



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #26

APRIL 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
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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, April 30, 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, April 8, 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

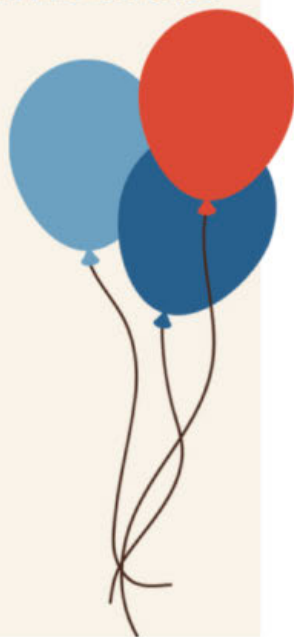
Tuesday, April 22, 2025 @ 9:45am

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.

APRIL BIRTHDAYS!

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

Karen Clark 4/14
Kenneth Clark 4/15
Linda Martino 4/11
Patricia Robinson 4/23
Robert Wornoff 4/20



WELCOME OUR NEW SENIORS TO THE CENTER

Karen Clark Sylvia Vaughn Nadra Dunbar
Peter and Janet Murawski Emma Wiley
Kathy Davis Hilder Love

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

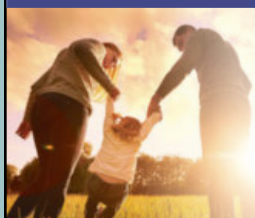
"Three generations of family serving the community for over 66 years"

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CRAFTROOM NEWS

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

Easter and all its goodies are ahead of us! Everyone will be dressed in their beautiful Easter attire, (picture perfect). I hope we have a sunny day. A big "thank you" to Wanda Hiley for making beautiful hats, which she just learned how to make, and the orders keep coming in. Also a big "thank you" to Chiyoko Williams for creating beautiful items. Every week she comes up with something new. We could not forget Ann McCullough, "thank you" at 97yrs young, she does a fantastic job at beautifying our display and making sure everything is priced correctly. The Craft Room will be having a raffle for an Easter Basket filled with goodies. Tickets go on sale April 1, 2025 and the drawing will be held on April 17, 2025, @ 12:30pm in the Senior Center dining room. No need to be present to win! Tickets are \$1 each or (6) for \$5. Money raised will help the Site Council fund activities trips and events at the Senior Center

Thank you, Barb Dines ❤️

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



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DREADLOCK DAVE **THURSDAY, APRIL 17, 2025**

Let's jump back a few decades and dance to the music of Dreadlock Dave. Be sure to dress in your favorite 60's attire. Flower power and your groovy bell bottom jeans. Presale tickets available for \$2. Must have ticket to participate. nontransferable/nonrefundable. Don't forget to wear your Tye Dye T-Shirts for this event!

CRAFT WITH ANESSIA **THURSDAY, APRIL 10, 2025 @ 12:30PM**

Anessia has put together an Easter craft that is sure to please. You will not want to miss out on the fun of creating something new.

MONDAY, APRIL 14 - THURSDAY, **APRIL 17TH, 2024**

Don't forget to bring your cash to purchase our fresh bakery for your Easter Celebration

WE SELL OUT FAST!!!!

\$100 LOTTERY TICKET WINNER

Samantha Birk

UPDATE TO TRANSPORTATION

**MEDICAL APPOINTMENTS WILL NOW
START NO EARLIER THAN 10:00AM**

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)



EASTER CELEBRATION **TUESDAY, APRIL 15, 2025 11:00AM**

The Senior Center Staff will be hosting an Easter Celebration on Tuesday, April 15, 2025. Come in and enjoy the festivities.

BIRTHDAY THURSDAY **THURSDAY, APRIL 24, 2025**

LUNCH AT COZUMEL **WEDNESDAY, APRIL 23, 2025**

Enjoy lunch with a trip to Cozumel. Transportation cost \$2. Does not include lunch. Seats are limited. Nontransferable/Nonrefundable.

