



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #24

FEBRUARY 2025

CONTACT

5407 Turney Road
Garfield Heights, OH 44125
216-475-3244
jsopkovich@garfieldhts.org
garfieldhts.org/216/Senior-Center

CENTER HOURS

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

WHAT'S INSIDE

- 2 - 3** Announcements
- 4** Upcoming Events
- 5 - 7** What's Going On?, Pictures and Puzzles
- 8** Lunch Menu
- 9** Calendar
- 10** Puzzle Answers
- 11** Event Highlight

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

Wednesday, February 12, 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, February 11, 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, February 25, 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.

2 ANNOUNCEMENTS

FEBRUARY BIRTHDAYS!

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

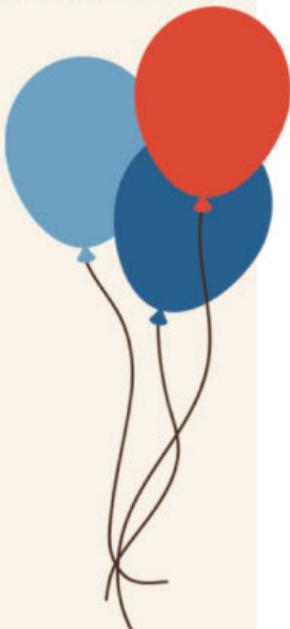
Kathleen Dooner 2/25

Barbara Kozma 2/29

Yvonne Organ 2/24

Pam Redel 2/25

Lyonnae Thomas 2/23



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

"Three generations of family serving
the community for over 66 years"

ESTATE PLANNING
PROBATE • ELDER LAW

5700 Pearl Road, Suite 302 • Parma, Ohio 44129



Life Insurance Since 1879
Licensed in Illinois, Iowa, Michigan, Ohio



Competitive rates on Annuity/IRA's.
Contact our office for further details.

5349 Dolloff Rd., Cleveland OH 44127
(216) 341-0444 • www.czechccu.org
insurance@czechccu.org



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574



**SHORT
STAFFED?**

Place an ad here to find
new local talent for your
business.

CALL 800-477-4574

**Place Your Ad Here and
Support our Community!**

Instantly create and
purchase an ad with

AD CREATOR STUDIO



ipicommunities.com/adcreator



For ad info. call 1-800-477-4574 • www.4lpi.com

14-1853

MESSAGE FROM SITE COUNCIL

The Garfield Hts. Senior Center Site Council meets every 2nd Tuesday of the month. At our January meeting, as required by the by-laws, new officers were elected. The incoming officers are as follows:

Carolyn Lockett, President
 Betty Svoboda, Vice-President
 Catherine Jones, Secretary
 Jim Stoneking, Treasurer

The Site Council thanks the outgoing officers for their steadfast commitment and diligent service during their tenure.

Thank you Shirley Rozmarynowski,
 Barb Molin, and Barb Kozma.

We pledge to continue to support the activities that keep the seniors involved and engaged at the Senior Center.

Come join us at our next meeting
 February 11, 2025 at 10:00am.

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

Happy Valentine's Day to ALL!
 The weather could be better, but we have to be thankful we are in the best location in the nation.

The Craft Room has various items for Valentine's Day, remember cards are only a quarter.

We have a new addition to the Craft Room, Janet Kidd who is very crafty. She can sew and is making some unique items for sale.

You must see to believe.

We have had several people come in, and the first thing they say, they didn't know about the Craft Room and have been very surprised.

They have been back several times since to purchase items.

Your support is greatly appreciated and all proceeds will help our Site Council with future parties, activities and trips.

