



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #29

JULY 2025

CONTACT

5407 Turney Road
Garfield Heights, OH 44125
216-475-3244
jsopkovich@garfieldhths.org
garfieldhths.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

SENIOR CENTER SITE COUNCIL MEETING

Tuesday, July 8th @ 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, July 16th @ 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, July 22th @ 9:45am

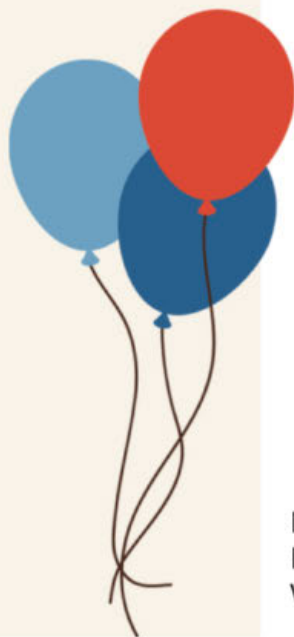
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

2 ANNOUNCEMENTS

JULY BIRTHDAYS!

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

Allen Becka 7/4
Joseph Collier 7/7
Patricia Figart 7/12
Randy Jones 7/7
Nick Karnichols 7/24
Carolyn Lockett 7/7
Cheryl Pavlak 7/4
Vera Rackley 7/23
MaryEllen Stephen 7/25
Virgie Thrasher 7/10
Tarnia Washington 7/15



WELCOME OUR NEW SENIORS TO THE CENTER

Myrtle Freeman	Cowan Range Jr.	Wanda Payne
Eola Sanders	Mamie Fortson	Pam Demko
Vanessa O'Malley	Anna Martemus	Rose Brajkovich

JOHN P. KOSCIANSKI

Attorney at Law

440-845-0500

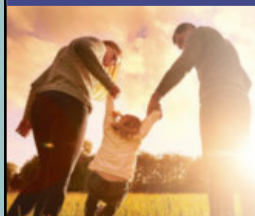
"Three generations of family serving the community for over 66 years"

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14-1853



CRAFTROOM NEWS

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

Happy 4th of July to everyone!

Please be safe this Holiday season.

This year is flying by so fast.

That goes right along with the saying, "the older you get, the faster time flies".

We have new items that are being made in the Craft Room, stop by and see all the new amazing items.

A welcome addition to the Craft Room is Debra Smith. She just learned how to crochet and is already producing a new style of purses and hats. Sad to say, July is when we start thinking of fall.

Please keep in mind, all purchases made in the Craft Room, proceeds go to the Site Council for funding trips, activities and events.

Thank you, Barb ♥

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

SWIMMING AT THE REC W/ JENNIFER EVERY WEDNESDAY, FROM 12-1PM

Come swimming with Jennifer Sopkovich, the Senior Center Manager, every Wednesday from 12-1pm at the Recreation Center. (Weather Permitting.)

SITE COUNCIL MEGA BINGO MONDAY, JULY 7TH @ 12:30PM

Mega Bingo prizes all worth \$5 or more. Bingo Cards will be sold for \$1 each, **no free Bingo cards** for this bingo.

ANYTHING BUT A CUP TUESDAY, JULY 8TH

Use your imagination and bring in anything but a cup to drink out of. The one to bring in the most unique item will win a prize. Must be able to drink out of the item while attending the Center.

ALL AROUND THE WORLD POTLUCK WEDNESDAY, JULY 9TH

The Center will be hosting a Potluck lunch. If you have a favorite dish you would like to bring, sign up and let us try some cuisine from around the world.

UGLY BRIDESMAID DRESS UP THURSDAY, JULY 10TH

Wear your ugliest formal attire and win a prize. Voting done by secret ballot.

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)

TRIP TO THE ZOO

MONDAY, JULY 14TH @ 9:30AM

Come with us for a trip to the Zoo. This will be an all day event. Presale tickets available \$5 for registered seniors. Must have ticket to participate. Nontransferable/Nonrefundable

CRAFT WITH ANESSIA

TUESDAY, JULY 15TH @ 12:30PM

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

ALL WHITE PARTY

THURSDAY, JULY 17TH @ 12:30PM

Come dressed in ALL WHITE attire!

BINGO W/ UNITED METHODIST CHURCH

MONDAY, JULY 21ST @ 12:30PM

Diane Coon's church will be sponsoring Bingo on Monday, July 21st @ 12:30pm. Come play for your chance to win some interesting prizes.

BIRTHDAY THURSDAY LUAU THURSDAY, JULY 24TH

Let's shell-ebrate the tropical vibes on Birthday Thursday.

TRIP TO THE PARK MONDAY, JULY 28TH

Take a trip with us to the new pond at Garfield Park.



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

Hello Everyone,
Well, the hot days of summer have arrived!
The seniors and I will start going to the recreation center to swim starting July 2nd, weather permitting. Come and cool off with us! Some new and improved trips have been scheduled for this month and I hope everyone will enjoy the change of scenery. The population of the Center continues to increase, stop in and see what you are missing out on. I hope to see you soon!



