



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

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



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
- 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



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 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.**

Around Town 4



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.

Open Craft Night

Thursday, May 4th, 6:30 pm - Maple Heights
Bring your art journal or craft project to work on!

Painted Garden Rocks

Saturday, May 13th, 10:30am - Bedford
Join us to learn the meditative and creative art of painting rocks.

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.

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.

The Puzzle Page



Word Search

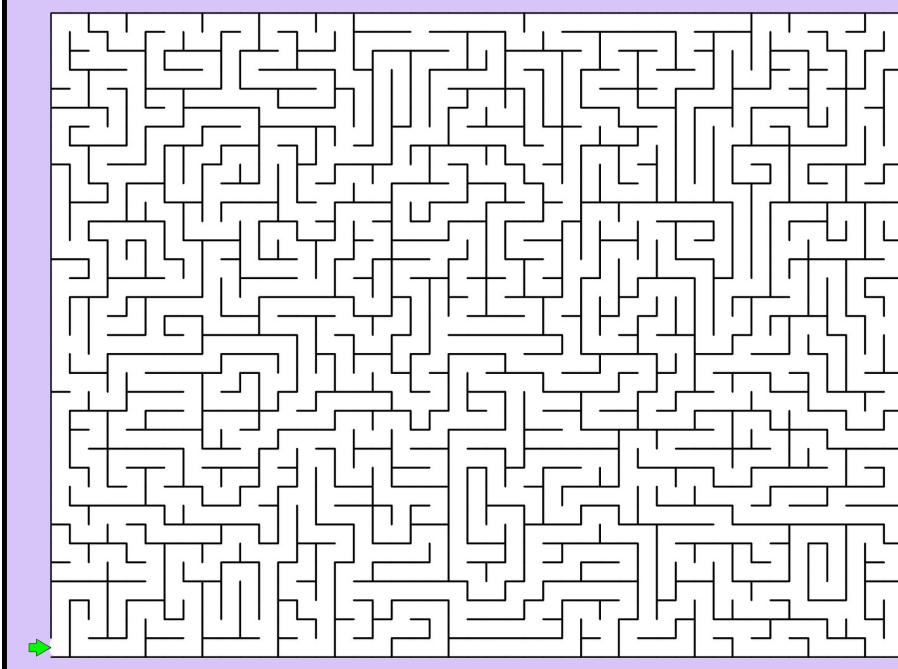
Find all the words hidden in this puzzle!

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.

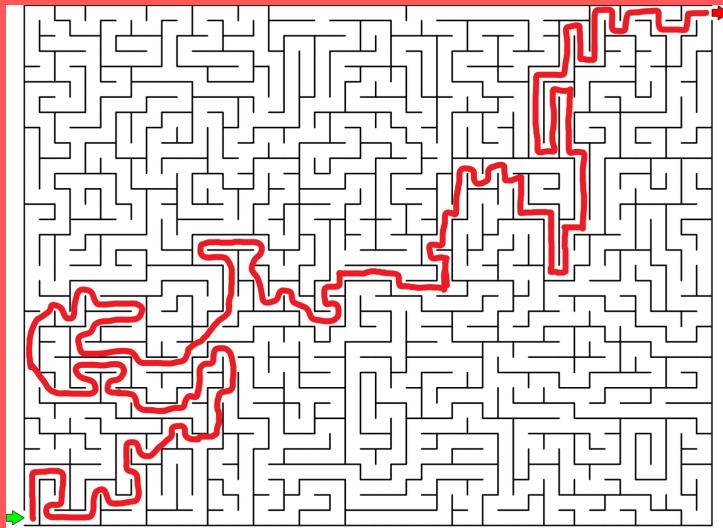
See page 7 for solutions

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	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
12 P.M.



