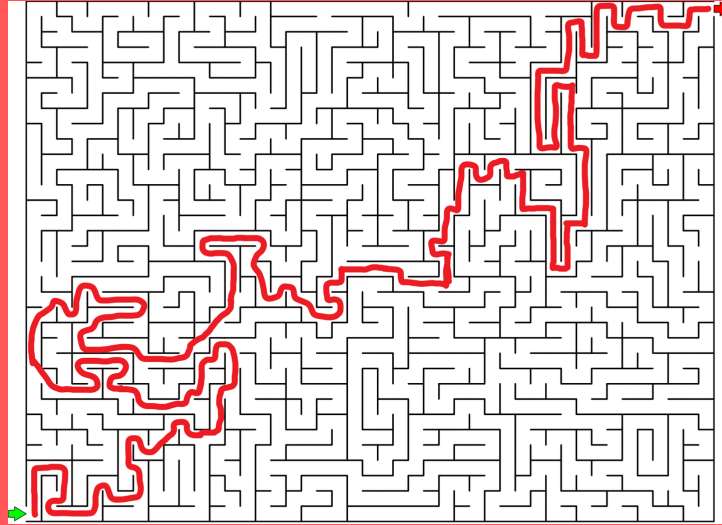
See page 7 for solutions

Photos of the Month 6



Puzzle Solutions

Maze



Word Search

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

Sudoku

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



MOTHER'S DAY RAFFLE

THE SENIOR CENTER CRAFTROOM IS
HOSTING A 50/50 AND AFGHAN RAFFLE.
TICKETS ARE \$1 EACH OR \$5 FOR 6.
WINNERS WILL BE DRAWN ON 5/11 AT
12PM.



Memorial Day Blessings

← • →
All gave some.
Some gave all.
Gone but not forgotten.
← • →

"Greater love hath no man than this, that
a man lay down his life for his friends.

John 15:13 KJV

Lunch Menu

9

Monday, May 1

Meatballs
WG Spaghetti
California Blend
Spinach

ALT=CS TR

Tuesday, May 2

Sliced Turkey
Mashed Potatoes
Harvard Beets

ALT=CBG RB

Wednesday, May 3

Chicken Alfredo w/Sauce
Broccoli
Cauliflower

ALT=CBG T

Thursday, May 4

Hamburger
Baked Beans
Potato Wedges

ALT=CBG RB

Monday, May 8

Corned Beef
Cabbage and Carrots
Roasted Red Potatoes

ALT=CS RB

Tuesday, May 9

Tomato Basil Chicken Pasta
Zucchini
Green Peas

ALT=CBG RB

Wednesday, May 10

Roasted Turkey Breast
Sweet Potatoes w/Gravy
Brussels Sprouts

ALT=CBG T

Thursday, May 11

Salisbury Steak w/Gravy
Mashed Potatoes
Succotash

ALT=CBG TR

Monday, May 15

Breaded Fish Sandwich
w/Tartar Sauce
Potato Wedges

ALT=CS TR

Tuesday, May 16

Broccoli-Stuffed Chicken
Mashed Potatoes
Harvard Beets

ALT=CBG RB

Wednesday, May 17

Swedish Meatballs w/Gravy
Buttered Noodles
Cauliflower
Green Beans

ALT=CBG RB

Thursday, May 18

Lemon Pizatta Chicken
Brown Rice Pilaf
Bermuda Blend
Carrots

ALT=CBG T

Monday, May 22

Stuffed Cabbage w/Sauce
Mashed Potatoes
Green Peas

ALT=CS TR

Tuesday, May 23

Chicken Stir Fry
Brown Rice
Oriental Blend
Carrots

ALT=CBG T

Wednesday, May 24

Stuffed Peppers w/Tomato Sauce
Mashed Potatoes
Zucchini

ALT=CBG T

Thursday, May 25

Chicken Sandwich
Broccoli
Red Cabbage

ALT=CBG TR

Tuesday, May 30

Stuffed Shells w/Sauce
Zucchini
Glazed Carrots

ALT=CS RB

Wednesday, May 31

Swedish Meatballs w/Gravy
Green Peas
Mushrooms

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

10

MONDAY

1

Reserve Lunch
9:45am Meetup at the Library
10:00am Wii Bowling
10:00am Cardio Drumming
11:30am Lunch
12:30am Bingo
w/Justin from KAZ Company

TUESDAY

2

Reserve Lunch
10:00am Wii Bowling
10:00am Embroidery
10:30am Tai Chi
11:30am Lunch
12:15pm Craft for Easter
1:00pm Practice Mind Challenge

WEDNESDAY

3

10:00am Chair Aerobics
11:30am Lunch
12:30 Memorial Day Craft w/Anessia

THURSDAY

4

10:30am Cinco De Mayo
Celebration w/Sean Holland
11:30am Lunch

FRIDAY

5

Cinco De Mayo
8:30am-11:00pm
Marc's

8

Reserve Lunch
10:00am Wii Bowling
10:00am Cardio Drumming
11:30am Lunch
12:30pm Bingo w/Kim from Harris Homecare

9

Reserve Lunch
10:00am Wii Bowling
10:00am Tai Chi
10:00am Site Council Meeting
11:30am Lunch
12:00pm Mother's Day Tea Party w/Spry Seniors

10

10:30am Chair Aerobics
11:30am Lunch
12:00pm Movie Day

11

10:00am - 1:30pm Trip to Walmart
11:30am Lunch

12

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

15

Reserve Lunch
10:00am Wii Bowling
10:00am Coffee with the Mayor
11:30 Lunch
12:30am Bingo w/Justin from KAZ Company

16

Reserve Lunch
10:00am Wii Bowling
10:30am Tai Chi
11:30am Lunch
12:30pm Rob Johnson w/Oakstreet Line Dancing

17

10:00 am Chair Aerobics
11:30am Lunch

FOOD DISTRIBUTION
1:00 PM-2:00 PM

18

11:30am Lunch
12:30pm Dreams Fulfilled:
Creating & Achieving your
Bucket List with Lynn and Lisa

FOOD DISTRIBUTION
5:00 PM-6:00 PM

19

8:30am-11:00pm
Marcs

22

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

23

Reserve Lunch
10:00am Wii Bowling
10:00am Tai Chi
11:30am Lunch
1:00pm Planting Flowers w/Anessia (weather permitting)

24

10:00am Chair Aerobics
11:30am Lunch at Fuji Grill Restaurant

25

11:30am Lunch
12:30pm Birthday Thursday

Grilling Hotdogs!
Monthly Birthday Celebration!

26

8:30am-11:00am
Giant Eagle

29

Memorial Day!

30

9:45am Post Office on Wheels
10:00am Wii Bowling
10:00am Tai Chi
11:30am Lunch
12:30pm Japanese Lantern Craft w/Anessia

31

10:00am Chair Aerobics
11:30am Lunch

National Smile Day!

