



# 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 Lesher

### 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 Rushdile. 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

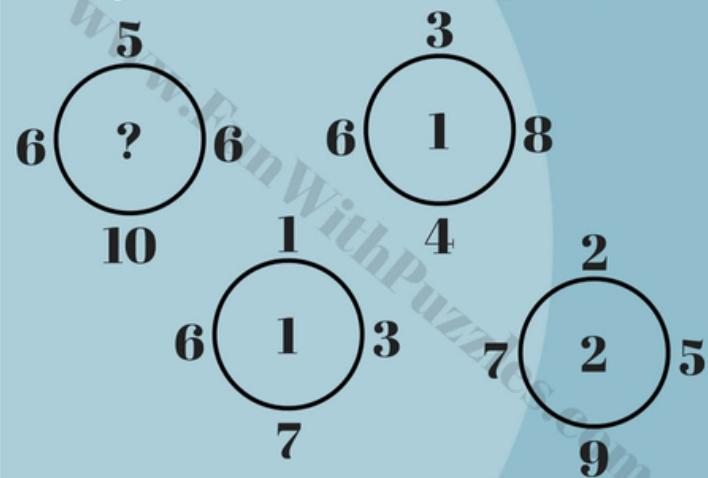
What occurs once in every minute, twice in every moment, yet never in a thousand years?

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?



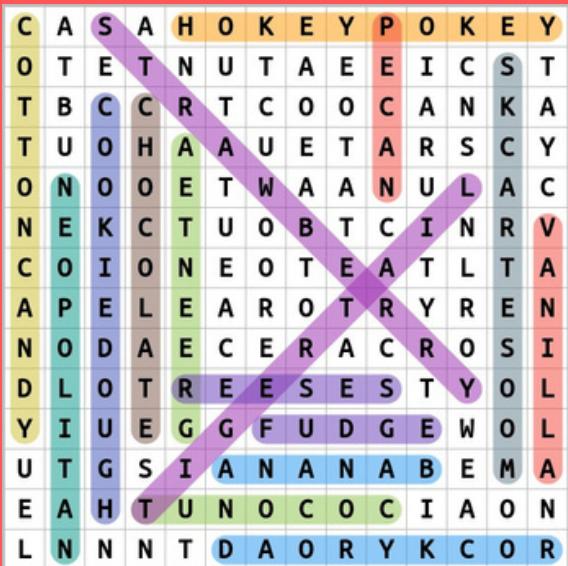
Share if you could solve it!!!

