



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

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

Edition #6

August 2023



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.

**A Special Thank you goes
to the Senior Center Site Council
without them, this newsletter would
not be possible.**



Correction to the spelling of
Senior Center Employee Marlene Kalish
Receptionist

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



August Birthdays

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

Ann Blackburn

Veronica Gilmore

Bonita Pentek

John Rozmarynowski

Louise Williams

Notice Board

New Senior Center Members

Mike Aursleanian
Zenabu Ukwela

Gerald Clough
Cheryl Giles

Post Office on Wheels Tuesday, August 29th @9:45am

The next visit from the Post Office on Wheels will be on Tuesday, August 29th. Buy some postage or send letters to your family and friends!

Digital Navigators

Thursday, August 17, 2023

Cuyahoga County Public Library's Digital Navigators service offers one-on-one assistance to help our seniors become comfortable navigating their laptop, cellphone or tablet. Bring in your device and they will be able to assist you!

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 from 12:30-1:30pm, Weather Permitted!
Last Day to swim with Jennifer is August 16th. Pool will close for the season on August 20,2023

Coffee with the Mayor

Monday, August 7th @ 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!

Transportation Costs

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

Announcements 2

August Special Events

Craft Room News

Our Seniors are working hard to come up with new ideas to sell in our craft room.

Please stop by and see all the great handmade items we have to sell. Do you have that loved one who is hard to buy for, we have the gift for you!

AFHGANS, BABY BLANKETS CARDS AND MORE!!!!

Your help and support is greatly appreciated.

Barb Dines ❤

Book your Cruise with Laketia

Friday, August 25, 2023

The Senior Center Site Council will be sponsorship a trip on the Goodtime 3.

Those who are active, registered seniors can purchase tickets for \$25.00.

The Senior Center Site Council will pay the rest.

Those who are not active seniors at the center can purchase tickets at the base cost of \$52.00

Senior Week is Coming!

August 21st - 25th

We have a lot of exciting things planned for our seniors during this week!!!

Summer Picnic

Thursday, August 24, 2023
9am to 2pm

Our Senior Center Site Council is hosting a picnic at Klima Gardens in Cuyahoga Hts.
4646 E. 71st St.

\$5 Presale tickets are available to purchase. Must have ticket to participate. Meal includes: a Hamburger, a Hotdog, Baked Beans and Potato Salad. Live Music By the Mayor Matt Burke, Raffles , Games and more!!!

Library Book Discussion

Join us on
Thursday, August 28th at 10:00am

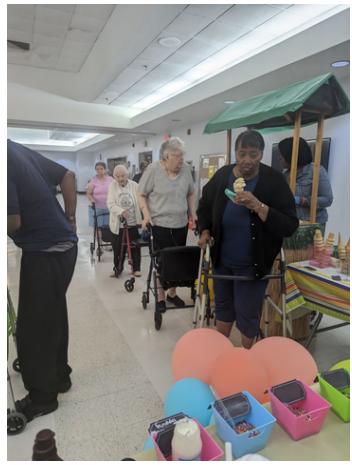
for a discussion of "Mad Honey" by Jodi Picoult and Jennifer Finney Boylan.

Two women who have fled abusive pasts to make a new life in the small town of Adams, New Hampshire. When one is found dead, and the other finds her son accused of the murder, the tense courtroom drama that unfolds shines light on the true cost of secrets kept.

Crafts with Anessia

Tuesday, August 29th
Come and join the seniors while we make a fun craft with Anessia!

3 Announcements



July Recap

Our seniors started off July with an Ice Cream Social sponsored by the Senior Center Site Council. The Senior Center had a good turn out for this event and everyone enjoyed having seconds!

On Mondays, the seniors always enjoy playing Bingo.

Due to the weather, swimming with Jennifer was cancelled the first couple of weeks in July.

Jennifer hosted a trip to Stearn's Farm, the seniors were able to see all the different animals on the small farm that you can see when you drive by on Ridge Rd.

July 17th, the seniors took a trip to the Zoo, followed by Lunch at Demetrios on Tuesday, July 18th.

The library book discussion was held on July 24th, seniors are given the opportunity to discuss what they liked or disliked of the current month's book selection.

This month's craft was on Tuesday, July 25th.

The seniors were taught how to make Origami butterfly magnets. Laketia hosted a trip for the seniors to Tower City, where they were able to shop and have lunch.

A Message from Site Council

The month of August we will celebrate the Annual Senior Picnic. It will be held at our favorite place, Klima Gardens located in Cuyahoga Heights on August 24, 2023. The hours are 9:00am until 2:00pm. Be prepared for a day filled with music by our favorite Mayor. We will have games, 50/50 raffle and baskets to raffle off. We will be serving lots of great food! The Senior Center Site Council have presale tickets available for \$5 per person and you must have a ticket to participate. This is a wonderful ending to such a short summer.

