



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #23

JANUARY 2025

CONTACT

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garfieldhths.org/216/Senior-Center

CENTER HOURS

Monday - Thursday: 9:00am - 2:00pm

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TELEPHONE GUIDE

Civic Center

216-475-1100

Senior Center

216-475-3244

Complaint Line

216-475-1199

Fire Department

Station 1 - 216-475-4053

Station 2 - 216-475-5997

Marymount Hospital

216-581-0500

GH Post Office

216-581-9308

GH Historical Society

216-475-3050



MONTHLY EVENTS

COFFEE WITH THE MAYOR

Thursday, January 16, 2025 @ 10:00am

Come to the Senior Center and enjoy a fresh cup of coffee with Mayor Burke and hear about the newest improvements and events that are happening in the City of Garfield Heights.

SENIOR CENTER SITE COUNCIL MEETING

Tuesday, January 14, 2025 @ 10:00am in Room 118

The Site Council are a group of seniors who attend the Garfield Heights Senior Center. They are elected by seniors to chair on behalf of all who attend the center. They are a Nonprofit Organization which carries a 501(C)3. This allows the Site Council to fund raise for a variety of events, trips, parties, etc. for all who are registered and attend the Garfield Heights Senior Center. The Site Council hosts a meeting on the second Tuesday of every month. Come and hear what is planned for our seniors for the coming months.

POST OFFICE ON WHEELS

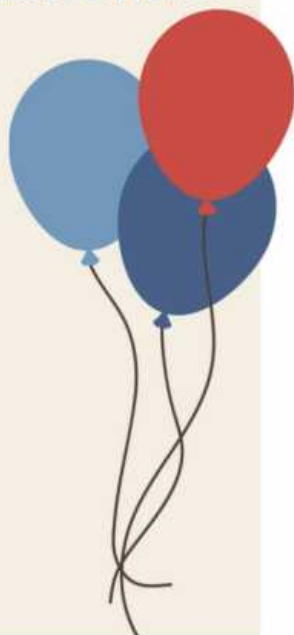
Tuesday, January 28, 2025 @ 9:45am

Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

JANUARY BIRTHDAYS!

WE WOULD LIKE TO WISH A VERY HAPPY BIRTHDAY TO THESE SPECIAL SENIORS:

Ed Chraska 1/19
Debra Farnham 1/18
Marlene Hollinger 1/25
Oscar Jones 1/28
Elaine Kuchia 1/21
Ann McCullough 1/27
Marlene Washington 1/5



WELCOME OUR NEW SENIORS TO THE CENTER

John and Renae Cassmer
Janet Kidd Martha Simmons

JOHN P. KOSCIANSKI
Attorney at Law
440-845-0500

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MESSAGE FROM SITE COUNCIL

January 2025, brings a new beginning for each senior and our Site Council. Elections will be the first event on Tuesday, January 14, 2025. Seniors meet us in Room 118 at 10:00am. Let us all start the new year with a new beginning. Happ New Year to all of our wonderful seniors!

A sincere thank you goes to the Medical Executive Committee at Cleveland Clinic/Marymount, for their kind and generous donation to the Garfield Heights Foodbank. Donations like yours, help us to service more of our families in need.



CRAFTROOM NEWS

CRAFTROOM HOURS: M-TH, 9AM-2PM

Happy New Year to all! Our raffle was enjoyed by all who participated. It would not have been a success without all the new and familiar faces who came to show their support. Many of the participants were surprised when their name was called, and they won something special.

Congrats to Don Straight for winning the 50/50 raffle. Many new faces came through to show their support and we did have to remind a few that our raffle was in full force. Hopefully everyone who wanted to participate, got the opportunity. Thank you to all who took the time to volunteer, and of course those who came in a bought tickets. Your support is greatly appreciated and proceeds will help our Site Council with future parties, activities and trips for 2025.

Barb Dines ❤️

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

KAHOOT IS BACK!! EVERY TUESDAY, FROM 10-11AM

Come join the seniors and challenge your mind. Kahoot is a game based learning platform, with many topics to choose from. You can play alone or compete against another player. Put your skills to the test and learn something along the way

CRAFT WITH ANESSIA WEDNESDAY, JANUARY 22, 2025

Come and enjoy putting together a craft to celebrate the holiday season!

