



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #30

AUGUST 2025

CONTACT

5407 Turney Road
Garfield Heights, OH 44125
216-475-3244
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garfieldhths.org/216/Senior-Center

CENTER HOURS

Monday - Thursday: 9:00am - 2:00pm

WHAT'S INSIDE

- 2 - 3** Announcements
- 4** Upcoming Events
- 5 - 7** What's Going On?, Pictures and Puzzles
- 8** Lunch Menu
- 9** Calendar
- 10** Puzzle Answers
- 11** Event Highlight

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, August 12th @ 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, August 13th @ 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, August 26th @ 9:45am

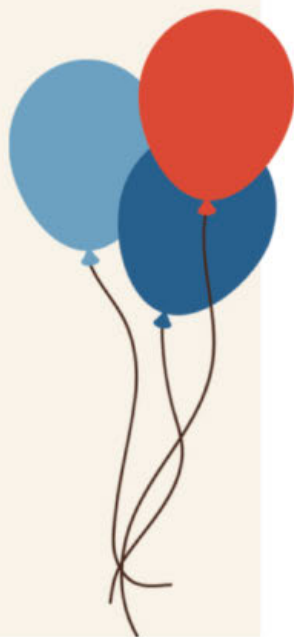
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

2 ANNOUNCEMENTS

AUGUST BIRTHDAYS!

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

Donald Bishop 8/5
Terry Franklin 8/9
Estrellita Gadiano 8/7
Veronica Gilmore 8/19
Helen Hart 8/29
Sandra Minter 8/8
Ola Mitchell 8/6
Bonita Pentak 8/12
Della Powell 8/3
Gregory Rowinski 8/20
Louise Williams 8/26



WELCOME OUR NEW SENIORS TO THE CENTER

Sondra Piml Yvonne Lisaula Glynnis Carter
Fran Siller Daniel O'keefe Gail Speights
Robert Kuczynski

JOHN P. KOSCIANSKI

Attorney at Law

440-845-0500

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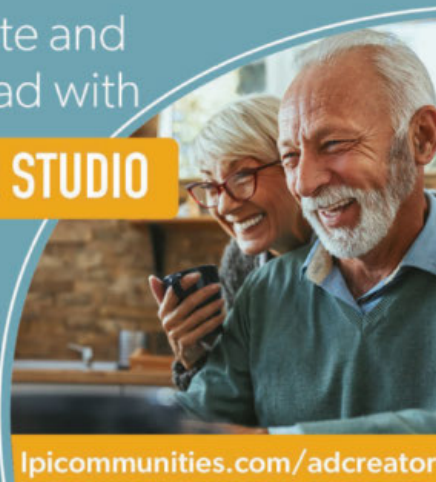
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14-1853



CRAFTROOM NEWS

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

We have a new addition to the Craft Room, her name is (Cookie). Come in and see all the detailed items that she creates. The most adorable animals. If there is something special that you need, let us know and we will see what we can do.

We have a great group of creative people in the Craft Room.

They have so many great ideas. We will be sending out our letters for the 18th annual Christmas Raffle to various companies, for donations.

Anyone wishing to donate can bring in items at anytime. Giftcards and miscellaneous baskets are greatly appreciated. Remember all proceeds go to our Site Council for trips, special events, and activities.

Thank you, Barb ♥

NEVER MISS OUR NEWSLETTER!

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emailed to you.



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SWIMMING AT THE REC W/ JENNIFER

Due to lack of participation, swimming has been cancelled at the Rec on Wednesdays with the Senior Center.

SITE COUNCIL MEGA BINGO

MONDAY, AUGUST 4TH @ 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.

SENIOR WEEK
AUGUST 11TH-14TH

MONDAY 8/11 @ 12PM

Akron Mobile Zoo will be visiting the center.

TUESDAY 8/12 @ 12:30PM

Senior Center Annual Ice Cream Social. Come and cool down with some delicious Ice Cream. \$2 Presale tickets available. Nontransferable/ Nonrefundable

WEDNESDAY MORNING 8/13

Breakfast is served!!!!

The Senior Center Staff will be serving up some delicious Breakfast for the seniors attending the center. \$5 Presale tickets available. Must be a registered senior. **No Walkins will be permitted to participate.**

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)

SENIOR PICNICKLIMA GARDENS IN CUYAHOGA HEIGHTS

THURSDAY, AUGUST 14TH
FROM 8AM-3PM

It's always a good time at the Senior Picnic.

Come and enjoy this all day event, you won't be disappointed! Good food, music and maybe some fun shenanigans. \$5.00 presale tickets are available, must be a registered with the Senior Center to participate. **PLEASE NOTE: THOSE WHO WILL NOT BE ATTENDING PICNIC, THE SENIOR CENTER WILL BE CLOSED.**

CRAFT WITH ANESSIA

TUESDAY, AUGUST 21ST @ 12:30PM

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

JUST BODIES W/JOANN

MONDAY, AUGUST 25TH @ 12:30PM

Complimentary Chair Aerobics Class "Everyone can have a functional body."