TUESDAY, JULY 29TH @ 12:30PM

Come and enjoy a day of baseball with the Akron Rubber Ducks. Presale Tickets \$20. Includes seating along the foul ball line. Enjoy an all you can eat buffet style picnic. Must be a registered seniors to participate. Nontransferable/Nonrefundable

**SENIOR CENTER WILL BE CLOSED TO
THOSE NOT ATTENDING THE GAME.**

**BOOTS ON THE GROUND
THURSDAY, JULY 31th**

We are rounding up all you cowgirls and cowboys for a Boots on the ground party. This ain't our first rodeo. So saddle up and and enjoy some boot stompin fun.

SURPRISE BASKET WINNERS FOR JUNE

**Clint Provance Tarnia Washington
Diane Coon Barb Kozma
Babe**

SCHEDULED EVENTS

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

**EASY AND QUICK ULTIMATE
CHICKEN PARMESAN**

Ingredients:

4 boneless, skinless chicken breasts	1 cup flour
2 large eggs, beaten	1 cup Italian breadcrumbs
½ cup grated Parmesan cheese	1 tsp salt
28 oz canned crushed tomatoes	½ tsp black pepper
2 cloves fresh garlic, minced	2 tbsp olive oil
1 cup shredded whole-milk mozzarella cheese	1 tsp dried oregano

Instructions:

1. Preheat oven to 400°F (200°C) and prepare a baking dish with nonstick spray.
2. Season chicken breasts with salt and pepper on both sides.
3. Set up a dredging station: place flour in one bowl, beaten eggs in another, and mix breadcrumbs with Parmesan in a third bowl. Dredge each chicken breast in flour, dip in egg, then coat with breadcrumb mixture.
4. Heat olive oil in a skillet over medium heat. Sauté breaded chicken for about 4-5 minutes per side until golden brown.
5. In another saucepan, combine crushed tomatoes, garlic, and oregano over medium heat; simmer for about ten minutes until thickened.
6. Place sautéed chicken in the baking dish; pour marinara sauce over it and top with mozzarella cheese. Bake for about 20 minutes until bubbly.

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 MEET-UP AT THE LIBRARY

**MONDAY, JULY 7TH,
10AM @ THE LIBRARY**
**LIBRARY BOOK DISCUSSION AT THE
SENIOR CENTER**
**THURSDAY, JULY 17TH
@ 10AM IN THE SOLARIUM**

Something Good By: Vanessa Miller

When three women find their lives inextricably linked after a terrible mistake, they must work together to make the most of their futures.

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

Indoor and Outdoor Activities

M	B	Y	O	M	L	C	O	M	P	U	T	E	R
S	O	I	S	S	I	B	I	E	M	U	S	I	C
E	A	O	T	U	C	S	R	N	M	P	I	E	B
P	R	X	E	R	M	Z	R	R	I	E	A	K	Y
U	D	I	I	E	N	M	E	H	C	A	R	A	N
Z	G	A	N	M	S	C	E	I	M	E	R	K	Y
Z	A	B	I	V	C	C	A	R	M	S	M	H	G
L	M	A	M	O	V	I	E	S	S	U	E	O	N
E	E	I	S	E	X	E	R	C	I	S	E	L	I
S	S	E	L	C	Y	C	I	B	I	C	E	I	K
B	A	S	K	E	T	B	A	L	L	M	B	D	A
E	C	A	M	P	I	N	G	A	U	U	I	A	Y
A	Y	B	O	O	M	E	T	A	R	A	K	Y	A
B	A	S	E	B	A	L	L	O	L	N	L	S	K

SUMMER
EXERCISE
MUSIC
KAYAKING
SOCCER
HOLIDAY
BASKETBALL
CAMPING
RAIN
COMPUTER
BASEBALL
BICYCLE
KARATE
MOVIES
PUZZLES
BOARDGAMES

RIDDLE ME THIS...

I have four wings, but cannot fly,
I never laugh and never cry;
On the same spot I'm always found,
toiling away with little sound. 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, July 1

Turkey Rueben
Sauerkraut
Potato Salad
2 W.G. Seedless Rye
Grape Juice

ALT = CBG RB

Wednesday, July 2

Steak Stir Fry
Rice Pilaf
Kyoto Blend + Asian Blend
W.G. Wheat
Mandarin Oranges

ALT = CF V

Thursday, July 3

BBQ Chicken Breast
Macaroni and Cheese
Green Beans
Sauteed Swiss Chard
W.G. Corn Muffin
Peaches

ALT = CBG RB

Monday, July 7

Hamburger
Roasted Potato Wedges
Baked Beans
W.G. Bun
Applesauce

ALT = CS T

Tuesday, July 8

Sliced Ham w/ Pineapple Glaze
Mixed Vegetables
Cheesy Potatoes
W.G. Dinner Roll
Mixed Fruit

