



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

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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

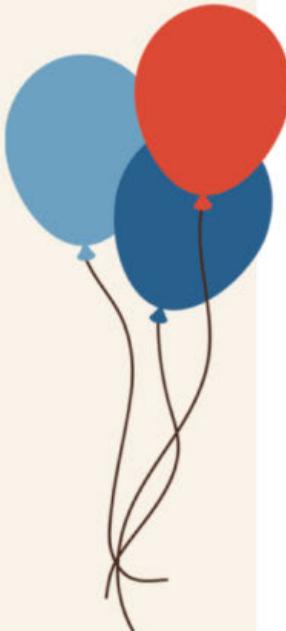
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

2 ANNOUNCEMENTS

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

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14-1853



CRAFTROOM NEWS

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

Easter and all it's 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!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

4 UPCOMING EVENTS

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**



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.

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)

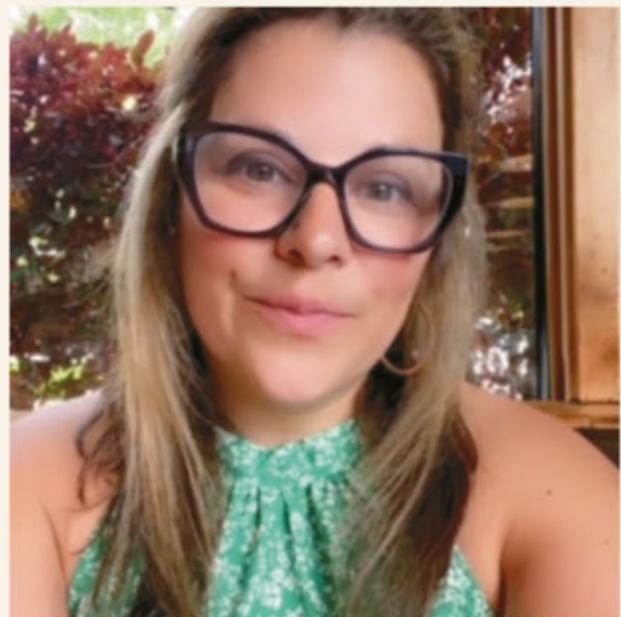
Local Medical Trips - \$3.00 (round trip)

Local Errands - \$4.00 (round trip)



**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 SURPRISE 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?



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.

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.

**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

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

FIRST CLASS
ORCHESTRA
CAPTAIN SMITH
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	Thursday, April 10 Salisbury Steak w/Gravy Mashed Potatoes Succotash 2 W.W. Bread Banana ALT = CBG TR	Tuesday, April 22 Chicken Stir Fry Brown Rice Oriental Blend + Carrots Vanilla Wafers Apricots ALT = CBG RB
Wednesday, April 2 Meatballs W.G. Spaghetti w/Sauce California Blend + Spinach W.G. White Apricots ALT = CF T	Monday, April 14 Stuffed Cabbage w/Sauce Mashed Potatoes Green Peas W.G. Dinner Roll Pears ALT = CS RB	Wednesday, April 23 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables W.G. Dinner Roll Pineapple Chunks ALT = CF T
Thursday, April 3 Roasted Pork Loin Sweet Potatoes Broccoli W.G. Biscuit Fresh grapes ALT = CBG V	Tuesday, April 15 Chicken Stuffed with Broccoli Mashed Potatoes Harvard Beets W.G. Wheat W.G. Vanilla Wafers Orange ALT = CBG V	Thursday, April 24 Chicken Patty Broccoli + Red Cabbage W.G. Bun Banana ALT = CBG TR
Monday, April 7 Chicken Stew California Blend W.G. Dinner Roll Apple Juice Applesauce ALT = CS RB	Wednesday, April 16 Meatballs W.G. Sub Roll California Blend Applesauce Cranberry juice ALT = CF T	Monday, April 28 Chicken Alfredo w/Sauce Noodles Broccoli + Cauliflower W.G. Wheat Peaches ALT = CS T
Tuesday, April 8 Hamburger Baked Beans Seasoned Potato Wedges W.G. Bun Mixed Fruit ALT = CBG T	Thursday, April 17 Lemon Piccata Chicken Brown Rice Pilaf Bermuda Blend + Carrots W.G. White Mandarin Oranges ALT = CBG RB	Tuesday, April 29 Sloppy Joe Sweet Potatoes Corn W.G. Bun Fruit Cocktail ALT = CBG T
Wednesday, April 9 BBQ Chicken Breast Macaroni and Cheese Red Cabbage + Green Beans W.G. Corn Muffin Peaches ALT = CF RB	Monday, April 21 Sliced Ham w/ Pineapple Glaze Cheesy Potatoes Harvard Beets W.G. Bun Applesauce ALT = CS TR	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

APRIL CALENDAR 9

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>RESERVE LUNCH</u> 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 <u>RESERVE LUNCH</u> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Scamo	8 <u>RESERVE LUNCH</u> 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 <u>RESERVE LUNCH</u> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo w/ Mark from Help from Home	15 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch Easter Celebration	16 10:00am Wii Bowling 10:00am Chair Volleyball 11:30am Lunch 12:00pm Popcorn + 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 <u>RESERVE LUNCH</u> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo	22 <u>RESERVE LUNCH</u> 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 <u>RESERVE LUNCH</u> 10:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 1:00pm Bingo	29 <u>RESERVE LUNCH</u> 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		

10 PUZZLE ANSWERS

RIDDLE ME THIS ANSWER

A Vacuum Cleaner

WORD SEARCH ANSWER

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

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OUR COMMUNITY
NEWSLETTER
OCTOBER EDITION

Community Highlight

SECTION HEADLINE

Scan to contact us!

LPi

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.