COGNITIVE CONNECTIONS WEDNESDAY, JANUARY 29, 2025 FROM 10-11:30AM

Nandita Srikumar will be here to discuss the 5 pillars of brain health. Along with techniques, cognitive fitness and an activity station, all to help improve brain health.

SENIOR CENTER REGISTRATION and TRANSPORTATION INFORMATION

Are you an older adult and looking for something to do?
(Must provide own transportation outside of Garfield Heights).

Adults 55+ years older are welcome to attend our center.

The Garfield Heights Senior Center provides lunches to those who are 60+ years and attend our center, for a suggested \$1.50 donation. The Center is open M-TH, from 9am to 2pm.

Transportation is available to those seniors who live in Garfield Heights. Come register and enjoy meeting new people, exercise, Trips, parties, crafts, informational presentations, and much, much, more. Call the Senior Center at 216-475-3244 where we can set up a time for you to visit and take a tour.

TRANSPORTATION COSTS

Senior Center - \$0.25 (round trip)

Local Medical Trips - \$3.00 (round trip)

Local Errands - \$4.00 (round trip)



MGM NORTHFIELD CASINO THURSDAY, JANUARY 30, 2025 10:00AM

Come join us for a trip to the MGM Northfield Casino. Enjoy lunch and see if lady luck is on your side! Transportation fee \$3.00. **Must be a registered senior. No walk-ins will be accepted for this trip.**

**Must have ticket to participate.
Nontransferable/ Nonrefundable**

LUNCH AT BOB EVANS THURSDAY, JANUARY 9, 2025 @ 11:00AM

Requested by our seniors who attend the center, we will be taking a lunch trip to Bob Evans on Thursday, January 9, 2025, @ 11:00am. There will be a \$2.00 transportation cost. **Must be a registered senior. No walk-ins will be accepted for this lunch trip. Must have ticket to participate. Nontransferable/ Nonrefundable**



"Nothing can dim the
light that shines
from within."
-Maya Angelou

A MESSAGE FROM THE SENIOR CENTER MANAGER, JENNIFER SOPKOVICH

Hello Everyone,
Happy New Year!
I hope everyone enjoyed their Christmas. I wanted to take a moment to remind everyone that if the Garfield Heights City Schools are closed due to the weather, the Senior Center and Home Delivered Meals Program is closed. We want our seniors to stay safe during any inclement weather conditions. I am currently working some new ideas I would like to implement throughout the year, and I will keep all of you posted once things come together.



THANK YOU!!!!!!

THE SENIOR CENTER STAFF WOULD LIKE TO TAKE A MOMENT AND THANK EVERYONE WHO PARTICIPATED IN OUR 3RD ANNUAL ADOPT-A-SENIOR FOR THE HOLIDAYS PROGRAM. IT WAS A HUGE SUCCESS AND WE COULD NOT HAVE DONE THIS WITHOUT ALL OF YOU! FROM ALL THOSE WHO TOOK THE TIME TO STOP IN AT THE CIVIC CENTER AND ADOPT ONE OF OUR SENIORS, TO THOSE WHO VOLUNTEERED THEIR TIME TO HELP WITH THE PARTY FESTIVITIES. WE LOVE SEEING THE FACES OF THE SENIORS WHEN THEY OPEN THEIR GIFTS. WITH YOUR HELP WE WERE ABLE TO PROVIDE GIFTS TO OVER 125 SENIORS, WHICH INCLUDE 30 OF OUR HOMEBOUND RECIPIENTS. AGAIN, THANK YOU FROM THE BOTTOM OF OUR HEART TO ALL WHO PARTICIPATED.

A friendly reminder to all our registered seniors. Please bring in your favorite recipes to be highlighted in our newsletter for all of 2025.

SCHEDULED EVENTS

PLEASE KEEP IN MIND ALL ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY AND CIRCUMSTANCES OUT OF OUR CONTROL.

