



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

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

Edition #10

December 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.

Senior Spotlight

Ilona Thurner



Ilona was born in Szombathely, Hungary, and lived in Germany for 6 years.

She is fluent in the German and Hungarian languages. In 1951 she moved to the United States and made her home in Cleveland, Ohio where she raised 4 children. Ilona is a graduate of Lourdes Academy. She worked for and retired from the phone company. Her hobbies are cooking, baking, knitting, crocheting. She also likes reading and board games.

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

Larry Speights- Receptionist

Marlene Kalish - Receptionist

Ralph Redmon - Driver

Melvin Davis - Driver

Loretta Arnold- Driver



**STAFFING UNDER CONSTRUCTION.....Please be patient as we
work diligently to maximize our Senior Center Staff**



1 Announcements

Garfield Heights Senior Center Announcements



December Birthdays

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

Gerald Clough

KT Dack

Joan Dubas

Nancy Fitch

Barbara Roslan

Gayle Wilson

Shirley Rozmarynowski

Welcome New Members

Patricia Figart Shirley Couch Ruth Harrison

Richard & Theresa Pontious

Brenda Loveless Lyonnae Thomas

Eileen Quarterman

Notice Board

Coffee with the Mayor

Wednesday, December 20th @ 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!

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!

Craftroom Hours

Monday - Thursday
9am- 2pm

A Special "Thank you "goes to Marymount MEC Philanthropy Committee
For the generous donation to our Senior Center



Post Office on Wheels

Tuesday, December 26th @9:45am

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

A Special "Thank you "goes to Lennette Moore
for all the kind and generous donations she has made to our Foodbank and Senior Center

Transportation Costs

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

Announcements 2

December Special Events

Craft Room News

December 4th thru December 7th our Craft Room will be **closed** for the annual Chinese Raffle and 50/50.

The winners will be pulled on Thursday, December 7, 2023 @ 12:30pm. You do not need to be present to win!!!!

Everything will be back to normal on Monday, December 11, 2023.

The ladies and Nick have worked very hard preparing for our Chinese Raffle and deserve a lot of credit for all that they do.

The Craft Room layaways will need to be paid in full by Wednesday, December 20, 2023. Your support is greatly appreciated and have a wonderful Holiday Season!

Barb Dines ❤

Ugly Sweater Party with Laketia

Wear your most **unattractive** sweaters for the holiday season
Thursday,
December 14, 2023
@ 12:30pm

Crafts with Anessia

Wednesday, December 13th @ 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

Has been Cancelled
for the month of December,
Due to shopping trip to
Great Northern Mall .

3 Announcements

November Recap

On Monday, November 4th the seniors went to the library for Monday Morning Meetup, where they made beautiful suncatchers. A trip to Bob Evans was enjoyed by those who signed up for lunch on Tuesday, November 7th.

Mayor Matthew Burke visited the Senior Center and had coffee with our seniors. Everyone had a good conversation and the seniors were kept up to date with current events in the city.

On Thursday, November 9, 2023 the Senior Center honored all of the senior veterans who attend the center.

The Senior Center Manager, Jennifer Sopkovich hosted a Surprise Thanksgiving Dinner for the seniors on Monday, November 13th. The seniors enjoyed homemade stuffing, turkey breast, sweet potato casserole, gravy, green beans w/ black eyed peas, greens, and corn salad. For dessert they enjoyed apple cobbler. All of the seniors in attendance were amazed and surprised at the feast that was served to them.

Some of the seniors took a trip to the Garfield Heights High School on November 16th, where they enjoyed watching a play performed by the high school students. The seniors met in Room 118 for their monthly book discussion on the 22nd. The seniors were able to share their views on the latest book discussion, hosted by the Garfield Hts. library.

Hope everyone enjoyed their Thanksgiving! The center's monthly craft was held on November 30th with Anessia. They enjoyed making a Holiday Centerpiece, made to look like a snowman hat.



A Message from Site Council

December will be filled with Christmas cookies, bright red and blue lights on a green Christmas tree. Children dreaming of all the wonderful surprises that await them on that special day. Our seniors will be dreaming of all the wonderful surprises Jennifer, Laketia, and Anessia have in store for them. Site Council will host their monthly meeting on Tuesday, December 12th at 10:00am in Room 118.

Around Town 4

A Message from The Senior Center Manager, Jennifer Sopkovich



Hello Everyone! Happy Holidays to all!!

Our 2nd Annual Adopt A Senior is in full force and we still have tickets on the tree. Please consider adopting a senior this holiday season. Stop by and pick a senior off of our tree located in the lobby of the Civic Center. 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!

I hope that everyone has a safe and pleasant holiday season.