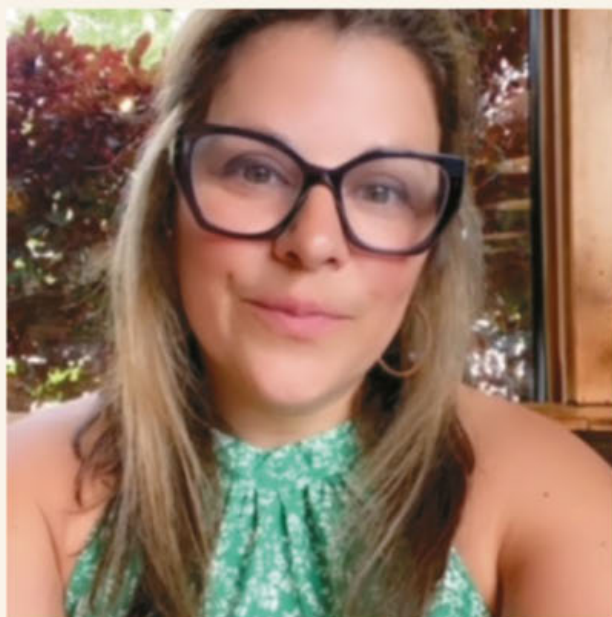
THANKFUL THURSDAY

The Center will set aside one Thursday a month for our seniors to speak about what they are thankful for.



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

Hello Everyone,
April is here! I hope it brings some nice weather with it. Jesus says, "I am the resurrection and the life". Let us take a moment and reflect that Easter is a time of joy and hope, and a reminder of God's love. We have some new activities listed in our newsletter, stop in and see if one of these interest you. I welcome all who would benefit from attending the Senior Center.



COMING SOON!
MOTHER'S DAY TEA PARTY

THE CITY OF GARFIELD HEIGHTS EASTER CELEBRATION
SATURDAY, APRIL 5, 2025 10AM - 12PM

THE SENIOR CENTER SITE COUNCIL
IS HAVING A BAKE SALE DURING
THE CITIES EASTER CELEBRATION.
PLEASE COME UP AND SHOW YOUR SUPPORT.
ALL PROCEEDS BENEFIT THE SENIORS
WHO ATTEND THE CENTER!

**SENIOR CENTER
CRAFT ROOM VOLUNTEERS**

WILL BE HOSTING A SUPRISE DAY
DURING THE MONTH OF APRIL.

**SURPRISE BASKET WINNERS FOR THE
MONTH OF MARCH**

SHIRLEY ROZ. LATREESE SMITH
VERA RACKLEY PAM REDEL

A HUGE "THANK YOU" GOES OUT TO
TIM SAGAN AND KARYN ANDEL FOR
MAKING THE CORNED BEEF
FUNDRAISER A HUGE SUCCESS.
WE COULD NOT HAVE DONE IT
WITHOUT YOU!!!!!!

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

Hungarian Party Squares

| | |
|--------------------------|-------------------|
| 1/4lb. Butter (unsalted) | 1/2 c. Sugar |
| 1 Tbsp. Vanilla | 3 Eggs separated |
| 1-1/2c. chopped walnuts | 1-1/2c. Flour |
| Pinch of Baking Soda | Apricot Preserves |
| 1/2 tsp. Baking Powder | 3 Tbsp. Sugar |

Cream butter and sugar. Add vanilla and egg yolks. Sift together flour, baking powder and soda. Mix well with hand. Pat dough with palm of hand into greased 10-1/2" x 15" baking pan, dip hand in flour if necessary. Spread dough with thin layer of preserves. Do not use too much. Sprinkle 1 cup chopped walnuts over jam. Beat egg whites and spread over nuts, using back of spoon. Sprinkle 3 Tbsp. sugar over egg whites and rest of walnuts. Bake at 350 degrees for 25 - 30 minutes. When cool cut into squares.

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?



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, APRIL 7, 2025 @ 10:00AM
AT THE LIBRARY

LIBRARY BOOK DISCUSSION AT THE SENIOR CENTER

THURSDAY, APRIL 17, 2025
@ 10AM IN THE SOLARIUM

Wild Houses
By: Colin Barrett

A darkly funny and deeply moving debut novel about crimes of desperation, dreams abandoned, and small-town secrets that won't stay buried.

FALL LEAGUE WII BOWLING BANQUET MONDAY, APRIL 14, 2025 @ 11:30AM

The Senior Center Fall League Banquet will be held on Monday, April 14, 2025 @ 11:30am in room 118. Those of you who participated can come and enjoy good food and fun.

