



The City of Garfield Heights Senior Center Newsletter

Edition #9

| November 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

Barbara Roslan



Barbara, as a child grew up in Slavic Village and attended South High School. At the age of 17, she married her husband and enjoyed 70 yrs of marriage together. Barb has lived in Garfield Hts. for 63 yrs, raising 5 children. At 91, Barbara is a grandmother of 4, and has 8 great-grandchildren. She worked as a fussy tailor at Richmond Brothers for 25 yrs. In 1967, her and her husband packed up the 5 children and took them to California, traveling the southern route. Upon returning from their trip, they traveled the northern route. Stopping at the major National Parks. The Grand Canyon, the Painted Desert, Petrified Forest, Mt. Rushmore, Death Valley, Yellowstone, Saquoia, and the Great Salt Lake of Utah. In addition they visited Disneyland and swam in the Pacific Ocean. She has fond memories of their family adventures.

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



November Birthdays

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

Florence Clay
Catherine Jones
Dorothea Vernon
Brenda Wilson

Barbara Dines
Barbara Molin
Paulette Williams
Sharon Rice

Welcome New Members

Yvonne Organ
Casandra Murph

Brenda Wilson
Dona Donnelly

Randy Jones

Notice Board

Coffee with the Mayor

Wednesday, November 8th @ 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)

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!

Post Office on Wheels

Tuesday, November 21th @9:45am

Buy some postage or send letters to your family and friends!

A Special Thank you goes to Michelle and Independence Flower!

for the wonderful floral demonstration in the Craft Room.

Thank you, Donna!
For your donation to the Garfield Hts. Foodbank



Happy Birthday Catherine Vlach of Garfield Heights
On October 17, 2023 she turned 108 years young.

Announcements 2

November Special Events

Craft Room News

November will be a very busy month for the Senior Center Craft Room. Due to the holiday approaching, the Craft Room will be limited to the days we will be open in the month of November.

Preparation for our 16th Annual Chinese Raffle and 50/50, along with orders to fill, have kept very busy. Our Chinese Raffle will be held Monday, December 4, 2023 thru Thursday, December 7, 2023.

Winners for the Chinese Raffle will be drawn on Thursday, December 7, 2023 @ 12:30PM. No need to be present to win.

Save your money and come in and purchase a heartfelt gift for your loved ones this holiday season. We have so many new and unique items coming in.

Stop in and see!

If you need something made, please let us know before the holidays. It gets a little busy during this time and we would like to meet the needs of all who would like something made by us.

Remember we have layaway. If there is something in our craft room that you would like to purchase we can place it in layaway, where you will have 60 days to pay for it. You will be able to do your Christmas shopping early by putting the items in layaway.

Thank you for your support and remember all proceeds of sales goes to our Senior Center Site Council to fund special events, parties, etc.

Barb Dines



Veteran's Day

Wednesday, November 11, 2023

The Garfield Heights Senior Center will be honoring our senior veterans who attend the center.



**Honoring All
Veterans on
Veterans Day**

*We thank you for
your service and
sacrifices. We are
forever grateful!*

Crafts with Anessia

Tuesday, November 28th @ 12:30pm

Christmas is right around the corner. Enjoy putting something together for the holiday season.

Come join in the crafting fun!!!!

Trip to Drugmart

Every 1st Wednesday
of the month

from 10:00 to 11:30am
\$4.00 Transportation Fee

3 Announcements

October Recap

The month of October started off slow. Those seniors who will like to shop at Drugmart, we are continuing to provide transportation for this trip every first Wednesday of the month. Due to the cold winter months approaching, this will be weather permitting.

On Wednesday, October 4th the seniors enjoyed a visit from Nicole from Be You tiful Hour. Those who participated enjoyed the art of painting therapy.

October 17th the Center provided the seniors with Polish Boys to kick off Octoberfest.

The Library Book Discussion was held on Thursday, October 19th in the Solarium. Those seniors who participated were able to provide their incite on the current book discussion, "The Wager".

After the Book Discussion, those seniors who signed up, enjoyed a trip to the Canal Big Boy's for lunch.

On Tuesday, October 24th the seniors participated in a craft with Anessia. They made spooky light up ghosts out of Cheesecloth.

The weather is starting to get colder, where the seniors who attend the Senior Center will be doing a lot of activities inside. Starting this month we provided the seniors with a Movie and Popcorn Day. This was held on Wednesday, October 25th. If interested in future Movie Days, check the calendar on the last page for our next scheduled Movie Day! Birthday Thursday was held on Thursday, October 26th for those who were born in the month of October, courtesy of Eileen from Harvard Garden Rehab.

Happy Halloween!!!!

