



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #28

JUNE 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

SENIOR CENTER SITE COUNCIL MEETING

Tuesday, June 10th @ 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.

COFFEE WITH THE MAYOR

Wednesday, June 18th @ 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.

POST OFFICE ON WHEELS

Tuesday, June 24th @ 9:45am

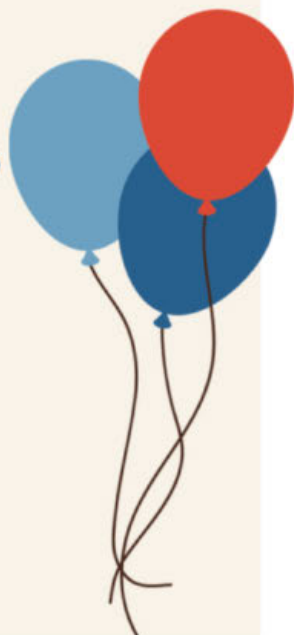
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

2 ANNOUNCEMENTS

JUNE BIRTHDAYS!

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

Diane Coon 6/30
 Lydia Debelak 6/9
 Norma Dvorak 6/29
 Les Hendricks 6/7
 Ernestine Holloway 6/20
 Joe Little 6/9
 Hilder Love 6/15
 Cynthia Mallory 6/11
 Joyce Mathis 6/11
 Ernestine Northern 6/7
 Sandra Priebe 6/28
 Marylee Radke 6/12
 Barbara Roslan 6/5
 Larry Speights 6/29
 Karen Becoat 6/10



WELCOME OUR NEW SENIORS TO THE CENTER

Sandra Minter Cowan Range Jr.

JOHN P. KOSCIANSKI

Attorney at Law

440-845-0500

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

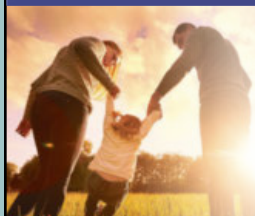
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14-1853



CRAFTROOM NEWS

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

Happy Father's Day to all the dads out there. Thank you for teaching us how to respect one another, to work hard, and your guidance will not be forgotten.

This year is flying by too fast, and I hope the weather improves.

The Craft Room is making some beautiful items. They are a must see, all the ladies are working hard.

Please keep in mind, the money we make goes to our Senior Center Site Council for various trips, parties and events.

Stop in the Hidden Treasure of Garfield Heights and purchase some of the beautiful handmade items our seniors have made.

Thank you,
Barb Dines ❤️

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

TRIP TO THE ZOO**MONDAY, JUNE 2 @ 9:30AM**

Come with us for a trip to the Zoo. This will be an all day event, the Senior Center will be closed to those that are NOT going on this trip. Presale tickets available \$5 for registered seniors. Must have ticket to participate. Nontransferable/Nonrefundable

CRUISIN ON THE GOODTIME III**WEDNESDAY, JUNE 4 @ 9:30AM**

Site Council is sponsoring a trip on the Goodtime III. Please be advised those in attendance will be responsible for the purchase of their food on the boat.

**FATHER'S DAY CELEBRATION****THURSDAY, JUNE 12TH**

All our registered Senior Center Fathers will be honored on Thursday, June 12. Come in and enjoy the festivities.

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)

CRAFT WITH ANESSIA**WEDNESDAY, JUNE 17TH @ 12:30PM**

Anessia has put together something new. Come and show us your creative side.

JUNETEENTH CELEBRATION**WEDNESDAY, JUNE 18TH**

Our seniors will be having a celebration for Juneteenth. Come and commemorate the emancipation of enslaved people with our seniors.

CRAFT WITH ANESSIA**WEDNESDAY, JUNE 24TH @ 12:30PM**

Due to some donations of supplies we have scheduled an extra craft for this month. Come and be creative with us!

TRIP TO THE CASINO**WEDNESDAY, JUNE 25TH @ 10:00AM**

Come with us to the Jack Casino and see if lady luck is on your side.

