



The City of Garfield Heights Senior Center Newsletter

Edition #4

June 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 mission 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

Melvin Davis - Driver

1 Announcements

Garfield Heights Senior Center Announcements



June Birthdays

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

Lydia Debelak

Les Hendricks

Joyce Mathis

Sandra Priebe

Barbara Roslan

Norma Dvork

Cynthia Mallory

Ernestine Northern

Marylee Radke

Daniel Shelton

Ilona Thurner

Notice Board

Post Office on Wheels

Tuesday, June 27th @9:45am

The next visit from the Post Office on Wheels will be on Tuesday, June 27th. Buy some postage or send letters to your family and friends!

Swimming at the Rec Center

Every Wednesday!

with the Senior Center Manager, Jennifer Sopkovich
Registered seniors can come and cool down at the pool every Wednesday in the Summer from 12:30-1:30pm

Coffee with the Mayor

Monday, June 5th @ 10:00am

Seniors can come and enjoy a fresh cup of coffee with the Mayor and hear about the newest improvements and events that are happening in the City of Garfield Heights!

New Senior Center Members

Cynthia Johnson Pamela Jones

Yvonne Mines Laura Pettere

Linda McClelland

Transportation Costs

Senior Center - \$0.25 (round trip)

Medical Trips - \$3.00 (round trip)

Errands - \$4.00 (round trip)

Announcements 2

June Special Events

Crafts with Anessia

Join Anessia for a fun Summer craft!

**Tuesday, June 27th @
12:30pm**

Craft Room News

Our Senior Center Craft Room would like to announce the winner of the Mother's Day 50/50 Raffle, congratulations goes out to Pat Salemi. The winner of the beautiful lavender afghan was Dave Kaminski.

A friendly reminder Father's Day will be here before you know it! Stop by and see the large selection of Father, Grandfather and Son Cards in stock. All cards are .25 cents each.

Thank you to all who helped support our raffles for the Craft Room.

Barb Dines ♥

Father's Day 50/50

Our Senior Center Site Council will be hosting a 50/50 raffle to celebrate Father's Day!

Winners will be drawn on
Thursday, June 15th @12pm.

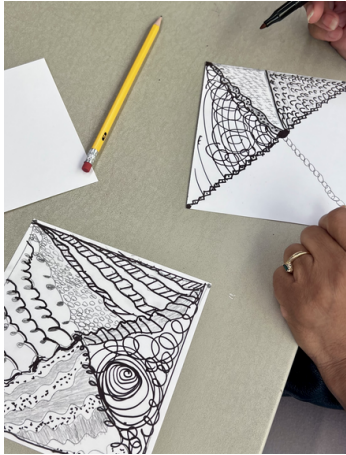
Father's Day

The Garfield Heights Senior Center Site Council will be hosting a Father's Day "Grillin Grand Dads" Cookout on
Thursday, June 15th @ 12pm.

Library Book Discussion

Join us on
**Thursday, June 22nd
at 10:00am** for a
discussion of
Remarkably Bright
Creatures, by Shelby Van
Pelt at the Garfield
Heights Senior Center

3 Announcements



May Recap

Our Senior Center had a busy month!

We started the month with the Monday Morning meetup at the Library. A group of our seniors went to the library to learn how the embroidery machine operates. On May 3rd seniors made a patriotic craft with Anessia. The craft will be used during the Memorial Day Parade!

Cinco De Mayo our seniors enjoyed Walking Tacos, Margaritas, and Karaoke with Holland Insurance. A Mother's Day Tea Party was hosted by our Site Council, where all our Mother's enjoyed being pampered. The Senior Center Staff Members provide each mother with flowers upon departure. Other events in May were a trip to Fuji for lunch, planting flowers with Anessia. Creating + Achieving your Bucket list. Seniors had a visit from Oakstreet and Hot Dogs were served on Birthday Thursday!

A Message from Site Council

Our next meeting is June 8th @10:00am, Room 118.

For the month of June lets all honor our Fathers. In honor of Father's Day, Site Council will be sponsoring our Father's favorite pass time "Grilling".

The Site Council invites all our registered seniors to attend "Grillin Grand Dads" on June 15, 2023 @ 12:00pm. Happy Summer everyone!

The Senior Center Site Council invites ALL registered seniors to attend and observe the preparation of future approved events for the rest of this year!