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

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Monday, May 1 Meatballs WG Spaghetti California Blend Spinach <i>ALT=CS</i> <i>TR</i>	Wednesday, May 10 Roasted Turkey Breast Sweet Potatoes w/Gravy Brussels Sprouts <i>ALT=CBG</i> <i>T</i>	Monday, May 22 Stuffed Cabbage w/Sauce Mashed Potatoes Green Peas <i>ALT=CS</i> <i>TR</i>
Tuesday, May 2 Sliced Turkey Mashed Potatoes Harvard Beets <i>ALT=CBG</i> <i>RB</i>	Thursday, May 11 Salisbury Steak w/Gravy Mashed Potatoes Succotash <i>ALT=CBG</i> <i>TR</i>	Tuesday, May 23 Chicken Stir Fry Brown Rice Oriental Blend Carrots <i>ALT=CBG</i> <i>T</i>
Wednesday, May 3 Chicken Alfredo w/Sauce Broccoli Cauliflower <i>ALT=CBG</i> <i>T</i>	Monday, May 15 Breaded Fish Sandwich w/Tartar Sauce Potato Wedges <i>ALT=CS</i> <i>TR</i>	Wednesday, May 24 Stuffed Peppers w/Tomato Sauce Mashed Potatoes Zucchini <i>ALT=CBG</i> <i>T</i>
Thursday, May 4 Hamburger Baked Beans Potato Wedges <i>ALT=CBG</i> <i>RB</i>	Tuesday, May 16 Broccoli-Stuffed Chicken Mashed Potatoes Harvard Beets <i>ALT=CBG</i> <i>RB</i>	Thursday, May 25 Chicken Sandwich Broccoli Red Cabbage <i>ALT=CBG</i> <i>TR</i>
Monday, May 8 Corned Beef Cabbage and Carrots Roasted Red Potatoes <i>ALT=CS</i> <i>RB</i>	Wednesday, May 17 Swedish Meatballs w/Gravy Buttered Noodles Cauliflower Green Beans <i>ALT=CBG</i> <i>RB</i>	Tuesday, May 30 Stuffed Shells w/Sauce Zucchini Glazed Carrots <i>ALT=CS</i> <i>RB</i>
Tuesday, May 9 Tomato Basil Chicken Pasta Zucchini Green Peas <i>ALT=CBG</i> <i>RB</i>	Thursday, May 18 Lemon Pizatta Chicken Brown Rice Pilaf Bermuda Blend Carrots <i>ALT=CBG</i> <i>T</i>	Wednesday, May 31 Swedish Meatballs w/Gravy Green Peas Mushrooms <i>ALT=CBG</i> <i>TR</i>

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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</p>	<p>2</p> <p>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</p>	<p>3</p> <p>10:00am Chair Aerobics 11:30am Lunch 12:30 Memorial Day Craft w/Anessia</p>	<p>4</p> <p>10:30am Cinco De Mayo Celebration w/Sean Holland 11:30am Lunch</p>	<p>5</p> <p>Cinco De Mayo 8:30am-11:00pm Marc's</p>
<p>8</p> <p>Reserve Lunch 10:00am Wii Bowling 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo w/Kim from Harris Homecare</p>	<p>9</p> <p>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</p>	<p>10</p> <p>10:30am Chair Aerobics 11:30am Lunch 12:00pm Movie Day</p>	<p>11</p> <p>10:00am - 1:30pm Trip to Walmart 11:30am Lunch</p>	<p>12</p> <p>8:30am-11:00pm Aldi's</p>
<p>15</p> <p>Reserve Lunch 10:00am Wii Bowling 10:00am Coffee with the Mayor 11:30 Lunch 12:30am Bingo w/Justin from KAZ Company</p>	<p>16</p> <p>Reserve Lunch 10:00am Wii Bowling 10:30am Tai Chi 11:30am Lunch 12:30pm Rob Johnson w/Oakstreet Line Dancing</p>	<p>17</p> <p>10:00 am Chair Aerobics 11:30am Lunch</p> <p>FOOD DISTRIBUTION 1:00 PM-2:00 PM</p>	<p>18</p> <p>11:30am Lunch 12:30pm Dreams Fulfilled: Creating & Achieving your Bucket List with Lynn and Lisa</p> <p>FOOD DISTRIBUTION 5:00 PM-6:00 PM</p>	<p>19</p> <p>8:30am-11:00pm Marcs</p>
<p>22</p> <p>Reserve Lunch 10:00am Wii Bowling 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo</p>	<p>23</p> <p>Reserve Lunch 10:00am Wii Bowling 10:00am Tai Chi 11:30am Lunch 1:00pm Planting Flowers w/Anessia (weather permitting)</p>	<p>24</p> <p>10:00am Chair Aerobics 11:30am Lunch at Fuji Grill Restaurant</p>	<p>25</p> <p>11:30am Lunch 12:30pm Birthday Thursday</p> <p>Grilling Hotdogs! Monthly Birthday Celebration!</p>	<p>26</p> <p>8:30am-11:00am Giant Eagle</p>
<p>29</p> <p>Memorial Day!</p>	<p>30</p> <p>9:45am Post Office on Wheels 10:00am Wii Bowling 10:00am Tai Chi 11:30am Lunch 12:30pm Japanese Lantern Craft w/Anessia</p>	<p>31</p> <p>10:00am Chair Aerobics 11:30am Lunch</p> <p>National Smile Day!</p>		

