



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

Edition #7

| September 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

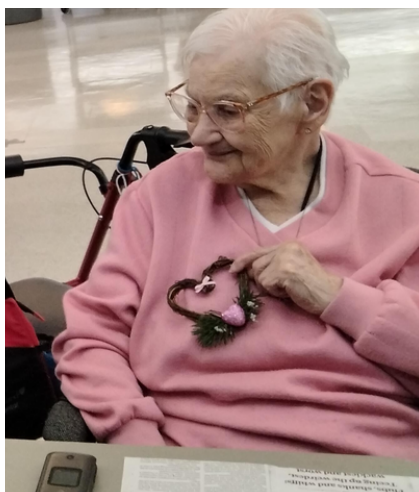


The mission of the City of Garfield Heights Senior Center is to provide information and a range of services, activities, and volunteer opportunities which promote personal growth, health, friendship and independence for older persons.

Senior Spotlight

Anna McCullough

Ms. McCollough has been attending the Garfield Heights Senior Center for over 15 years. She loves coming to the Senior Center and creating things in the craft room.



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

Loretta Arnold- Driver

1 Announcements

Garfield Heights Senior Center Announcements



September Birthdays

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

Janice Boggan
Wesley Jones
Susan Swalius

Willene Griffin
Frank Mercurio
Mary Wornoff

Notice Board

New Senior Center Members

K.T. Dack

Walter Banks

Randy Sparks

Post Office on Wheels

Tuesday, September 26th @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!

Coffee with the Mayor

Wednesday, September 6th @ 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)

A Special Thank You!

Goes out to Mr. Patel from Mr. Hero, and Starbucks in Garfield Hts, for your kind donation to the Senior Center Site Council Picnic. Our seniors are grateful for your generosity and kindness.

Learn to Play Chess

On Monday's @ 10:00am with Geri

Join us on Monday's with Geri.

He will teach you the fundamentals of Chess and possibly challenge you to a game!

Announcements 2

September Special Events

Craft Room News

Our Senior Center Craft Room has received new items to create that special gift. New jewelry and cards are in stock.

Most of you know about our Annual Chinese Raffle and this will be our 16th year hosting this event. We have sent out all our letters for donations and should be receiving items for the Raffle soon.

Our Chinese Raffle will be held December 4th through the 7th. Drawing for the Raffle will be held for all items on Thursday, December 7, 2023 @ 12:00pm. The next few months will be very busy for our craft room. Save your money and stop in to see all the new merchandise we have to sell.

Thanks again for all those who stop in and support our craft room, your kindness and support is greatly appreciated.

Barb Dines ♥

Trip to Drugmart

Every 1st Wednesday
of the month
from 10:00 to 11:30am
\$4.00 Transportation Fee

Volunteer Dinner

Wednesday, September 27, 2023

The 2022/2023 Senior Center Volunteer Dinner has been scheduled.

Those qualifying Seniors who have volunteered their time and have reached over 100 points

are asked to be in attendance.

The Volunteer Dinner will be held
Wednesday, September 27, 2023 @
6:00pm.

Thank you to all our Volunteers, we could not have done it without you!!!!

Day at the Casino

Wednesday, September 13, 2023 @ 10:00am

Come with us to the MGM Northfield Casino. Seniors who are registered and active at the Garfield Heights Senior Center can enjoy a trip for the day to the MGM Casino. The Senior Center bus will depart Garfield Heights Civic Center around 10:00am to go to the Casino and will be leaving the Casino promptly at 1:30pm. Cost for this event is \$5.00, get your presale tickets, seating is limited.

Crafts with Anessia

Tuesday, September 26 @ 12:30pm

Come join in the fun and make a nice craft to kick off the fall season!

3 Announcements

August Recap

August was a busy month for our seniors.

National Ice Cream Sandwich Day was a hit!

Seven Hills Rehabilitation hosted a carnival for the seniors on Thursday, August 3rd. Games, fun, food and prizes were handed out to our seniors. The seniors went to the library for Monday Morning Meetup where they made beautiful string art.

Laketa hosted a color party for our seniors, each table picked a color and sported as many items as they could with that specific color. Norma was the big winner of the basket for this event.

Last day to swim was August 16th and was cancelled due to the weather.

Digital Navigators came to visit our seniors and were able to help some of our seniors with navigation of their phones, and tablets.