Barb Dines 

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

4 UPCOMING EVENTS

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, FEBRUARY 11, 2025

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

MOVIE DAY EVERY WEDNESDAY THE MONTH OF FEBRUARY

Watch a movie while enjoying popcorn
Every Wednesday from 12-2pm

R & B BINGO THURSDAY, FEBRUARY 20, 2025 FROM 12-2PM

The Senior Center Site Council is sponsoring a new twist on Bingo. Pre-sale tickets available for \$3.00. See Laketia for additional information about this event.
Must be a registered senior. No walk-ins will be accepted for this party. Must have ticket to participate. Nontransferable/ Nonrefundable

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. Transportaion 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)



VALENTINE'S DAY PARTY THURSDAY, FEBRUARY 13, 2025 11:00AM

Come join us for a Valentine's Day party to remember! Our wonderful D.J. Bryan is back to take your requests during the party. Pre-sale tickets available for \$3.00. **Must be a registered senior. No walk-ins will be accepted for this party. Must have ticket to participate. Nontransferable/ Nonrefundable**

LUNCH AT BOB'S BIG BOY THURSDAY, FEBRUARY 27, 2025 @ 11:00AM

Requested by our seniors who attend the center, we will be taking a lunch trip to Bob's Big Boy on Thursday, February 27, 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**

BE CAREFUL WITH YOUR WORDS.

Once they are said, they can only be forgiven, not forgotten.

THINK BEFORE YOU SPEAK

is it TRUE?

is it HELPFUL?

is it INSPIRING?

is it NECESSARY?

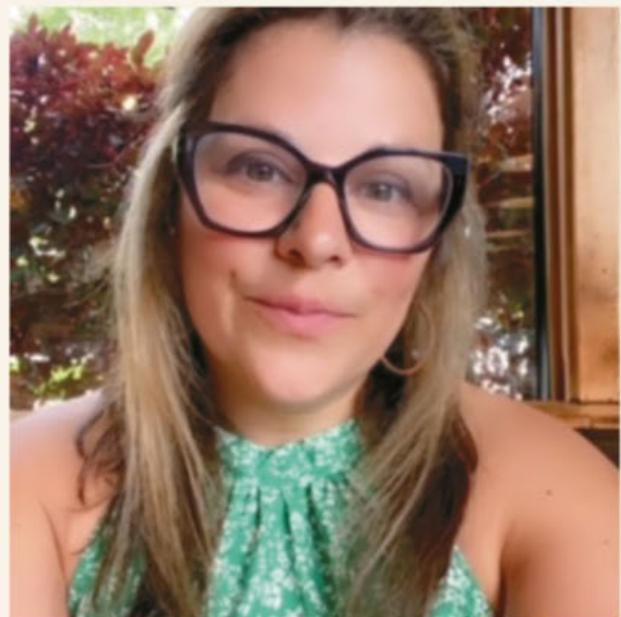
is it KIND?



A MESSAGE FROM THE SENIOR CENTER MANAGER, JENNIFER SOPKOVICH

Hello Everyone,

Now that we are into the new year, I wanted to take a moment and say how grateful I am to be a part of the senior's lives in the City of Garfield Hts. I took the time during the holidays to meet some of our Homebound meal recipients, and they are truly a blessing. I am very fortunate to have such amazing people in my life. I encourage all of our senior residents to come into the Center and see what it is all about. We have many activities that are sure to please. I look forward to meeting you all, and hope to see you soon!



COMING SOON!

Digital Navigators is coming back to the center in March. They will be here to answer some of your Cellphone or Tablet questions.

SCHEDULED EVENTS

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

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

SENIOR RECIPE HONEY BUTTER SKILLET CORNBREAD

1c. flour, spooned and leveled	1/2c. butter
1/4c. yellow cornbread	1/4c. vegetable oil
1/2tsp. salt	1c. sugar
1/2tsp. baking soda	1/3c. honey
2tsp.baking powder	2 large eggs
	1-1/4c. buttermilk

Preheat oven to **375F**. Place your 9in. cast iron skillet in oven while it preheats. In a small bowl, combine flour, cornmeal, salt, baking soda, and baking powder. Cut off about 1/2 tbsp. of the 1/2 butter and set aside to grease the pan later. Melt the remaining butter in large microwave safe bowl. Add vegetable oil, sugar and honey to the bowl with the melted butter. Stir until combined. Add eggs and buttermilk, whisk until smooth. Stir the dry ingredients in, using wooden spoon or spatula, just until combined. Be sure to not over mix, there will be some lumps remaining. Remove cast iron skillet from oven. Grease the bottom and sides with the set aside butter, use pastry brush if needed. Pour batter into the hot pan and smooth the top. Place skillet back into oven and bake 28-32 minutes, until toothpick comes out clean. Top will be golden brown, and edges slightly pulled away from pan. Let cool 5-10 minutes before slicing. Top with extra butter and honey for serving.