WALLACE LAKE

THURSDAY, AUGUST 28TH

The seniors are taking a trip to Wallace Lake in Berea. Come with us and check out this man-made lake. Soak up the sun and play in the sand. \$3 presale tickets available. Nontransferable/Nonrefundable

Please note: Seniors Must register to participate in all activities, trips and events at the Senior Center



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

Hello Everyone,
As summer winds down, we have some new and interesting activities and trips scheduled. We have had many seniors call and inquire about the Senior Center. It is better to stop in and see for yourself. Our programs, staff and of course our seniors have to be seen to believe, there is never a dull moment. Not to mention the relationships that we build between one another. So I encourage all to stop in and see what you are missing out on. I hope to see you soon!



**WII BOWLING
2025 FALL 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.**



A huge thank you goes out to The United
Methodist Church for Hosting and
Sponsoring Bingo

SCHEDULED EVENTS

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

The Best Crockpot Apple Butter Recipe

Ingredients:

6-7 pounds apples peeled, cored and sliced
1 cup granulated sugar
1 cup light brown sugar
1 tablespoon apple pie spice
1 tablespoon vanilla extract

Instructions:

1. Peel, core and slice the apples and place in a 7 quart (or bigger) slow cooker.
2. In a medium mixing bowl, add the sugars and apple pie spice and mix with a whisk.
3. Pour the sugar mixture over the apple slices in the slow cooker and toss to coat evenly
4. Cover and cook on low for 10 hours. Stir occasionally.
5. Uncover and add the vanilla, stir to mix into the apples and turn the slow cooker to high. Cook for 2 hours, uncovered.
6. Use a stick blender to blend the apples (or use a food process/blender).
7. Serve with crusty bread, cheese, fruit etc.

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

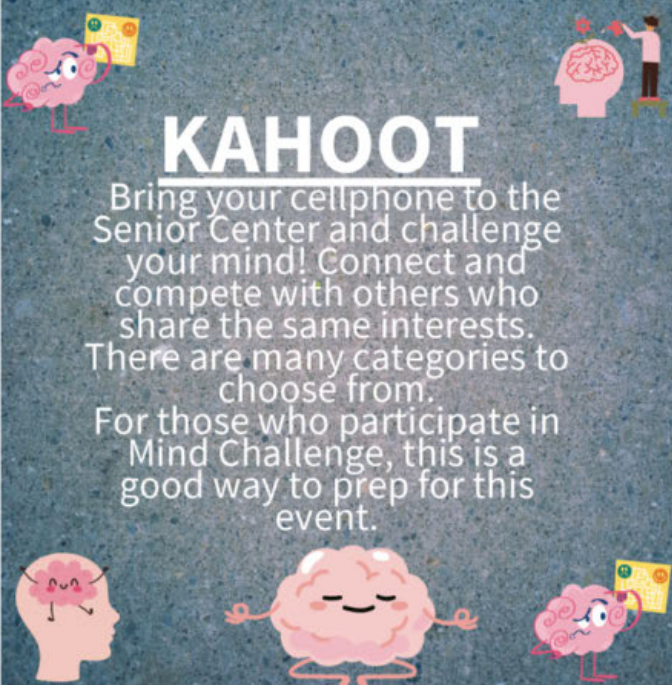
Ask CCPL Digital Navigators any questions you may have about navigating your tablet or cell phone. They are here to assist those who need some extra technical support with these devices. Call the library at 216-749-9420 to make an appointment with one of their Digital Navigators at a CCPL branch.

MONDAY MORNING MEET-UP AT THE LIBRARY

**MONDAY, AUGUST 4TH,
10AM @ THE LIBRARY**
**LIBRARY BOOK DISCUSSION AT THE
SENIOR CENTER**
**THURSDAY, AUGUST 21ST
@ 10AM IN THE SOLARIUM**

Witchcraft for Wayward Girls By: Grady Hendrix

Set in a home for unwed mothers in 1970, *Witchcraft for Wayward Girls*, is about four teenaged girls who are sent away to have their babies in secret.



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
COWARDLY LION
GALE
GARLAND
WIZARD
RUBY
TOTO
NIKKO



RIDDLE ME THIS...

Take one out and scratch
my head, I am now black
but once was red.
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, August 4