Around Town 4

A Message from The Senior Center Manager, Jennifer Sopkovich



Hello Everyone! Our Senior Center Administration is working hard to provide some new programs for our seniors. WRAAA is bringing back fresh produce to the Senior Center. We do not have a definite date when this will start. We participated in WRAAA Senior Farmers' Market Nutrition Program. 50 of our qualifying Senior Residents were able to receive Coupons totaling \$50 to be used at local Farmers' Market Stands. We are determined to provide our seniors with community resources that are offered to them. I encourage Our Senior Residents to come and register for the Senior Center. It is time to get out and meet people who have the same interests as you, and have fun participating in all the activities, trips, and fun the Senior Center has to offer.

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, August 7th, 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

"Mad Honey"
by Jodi Picoult and Jennifer Finney Boylan.

Thursday, August 28th @ 10:00am in the solarium for a discussion of "Mad Honey"

Two women who have fled abusive pasts to make a new life in the small town of Adams, New Hampshire. When one is found dead, and the other finds her son accused of the murder, the tense courtroom drama that unfolds shines light on the true cost of secrets kept.

MISCELLANEOUS

Word Search



TOTHBRUSH
FLASHLIGHT
HEADPHONES
DRIVER'S LICENSE
CAMERA
FIRST AID KIT
FORMAL WEAR
SUNSCREEN
CLOTHES
HAND SANITIZER
RAIN PONCHO
BINOCULARS
HANGERS
CELLPHONE
PASSPORT
LUGGAGE
MONEY
CHARGER

Brain Teasers

1. What is special about these words: job, polish, herb?
2. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?
3. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
4. How can $8 + 8 = 4$?



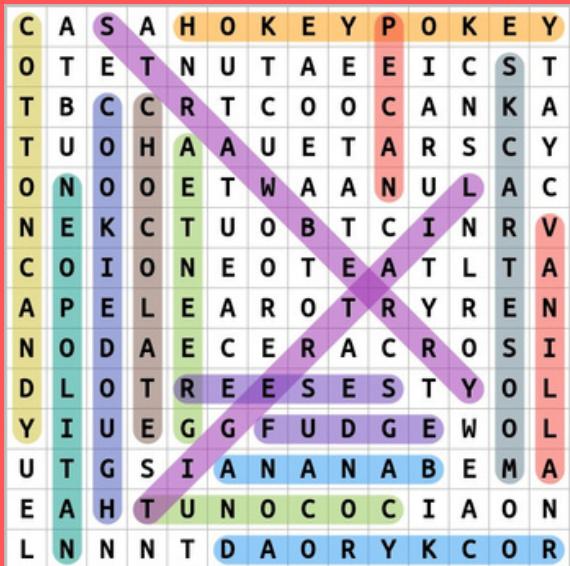
See page 7 for solutions

Photos of the Month 6



Puzzle Solutions

Word Search



Brain Teaser

1. They are pronounced differently when the first letter is capitalized.
2. Love
3. The number 8
4. When you think in terms of time. 8 AM + 8 hours= 4 o'clock.

7 differences are highlighted in picture b



Garfield Heights Senior Center Presents

Senior Center Site Council

ANNUAL PICNIC



ALL SENIORS WHO ARE REGISTERED AND ACTIVE
AT THE SENIOR CENTER ARE INVITED TO ATTEND.
PRESALE TICKETS ARE AVAILABLE. MUST HAVE TICKET TO PARTICIPATE

2023



THURSDAY
AUGUST 24TH

9am-2PM

CUYAHOGA HEIGHTS KLIMA GARDENS

4646 E. 71ST, CLEVELAND OHIO



Lunch Menu

9

Tuesday, August 1

Hawaiian Chicken
Rice Pilaf
Kyoto + Oriental Blend
W.G. Cereal Bar
Mandarin Oranges

ALT=CBG T

Wednesday, August 2

Breaded Fish
Seasoned Potato Wedges
Green Beans
W.G. Bun
Scalloped Apples

ALT=CBG RB

Thursday, August 3

Chicken Parmesan w/ Sauce
Rotini
Spinach + Bermuda Blend
W.G. Wheat
Diced Pears

ALT=CBG RB

Monday, August 7

Salisbury Steak w/ Gravy
Mashed Potatoes
Broccoli
2 W.G. Wheat
Tropical Fruit

ALT=CS TR

Tuesday, August 8

Breaded Chicked Breast
Carrot Coins
Green Peas
W.G. Bun
Pears

ALT=CBG RB

Wednesday, August 9

Sliced Ham w Pineapple Glaze
Cheesy Potatoes
Buttered Beets
W.G. White
Mixed Fruit