Senior week was fun for all. Senior week started on August 21st, where the seniors enjoyed a buffet style breakfast. Tuesday, during Senior Week, the Dreamsicle Ice Cream Truck came to visit the Senior Center. Pie in the face and pin the cherry on the ice cream were a few games the seniors enjoyed playing. Wednesday, during senior week the seniors enjoyed water games for "Water Wednesday". Jennifer our Senior Center Manager, enjoyed squirting the seniors with water guns. On Thursday the Senior Center Site Council hosted their Annual Picnic. Those who purchased a ticket were able to enjoy hotdogs and Hamburgers served with 2 sides. Mayor Matt Burke provided the entertainment. Door prizes, dancing, and a 50/50 raffle, were some of the activities that the seniors were able to enjoy during the picnic.

A trip on the Goodtime III was scheduled for Friday, August 25th. Seniors who are registered and actively attending the Garfield Heights Senior Center were able to purchase tickets for a little less than half the cost, courtesy of the Senior Center Site Council. A Captain's Lunch was served on the "Cruise" where the seniors enjoyed fine dining while taking in the view of the lake. On Tuesday, August 29, a craft was hosted by Anessia, where the seniors made fall candy dishes.

A Message from Site Council

Site Council will host their next meeting on Tuesday, September 12th at 10:00am in Room 118. Let us honor those on Labor Day who have worked hard to make our country great! The Senior Center Site Council will be hosting a raffle to win \$100 worth of lottery tickets. The drawing will be held on Thursday, September 28, 2023 at noon in the Senior Center Room. Happy Labor Day to all of our seniors, you make the Garfield Heights Senior Center great!

Around Town 4



A Message from The Senior Center Manager, Jennifer Sopkovich

Hello Everyone!

Where did our summer go?

As we get ready for the colder months ahead let us enjoy all the fun that fall brings. We enjoyed many activities outside during the summer, and now it is time to prepare for events indoors. We have some exciting activities lined up at our senior center for the colder months. If you have not already signed up to attend the Garfield Heights Senior Center, I encourage you to do so! We provide transportation to our senior residents. Hot meals are served daily, with a monetary donation. Our activities and events provide our seniors with the ability to stay healthy and maintain their independence.

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

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.

Monday Morning Meetup

There will not be a Monday Meetup for the month of September.

Library Book Discussion at The Senior Center

"Inheritance"
by Dani Shapiro.

Thursday, September 28th @ 10:00am in the Solarium
for a discussion of

"Inheritance"

The story of a woman's urgent quest to unlock the story of her own identity, a story that has been scrupulously hidden from her for more than fifty years.

MISCELLANEOUS

Word Search

Picnic

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

SALAMI
CHEESE
GHERKINS
PEPPER
LETTUCE
CUSHION
BUNS
DRINK
PLATES
CLOTH
TEA
BASKET
NAPKINS
SNACKS
SWEETS
SALT
SUGAR
UTENSILS
HAM
MILK

Brain Teasers

1. STONE STONE STONE STONE STONE STONE	2. DOft.OR	3. GO Jan. 6 Jan. 6	4. GREENNV
5. LOOK ME EYE	6. PROMISE	7. L C L U R P B	8. OO ME
9. A+ PERFORM NCE	10. TAKE JOB	11. 8 - 6 = 2	12. NOW ^{HE} RE
13. 21 lb. 18 lb. HAND FOOT	14. SUIT SIT IT T	15. KNOW IT TI	16. HIS.TORY
17. LAWYER	18. T E BED G	19. VIRGO	20. O D C C N U T

What am I ?

I am an odd number.
Take away a letter
and I become even.
What number am I?

See page 7 for solutions

Photos of the Month 6



Puzzle Solutions

Word Search



Brain Teaser

1. Leave no stone unturned
2. Foot in the door
3. Go on a double-date
4. Green with envy
5. Look me square in the eye
6. Broken promise
7. Pull up alongside the curb
8. Excuse me
9. High-grade performance
10. Take on a big job
11. Split the difference
12. He came out of nowhere
13. Wait on hand and foot
14. Suit to a T
15. Know it forward and back
16. A period in history
17. Crooked lawyer
18. Get up on the wrong side of bed
19. Sign on the dotted line
20. Disorderly conduct

What am I?