SENIOR RECIPE

STEAK CANTONESE

1-1/2 lbs. Flank Steak	2 T. Salad Oil
2 T. Soy Sauce	1 Can (10oz.)
1 t. Vinegar	Tomato Soup
1 Med. Garlic Clove, Minced	1 Cup Sliced Water
1/2 t. Dry Mustard	Chestnuts
1 lb. Fresh Broccoli	

Thinly slice flank steak, across grain. Combine 1/4 cup water, soy sauce, vinegar, garlic and mustard. Add steak to mixture and marinate 1 hour. Remove florets from broccoli. Pour oil into wok or skillet, and heat at high about 1 min. Add steak, marinade, and florets to skillet, cook 5 minutes, stirring often.

Add 1/4 cup of water, cook until broccoli is tender. Makes 6 cups.

Learn to Play Chess w/ Gerry

Gerry is a registered senior who loves to play chess!

He is at the center to teach the fundamentals of chess on Monday's @ 10am. If chess isn't your thing, he is willing to challenge you to a game of checkers.

6 DID YOU KNOW?



Cuyahoga County Public Library DIGITAL NAVIGATORS

Ask CCPL Digital Navigators any questions you may have about navigating your tablet or cell phone. They are here to assist those who need some extra technical support with these devices. Call the library at 216-749-9420 to make an appointment with one of their Digital Navigators at a CCPL branch.

MONDAY MORNING MEETUP
1ST MONDAY OF EVERY MONTH AT THE LIBRARY
MUST REGISTER
MONDAY, JANUARY 6, 2025 @ 10:00AM
AT THE LIBRARY

LIBRARY BOOK DISCUSSION AT THE SENIOR CENTER

THURSDAY, JANUARY 23, 2025
@ 10AM IN THE SOLARIUM

Death at the Sign of the Rook
By: Kate Atkinson

This story brings to us a range of quirky and eccentric characters, a murder that takes place in a manor house whilst the lord of the manor is actually holding a murder mystery party.

WII BOWLING 2025 WINTER LEAGUE

Weekly Bowling Sessions
You can bowl your games
Every Monday and Wednesday
Between the hours of 9am and 10am
**\$3.00 PER SESSION TO BOWL. ALL
PROCEEDS GO TOWARDS BOWLING
BANQUET AT THE END OF THE SEASON.**



WORD SEARCH

Types of candy

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

PEPPERMINT
 LOLLIPOP
 LAFFY TAFFY
 POP ROCKS
 CHINESE CANDY
 JAW BRAKERS
 MARSHMALLOW
 AIR HEADS
 SUCKERS
 COTTON CANDY
 CHOCOLATE
 JOLLY RANCHERS
 TOOTSIE POP
 WHOPPERS
 GUM
 SMARTIES
 CARAMEL
 REESE CUP

RIDDLE ME THIS...

They fill me up and you empty me, almost every day; if you raise my arm, I work the opposite way. What am I?



Line Dancing
Every Tuesday @ noon
 Come and enjoy learning the latest line dancing steps with Carolyn. Every Tuesday @ 12:00pm. Check our monthly calendar should something change.



Cardio Drumming
Every Monday @ 10am
 Join our group of seniors every Monday @ 10am, who love exercising while drumming to their favorite tunes.

