



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

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 mission 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
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.**

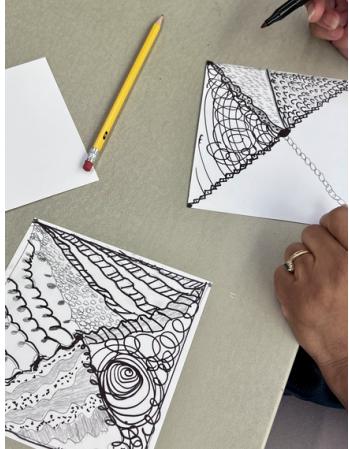
Father's Day

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!

Around Town 4



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

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	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

encouraging
grilling
funny
inspirational
dad
special
family
supportive

necktie
grand
understanding
humble
brave
fishing
beer

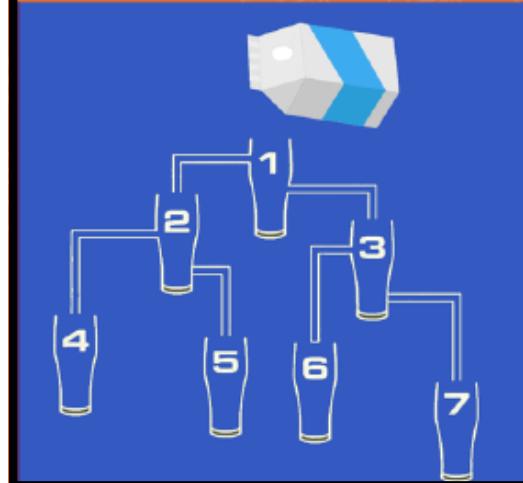
protective
cake
father
cookout
parent
hero
wise

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



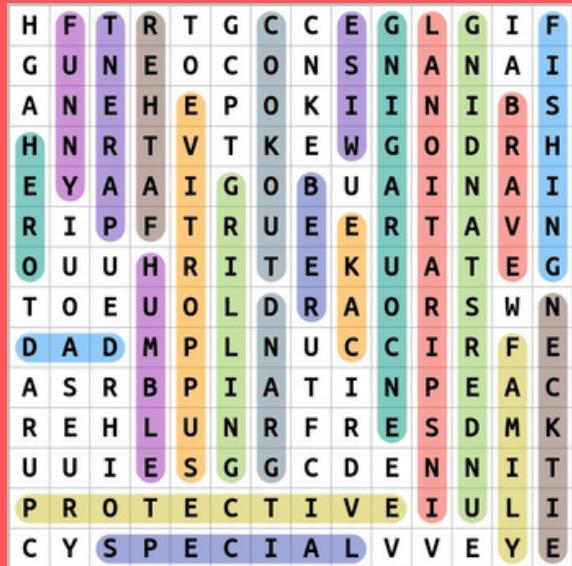
Puzzle Solutions

Word Search

Which glass gets full first?

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

The answer is : 3



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



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

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Thursday, June 1 Chicken Patty Broccoli Seasoned Potatoes Whole Grain Bun Pears <i>ALT=CBG</i>	Monday, June 12 Hamburger Mustard + Ketchup Baked Beans Seasoned Potato Wedges W.G. Hamburger Bun Pears <i>ALT=CS</i>	Wednesday, June 21 W.G. Spaghetti w/Meatballs Aniqua Blend Garlic Bread Peaches <i>ALT=CBG</i> <i>T</i>
Monday, June 5 Breaded Fish Tartar Sauce Brown Rice Zucchini & Carrots Whole Grain Wheat Peaches <i>ALT=CS</i> <i>RB</i>	Tuesday, June 13 Stuffed Peppers w/ Tomato Sauce Mashed Potatoes Green Peas 2 Whole Grain Wheat Applesauce <i>ALT=CBG</i>	Thursday, June 22 Chicken Cordon Bleu Mashed Potatoes w/ Gravy Carrot Coins W.G. Dinner Roll Tropical Fruit <i>ALT=CBG</i> <i>RB</i>
Tuesday, June 6 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Whole Grain Dinner Roll Applesauce <i>ALT=CBG</i> <i>T</i>	Wednesday, June 14 BBQ Chicken Breast Macaroni and Cheese Red Cabbage Green Beans W.G. Corn Muffin Mixed Fruit <i>ALT=CBG</i>	Monday, June 26 Roasted Turkey Breast Stuffing w/ Gravy Mashed Potatoes Green Bean W.G. White Cranberry Juice <i>ALT=CBG</i> <i>T</i>
Wednesday, June 7 Rueben w/ Turkey + Swiss Sauerkraut Thousand Island Dressing Cucumber Salad 2 Whole Grain Rye Pineapple Tidbits <i>ALT=CBG</i> <i>RB</i>	Thursday, June 15 Beef Stew California Blend W.G. Dinner Roll Apple Juice Banana <i>ALT=CBG</i>	Tuesday, June 27 Roasted Pork Loin Sweet Potatoes Mixed Vegetables 2 Whole Grain Rye Apple Juice Lima Beans <i>ALT=CBG</i> <i>TR</i>
Thursday, June 8 Chicken Cacciatore W.G. Spaghetti w/ Sauce Peppers and Onions Carrot Coins Dinner Roll Apricot <i>ALT=CBG</i> <i>RB</i>	Monday, June 19 CLOSED <i>ALT=CS</i>	Wednesday, June 28 Chicken Alfredo w/ Sauce Noodles Broccoli + Capri Blend W.G. Wheat Diced Pears <i>ALT=CBG</i> <i>RB</i>
	Tuesday, June 20 Beef Lasagna Antiqua Blend W.G. Grain Garlic Toast Oatmeal Cookie Mandarin Oranges <i>ALT=TR</i>	Thursday, June 29 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables 2 W.G. Bread Orange <i>ALT=CBG</i> <i>T</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
			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



5407 Turney Road, Garfield Heights, OH 44125 <https://www.garfieldhts.org> (216) 475-1100