FOODBANK RE-REGISTRATION

The City of Garfield Heights is hosting their annual re-registration for Foodbank. Please call to schedule an appointment. 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.

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

Titanic

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FIRST CLASS
ORCHESTRA
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CARPATHIA
MUSICIAN
OLYMPIC
STEWARD
DISASTER
TRAPPED
LIFEBOAT
ICEBERG
CABIN
DINING ROOM
CREW
RICH
WHITE STAR
BELFAST
SUITE
POOR

RIDDLE ME THIS...

I have a big mouth and I am also quite loud! I am NOT a gossip but I do get involved with everyone's dirty business. 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

Tuesday, April 1

Roasted Turkey
Mashed potatoes w/Gravy
Green Beans
W.G. Dinner Roll
Pears

ALT = CBG RB

Wednesday, April 2

Meatballs
W.G. Spaghetti w/Sauce
California Blend+ Spinach
W.G. White
Apricots

ALT = CF T

Thursday, April 3

Roasted Pork Loin
Sweet Potatoes
Broccoli
W.G. Biscuit
Fresh grapes

ALT = CBG V

Monday, April 7

Chicken Stew
California Blend
W.G. Dinner Roll
Apple Juice
Applesauce

ALT = CS RB

Tuesday, April 8

Hamburger
Baked Beans
Seasoned Potato Wedges
W.G. Bun
Mixed Fruit

ALT = CBG T

Wednesday, April 9

BBQ Chicken Breast
Macaroni and Cheese
Red Cabbage + Green Beans
W.G. Corn Muffin
Peaches

ALT = CF RB

Thursday, April 10

Salisbury Steak w/Gravy
Mashed Potatoes
Succotash
2 W.W. Bread
Banana

ALT = CBG TR

Monday, April 14

Stuffed Cabbage w/Sauce
Mashed Potatoes
Green Peas
W.G. Dinner Roll
Pears

ALT = CS RB

Tuesday, April 15

Chicken Stuffed with Broccoli
Mashed Potatoes
Harvard Beets
W.G. Wheat
W.G. Vanilla Wafers
Orange

ALT = CBG V

Wednesday, April 16

Meatballs
W.G. Sub Roll
California Blend
Applesauce
Cranberry juice

ALT = CF T

Thursday, April 17

Lemon Piccata Chicken
Brown Rice Pilaf
Bermuda Blend + Carrots
W.G. White
Mandarin Oranges

ALT = CBG RB

Monday, April 21

Sliced Ham w/ Pineapple Glaze
Cheesy Potatoes
Harvard Beets
W.G. Bun
Applesauce

ALT = CS TR

Tuesday, April 22

Chicken Stir Fry
Brown Rice
Oriental Blend + Carrots
Vanilla Wafers
Apricots

ALT = CBG RB

Wednesday, April 23

Meatloaf w/Gravy
Mashed Potatoes
Mixed Vegetables
W.G. Dinner Roll
Pineapple Chunks

ALT = CF T

Thursday, April 24

Chicken Patty
Broccoli + Red Cabbage
W.G. Bun
Banana

ALT = CBG TR

Monday, April 28

Chicken Alfredo w/Sauce
Noodles
Broccoli + Cauliflower
W.G. Wheat
Peaches

ALT = CS T

Tuesday, April 29

Sloppy Joe
Sweet Potatoes
Corn
W.G. Bun
Fruit Cocktail

ALT = CBG T

Wednesday, April 30

Stuffed Peppers
w/Tomato Sauce
Mashed Potatoes
Green Peas
2 W.G. Wheat
Orange

ALT = CF 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.

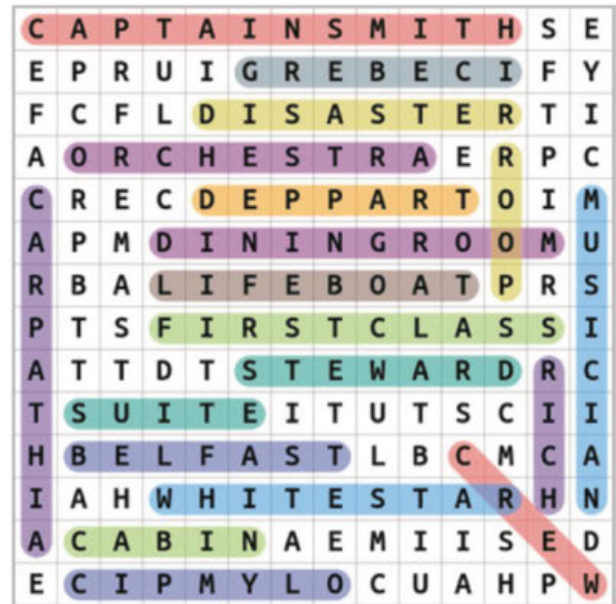
"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, V = Cheese
Alternatives are available everyday.
ALT CS = Chicken Salad w/Croissant,
ALT CBG = Spring Lettuce Salad w/Chicken Breast
ALT CF = Chef Salad w/ Ham, Egg + Cheese