The Senior Center Staff and Site Council Sponsored a Halloween Party on

on Thursday, October 31st. It was a fun filled party where the seniors dressed in their most impressive costumes and Trick or Treated throughout the different departments of City Hall.

The seniors chose to have a delicious cuisine of Chinese food for the Halloween Party. To end the Party, the Senior Center Site Council held a Costume Contest. The categories were Best, Scariest, and Funniest Costumes. Photos will be posted in next month's newsletter.

Stay tuned for next month's Recap!!

A Message from Site Council

Site Council will host their monthly meeting on Tuesday, November 14th at 10:00am in Room 118. November is the month where we reflect on what we are most thankful for. Whether that be family, friends, health or even those who come to the Senior Center on a daily basis. Everyone have a wonderful Thanksgiving!



Around Town 4

A Message from The Senior Center Manager, Jennifer Sopkovich



Hello Everyone!

Winter is upon us, and with that comes bad weather!

The safety of our seniors is our first priority at the Garfield Heights Senior Center. To all of my seniors who attend our center, please dress according to the forecast when leaving to come to the Senior Center. By dressing warm and wearing boots, we can prevent those winter mishaps. We do not want any of our seniors falling on the ice. Please enter the center through our Main Lobby Entrance. The back door is no longer being used to gain access to our center.

Our 2nd Annual Adopt A Senior will start during, and there after, the lighting ceremony on Sunday, November 19, 2023, from 3pm-6pm. Stop by and sponsor a senior for Christmas! Pick your senior off of our tree located in the lobby of the Civic Center. Our seniors have listed a few items they would like or need on the back of their ticket. Please join us in making this holiday season special for all of our seniors. Those who attend the Senior Center and those who receive Homebound Meals. Donations for this event are always welcome and can be dropped off at the Reception Desk at City Hall!

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

November 6th@ 10:00am at the library
The seniors will be making art with paint

Library Book Discussion at The Senior Center

"In Love"

by Amy Bloom

Wednesday, November 22nd @ 10:00am in the Solarium

for a discussion of

"In Love"

A powerful memoir of love that leads 2 people to find a courageous way to part, and a woman's struggle to go forward in the face of loss.

MISCELLANEOUS

Word Search

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

BLACK FRIDAY
 FAMILY
 TURKEY
 GRAVY
 STUFFING
 HARVEST
 CELEBRATE
 PUMPKIN PIE
 PILGRIMS
 MASHED POTATOES
 NOVEMBER
 FEAST
 CORN
 GREEN PEAS
 THANKSGIVING
 FALL
 AUTUMN
 PLYMOUTH

Brain Teasers

When is it bad luck to see a black cat?

How do you spell candy in 2 letters?

What makes skeletons strong and black cats purr with delight?

Why did the witch refuse to wear a flat hat?

Why didn't the skeleton have fun at the party?

Unscramble the Words

- SATFE _____
- ERINSRAERBC _____
- TKCRSIDMU _____
- YRGVA _____
- EDRAB _____
- CONR _____
- YSAM _____
- LBGBEO _____
- YTDRHAUS _____
- ERKUYT _____
- IFFUSGNT _____
- LRSLO _____
- PNUKPIM _____
- RTSDEES _____
- ADIINSN _____
- NIERDN _____

See page 7 for solutions

Photos of the Month 6



Puzzle Solutions

Word Search



Brain Teaser

When you're a mouse.

C and Y (C-and-y).


Milk.

There was no point to it.

He didn't have any
body to dance with.

Answers To Word Scramble

Feast
Cranberries
Drumstick
Gravy
Bread
Corn
Yams
Gobble
Thursday
Turkey
Stuffing
Rolls
Pumpkin
Dessert
Indians
Dinner



This is our 2nd year for the Adopt-A-Senior program! We are very excited to offer this program to our senior center and homebound meal recipients in the City of Garfield Heights, again this year!

Christmas

ADOPT A SENIOR

FOR THE HOLIDAYS

- **HOW IT WORKS:**
- Drop by the Garfield Heights Civic Center located at 5407 Turney Rd. and select a name of a senior off of the tree (located in our main lobby). The seniors have listed 3 items on the back of each tag that they would wish to have for the holidays.
- Bring tag you have selected up to the Reception Desk to check off the senior's name you have selected and to sign your name and telephone number to that specific senior.
- Return gifts along with selected tag with senior's name to the Civic Center no later than Thursday, December 15, 2023.
- Each senior will receive their gifts during our Senior Center Christmas Party.

