



The City of Garfield Heights **Senior Center Newsletter**

Edition #5

July 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.

Featured Senior Center Employees

Marlene Kasich
Receptionist

Melvin Davis
Driver



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

Ralph Redmon - Driver

Melvin Davis - Driver

1 Announcements

Garfield Heights Senior Center Announcements



July Birthdays

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

Loretta Johnson
Mary Ellen Stephens
Vera Rackley
Nick Karnicolas

Carolyn Lockett
Joe Collier
Virgie Thrasher
Cheryl Pavlak

Notice Board

New Senior Center Members

Jewell Gilbert Patricia Daniel
Randy Sparks Ola Mitchell
Rosemary Leshar

Post Office on Wheels Tuesday, July 25th @9:45am

The next visit from the Post Office on Wheels will be on Tuesday, July 25th. Buy some postage or send letters to your family and friends!

Transportation Costs

Senior Center - \$0.25 (round trip)
Medical Trips - \$3.00 (round trip)
Errands - \$4.00 (round trip)

Chair Vollyball is Back!

Come in and show off your Volleyball skills.

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 for the Summer from 12:30-1:30pm

Coffee with the Mayor Monday, July 3rd @ 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!

Message from our Seniors

Our Seniors would like to thank the Gospel House Church for their continued contribution of bread and pastries to the Garfield Heights Senior Center.

Announcements 2

June Special Events

Crafts with Anessia

Join Anessia + Chiyoko for an
Origami craft!

**Tuesday, July 25th @
12:30pm**

Craft Room News

Our Senior Center Craft Room
would like to let everyone
know that must see new items
have arrived!

We are taking orders for baby
blankets, name tags, and
flower arrangements. You
name it, I'm sure we can make
it. Place your order today!

Your support is greatly
appreciated.

Barb Dines ♥

Ice Cream Social

Our Senior Center
Site Council

will be hosting an Ice Cream Social
on Thursday, July 6, 2023
@ 12:30PM

Presale tickets are \$4.00
All must have a ticket to participate.

Library Book Discussion

Join us on
**Thursday, July 20th
at 10:00am** for a
discussion of
Victory City, by Salman
Rushdie. The story is set
in the fictional city of
Bisnaga, a melting pot of
cultures and religions,
where the destiny of a
young girl named Pampa
Kampana unfolds. “

3 Announcements

June Recap

Summer has begun and our hot weather is here! We started off the month with the seniors enjoying popsicles and basking in the sun, courtesy of the Senior Center Manager, Jennifer Sopkovich.

The week of June 5th our seniors enjoyed mug decorating at the library, followed by bingo sponsored by Spry Senior.

National Chocolate Ice Cream Day was sponsored by Judy from Devoted Health, where she provided our seniors with information to stop all the unnecessary phone calls.

SCAMO game was provided by Drew Thomas from the Dept. of Consumer Affairs.

Our trip to the Metroparks was cancelled, due to the rain. Our seniors took a trip to Marc's instead.

The seniors kicked off swimming at the Rec Center with Jennifer on June 14th. This will continue every Wednesday during the season, (weather permitted). "Grillin Grand Dads", was the event our seniors celebrated for Father's Day! All our Senior Gentlemen were recognized with some very nice gifts for Father's Day. The seniors attended an unscheduled Luau in Seven Hills on June 22nd, 2023 where they enjoyed food, fun and activities. Anessia hosted a craft on June 27th, where the seniors made suncatchers to place in their yard.



A Message from Site Council

Our next meeting is July 11th @10:00am. July is the month that we celebrate our Nation's Birthday! Let us give thanks to our red, white and blue.

The Senior Center Site Council is hosting an Ice Cream Social on Thursday, July 6th, 2023. Tickets are \$4.00 and you must have a ticket to participate. Our Annual Picnic at Klima Gardens has been booked for Thursday, August 24th, 2023. We are still working on the menu and cost of tickets. Further information to follow. We encourage all Senior Center participants to attend our meeting scheduled for July, to see all the great things we are planning. Everyone have a great 4th of July!!!