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, FEBRUARY 3, 2025 @ 10:00AM
AT THE LIBRARY**

LIBRARY BOOK DISCUSSION AT THE SENIOR CENTER

**THURSDAY, FEBRUARY 20, 2025
@ 10AM IN THE SOLARIUM**

**The Women
By: Kristen Hannah**

A novel about deep friendships and bold patriotism, The Women is a richly drawn story with a memorable heroine whose idealism and courage under fire will come to define an era.

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

Valentine

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

BE MINE
LOVE
FEBRUARY
CHAMPAGNE
BOYFRIEND
ROMANCE
RED ROSES
BOUQUET
VALENTINE
GIRLFRIEND
CUPID
SWEETHEARTS
ADMIRER
CHERUB
DATE
CHOCOLATES

RIDDLE ME THIS...

Which three letters can
frighten a thief away?



[Learn to Play Chess](#)
[Every Monday @ 10am](#)

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



[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

Monday, February 3

Chicken Stew
Corn w/Red Peppers
Peas + Carrots
Corn Bread
Sliced Pears

ALT = CS RB

Tuesday, February 4

Roasted Turkey Breast
Stuffing w/Gravy
Corn w/Red Peppers
W.G. Dinner Roll
Banana

ALT = CBG T

Wednesday, February 5

Roasted Pork Loin
Sweet Potatoes
Broccoli
W.G. Biscuits
Sliced Peaches

ALT = CF T

Thursday, February 6

Chicken Breast
Key Largo Blend
Green Beans
2 W.G. Wheat
Banana

ALT = CBG V

Monday, February 10

Stuffed Peppers w/Sauce
Mashed Potatoes
Broccoli
2 W.G. Wheat
Peaches

ALT = CS TR

Tuesday, February 11

Chicken Cordon Bleu
Mashed Potatoes
Buttered Beets
W.G. Dinner Roll
Apple Juice

ALT = CBG RB

Wednesday, February 12

Swedish Meatballs
Noodles w/Gravy
Peas + Cauliflower
W.G. White
Sliced Apricots

ALT = CF TR

Thursday, February 13

Sliced Ham w/Pineapple Glaze
Scalloped Potatoes
Mixed Vegetables
2 W.G. Wheat
Fresh Grapes

ALT = CBG V

Monday, February 17

**Closed
in Observance of
President's Day**

Tuesday, February 18

Stuffed Cabbage
Mashed Potatoes
Corn w/Red Peppers
2 W.G. Wheat
Peaches

ALT = CS TR

Wednesday, February 19

Baked Fish
Mac + Cheese
Carrots + Lima Beans
W.G. Wheat
Fresh Grapes

ALT = CF RB

Thursday, February 20

Roasted Turkey Breast
Stuffing w/Gravy
Mixed Vegetables
2 W.G. Wheat
Orange
Cranberry Juice

ALT = CBG T

Monday, February 24

Tomato Basil Chicken
Pasta w/Sauce
Spinach + Capri Blend
W.G. Wheat
Sliced Pears

ALT = CS RB

Tuesday, February 25

Salisbury Steak w/Gravy
Mashed Potatoes
Spinach
2 W.G. White
Sliced Peaches

ALT = CBG TR

Wednesday, February 26

Beef Stew
Brussel Sprouts
Sliced Carrots
2 W.G. Wheat
Banana

ALT = CF TR

Thursday, February 27

Grilled Chicken Strips
W.G. Pasta w/Alfredo
Broccoli
W.G. Dinner Roll
Fresh Orange
Apple Juice

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, 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