HOSTED BY THE SENIOR CENTER ADMINISTRATION

Lunch Menu

9

Wednesday, November 2

Sloppy Joe
Oven Roasted Potatoes
Lima Beans
W.G.Hamburger Bun
Sliced Pears
ALT=CBG TR

Thursday, November 3

Lemon Chicken w/ Rice Pilaf
Asian Blend + Green Peas
W.G. Wheat
Tropical Fruit
ALT=CBG RB

Monday, November 6

Stuffed Cabbage w/ Beef
Mashed Potatoes w/ Sauce
Buttered Beets
W.G.White
Mixed Fruit
ALT=CS TR

Tuesday, November 7

Tomato Basil Chicken
W.G. Pasta w/ Sauce
Mixed Vegetables
Breadstick
Peaches
Grape Juice
ALT=CBG T

Wednesday, November 8

Beef Stew
Brussel Sprouts
Buttered Sliced Carrots
2 W.G.Wheat
Banana
ALT=CBG RB

Thursday, November 9

Breaded Chicken Breast Patty
Buttered Beets
Broccoli
W.G.Bun
Pears
ALT=CBG RB

Monday, November 13

Hamburger
Roasted Potato Wedges
Baked Beans
W.G. Hamburger Bun
Apricots
ALT=CS T

Tuesday, November 14

Meatballs
Spaghetti w/ Sauce
Green Beans + Cauliflower
W.G.Wheat
Pineapple Chunks
ALT=CBG TR

Wednesday, November 15

BBQ Chicken Breast
Macaroni and Cheese
Spinach
W.G. Corn Muffin
Sliced Peaches
Apple Juice
ALT=CBG RB

Thursday, November 16

Salisbury Steak w/ Gravy
Noodles
Red Cabbage + Green Beans
W.G. White
Peaches
ALT=CBG T

Monday, November 20

Beef Stroganoff
Noodles w/ Gravy
Mixed Vegetables + Cauliflower
W.G.Wheat
Pears
ALT=CS TR

Wednesday, November 21

Sweet and Sour Pork Loin
Rice Pilaf
Red Cabbage + Peas
W.G. Vanilla Wafers
Applesauce
ALT=CBG T

Tuesday, November 22

Roasted Turkey Breast w/ Gravy
Stuffing
Green Beans
Sweet Potatoes
W.G.Dinner Roll
Cranberry Juice
ALT=CBG RB

Thursday, November 23

Thanksgiving CLOSED

Monday, November 27

Vegetable Lasagna
Cauliflower + Zucchini
2 W.G. White
Diced Pears
ALT=CS T

Tuesday, November 28

Stuffed Peppers w/ Sauce
W.G. Pasta
Mixed Vegetables + Broccoli
W.G.Wheat
Orange
ALT=CBG TR

Wednesday, November 29

Chicken Cordon Bleu
Mashed Potatoes w/Gravy
Green Peas
2 Whole Grain White
Apricots
ALT=CBG RB

Monday, November 30

Chicken Stew
Corn w/ Red Bell Peppers
Peas + Carrots
Corn Bread
Orange
ALT=CBG 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

November Calendar 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00am Chair Aerobics 11:30am Lunch Trip to Drugmart 10:00am-11:30am	2 11:30am Lunch	3 8:30am-11:00pm Giant Eagle
6 <u>Reserve Lunch</u> 10:00am Monday Morning Meetup @ Library 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming Lunch 12:30pm Bingo	7 <u>Reserve Lunch</u> 10:00am Trip to Bob Evans 11:30am Lunch	8 10:00am Chair Aerobics 10:00am Coffee with the Mayor 11:30am Lunch	9 10:00am Honoring our Senior Veteran's 11:30am Lunch 12:30pm Trip through Tinker's Creek	10 CLOSED VETERAN'S DAY
13 <u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo	14 <u>Reserve Lunch</u> 10:00am SITE COUNCIL MEETING 11:30am Lunch	15 10:00am Chair Aerobics 11:30am Lunch FOOD DISTRIBUTION 1:00 PM-2:00 PM	16 9:30am-1:30am Garfield Hts. High School Fall Presentation at GHTS Performing Arts 11:30am Lunch FOOD DISTRIBUTION 5:00 PM-6:00 PM	17 8:30am-11:00pm Meijers
20 <u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo	21 <u>Reserve Lunch</u> 9:45AM <u>POST OFFICE ON WHEELS</u> 11:30am Lunch 12:00pm TRIP to MARCS	22 10:00am Book Discussion in the Solarium 10:00am Chair Aerobics 11:30am Lunch 12-2pm Movie and Popcorn	23 THANKSGIVING CLOSED	24 DAY AFTER THANKSGIVING CLOSED
27 <u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo	28 <u>Reserve Lunch</u> 11:30am Lunch 12:30pm Craft with Anessia	29 10:00am Chair Aerobics 11:00am lunch at Arthur Treachers 11:30am Lunch	30 11:30am Lunch 12:30pm Birthday Celebration w/Eileen from Harvard Garden Rehab MONTHLY BIRTHDAY CELEBRATION!	