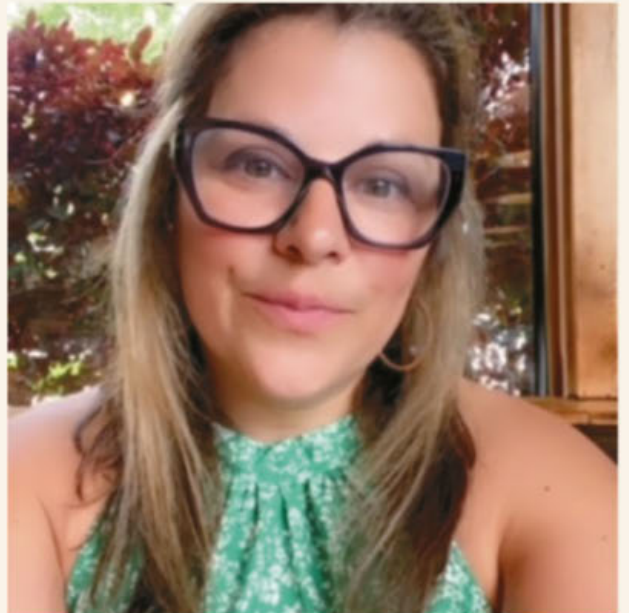
ALL CLASS REUNION**MONDAY, JUNE 30TH**

Sport your favorite school colors at our all class reunion. Whether your favorite colors are from high school, college or you happen to have some retired clothing from that school, wear it as we celebrate those memorable moments from yester-year. Those of you who may have a year book can bring that in too!



A MESSAGE FROM THE SENIOR CENTER MANAGER, JENNIFER SOPKOVICH

Hello Everyone,
As we kick off the summer months, make sure to stay cool and hydrated. The seniors will start going to the recreation center to swim next month. Every Wednesday, from 12-1pm, weather permitting. Come and cool off with us! We are already half way through the year, for those of you who have not stopped in, I encourage you to do just that. We have many great people who attend the Center and you can have some fun along the way. I hope to see you soon!



SENIOR CENTER CLOSED

**MONDAY, JUNE 2th
TRIP TO THE ZOO**

**WEDNESDAY, JUNE 4th
TRIP ON THE GOODTIME III**

**THURSDAY, JUNE 19th
IN OBSERVANCE OF JUNETEENTH
CITY HALL WILL BE CLOSED**

SURPRISE BASKET WINNERS FOR MAY

**Willene Griffin
Vera Rackley
Kenneth Clark
Les Hendricks
Joe Little**

SCHEDULED EVENTS

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

NO BAKE BANANA SPLIT CAKE

Ingredients:

2 cups graham cracker crumbs	¾ cup white sugar
8 Tbsp. unsalted butter, melted softened	16 oz. cream cheese,
1 ½ cups powdered sugar	4 bananas sliced
20 oz. crushed pineapple, drained chopped	¼ cup peanuts coarsely
16 ounce frozen whipped topping, thawed	15 maraschino cherries

Instructions:

1. In a food processor, pulse the graham crackers until finely chopped.
2. In a large bowl, stir together the graham cracker crumbs, white sugar, and melted butter until combined.
3. Press into the bottom of a 9x13 inch baking dish in a flat layer.
4. Refrigerate until set.
5. In a medium bowl, beat together the cream cheese and powdered sugar until well blended.
6. Spread the cream cheese mixture in an even layer over the graham cracker crust.
7. Over the cream cheese layer, place the bananas and pineapple in even layers.
8. Cover the top with a layer of whipped topping.
9. Top the dessert with chopped nuts and cherries.
10. Refrigerate until completely chilled. Serve cold.

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.

LIBRARY BOOK DISCUSSION AT THE SENIOR CENTER

THURSDAY, JUNE 26TH
@ 10AM IN THE SOLARIUM


Title is Crying in H Mart
By: Michelle Zauner

An unflinching, powerful memoir about growing up Korean American, losing her mother, and forging her own identity.



KAHOOT!

Bring your cellphone to the Senior Center and challenge your mind! Connect and compete with others who share the same interests. There are many categories to choose from. For those who participate in Mind Challenge, this is a good way to prep for this event.





WORD SEARCH

The Wizard of Oz

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

MELTING
JUDY
BALLOON
MUNCHKINS
SCARECROW
MONKEYS
WATER
DOROTHY
GLINDA
UNCLE HENRY
AUNT EM
CONARDLY LION
GALE
GARLAND
WIZARD
RUBY
TOTO
NIKKO

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

Monday, June 2

BOXED LUNCHES ONLY

ALT = CS RB

Tuesday, June 3

Chicken Stuffed w/Broccoli
Green Beans
Carrots
W.G. Dinner Roll
Apricots

ALT = CBG T

Wednesday, June 4

BOXED LUNCHES ONLY

ALT = CF RB

Thursday, June 5

Sliced Ham
Cheesy Potatoes
Harvard Beets
W.G. Bun
Fresh Grapes

ALT = CBG T

Monday, June 9

Hamburger
Baked Beans
Seasoned Potato Wedges
W.G. Hamburger Bun
Mandarin Oranges

ALT = CS TR

Tuesday, June 10

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

ALT = CBG RB

Wednesday, June 11

BBQ Chicken Breast
Macaroni and Cheese
Red Cabbage+Green beans
W.G. Corn Muffin
Mixed Fruit