Around Town 4



A Message from The Senior Center Manager, Jennifer Sopkovich

Hello Everyone! The Pool is now open at the Garfield Heights Recreational Center! Our Registered Seniors can now enjoy swimming with me every Wednesday between 12:30pm-1:30pm, (weather permitted). This is great exercise for those seniors who do not have the stamina to do other types of exercise. I encourage those seniors who do not have as many opportunities to exercise to come join me at the Rec Center on Wednesday's during the summer.

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, July 3rd, 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

Victory City

By Salman Rushdie

Thursday, July 20, 2023 @ 10:00am in the solarium
Thursday, July 20th

at 10:00am for a discussion of Victory City, by Salman Rushdie.

The story is set in the fictional city of Bisnaga, a melting pot of cultures and religions, where the destiny of a young girl named Pampa Kampana unfolds. "Pacific octopus (Marcellus). The way the author intersected the lives of these three characters was beyond clever.

MISCELLANEOUS

Word Search

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

COCONUT
STRAWBERRY
VANILLA
FUDGE
ROCKY ROAD
COOKIE DOUGH
NEOPOLITAN
COTTON CANDY
HOKEY POKEY
CHOCOLATE
MOOSE TRACKS
GREEN TEA
TIGER TAIL
PECAN
REESES
BANANA

Brain Teasers

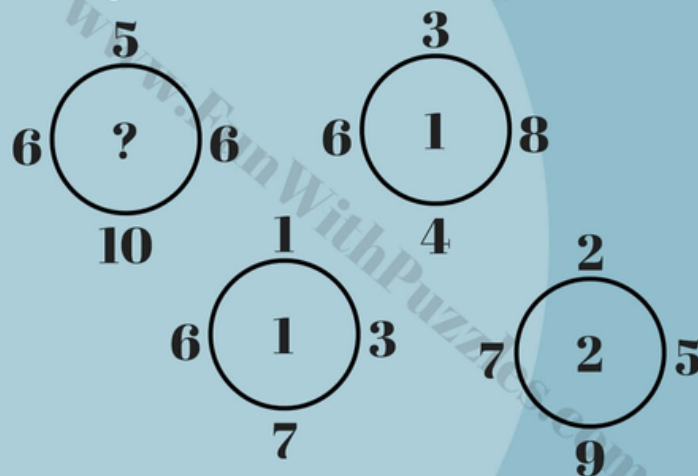
What occurs once in every minute, twice in every moment, yet never in a thousand years?

What can travel around the world while staying in a corner?

How many of each species did Moses take on the ark with him?

Why can't a man living in the USA be buried in Canada?

Can You Find the Missing Number?



Share if you could solve it!!!

See page 7 for solutions

Photos of the Month 6



Puzzle Solutions

Word Search



Brain Teaser

The letter "M"

A stamp

None.

Moses wasn't on the ark,
Noah was

You cannot bury a
living man

Can you find the missing Number?

Answer:

5

GET THE SCOOP!
at the
**Garfield Heights
Senior Center**

Garfield Heights
Senior Center
Site Council
is hosting an
ICE CREAM SOCIAL

Thursday, July 6, 2023

@12:30pm

Presale

Tickets \$4.00

nontransferable

must have ticket to participate
in the ice cream social



Lunch Menu

9

Monday, July 3

Hamburger
Roasted Potato Wedges
Baked Beans
Whole Grain Bun
Grape Juice

ALT=CS TR

Tuesday, July 4 CLOSED

Wednesday, July 5

Sliced Ham w/ Pineapple Glaze
Mixed Vegetables
Cheesy Potatoes
Corn Muffin
Mixed Fruit

ALT=CBG T

Thursday, July 6

Rueben w/ Turkey + Swiss
Sauerkraut
Thousand Island Dressing
Potato Salad
2 Whole Grain Rye
Applesauce

ALT=CBG RB

Monday, July 10

Steak Stir Fry
Rice Pilaf
Kyoto Blend
Whole Grain Wheat
Mandarin Oranges
Apple Juice

ALT=CS TR

Tuesday, July 11

Chicken + Gravy
Brussel Sprouts
Sliced Carrots
W.G. Biscuit
Mandarin Oranges

ALT=CBG RB

Wednesday, July 12

Meatballs w/ Marinara Sauce
W.G. Sub Bun
Broccoli
Carrots
Banana

ALT=CBG T

Thursday, July 13

BBQ Chicken Breast
Macaroni and Cheese
Baked Beans
Sauteed Swiss Chard
W.G. Corn Muffin
Mixed Fruit