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| | 1 RESERVE LUNCH 10:00am Kahoot 11:30am Lunch April Fool's Day | 2 10:00am Wii Bowling 10:00am Chair Volleyball 11:30am Lunch PEANUT BUTTER /JELLY DAY | 3 Six the Musical at Garfield High School 10:00am Kickboxing 11:30am Lunch 12:30pm Thankful Thursday | 4 8:30am - 11:30am Marc's/Aldi Garfield Mall |
| 7 RESERVE LUNCH 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Scamo | 8 RESERVE LUNCH 10:00am Site Council Meeting 11:30am Lunch 12-1pm Kahoot | 9 10:00am Wii Bowling 10:00am Chair Volleyball 11:30am Lunch 12:00pm Trip to Thrift Store | 10 10:00am Kickboxing 11:30am Lunch 12:30pm Craft w/ Anessia | 11 8:30am - 11:30am Acme |
| 14 RESERVE LUNCH 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo w/ Mark from Help from Home SITE COUNCIL | 15 RESERVE LUNCH 10:00am Kahoot 11:30am Lunch Easter Celebration EASTER | 16 10:00am Wii Bowling 10:00am Chair Volleyball 11:30am Lunch 12:00pm Popcom + Movie Day (The Last Castle) FOOD DISTRIBUTION 1PM-2PM BAKE | 17 10:00am Library Book Discussion 10:00am Kickboxing 11:30am Lunch Deadlock Dave FOOD DISTRIBUTION 5PM-6PM SALE | 18 8:30am - 11:00am Giant Eagle |
| 21 RESERVE LUNCH 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo | 22 RESERVE LUNCH 9:45am Post Office on Wheels 10:00am Kahoot 11:30am Lunch National Jelly Bean Day | 23 10:00am Wii Bowling 10:00am Chair Volleyball 11:00am Lunch at Cozumel 11:30am Lunch | 24 10:00am Kickboxing 11:30am Lunch 12:00pm Birthday Thursday 12:30 - 2pm Reverse Mortgage Presentation | 25 8:30am - 11:00am Marc's/Aldi Garfield Mall |
| 28 RESERVE LUNCH 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo | 29 RESERVE LUNCH 10:00AM Kahoot 11:30am Lunch 12:30 Wii Dance NATIONAL DANCE DAY | 30 10:00am Coffee with the Mayor 10:00am Wii Bowling 10:00am Chair Volleyball 11:30am Lunch | | |

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GARFIELD HEIGHTS SENIOR CENTER SITE COUNCIL

Easter Bake Sale

Monday, April 14 - Thursday, April 17, 2025

**M-W 9AM - 2PM
TH 9AM - 11AM**

**ALL PROCEEDS BENEFIT
THE GARFIELD HTS.
SENIOR CENTER
SITE COUNCIL
FOR SPECIAL EVENTS,
TRIPS, AND ACTIVITIES**

**COME IN AND PURCHASE
THE WONDERFUL TRADITIONAL
EASTER SWEETS!
COOKIES, CAKES, KOLACZKI,
HOMEMADE EASTER CANDY, BUCKEYES AND
MUCH MUCH MORE!!!!
BAKE SALE WILL BE SET UP IN MAIN LOBBY
OF THE CIVIC CENTER
5407 TURNEY ROAD.**



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MEET THE STAFF

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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
Vincent Walls



SENIOR SPOTLIGHT CYNTHIA MALLORY

Cynthia went to Solon High School. She worked at Cleveland Racket Club. She has one son who lives out of state. Cynthia enjoys coloring, shopping, and learning new things. She enjoys playing all types of games.

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.