ALT = CF TR

Thursday June 12

Sloppy Joe
Sweet Potatoes
California Blend
W.G. Dinner Roll
Banana

ALT = CBG RB

Monday, June 16

Meatballs
W.G. Sub Roll
Marinara Sauce
California Blend
Roasted Potato Wedges
Peaches

ALT = CS TR

Tuesday, June 17

Chicken Patty
Broccoli
Red Cabbage
W.G. Bun
Applesauce

ALT = CBG T

Wednesday, June 18

Stuffed Shells w/ Sauce
Zucchini
Glazed Carrots
2 W.G.Wheat
Mixed Fruit

ALT = CF RB

Thursday, June 19

**SITE CLOSED
IN OBSERVANCE
JUNETEENTH**

ALT = CF T

Monday, June 23

Stuffed Peppers w/ Sauce
Mashed Potatoes
Green Peas
W.G.Wheat
W.G. Cereal Bar
Applesauce

ALT = CS T

Tuesday, June 24

Chicken Cordon Bleu
Mashed Potatoes w/ Gravy
Carrot Coins
W.G. Dinner Roll
Fresh Fruit Salad

ALT = CBG RB

Wednesday, June 25

Tuna Salad
3 Bean Salad
Coleslaw
W.G. Bun
Tropical Fruit

ALT = CF RB

Thursday June 26

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

ALT = CBG RB

Monday, June 30

Salisbury Steak w/ Gravy
Mashed Potatoes
Mixed Vegetables
W.G. Dinner Roll
Orange

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
2 RESERVE LUNCH 9:30am Trip to the ZOO Senior Center Closed	3 RESERVE LUNCH 10:00am Kahoot 11:30am Lunch	4 9:30am Trip on the GOODTIME III Senior Center Closed	5 10:00am Kickboxing 11:30am Lunch 12:30pm Thankful Thursday	6 8:30am-11:30am Aldi/Marc's Garfield Mall
9 RESERVE LUNCH 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Bingo	10 RESERVE LUNCH 10:00am Site Council Meeting 11:30am Lunch 12-1pm Kahoot	11 10:00am Chair Volleyball 11:30am Lunch 12:00pm Connie w/ Alliance Life Insurance Presentation	12 10:00am Kickboxing 11:30am Lunch Father's Day Celebration Dessert sponsored by Comfort Keepers	13 NO FRIDAY SHOPPING
16 RESERVE LUNCH 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30-1:30pm NEORS D Presentation	17 RESERVE LUNCH 10am Lunch 10am Kahoot 12:30pm Craft with Anessia	18 10:00am Chair Volleyball 10:00am Coffee with the Mayor 11:30am Lunch JUNETEENTH CELEBRATION FOOD DISTRIBUTION 1PM-2PM	19 CIVIC CENTER AND FOODBANK CLOSED IN OBSERVANCE OF JUNETEENTH	20 NO FRIDAY SHOPPING
23 RESERVE LUNCH 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Bingo	24 RESERVE LUNCH 9:45am Post Office on Wheels 10:00am Kahoot 11:30am Lunch 12:30pm Craft with Anessia	25 10:00am Trip to Jack Casino 10:00am Chair Volleyball 11:30am Lunch	26 10:00am Book Discussion 10:00am Kickboxing 11:30am Lunch 12:00pm Birthday Thursday	27 NO FRIDAY SHOPPING
30 RESERVE LUNCH 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch ALL CLASS REUNION				

RIDDLE ME THIS ANSWER

A Vacuum Cleaner

WORD SEARCH ANSWER

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



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**Monday, June 16th,
12:30-1:30PM**

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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
Greg Skuta



SENIOR SPOTLIGHT JANET KIDD

Janet has two adult children that are married. She has two grand daughters, Berkley and Brixton. She recently became a widow. One of the things that Janet enjoys to do, is go to her Trailer. This starts from April 1 until November 1. She enjoys hanging out with friends and having Saturday dinners. Janet's hobbies are crafting and helping people out anyway she can. She has two Husky dogs, and their names are Bonnie and Buddy.

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.