ALT=CBG RB

Monday, July 17

Stuffed Shells w/ Sauce
Mushrooms
Lima Beans
2 W.G. Wheat Bread
Peaches

ALT=CS RB

Tuesday, July 18

Sweet and Sour Pork Loin
Rice Pilaf
Buttered Sliced Carrots
Green Peas
Applesauce
W.G. Vanilla Wafer

ALT=CBG TR

Wednesday, July 19

Roasted Turkey Breast w/ Gravy
W.G. Stuffing
Sweet Potatoes
Green Beans
W.G. Wheat Bread
Cranberry Juice

ALT=CBG T

Thursday, July 20

Stuffed Peppers w/ Sauce
Mashed Potatoes
California Blend
W.G. Dinner Roll
Apricots

ALT=CBG TR

Monday, July 24

Stuffed Cabbage w/ Sauce
Mashed Potatoes
Carrots
2 W.G. Wheat Bread
Apricots

ALT=CS TR

Tuesday, July 25

Chicken Alfredo
W.G. Pasta
Broccoli + Cauliflower
Breadstick
Sliced Peaches

ALT=CBG T

Wednesday, July 26

Meatloaf w/ Gravy
Mashed Potatoes
Green Beans
2 W.G. Wheat Bread
Orange

ALT=CBG TR

Thursday, July 27

Tuna Salad
Three Bean Salad
Coleslaw
2 W.G. Wheat Bread
Pineapple Chunks

ALT=CBG RB

Monday, July 31

Beef Lasagna
Spinach
Corn
W.G. Dinner Roll
Applesauce

ALT=CS 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

July Calendar

10

MONDAY

3
Reserve Lunch
10:00am Coffee w/ the Mayor
10:00am Meetup/ Library
10:30am Cardio Drumming
11:30am Lunch
12:30pm Bingo

10
Reserve Lunch
10:30am Cardio Drumming
11:30am Lunch
12:30pm Bingo w/Kaz Company

17
Reserve Lunch
10:00am Trip to the Zoo
10:30am Cardio Drumming
11:30am Lunch
WORLD EMOJI DAY!

24
Reserve Lunch
10:30am Cardio Drumming
11:30am Lunch
12:30pm Bingo w/ Kaz Company

31
Reserve Lunch
10:00am Wii Bowling
10:30am Cardio Drumming
11:30am Lunch
12:30pm Bingo W/ Holly from Seven Hills Rehab Center

TUESDAY

4
**4th of July
Closed**

11
Reserve Lunch
10:00AM SITE COUNCIL MEETING
10:30am Chair Volleyball
11:30am Lunch

18
Reserve Lunch
10:00am Demetrio's
10:30am Chair Volleyball
11:30am Lunch
12:30pm

25
Reserve Lunch
9:45AM POST OFFICE ON WHEELS
10:30am Chair Volleyball
11:30am Lunch
12:30pm Oragami with Anessia + Chiyoko

WEDNESDAY

5
10:00 am Chair Aerobics
11:30am Lunch
12:30pm Swimming with Jennifer at the Rec

12
10:00am Chair Aerobics
11:30am Lunch
12:30pm Swimming with Jennifer at the Rec
12:30pm Dessert/Learn Blood pressure checks and memory screening

19
10:00am Chair Aerobics
11:30am Lunch
12:30pm Swimming with Jennifer at the Rec

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

26
10:00am Chair Aerobics
11:30am Lunch
12:30pm Swimming with Jennifer at the Rec

THURSDAY

6
11:30am Lunch
12:30pm ICE CREAM SOCIAL
Judy Mack from Devoted Health stopping by.

13
10:00am Stearn's Farm
11:30 Lunch

20
10:00am Book Discussion in the Solarium
11:30am Lunch
12:30pm Art of Being Present w/ Lynn and Lisa
NATIONAL CAKE DAY!

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

27
11:00am-1:00 pm Shop & Dine at Tower City
10:00am Library Book Discussion
11:30am Lunch

MONTHLY BIRTHDAY CELEBRATION!

FRIDAY

7
8:30am-11:00pm
Giant Eagle

14
8:30am-11:00pm
Marc's

21
8:30am-11:00pm
Giant Eagle

28
8:30am-11:00pm
Marc's