FEBRUARY CALENDAR 9

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>RESERVE LUNCH</u> 10:00am Monday Meetup[11:30am Lunch 12:30pm Bingo	4 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch Site Council Homemade Soup Day	5 10:00am Wii Bowling 11:30am Lunch 12:00pm Movie Day	6 10:00am Kickboxing 11:30am Lunch 12:00pm United Insurance Presentation	7 8:30am - 11:30am The Grocery Outlet
10 <u>RESERVE LUNCH</u> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:00pm Bingo w/ Mark	11 <u>RESERVE LUNCH</u> 10:00am Site Council Meeting 12-2pm Kahoot 11:30am Lunch 12:30pm Craft w/ Annessia	12 10:00am Coffee with the Mayor 10:00am Wii Bowling 11:30am Lunch 12:00pm Movie Day	13 10:00am Kickboxing 11:30am Lunch VALENTINE'S DAY PARTY	14 8:30am - 11:30am Marc's/ Aldi Garfield Mall
17 Closed in Observance of President's Day	18 <u>RESERVE LUNCH</u> 10:00am Kahoot 10:00am Cardio Drumming 11:30am Lunch 12:00pm President's Day Trivia	19 10:00am Wii Bowling 11:30am Lunch 12:00pm Movie Day FOOD DISTRIBUTION 1PM-2PM	20 10:00am Library Book Discussion 10:00am Kickboxing 11:30am Lunch 12pm R & B Bingo FOOD DISTRIBUTION 5PM-6PM	21 8:30am - 11:00am Giant Eagle
24 <u>RESERVE LUNCH</u> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo	25 <u>RESERVE LUNCH</u> 9:45am Post Office on Wheels 10:00am Kahoot 11:30am Lunch	26 10:00am Wii Bowling 11:30am Lunch 12:00pm Movie Day	27 10:00am Kickboxing 11:00am Lunch at Big Boy 11:30am Lunch 12:30-2:30pm Family Feud	28 8:30am - 11:00am Marc's/ Aldi Garfield Mall

RIDDLE ME THIS ANSWER

ICU

WORD SEARCH ANSWER

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



**LET'S GROW
YOUR BUSINESS**
Advertise in our
Newsletter!

CONTACT ME
Jayne Pandy

jpandy@lpicommunities.com
(800) 477-4574 x6401

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

833-287-3502

 **ADT** Authorized Provider | **SafeStreets**

HARRIS
HOME
CARE
LLC

440-857-0034
*Custom-designed service
plans based on your needs!*

www.harrishomecarellc.com

RADAIR
Complete Car Care and Tire Centers

ERIC SPAPE, Service Advisor
5266 Turney Rd • Garfield Hts.
Office: 216-663-0663
Mobile: 330-204-4681
Eric@RadAir.com
www.RadAir.com





**DOES YOUR NONPROFIT
ORGANIZATION NEED
A NEWSLETTER?**

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com



**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Scan to
contact us!

THE GARFIELD HEIGHTS SENIOR
CENTER SITE COUNCIL PRESENTS

Valentine's Party

13 FEB, 2025

11 AM Until 2PM

Admission: \$3

MUST BE A REGISTERED SENIOR, NO WALK-INS WILL
BE ACCEPTED FOR THIS EVENT.

MUST HAVE TICKET TO PARTICIPATE.
NONREFUNDABLE / NONTRANSFERABLE

***Feel the love in every beat with
our extraordinary line-up:***

DJ BRYAN

GARFIELD HEIGHTS CIVIC CENTER
AT THE SENIOR CENTER
5407 TURNEY ROAD

**SUPPORT THE
ADVERTISERS
that Support our
Community!**



MEET THE STAFF

DIRECTOR

Paul Birk

MANAGER

Jennifer Sopkovich

ADMINISTRATIVE ASSISTANT

Anessia Dailey

TRANSPORTATION & ACTIVITIES COORDINATOR

Laketia Gaston

RECEPTIONISTS

Larry Speights
Marlene Kalish

KITCHEN AIDE

Katie Granfors

DRIVERS

Loretta Arnold
Maryellen Passineau



SENIOR SPOTLIGHT

DOROTHEA VERNON

Dorothea grew up in Cleveland. She went to Cleveland Public Schools and graduated from Glenville High School. Dorothea was a secretary for 25+ years and retired early due to illness.

She has 2 children, and 8 grandchildren. Her hobbies have included sewing, and entertaining company. In previous years she has enjoyed spending time with older adults. She enjoyed hearing their stories of life and their experiences.

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.