A Message from The Senior Center Manager, Jennifer Sopkovich

Hello Everyone! Can you believe we are half way through 2023? Our Senior Center staff has been creating some great activities and events for the year, and we encourage all of our Seniors in Garfield Heights to come and register for the Senior Center. There is no cost to join and you are guaranteed to have a great time!

Cuyahoga County Public Library Events

Take advantage of CCPL's **FREE** courses and group events.
Check out CCPL'S website for availability and activities provided at our local branch

Seniors' Monday Morning Meet-Up

Monday, June 1st, 10am - Garfield Hts Branch

Join us on the first Monday of the month for a fun activity to start your week. Limited seats available, must register to participate.

Digital Navigators

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.

Library Book Discussion at The Senior Center

Remarkably Bright Creatures

By Shelby Van Pelt

Thursday, June 22, 2023 @ 10:00am in the solarium

Remarkably Bright Creatures by Shelby Van Pelt is a heartwarming, charming, and unconventional story about the friendship between a lonely widow (Tova), a down on his luck young man (Cameron), and a giant Pacific octopus (Marcellus). The way the author intersected the lives of these three characters was beyond clever.

The Puzzle Page

Word Search



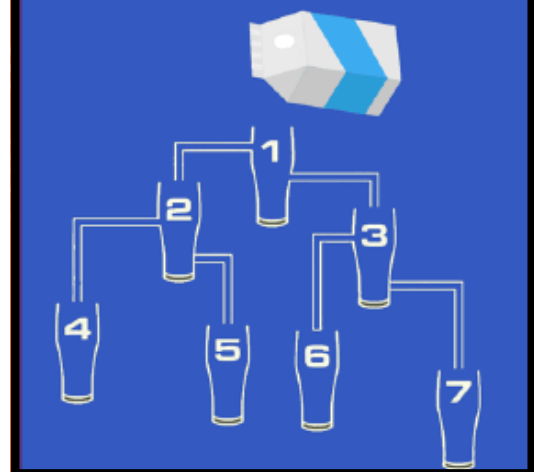
- | | | |
|---------------|---------------|------------|
| encouraging | necktie | protective |
| grilling | grand | cake |
| funny | understanding | father |
| inspirational | humble | cookout |
| dad | brave | parent |
| special | fishing | hero |
| family | beer | wise |
| supportive | | |

Sudoku

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

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

Which glass gets full first?



See page 7 for solutions

Photos of the Month 6



7 Answer Sheet

Puzzle Solutions

Which glass gets full first?

Class 5, 6, and 7 are not possible as there is a blocked connection.

The answer is : 3

Word Search

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

Sudoku

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

Happy Father's Day from the Garfield Heights Senior Center!

Site Council will be sponsoring a 50/50 Raffle from June 12-15th, 2023. Drawing will be held Thursday, June 15th @ 12:00pm



GRILLIN GRAND DADS

Site Council will be sponsoring a Father's Day Cookout for all our Senior Father's, Grandfather's , Etc. that are registered at the Garfield Heights Senior Center.
Thursday, June 15, 2023 @ 12pm



Lunch Menu

9

Thursday, June 1

Chicken Patty
Broccoli
Seasoned Potatoes
Whole Grain Bun
Pears
ALT=CBG T

Monday, June 5

Breaded Fish
Tartar Sauce
Brown Rice
Zucchini & Carrots
Whole Grain Wheat
Peaches
ALT=CS RB

Tuesday, June 6

Stuffed Cabbage
Mashed Potatoes
Mixed Vegetables
Whole Grain Dinner Roll
Applesauce
ALT=CBG T

Wednesday, June 7

Rueben w/ Turkey + Swiss
Sauerkraut
Thousand Island Dressing
Cucumber Salad
2 Whole Grain Rye
Pineapple Tidbits
ALT=CBG RB

Thursday, June 8

Chicken Cacciatore
W.G. Spaghetti w/ Sauce
Peppers and Onions
Carrot Coins
Dinner Roll
Apricot
ALT=CBG RB

Monday, June 12

Hamburger
Mustard + Ketchup
Baked Beans
Seasoned Potato Wedges
W.G. Hamburger Bun
Pears
ALT=CS TR

Tuesday, June 13

Stuffed Peppers
w/ Tomato Sauce
Mashed Potatoes
Green Peas
2 Whole Grain Wheat
Applesauce
ALT=CBG TR

Wednesday, June 14

BBQ Chicken Breast
Macaroni and Cheese
Red Cabbage
Green Beans
W.G. Corn Muffin
Mixed Fruit
ALT=CBG RB

