



# THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #25

MARCH 2025

## CONTACT

5407 Turney Road  
Garfield Heights, OH 44125  
216-475-3244  
[jsopkovich@garfieldhths.org](mailto:jsopkovich@garfieldhths.org)  
[garfieldhths.org/216/Senior-Center](http://garfieldhths.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
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- 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, March 26, 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, March 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

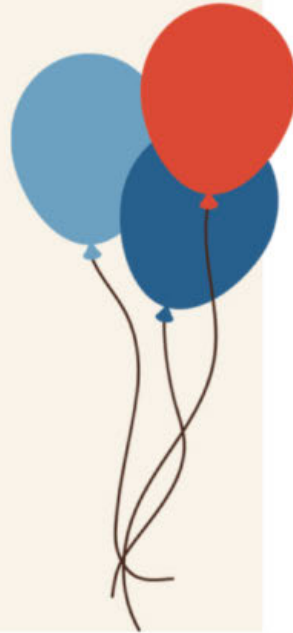
**Tuesday, March 25, 2025 @ 9:45am**

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.

## MARCH BIRTHDAYS!

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

Sandra Huber 3/ 21  
 Mary Knox 3/14  
 Lucy Marshall 3/29  
 Rochelle Perkins 3/8  
 Jim Stoneking 3/31  
 Betty Svoboda 3/15  
 Chiyoko Williams 3/24



## WELCOME OUR NEW SENIORS TO THE CENTER

Robert Elder Linda Duncan  
 Greg + Kathleen Rowinski

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

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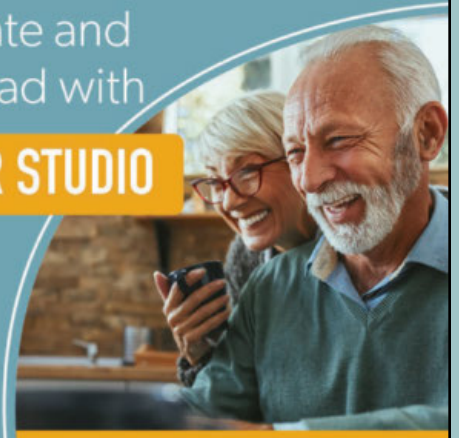
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## CRAFTROOM NEWS

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

Happy St. Patrick's Day to all!  
May all kinds of luck be with you, in health  
and happy days.

The ladies have been busy making new  
items. They are showing their creative  
side, and it is nice to see. Come in and see  
some of the new items they have created,  
you must see them to believe it.

Please remember we have 60 day layaway.

If items are not paid within the 60 days,  
items will be returned to  
the showcase to sell.

All proceeds benefit our Senior Center Site  
Council for Parties, Trips, Lunch Outings  
and various things to do. Stop in and see  
us, you are guaranteed to find something  
you like and everything is made with love.

Thank you,  
Barb Dines ❤️

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emailed to you.



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**COME PLAY KAHOOT !!****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

**DIGITAL NAVIGATOR'S  
THURSDAY, MARCH 20, 12-2PM**

A mobile program the library offers, Digital Navigator's will be here to help those who need extra support navigating through their tablet or cellphone. Have you always wanted to know what a certain app can do, or just want to file your photos into albums, Digital Navigator's can assist you in the process. Sign up sheet will be available. They see those who sign up in 15 minute increments. Come learn something new with your tablet or cellphone. Must bring your own device the day of program.

**CRAFT WITH THE  
SENIOR CENTER STAFF  
WEDNESDAY, MARCH 26, 2025**

Come and enjoy an extra special craft with the seniors and staff. Tye Dyed T-Shirts. Fees will apply for this craft. Must be a registered senior. No walk-ins will be accepted. \$3 Presale Tickets available

**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)

**ST. PATRICK'S DAY PARTY  
MONDAY, MARCH 17, 2025 11:00AM**

Come in and celebrate St. Patrick's Day with us! There will be Corned Beef Sandwiches for sale, and the winner of our Raffle for \$100 worth of lottery tickets will be announced. Presale tickets available for Corned Beef, no walk-ins will be accepted.

**BIRTHDAY THURSDAY  
SWING MEDLEY W/ JOHN THAYER  
THURSDAY, MARCH 27, 2025 @ 12PM**

February Birthday celebration sponsored by the Senior Center Site Council. Come and enjoy live music performed by John Thayer from Swing Medley.

*"Is not wisdom found  
among the aged?  
Does not long life  
bring understanding?"*

JOB 12:12



### A MESSAGE FROM THE SENIOR CENTER MANAGER, JENNIFER SOPKOVICH

Hello Everyone,

Spring is just around the corner and soon we will have some wonderful weather, but for the time being, please dress warm when venturing out into the cold. I wanted to remind all senior residents who attend the Center, that if the Garfield Heights Schools are closed due to the weather, so is the Senior Center. We do not want the seniors coming out into extreme weather conditions. Please stay tuned for upcoming events. As always, I encourage our senior residents to come in and see what the Center is all about.