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

December 4th@ 10:00am at the library
The seniors will be making art with paint

Library Book Discussion at The Senior Center

Thursday, December 21, 2023 @ 10:00am in Room 118

"Lessons in Chemistry"
by Bonnie Garmus

This book tells the story of Elizabeth Zott, who becomes a beloved cooking show host in 1960s Southern California after being fired as a chemist a decade earlier.

MISCELLANEOUS

Word Search

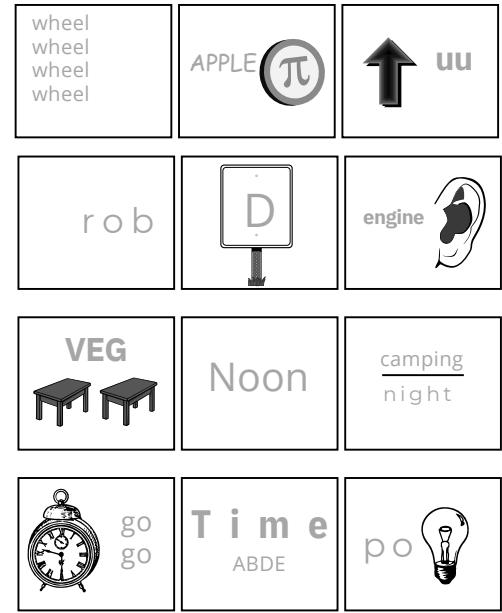
Christmas



CANDY CANES
TREE
JOLLY
JACK FROST
GINGERBREAD
SNOWFLAKE
CRACKERS
MANGER
CHRISTMAS
MERRY
FRIENDS
DECORATIONS
NATIVITY
SANTA CLAUS
GIFTS
FAMILY
ANGEL

Brain Teasers

Can you guess the words and expressions?



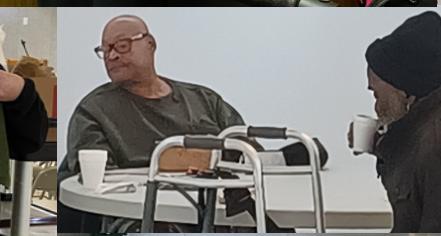
When does Christmas
come before
Thanksgiving?

See page 7 for solutions

Photos of the Month 6

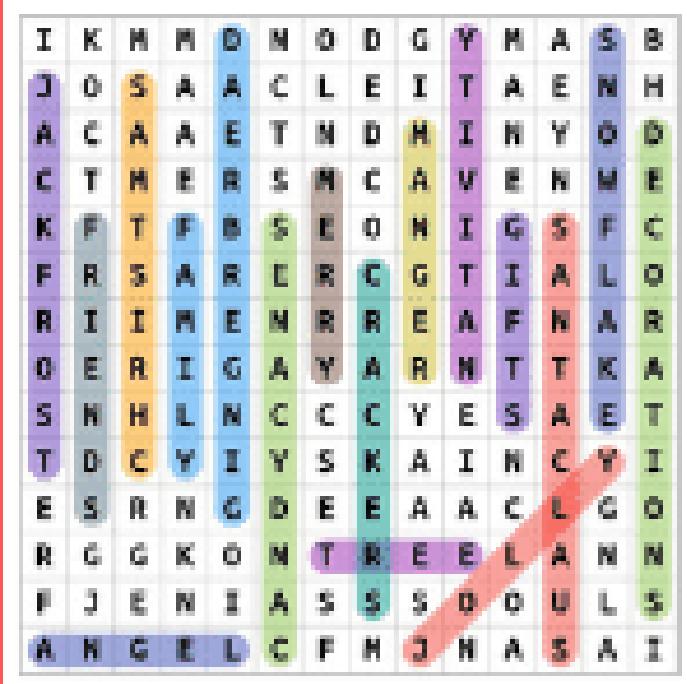


A sincere “thank you” goes out to Rashmi at the UPS Store. She always has an eye for detail and ensures that our newsletter is on time every month!