ANSWER:

The Number 7

The Senior Center Site Council
PRESENTS

MGM Northfield Park



CASINO *Trip*

WEDNESDAY, SEPTEMBER 13, 2023

Presale Tickets \$5.00

TIME: 10:00AM- 1:30PM

Must be a Registered and Active Senior to Participate

MGM Northfield Park, 10777
Northfield Rd, Northfield

Lunch Menu

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Monday, September 4
Closed for Labor Day

Tuesday, September 5
Hamburger
Seasoned Potato Wedges
Baked Beans
W.G. Bun
Sliced Peaches

ALT=CS TR

Wednesday, September 6
Chicken and Dumpling
Green Beans
Spinach
W.G. Wheat
Tropical Fruit

ALT=CBG RB

Thursday, September 7
Breaded Fish
Lima Beans and Carrots
W.G. Bun
Orange

ALT=CBG RB

Monday, September 11
Stuffed Peppers w/ Pasta
Zucchini+Yellow Squash
W.G. Wheat
Fruit Cocktail

ALT=CS TR

Tuesday, September 12
BBQ Chicken
W.G. Macaroni and Cheese
Baked Beans
Sauteed Swiss Chard
W.G. Corn Muffin
Banana

ALT=CBG RB

Wednesday, September 13
Beef Sloppy Joe
Seasoned Potato Wedges
Green Peas
W.G. Bun
Fresh Grapes

ALT=CBG T

Thursday, September 14
Chicken Cordon Bleu
Mashed Potatoes w/Gravy
California Blend
2 W.G. White
Apricots

ALT=CBG RB

Monday, September 18
Stuffed Cabbage
W/ Noodles+Gravy
Mixed Vegetables
W.G. Wheat
Pineapple Chunks
Grape Juice

ALT=CS TR

Tuesday, September 19
Chicken Stir Fry
Brown Rice Pilaf
Kyoto+Oriental Blend
Mandarin Oranges
W.G. Vanilla Wafer

ALT=CBG RB

Wednesday, September 20
Salisbury Steak w/Gravy
Mashed Potatoes
Carrots
W.G. Dinner Roll
Pears

ALT=CBG TR

Thursday, September 21
Roasted Turkey Breast w/Gravy
Bread Stuffing
Sweet Potatoes
Green Peas
W.G. Dinner Roll
Cranberry Juice

ALT=CBG RB

Monday, September 25
Chicken Alfredo
W.G. Pasta
Broccoli+Cauliflower
W.G. White
Sliced Pears

ALT=CS RB

Tuesday, September 26
Breaded Fish
Scalloped Potatoes
Spinach
W.G. Dinner Roll
Mandarin Oranges

ALT=CBG RB

Wednesday, September 27
Rosemary Pork Chop
Sweet Potatoes
Brussel Sprouts
W.G. Wheat
Applesauce

ALT=CBG T

Thursday, September 28
Swedish Meatballs
Noodles w/ Gravy
Green Beans
Red Cabbage
W.G. White
Apricots

ALT=CBG 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

September Calendar 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30am-11:00pm Marc's
4 CLOSED LABOR DAY	5 <u>Reserve Lunch</u> 10:00am Breakfast at The Coffee Cup 11:30am Lunch	6 10:00am Coffee with the Mayor 10:00am Chair Aerobics 11:30am Lunch Trip to Drugmart 10:00am-11:30am	7 11:30am Lunch 12:30 Popcorn and a Movie	8 8:30am-11:00pm Giant Eagle
11 <u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo	12 <u>Reserve Lunch</u> 10:00am SITE COUNCIL MEETING 11:30am Lunch 12:30pm Marymount Hospital- Sepsis and Infection Prevention	13 10:00am Trip to MGM 10:00am Chair Aerobics 11:30am Lunch	14 10:00am Fire Safety w/ Captain Warner from GHTS Fire Dept. 11:30am Lunch 12:30pm Playdoh with Laketia	15 8:30am-11:00pm Marc's
18 <u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo w/ Kaz Company	19 <u>Reserve Lunch</u> 10:30am Trip through Tinker's Creek and stop for lunch at the ParkPlace 11:30am Lunch	20 10:00am Chair Aerobics 11:30am Lunch FOOD DISTRIBUTION 1:00 PM-2:00 PM	21 10:00am Book Discussion in the Salarium 11:30am Lunch FOOD DISTRIBUTION 5:00 PM-6:00 PM	22 8:30am-11:00pm Giant Eagle
25 <u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo w/ Kaz Company	26 <u>Reserve Lunch</u> 9:45AM <u>POST OFFICE ON WHEELS</u> 11:30am Lunch 12:30pm Craft with Anessia	27 10:00am Chair Aerobics 11:30am Lunch VOLUNTEER BANQUET	28 11:30am Lunch 12:30pm Birthday Thursday Sponsored by Eilleen from Harvard Garden Rehab MONTHLY BIRTHDAY CELEBRATION!	29 8:30am-11:00pm Marc's