8 LUNCH MENU

Wednesday, January 1

**Closed in Observance of
the New Year**

Thursday, January 2

Stuffed Cabbage
Mashed Potatoes
Beets
2 W.G. Wheat
Sliced Apricots

ALT = CBG T

Monday, January 6

Beef Meatloaf w/Gravy
Baked Beans
Corn w/Red Peppers
W.G. Roll
Orange

ALT = CS V

Tuesday, January 7

Breaded Fish
Potato Wedges
Cole Slaw
W.G. Hamburger Bun
Applesauce

ALT = CBG RB

Wednesday, January 8

Salisbury Steak w/Gravy
Mashed Potatoes
Peas
2 W.G. Wheat
Diced Peaches

ALT = CF V

Thursday, January 9

Chicken Marsala
Brown Rice
Butternut Squash
Broccoli
W.G. Wheat
Mandarin Oranges

ALT = CBG RB

Monday, January 13

Beef Sloppy Joe
Seasoned Potato Wedges
Buttered Beets
W.G. Bun
Tropical Fruit

ALT = CS TR

Tuesday, January 14

BBQ Chicken
Macaroni & Cheese
Sweet Potatoes
Spinach
W.G. White
Peaches

ALT = CBG RB

Wednesday, January 15

Vegetable Lasagna
California Blend
W.G. Dinner Roll
Mixed Fruit
Grape Juice

ALT = CF RB

Thursday, January 16

Swedish Meatballs
Noodles
Peas & Carrots
W.G. White
Sliced Apricots

ALT = CBG V

Monday, January 20

**Closed In
Observance of
Martin Luther King Day**

Tuesday, January 21

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

ALT = CBG TR

Wednesday, January 22

Stuffed Peppers
Mashed Potatoes
Green Beans
2 W.G. Wheat
Sliced Pears

ALT = CF T

Thursday, January 23

Roasted Turkey Breast
Stuffing w/Gravy
Butternut Squash + Mixed Veggies
W.G. White
Banana

ALT = CBG RB

Monday, January 27

Breaded Fish
Rice Pilaf
Corn + Broccoli
W.G. Wheat
Pineapple Tidbits

ALT = CS TR

Tuesday, January 28

Hamburger
Seasoned Potato Wedges
Baked Beans
W.G. Bun
Sliced Pears

ALT = CBG TR

Wednesday, January 15

Chicken Stuffed with Broccoli
Mashed Potatoes
Green Beans
W.G. Wheat
W.G. Vanilla Wafers
Orange

ALT = CF RB

Thursday, December 26

Sliced Ham w/ Pineapple Glaze
Mixed Vegetables
Cheesy Potatoes
W.G. Corn Muffin
Cinnamon Applesauce

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, V = Cheese
Alternatives are available everyday.
ALT CS = Chicken Salad w/Croissant,
ALT CBG = Spring Lettuce Salad w/Chicken Breast
ALT CF = Chef Salad w/ Ham, Egg + Cheese

JANUARY CALENDAR 9

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED IN OBSERVANCE OF THE NEW YEAR HAPPY NEW YEAR!	2 11:30am Lunch	3 8:30am - 11:30am Meijer's
6 <u>RESERVE LUNCH</u> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo	7 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch 12:00pm Line Dancing	8 11:30am Lunch	9 11:00am Lunch at Bob Evans 11:30am Lunch	10 8:30am - 11:30am Marc's
13 <u>RESERVE LUNCH</u> 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo	14 <u>RESERVE LUNCH</u> 10:00am Site Council Meeting 10:00am Kahoot 11:30am Lunch	15 11:30am Lunch FOOD DISTRIBUTION 1PM-2PM	16 10:00am Coffee with the Mayor 11:30am Lunch FOOD DISTRIBUTION 5PM-6PM	17 8:30am - 11:00am Walmart
20 CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY	21 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch 12:00pm Line Dancing	22 11:30am Lunch 12:30 Craft w/ Anessia	23 11:30am Lunch 10:00am Library Book Discussion	24 8:30am - 11:00am Giant Eagle
27 <u>RESERVE LUNCH</u> 10:00am Cardio Drumming and Chess w/ Gerry 11:30am Lunch 1:00pm Bingo	28 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch 12:00pm Line Dancing	29 10:00am Cognitive Connections w/ Nandita 11:30am Lunch	30 10:00am Trip to MGM Northfield Casino 11:30am Lunch	31 8:30am - 11:30am Marc's

RIDDLE ME THIS ANSWER

A mailbox

WORD SEARCH ANSWER



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SENIOR SPOTLIGHT

ALL OUR REGISTERED SENIORS

This month the Senior Center staff has decided to spotlight all of our seniors. Each and everyone of the seniors bring something unique and interesting to the Senior Center. Whether it is their laugh or just their warm and comfy hugs given on a daily basis. Our jobs are so gratifying and we cannot wait to tell our loved ones at home how much we enjoyed our day. Our cup runneth over with the joy and love that all our senior's bring to the center.

OUR MISSION

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.

POLICY STATEMENT

It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color, national origin or handicap.