ALT = CBG TR

Wednesday, July 9

Stuffed Shells w/Sauce
Mushrooms + Lima Beans
2 W.G. Wheat
Banana

ALT = CF RB

Thursday July 10

Breaded Fish
Seasoned Potato Wedges
Green Peas
W.G. Bun
Fresh Grapes

ALT = CBG V

Monday, July 14

Stuffed Pepper
Mashed Potatoes
California Blend
W.G. Dinner Roll
Mixed Fruit

ALT = CS V

Tuesday, July 15

Breaded Chicken Breast
Carrot Coins
Peas
W.G. Bun
Pineapple Chunks

ALT = CBG RB

Wednesday, July 16

Meatballs w/ Marinara
W.G. Sub Bun
Broccoli
Green Beans
Fresh Plum

ALT = CF T

Thursday, July 17

Hawaiian Chicken
Rice Pilaf
Kyoto + Oriental
W.G. Cereal Bar
Mandarin Oranges

ALT = CBG TR

Monday, July 21

Stuffed Cabbage w/ Sauce
Mashed Potatoes
Carrots
2 W.G. Wheat
Peaches

ALT = CS V

Tuesday, July 22

Chicken Alfredo
Broccoli + Cauliflower
Breadstick
Pears

ALT = CBG RB

Wednesday, July 23

Meatloaf w/ Gravy
Mashed Potatoes
Green Beans
2 W.G. Wheat
Orange

ALT = CF TR

Thursday July 24

Breaded Fish
Roasted Potato Wedges
Spinach
W.G. Hamburger Bun
Applesauce

ALT = CF RB

Monday, July 28

Chicken Cordon Bleu
Mashed Potatoes w/Gravy
Corn
W.G. White
Peaches

ALT = CS TR

Tuesday, July 29

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

ALT = CBG T

Wednesday, July 30

Chicken and Gravy
W.G. Biscuit
Brussels Sprouts + Carrots
Cranberry Juice

ALT = CF V

Thursday, July 17

Tuna Salad
Three Bean Salad + Coleslaw
2 W.G. Wheat
Fresh Grapes

ALT = CBG 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

JULY CALENDAR 9

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch	2 10:00am Chair Volleyball 11:30am Lunch 12-1pm Swimming w/ Jenn	3 11:30am Lunch 12:30pm Thankful Thursday	4 CLOSED in observance of Independence Day
7 <u>RESERVE LUNCH</u> Library Monday Meet Up 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Site Council Mega Bingo	8 <u>RESERVE LUNCH</u> 10:00am Site Council Meeting 11:30am Lunch 12-1pm Self Defense Presentation w/ Selct Fire 1-2pm Kahoot Anything But A Cup	9 10:00am Chair Volleyball 11:30am Lunch 12-1pm Swimming w/ Jenn Around the World Potluck	10 11:30am Lunch Ugly Bridesmaid Dress Up	11 NO FRIDAY SHOPPING
14 <u>RESERVE LUNCH</u> 10:00am Trip to the Zoo 10:00am Cardio Drumming, and Chess w/Gerry 11:30AM Lunch	15 <u>RESERVE LUNCH</u> 11:30am Lunch 10:00am Kahoot 12:30pm Craft w/ Anessia	16 10:00 Coffee with the Mayor 10:00am Chair Volleyball 11:30am Lunch 12-1pm Swimming w/Jenn FOOD DISTRIBUTION 1PM-2PM	17 10:00am Book Discussion 11:30am Lunch Wear All White Day FOOD DISTRIBUTION 5PM-6PM	18 NO FRIDAY SHOPPING
21 <u>RESERVE LUNCH</u> 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Bingo w/ United Methodist Church	22 <u>RESERVE LUNCH</u> 9:45am Post Office on Wheels 10:00am Kahoot 11:30am Lunch 12-1pm Usbank Presentation	23 10:00am 10:00am Chair Volleyball 11:30am Lunch 12-1pm Swimming w/ Jenn	24 11:30am Lunch Birthday Thursday Luau	25 NO FRIDAY SHOPPING
28 <u>RESERVE LUNCH</u> 10:00am Trip to the Park 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch Trip to the Park	29 <u>RESERVE LUNCH</u> 10:00am Akron rubber Ducks Senior Center Closed	30 10:00am Chair Volleyball 11:30am Lunch 12-1pm Swimming w/Jenn	31 11:30am Lunch Boots on the Ground Party	

RIDDLE ME THIS ANSWER

A Windmill

WORD SEARCH ANSWER



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SENIOR SPOTLIGHT

TARNIA WASHINGTON

Tarnia has lived in Ohio all her life, but she is ready to move to Las Vegas. She graduated from John F. Kennedy High School and has an Associates Degree from Dyke College. During her career, she worked as a secretary and security guard. She has two grown daughters and 4 Grandchildren. Her nickname is Jazzy T.

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.