Puzzle Solutions

Word Search



Brain Teaser

1. Four Wheel Drive
2. Apple Pie
3. Up to You
4. Robin Hood
5. Design
6. Engineer
7. Vegetables
8. Afternoon Tea
9. Camping Overnight
10. Time to Go
11. Long Time no See
12. Polite

In the Dictionary

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

Monday, December 4

Chicken Alfredo w/ W.G. Pasta
Mixed Vegetables
Broccoli
W.G. White
Sliced Pears

ALT=CS RB

Tuesday, December 5

Beef Ravioli
Cereal Bar
Green Beans + Corn
Fruit Cocktail
Vanilla Wafers

ALT=CBG TR

Wednesday, December 6

Stuffed Cabbage w/ Beef
Mashed Potatoes w/ Gravy
Harvest Beets
W.G. Dinner Roll
Scalloped Apples

ALT=CBG T

Thursday, December 7

BBQ Chicken Breast
Macaroni and Cheese
Spinach
Baked Beans
W.G. Corn Muffin
Sliced Peaches

ALT=CBG RB

Monday, December 11

Stuffed Peppers w/ Sauce
Mashed Potatoes
Baby Lima Beans
W.G. Wheat Biscuit
Tropical Fruit

ALT=CS TR

Tuesday, December 12

Breaded Fish w/ Tartar Sauce
Brown Rice
Antigua Blend +Brussel Sprouts
W.G. White
Banana

ALT=CBG RB

Wednesday, December 13

Sloppy Joe
Sweet Potatoes
Cape Cod Blend
W.G. Hamburger Bun
Apricots

ALT=CBG TR

Thursday, December 14

Tomato Basil Chicken
W.G. Pasta w/ Sauce
Mixed Vegetables + Broccoli
W.G. White
Orange

ALT=CBG T

Monday, December 18

Swedish Meatballs
Mashed Potatoes w/ Gravy
Broccoli
2 W.G. White
Apricots

ALT=CS TR

Tuesday, December 19

Breaded Chicken Breast
W.G. Pasta w/ Sauce
Capri Blend + Spinach
W.G. Breadstick
Sliced Peaches

ALT=CBG RB

Wednesday, December 20

Sweet & Sour Pork
Rice Pilaf
Sautéed Mushrooms
Beets
W.G. White
Orange

ALT=CBG TR

Thursday, December 21

Roasted Turkey Breast
Stuffing w/ Gravy
Butternut Squash + Green Beans
W.G. Dinner Roll
Cranberry Juice

ALT=CBG T

Monday, December 25

Closed
Christmas

Tuesday, December 26

Breaded Fish
Rice Pilaf
Glazed Carrots + Spinach
W.G. Wheat
Grape Juice

ALT=CS RB

Wednesday, December 27

Turkey Tetrazzini w/ Spaghetti
Mixed Vegetables + Cauliflower
W.G. White
Banana

ALT=CBG RB

Thursday, December 28

Chicken Cordon Bleu
Mashed Potatoes
Harvard Beets
2 W.G. White
Sliced Peaches

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

December Calendar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30am-11:00pm Giant Eagle
4 Reserve Lunch 10:00am Monday Morning Meetup @ Library 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo Magic Lights w/ Mayor Burke	5 Reserve Lunch 10:00am 11:30am Lunch 12:30pm Line Dancing w/ Carolyn	6 10:00am Chair Aerobics 11:00am Trip to Great Northern Mall 11:30am Lunch	7 10:00am Chair Volleyball 11:30am Lunch 12:30pm Movie Day	8 8:30am-11:00pm Marc's
11 Reserve Lunch 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo	12 Reserve Lunch 10:00am SITE COUNCIL MEETING 11:30am Lunch	13 10:00am Chair Aerobics 10:30am GHCS Choir Performance 11:30am Lunch 12:30pm Craft with Anessia	14 9:00am Dr Diamond 10:00am Chair Volleyball 11:30am Lunch 12:30pm Ugly Sweater Party w/ Laketia Christmas Sock Exchange	15 8:30am-11:00pm Giant Eagle
18 Reserve Lunch 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo *WEAR YOUR FAVORITE XMAS PAJAMAS*	19 Reserve Lunch 11:30am Lunch 12:30pm Line Dancing w/ Carolyn *BRING IN YOUR FAVORITE XMAS PICTURE HOLIDAY	20 10:00am Coffee with the Mayor 10:00am Chair Aerobics 11:30am Lunch *WEAR YOUR FAVORITE XMAS HAT FOOD DISTRIBUTION 1:00 PM-2:00 PM SPIRIT	21 10:00am Book Discussion in Room 118 10:00am Chair Volleyball 11:30am Lunch *WEAR YOUR FAVORITE XMAS OUTFIT FOOD DISTRIBUTION 5:00 PM-6:00 PM WEEK	22 Closed for Christmas
25 Merry Christmas 	26 Reserve Lunch 9:45am <u>Post Office on Wheels</u> 11:30am Lunch	27 10:00am Chair Aerobics 11:30am Lunch 12:30pm Bingo	29 10:00am Chair Volleyball 11:30am Lunch 12:30pm New Years Eve Party Birthday Celebration w/Eileen from Harvard Garden Rehab MONTHLY BIRTHDAY CELEBRATION!	Closed for New Years



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