Salisbury Steak
Mashed Potatoes w/Gravy
Broccoli
2 W.G. Wheat
Tropical Fruit

ALT = CS TR

Tuesday, August 5

Sliced Ham w/ Glaze
Cheesy Potatoes
Buttered Beets
W.G. White
Mixed Fruit

ALT = CBG RB

Wednesday, August 6

Breaded Chicken Breast
Carrot Coins
Green Peas
W.G. Bun
Pears

ALT = CF TR

Thursday, August 7

Turkey Tetrazzini
Spaghetti
California Blend
Zucchini
W.G. Wheat
Peaches

ALT = CBG RB

Monday, August 11

Hamburger
Seasoned Potato Wedges
Baked Beans
W.G. Bun
Grape Juice

ALT = CS TR

Tuesday, August 12

Chicken Alfredo
W.G. Pasta
Broccoli + Cauliflower
W.G. Roll
Apricots

ALT = CBG V

Wednesday, August 13

Tuna Salad
Tomato Cucumber Salad
3 Bean Salad
2 W.G. Wheat
Peaches

ALT = CF RB

Thursday, August 14

**SENIOR CENTER
CLOSED
PICNIC AT
KLIMA GARDENS**

ALT = CBG RB

Monday, August 18

Beef Stroganoff
Noodles w/ Gravy
Spinach + Harvest Beets
W.G. Wheat
Pears

ALT = CS TR

Tuesday, August 19

Chicken stuffed w/ Broccoli
Mashed Potatoes w/ Gravy
Brussels Sprouts
2 W.G. White
Orange

ALT = CBG RB

Wednesday, August 20

Stuffed Pepper
Mashed Potatoes
Zucchini
2 W.G. Wheat
Pineapple Chunks

ALT = CF T

Thursday, August 21

BBQ Chicken Breast
Macaroni and Cheese
Green Beans
Swiss Chard
W.G. Cornbread
Sliced Peaches

ALT = CGB RB

Monday, August 25

Chicken Parmesan
W.G. Rotini w/ Sauce
Spinach + Bermuda Blend
W.G. Wheat
Diced Pears

ALT = CS RB

Tuesday, August 26

Pork Patty w/ BBQ Sauce
Mixed Vegetables
Cheesy Potatoes
W.G. Bun
Mandarin Oranges

ALT = CBG RB

Wednesday August 27

Turkey Rueben w/ Swiss
Sauerkraut
Tom., Cuc., Onion Salad
2 W.G. Rye
Fresh Plum

ALT = CF RB

Thursday, August 28

Corned Beef
Cabbage and Carrots
Roasted Red Potatoes
2 W.G. Rye
Fresh Grapes

ALT = CBG T

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
4 RESERVE LUNCH Library Monday Meet Up 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Site Council Mega Bingo	5 RESERVE LUNCH 11:30am Lunch 1pm Home Instead Presentation	6 11:30am Lunch	7 11:30am Lunch 12:30pm Captel Caption w/ Carol Kwait	8 NO FRIDAY SHOPPING
11 RESERVE LUNCH 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:00pm Akron Mobile Zoo SENIOR WEEK	12 RESERVE LUNCH 10:00am Site Council Meeting 11:30am Lunch 12:00 Ice Cream Social SENIOR WEEK	13 10:00am Breakfast Bar 10:00 Coffee with the Mayor 11:30am Lunch SENIOR WEEK	14 11:30am Lunch SENIOR PICNIC AT KLIMA GARDENS SENIOR CENTER WILL BE CLOSED SENIOR WEEK	15 NO FRIDAY SHOPPING
18 RESERVE LUNCH 9:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Bingo Sponsored by Harris Homecare	19 RESERVE LUNCH 10:00am Kahoot 11:30am Lunch 12:30pm AT&T Presentation	20 11:30am Lunch 12:30pm Balance Smart w/ Cleveland Clinic FOODBANK DISTRIBUTION 1-2PM	21 10:00am Book Discussion 11:30am Lunch 12:30pm Craft w/ Anessia FOODBANK DISTRIBUTION 5-6PM	22 NO FRIDAY SHOPPING
25 RESERVE LUNCH 9:00am Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Chair Aerobics w/ Just Bodies	26 RESERVE LUNCH 10:00am Kahoot 11:30am Lunch 12:30pm AT&T Presentation	27 11:30am Lunch 12:30pm It's Just a Number Dance Group	28 11:30am Lunch TRIP TO WALLACE LAKE	29 NO FRIDAY SHOPPING

RIDDLE ME THIS ANSWER

A match

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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JUST BODIES

BY JOANN

Monday August 25th @ 12:30pm

The seniors will be working out to a complimentary chair aerobics session with Joann from Just Bodies.

“Everyone can have a functional Body.”



BalanceSmart™ Lecture and Screening

Wednesday, August 20, 12:30 p.m. – 2:00 p.m.

Location: Garfield Heights Senior Center

Physical Therapists from Cleveland Clinic Rehabilitation & Sports Therapy at Marymount Hospital will discuss the BalanceSmart™ program at this lecture. This program is designed to improve your confidence in preventing falls at home and in your community. You may also discuss with the physical therapists whether you would be appropriate for the BalanceSmart™ program, which will start at Cleveland Clinic Marymount Hospital on Wednesday afternoons in September.

Unable to attend this lecture? Please contact Marymount physical therapy at 216-587-8108, and ask about the BalanceSmart™ program.

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SENIOR SPOTLIGHT

MATTIE HOGAN

Mattie is 72 years young.
She enjoys reading,
working out and doing quizzes.
She enjoys working
with small children.
During the warmer months,
you can find Mattie gardening,
one of her many loves.
Mattie is enjoying life!!!!

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.