Thursday, June 15

Beef Stew
California Blend
W.G. Dinner Roll
Apple Juice
Banana
ALT=CBG RB

Monday, June 19

CLOSED

Tuesday, June 20

Beef Lasagna
Antiqua Blend
W.G. Grain Garlic Toast
Oatmeal Cookie
Mandarin Oranges
ALT=CS TR

Wednesday, June 21

W.G. Spaghetti w/Meatballs
Aniqua Blend
Garlic Bread
Peaches
ALT=CBG T

Thursday, June 22

Chicken Cordon Bleu
Mashed Potatoes w/ Gravy
Carrot Coins
W.G. Dinner Roll
Tropical Fruit
ALT=CBG RB

Monday, June 26

Roasted Turkey Breast
Stuffing w/ Gravy
Mashed Potatoes
Green Bean
W.G. White
Cranberry Juice
ALT=CBG T

Tuesday, June 27

Roasted Pork Loin
Sweet Potatoes
Mixed Vegetables
2 Whole Grain Rye
Apple Juice
Lima Beans
ALT=CBG TR

Wednesday, June 28

Chicken Alfredo w/ Sauce
Noodles
Broccoli + Capri Blend
W.G. Wheat
Diced Pears
ALT=CBG RB

Thursday, June 29

Salisbury Steak w/ Gravy
Mashed Potatoes
Mixed Vegetables
2 W.G. Bread
Orange
ALT=CBG T

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
			1 10:00am Cardio Drumming 11:10 NEW! 10 minute exercise 11:30am Lunch 12:30pm Karaoke	2 8:30am-11:00pm Marc's
5 Reserve Lunch 10:00am Coffee with the Mayor 10:00am Wii Bowling 10:00am Monday Morning Meetup/ Library 11:30am Lunch 12:30pm Bingo w/Kaz Company	6 10:00am Wii Bowling 10:30am Tai Chi 11:10 NEW! 10 minute exercise 11:30am Lunch 12:30pm Bingo w/ Nina from Spry Senior	7 10:00am Chair Aerobics 11:30am Lunch 12:30pm Dessert and Learn w/ Judy from Devoted Health NATIONAL CHOCOLATE ICE CREAM DAY!	8 11:10 NEW! 10 minute exercise 11:30am Lunch 12:30 SCAMO Game w/ Drew Thomas from Dept. of Consumer Affairs	9 8:30am-11:00pm Giant Eagle
12 Reserve Lunch 10:00am Wii Bowling 10:30am Cardio Drumming 11:30 Lunch 12:30am Bingo Darius/ Connie w/ Devoted Seniors	13 10:00am Wii Bowling 10:00 Site Council Meeting 10:30am Tai Chi 11:10 NEW! 10 minute exercise 11:30am Lunch 12:30pm Trip thru Garfield Metro Parks and short Walk	14 10:00 am Chair Aerobics 11:30am Lunch 12:30pm Swimming with Jennifer at the Rec	15 11:10 NEW! 10 minute exercise 11:30am Lunch 12:00pm Father's Day Celebration "Grillin Grand Dads" FOOD DISTRIBUTION 5:00 PM-6:00 PM	16 8:30am-11:00pm Marc's
19 Closed	20 10:00am Wii Bowling 11:10 NEW! 10 minute exercise 10:30am Tai Chi 11:30am Lunch	21 10:00am Chair Aerobics 11:30am Lunch 12:30pm Swimming with Jennifer at the Rec FOOD DISTRIBUTION 1:00 PM-2:00 PM	22 10:00am Library Book Discussion 11:10 NEW! 10 minute exercise 11:30am Lunch 12:15pm Movie Day Pick-Ur-Movie	23 8:30am-11:00am Giant Eagle
26 Reserve Lunch 10:00am Wii Bowling 10:30am Cardio Drumming 11:30am Lunch 12:30pm Bingo w/ Kaz Company	27 9:45am Post Office on Wheels 10:00am Wii Bowling 10:30am Tai Chi 11:10 NEW! 10 minute exercise 11:30am Lunch 12:30pm Summer Craft with Anessia	28 10:00am Chair Aerobics 11:30am Lunch 12:30pm Swimming with Jennifer at the Rec	29 11:10 NEW! 10 minute exercise 11:30am Lunch 12:30pm Birthday Thursday w/ Yvonne from Aetna Monthly Birthday Celebration!	30 8:30am-11:00am Marc's