# 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

|  |  |   |
|--|--|---|
| <b>Monday, July 3</b><br>Hamburger<br>Roasted Potato Wedges<br>Baked Beans<br>Whole Grain Bun<br>Grape Juice                                     | <b>Wednesday, July 12</b><br>Meatballs w/ Marinara Sauce<br>W.G. Sub Bun<br>Broccoli<br>Carrots<br>Banana  | <b>Thursday, July 20</b><br>Stuffed Peppers w/ Sauce<br>Mashed Potatoes<br>California Blend<br>W.G. Dinner Roll<br>Apricots |
| <b>Tuesday, July 4</b><br><b>CLOSED</b>  | <b>ALT=CS TR</b>   | <b>ALT=CBG TR</b>   |
| <b>Wednesday, July 5</b><br>Sliced Ham w/ Pineapple Glaze<br>Mixed Vegetables<br>Cheesy Potatoes<br>Corn Muffin<br>Mixed Fruit                   | <b>Thursday, July 13</b><br>BBQ Chicken Breast<br>Macaroni and Cheese<br>Baked Beans<br>Sautéed Swiss Chard<br>W.G. Corn Muffin<br>Mixed Fruit       | <b>Monday, July 24</b><br>Stuffed Cabbage w/ Sauce<br>Mashed Potatoes<br>Carrots<br>2 W.G. Wheat Bread<br>Apricots          |
|  | <b>ALT=CBG RB</b>  | <b>ALT=CS TR</b>  |
| <b>Thursday, July 6</b><br>Rueben w/ Turkey + Swiss<br>Sauerkraut<br>Thousand Island Dressing<br>Potato Salad<br>2 Whole Grain Rye<br>Applesauce | <b>Monday, July 17</b><br>Stuffed Shells w/ Sauce<br>Mushrooms<br>Lima Beans<br>2 W.G. Wheat Bread<br>Peaches  | <b>Tuesday, July 25</b><br>Chicken Alfredo<br>W.G. Pasta<br>Broccoli + Cauliflower<br>Breadstick<br>Sliced Peaches          |
|  | <b>ALT=CS RB</b>   | <b>ALT=CBG T</b>  |
| <b>Monday, July 10</b><br>Steak Stir Fry<br>Rice Pilaf<br>Kyoto Blend<br>Whole Grain Wheat<br>Mandarin Oranges<br>Apple Juice                    | <b>Tuesday, July 18</b><br>Sweet and Sour Pork Loin<br>Rice Pilaf<br>Buttered Sliced Carrots<br>Green Peas<br>Applesauce<br>W.G. Vanilla Wafer       | <b>Wednesday, July 26</b><br>Meatloaf w/ Gravy<br>Mashed Potatoes<br>Green Beans<br>2 W.G. Wheat Bread<br>Orange            |
|  | <b>ALT=CBG TR</b>  | <b>ALT=CBG TR</b>   |
| <b>Tuesday, July 11</b><br>Chicken + Gravy<br>Brussel Sprouts<br>Sliced Carrots<br>W.G. Biscuit<br>Mandarin Oranges                              | <b>Wednesday, July 19</b><br>Roasted Turkey Breast w/ Gravy<br>W.G. Stuffing<br>Sweet Potatoes<br>Green Beans<br>W.G. Wheat Bread<br>Cranberry Juice | <b>Thursday, July 27</b><br>Tuna Salad<br>Three Bean Salad<br>Coleslaw<br>2 W.G. Wheat Bread<br>Pineapple Chunks            |
|  | <b>ALT=CBG RB</b>  | <b>ALT=CBG RB</b>   |
|  | <b>ALT=CS TR</b>   | <b>ALT=CS TR</b>  |
|  |  | <b>Monday, July 31</b><br>Beef Lasagna<br>Spinach<br>Corn<br>W.G. Dinner Roll<br>Applesause                                 |
|  |  |   |

## 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Reserve Lunch

10:00am Coffee w/ the Mayor

10:00am Meetup/ Library

10:30am Cardio Drumming

11:30am Lunch

12:30pm Bingo

3

4th of July  
Closed

4

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

5

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

6

8:30am-11:00pm  
Giant Eagle

7

10

Reserve Lunch

10:30am Cardio Drumming

11:30am Lunch

12:30pm Bingo w/Kaz Company

Reserve Lunch

10:00AM SITE COUNCIL MEETING

10:30am Chair Volleyball

11:30am Lunch

11

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

12

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

13

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

14

17

Reserve Lunch

10:00am Trip to the Zoo

10:30am Cardio Drumming

11:30am Lunch

WORLD EMOJI DAY!

Reserve Lunch

10:00am Demetrio's

10:30am Chair Volleyball

11:30am Lunch

12:30pm

18

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

19

FOOD DISTRIBUTION  
1:00 PM-2:00 PM

10:00am Book Discussion in the Solarium  
11:30am Lunch

20

12:30pm Art of Being Present w/ Lynn and Lisa  
NATIONAL CAKE DAY!

21

8:30am-11:00pm  
Giant Eagle

24

Reserve Lunch

10:30am Cardio Drumming

11:30am Lunch

12:30pm Bingo w/ Kaz Company

25

Reserve Lunch

9:45AM POST OFFICE ON WHEELS

10:30am Chair Volleyball

11:30am Lunch

12:30pm Origami with Anessia + Chiyoko

26

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

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

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MONTHLY BIRTHDAY CELEBRATION!

28

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

31

Reserve Lunch

10:00am Wii Bowling

10:30am Cardio Drumming

11:30am Lunch

12:30pm Bingo W/ Holly from Seven Hills Rehab Center



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