ALT=CBG TR

Thursday, August 10

Turkey Tetrazzini
Spaghetti
California Blend
Zucchini
W.G. Wheat
Peaches

ALT=CBG RB

Monday, August 14

Hamburger
Seasoned Potato Wedges
Baked Beans
W.G. Bun
Orange

ALT=CS TR

Tuesday, August 15

Chicken Alfredo
W.G. Pasta w/ Sauce
Broccoli
Cauliflower
W.G. Roll
Apricots

ALT=CBG RB

Wednesday, August 16

Tuna Salad
Cucumber Salad
3 Bean Salad
2 W.G. Wheat
Peaches

ALT=CBG RB

Thursday, August 17

Cheese Ravioli
Antigua Blend
Baby Lima Beans
W.G. Breadsticks
Mandarin Oranges

ALT=CBG RB

Monday, August 21

Stuffed Peppers
Mashed Potatoes
Zucchini
2 W.G. Wheat
Pears

ALT=CS TR

Tuesday, August 22

Chicken Cordon Bleu
Mashed Potatoes w/ Gravy
Brussel Sprouts
2 W.G. White
Banana

ALT=CBG RB

Wednesday, August 23

Beef Stroganoff
Noodles w/ Gravy
Spinach + Harvest Beets
W.G. Wheat
Pineapple Chunks

ALT=CBG T

Thursday, August 24

BBQ Chicken Breast
Macaroni + Cheese
Green Beans
W.G. Corn Bread
Sliced Peaches
Grape Juice

ALT=CGB RB

Monday, August 28

Breaded Chicken Patty
Buttered Baby Carrots
Baked Beans
W.G. Bun
Mixed Fuit

ALT=CS RB

Tuesday, August 29

Steak Stir Fry w/ Sauce
Brown Rice
Kyoto Blend + Peppers/Onions
Vanilla Wafers
Mandarin Oranges

ALT=CBG RB

Wednesday, August 30

Beef Lasagna
Spinach
Corn
W.G. Dinner Roll
Applesause

ALT=CBG RB

Thursday, August 31

Beef Lasagna
Spinach
Corn
W.G. Dinner Roll
Applesause

ALT=CS 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

August Calendar

10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Reserve Lunch
10:30am Chair Volleyball
11:30am Lunch

2

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

11:00am Carnival at Seven Hills
Rehab Center
11:30am Lunch

4

8:30am-11:00pm
Giant Eagle

7

Reserve Lunch
10:00am Coffee with the Mayor
10:00am Monday Meet up
10:30am Cardio Drumming
11:30am Lunch
12:30pm Bingo w/Kaz Company

8

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

INTERNATIONAL CAT DAY!

9

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

INTERNATIONAL COWORKER DAY!

10

11:30am Lunch
12:00pm COLOR PARTY
EXTRAVAGANZA

NATIONAL SMORES DAY!

11

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

14

Reserve Lunch
10:30am Cardio Drumming
11:30am Lunch
12:00pm MF Insurance Group Presentation
12:30pm Bingo w/ MF Insurance Group w/ Toni and Breanna

15

Reserve Lunch
10:00am-1pm Walmart Shopping
10:30am Chair Volleyball
11:30am Lunch
12:15pm Visit with Tenesha from the Fair Housing Center

16

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

LAST DAY TO SWIM

NATIONAL TELL A JOKE DAY!
FOOD DISTRIBUTION
1:00 PM-2:00 PM

17

9:30am-11:30am
Digital Navigators
11:30am Lunch

FOOD DISTRIBUTION
5:00 PM-6:00 PM

18

8:30am-11:00pm
Giant Eagle

21

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

Morning Meal MONDAY
NATIONAL SENIOR CITIZEN DAY!

22

Reserve Lunch
10:30am Chair Volleyball
11:30am Lunch
12:30pm ICE CREAM TRUCK

TREAT TUESDAY

23

10:00am Chair Aerobics
11:30am Lunch

WATER WEDNESDAY

24

9am- 2pm SENIOR PICNIC
11:30am Lunch

THURSDAY

25

TRIP ON THE GOODTIME 3

SENIOR WEEK

SENIOR WEEK

SENIOR WEEK

SENIOR WEEK

28

Reserve Lunch
10:00am Book Discussion
10:30am Cardio Drumming
11:30am Lunch
12:30pm Bingo

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

30

10:00am Chair Aerobics
11:30am Lunch

11:30am Lunch
HAPPY BIRTHDAY!

NATIONAL EAT OUTSIDE DAY!
MONTHLY BIRTHDAY CELEBRATION!

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