



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #25

MARCH 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

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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

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

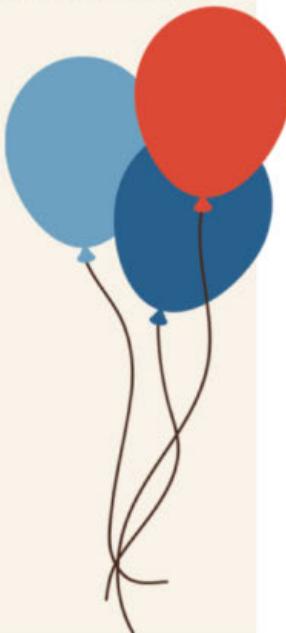
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

2 ANNOUNCEMENTS

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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the community for over 66 years"

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14-1853



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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4 UPCOMING EVENTS

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



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.

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)

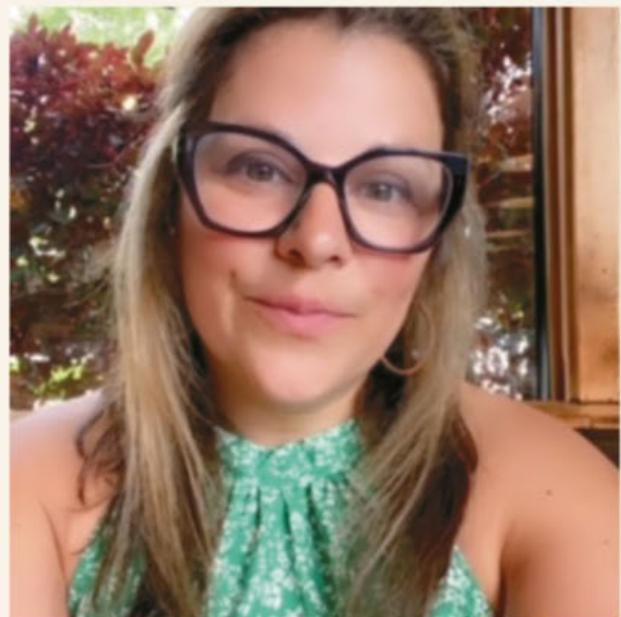
*"Is not wisdom found
among the aged?
Does not long life
bring understanding?"*

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 our 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

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

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

MARCH CALENDAR 9

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

10 PUZZLE ANSWERS

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 Sandwiches
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

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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.