### SENIOR CENTER CORNED BEEF SANDWICH AND LOTTERY BOARD FUNDRAISER

The Senior Center Site Council will be sponsoring the sale of Corned Beef Sandwiches and Chips fundraiser on Monday, March 17, 2024.

**Presale tickets available for \$10.**

St. Patrick's Day Lottery Board will be located in our main lobby. Come try your luck with the chance to win \$100 worth of lottery tickets!

**Tickets are \$1 each or (6) for \$5.00.**

Don't miss your chance to win. Drawing will be held on March 17, 2025, at 1:00pm during our Senior Center St.

Patrick's Day Party!

No need to be present to win.

### COMING SOON!

Dreadlock Dave

### 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 QUICHE SANS PATE

(NO-CRUST QUICHE)

5 Strips of Bacon	3 Eggs
2-1/8 C + 1 Tb Milk	3/4 C + 1 Tb Flour
3/4 C + 1 Tb finely grated Swiss Cheese	
Salt to taste, depending on how salty the bacon is.	
Butter	

Start Cooking!!!!

Butter a 10 in. quiche plate/ deep dish pie plate  
Cut bacon into 1 in. pieces and saute them in butter. Put bacon into plate.

Put the following into a shaker/ covered jar  
IN ORDER: Eggs, Milk, Flour, Cheese, and Salt.  
Close, shake and shake well about 10 times.

Bake at 350 F for about 40 minutes.

Quiche is done when an inserted knife comes out clean. Instead of bacon you can use ham.

Bon Appetit!!!!

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



## 6 DID YOU KNOW?



### **FOODBANK RE-REGISTRATION**

The City of Garfield Heights will be scheduling appointments for our annual Foodbank Re-Registration starting Friday, March 14, 2025. All residents who attend the Garfield Heights Foodbank are required to re-register. For more information, please call 216-475-3244 and make an appointment. Appointments are held on Friday and must be scheduled in advance.

### **THANK YOU**

A big thank you goes out to Roxie and Masyn for the help during the Valentine's Day Party.

### **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, MARCH 20, 2025**  
**@ 10AM IN THE SOLARIUM**

**The Heaven and Earth Grocery Store**  
**By: James McBride**

A gorgeous novel about a small town and the bonds of community that are formed between marginalized groups in order to survive.

### **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

### Famous Bands

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A	I	U	K	H	Y	E	L	B	E	E	E	T	E
W	L	E	E	T	A	M	C	F	L	Y	T	H	T
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K	E	H	U	A	P	S	X	E	U	L	O	W	A
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MCFLY  
PSY  
ELBOW  
WESTLIFE  
PINK  
TAKE THAT  
COLDPLAY  
FLEETWOOD MAC  
LITTLE MIX  
WANTED  
THE KILLERS  
GREEN DAY  
THE WHO  
UNION J  
BLUR  
BUSTED  
MUSE  
QUEEN

## RIDDLE ME THIS...

Lovely and round,  
I shine with pale light,  
grown in the darkness,  
A lady's delight. What am I?



### 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, March 3

Salisbury Steak w/Gravy  
W.G. Noodles  
Green Beans + Buttered Beets  
W.G. White  
Sliced Apricots

ALT = CS TR

## Tuesday, March 4

Chicken Stir Fry  
Brown Rice  
Oriental Blend + Peas  
W.G. Cereal Bar  
Pineapple

ALT = CBG RB

## Wednesday, March 5

Vegetable Lasagna  
Carrots + Succotash  
W.G. Wheat  
Pineapple Chunks  
W.G. Vanilla Wafers

ALT = CF T

## Thursday, March 6

B.B.Q. Chicken Breast  
Sweet Potatoes  
Brussel Sprouts  
W.G. Buttermilk Biscuit  
Banana

ALT = CBG V

## Monday, March 10

Breaded Chicken Patty  
Corn  
Roasted Potatoes  
W.G. Bun  
Sliced Pears

ALT = CS TR

## Tuesday, March 11

Beef Lasagna  
Spinach + Carrots  
W.G. Dinner Roll  
Applesauce

ALT = CBG T

## Wednesday, March 12

Chicken Marsala  
Brown Rice  
Capri Blend + Broccoli  
W.G. Wheat  
Mixed Fruit

ALT = CF RB

## Thursday, March 13

Roasted Turkey Breast w/Gravy  
Sweet Potatoes  
Green Beans  
2 W.G. Wheat  
Cranberry Juice

ALT = CBG TR

## Monday, March 17

Corned Beef  
Roasted Potatoes  
W.G. Bun  
Sliced Pears

ALT = CS RB

## Tuesday, March 18

Sliced Ham w/Pineapple Glaze  
Scalloped Potatoes  
Mixed Vegetables  
W.G. Corn Bread  
Pears

ALT = CBG TR

## Wednesday, March 19

Chicken Lemon Gravy  
Brown Rice  
Carrot Coins + Cape Cod Blend  
Carrots + Lima Beans  
W.G. White  
Orange

ALT = CF V

## Thursday, March 20

Swedish Meatballs w/Noodles  
California Blend  
Sautéed Mushrooms  
W.G. White  
Sliced Peaches

ALT = CBG T

## Monday, March 24

Beef Sloppy Joe  
Cauliflower + Buttered Beets  
W.G. Bun  
Sliced Peaches

ALT = CS TR

## Tuesday, March 25

Chicken Cacciatore  
Spaghetti  
Kyoto Blend + Zucchini  
Dinner Roll  
Pears

ALT = CBG RB

## Wednesday, March 26

Stuffed Cabbage w/Sauce  
Mashed Potatoes  
Key Largo  
W.G. Dinner Roll  
Banana

ALT = CF T

## Thursday, March 27

Beef Meatloaf  
Mashed Potatoes w/Gravy  
Broccoli  
2 W.G. White  
Chunky Applesauce

ALT = CBG V

## Monday, March 31

Stuffed Peppers w/Sauce  
Mashed Potatoes  
Carrots  
2 W.G. Wheat  
Mandarin Oranges

ALT = CS 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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <a href="#">RESERVE LUNCH</a> 10:00am Monday Meetup 11:30am Lunch 12:30pm Bingo  <b>World Hearing Day</b>	<b>4</b> <a href="#">RESERVE LUNCH</a> 10:00am Kahoot Chair Aerobics 11:30am Lunch  <b>Mardi Gras Celebration</b>	<b>5</b> 10:00am Wii Bowling 11:30am Lunch 12:00pm United Insurance Presentation	<b>6</b> 10:00am Kickboxing 11:30am Lunch 12:00pm Fair Housing Network Presentation	<b>7</b> 8:30am - 11:30am Giant Eagle
<b>10</b> <a href="#">RESERVE LUNCH</a> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Gentleway Presentation 1:00pm Bingo	<b>11</b> <a href="#">RESERVE LUNCH</a> <b>10:00am Site Council Meeting</b> 11:30am Lunch 12-1pm Kahoot <b>Game Day</b>	<b>12</b> 10:00am Wii Bowling 10:00am Chair Volleyball 11:30am Lunch 12:00pm Medicare/Medicaid Presentation	<b>13</b> 10:00am Kickboxing 11:30am Lunch 12:30pm Family Feud	<b>14</b> 8:30am - 11:30am Marc's/ Aldi Garfield Mall
<b>17</b> <a href="#">RESERVE LUNCH</a> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo <b>ST. PATRICK'S DAY</b>	<b>18</b> <a href="#">RESERVE LUNCH</a> 10:00am Kahoot 10:00am Cardio Drumming 11:30am Lunch 12pm Guess Who?	<b>19</b> 10:00am Wii Bowling 10:00am Chair Volleyball 11:30am Lunch 12:00pm Movie Day Re-memory Game <b>FOOD DISTRIBUTION 1PM-2PM</b>	<b>20</b> 10:00am Library Book Discussion 10:00am Kickboxing 11:30am Lunch 12pm Chase Medical 12-2pm Digital Navigators <b>FOOD DISTRIBUTION 5PM-6PM</b>	<b>21</b> 8:30am - 11:00am Walmart
<b>24</b> <a href="#">RESERVE LUNCH</a> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo	<b>25</b> <a href="#">RESERVE LUNCH</a> 9:45am <b>Post Office on Wheels</b> 10:00am Kahoot 11:30am Lunch 12-2pm Cuyahoga County Fiscal Office/Delinquent Tax Outreach	<b>26</b> <b>10:00am Coffee with the Mayor</b> 10:00am Wii Bowling 11:30am Lunch 12:30pm Craft w/ Staff  <b>National Spinach Day</b>	<b>27</b> 10:00am Kickboxing 11:30am Lunch 12:00pm Birthday Thursday John Thayer/ Music Medley	<b>28</b> 8:30am - 11:00am Giant Eagle
<b>31</b> <a href="#">RESERVE LUNCH</a> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo				



# RIDDLE ME THIS ANSWER

A Pearl

# WORD SEARCH ANSWER





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# ST. PATRICK'S DAY PARTY

Monday, March 17, 2025  
11am-2pm

Corned Beef Sanswiches  
with Chips will be on sale  
Presale Tickets  
are available for \$10.00

Come and enjoy  
Fun, Food and Music!



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## 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 LYONNAE THOMAS

Lyonnae was born in Dayton, Ohio.

When she was little her family moved to Memphis, Tennessee. When Martin Luther King Jr. was shot, Lyonnae and her family left Memphis abruptly, and moved to Cleveland. She went to James Adam High School. She worked as a lunch aid until she retired in 2015.

Lyonnae has 3 children, and 2 grandchildren. She enjoys being with her grandchildren, going to church, coloring, and crocheting. She loves coming to the center and talking with all of the seniors.

### 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.