



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #31

SEPTEMBER 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

SENIOR CENTER SITE COUNCIL MEETING

Tuesday, September 9th @ 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, September 3rd @ 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

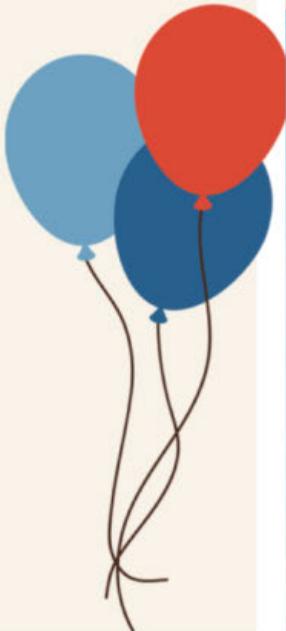
Tuesday, September 23rd @ 9:45am

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

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

Dee Adams 9/26
Glynnis Carter 9/14
Myrtle Freeman 9/11
Willene Griffin 9/28
Maria Hanan 9/25
Wanda Hiley 9/5
Frank Lucas 9/28
Frank Mercurio 9/6
Greg Skuta 9/27
Deborah Smith 9/22
Lena Vidohl 9/3
Mary Wornoff 9/17



Happy Birthday

WELCOME OUR NEW SENIORS TO THE CENTER

Douglas Norris Therese Trybala
Debbie Gerchak Dorothy Lee

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



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the community for over 66 years"

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14-1853

CRAFTROOM NEWS

Can you believe it, it is time for the kids to go back to school. This summer has flown by so fast.

Fall is right around the corner. The leaves on the trees will change, they will be beautiful. Mother Nature at her best.

Letters have been sent to suppliers for donations. Our 18th Annual Christmas Raffle and 50/50 will be here before you know it. I hope this year will be as good, if not better than last year.

The ladies have been busy making hats, scarfs, (lots of Browns items). Stop in and see all the beautiful items they have created. Please don't forget we have a 60 day layaway plan. You can start your Christmas shopping early. All proceeds go to our Site Council for various activities, trips, and events

Thank you, Barb ♥



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

4 UPCOMING EVENTS

TRIP TO MYER'S APARTMENTS

THURSDAY, SEPTEMBER 4TH 10AM-1:30PM

Take a tour through the new apartments in Beachwood. **Limited seating available, must be a registered senior No walk-ins will be accepted.**

SITE COUNCIL MEGA BINGO

MONDAY, SEPTEMBER 8TH @ 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.

THE RIGHT DOSE

WITH ALAN K. NEVEL

WEDNESDAY, SEPTEMBER 10TH @ 10:30AM

Mr. Nevel will be speaking about the importance of senior overdose prevention and workshops that are available to aid in knowing the signs of senior overdose.

LAKE FARM PARK

THURSDAY, SEPTEMBER 11TH

BUSES WILL BE LEAVING PROMPTLY AT 9:45AM

Senior Day at Lake Farm Park. The seniors will be taking a trip to the Metro Parks in Kirkland, Ohio where they will enjoy a day of catch and release fishing, bingo, and a vendor showcase. Free health screening available from 10am-1pm. **Must be a registered senior to participate and signed up for this event. No walk-ins will be accepted.**

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)

"TIS THE SEASON TO BE HEALTHY"

SUZANNE FROM THE BOARD OF HEALTH

THURSDAY, SEPTEMBER 18TH @12:30

In this presentation, we provide practical tips to keep you healthy and describe best practices that are easy to follow. We will cover the role of public health in keeping food and families safe, review programs and services including disease investigations, vaccinations and preparedness activities, and also promote ways to live longer, safer lives. We have some useful and fun giveaway items.

UNITED METHODIST SPONSORED BINGO

MONDAY, SEPTEMBER 22ND @ 12:30PM

United Methodist Church will be sponsoring bingo at the center on Monday, September 22nd.

TRIP TO GREAT NORTHERN MALL

TUESDAY, SEPTEMBER 23RD @ 10AM

Come with the seniors and enjoy lunch, shopping and good company.

Must be a registered senior and have ticket to participate. No walk-ins will be accepted.

TAKE A TOUR AT THE YMCA

TUESDAY, SEPTEMBER 30TH

DEPARTURING FROM THE CENTER AT 10:45AM

The Senior Center has been invited to take a tour of the YMCA's facility in Warrensville Hts. Take a tour through their facility while learning about all the activities that the YMCA offers.

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

*We Can't Always Choose the Music
Life Plays For Us,*



*but, We Can Choose
How We Dance To It*

A MESSAGE FROM THE SENIOR CENTER MANAGER, JENNIFER SOPKOVICH

Hello Everyone,
Where did our summer go? I hope everyone enjoyed their summer and all the new events we hosted here at the Center. We had over 75 seniors attend our Annual Senior Picnic this year. As our volume of seniors continue to increase, please share some new ideas with us that you would like to see happen at the Center. We are always open to new ideas and try our best to accommodate. The seniors never fail to amaze me. Whether it be stories of past life events, or how they love music. I am very fortunate to have a position that brings so much joy to others.

SCHEDULED EVENTS

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

POP-UP BINGO THE MONTH OF SEPTEMBER

SEE CALENDAR FOR SCHEDULED DATES AND TIMES

SHOPPING IS BACK ON FRIDAY FOR THE MONTH OF SEPTEMBER

FRIDAY, SEPTEMBER 12TH

WALMART

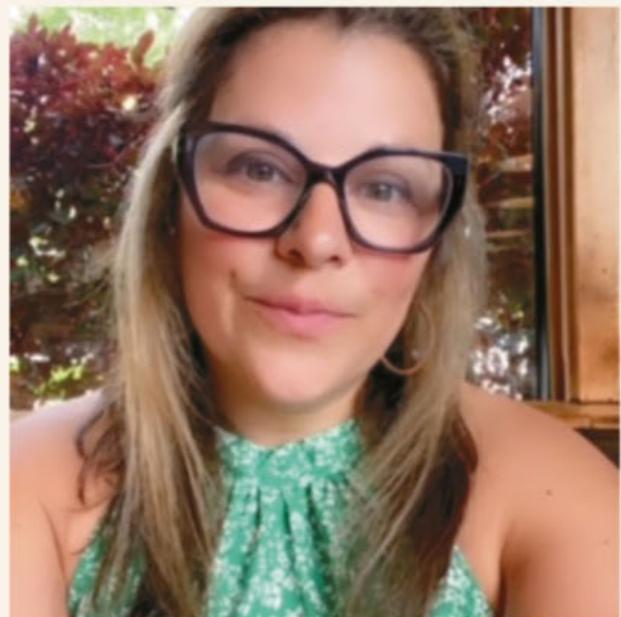
FRIDAY, SEPTEMBER 26TH

ACME/FIVE BELOW

FROM 8:30-11:30AM

THE STAFF AND THE GARFIELD HTS SENIORS WOULD LIKE TO SAY
“THANK YOU”

TO LISA ANTHONY FROM HOME INSTEAD AND DERRICK GUNN FROM ECHO, HOSPICE OF CLEVELAND FOR DEVOTING THEIR TIME TO THE SENIOR CENTER DURING OUR SENIOR WEEK EVENTS. WE COULD NOT HAVE MADE IT A SUCCESS WITHOUT YOU!



Gluten-Free Chicken and Dumplings

Chicken Ingredients:

3-4 cups cooked skinless chicken breasts, diced (rotisserie or boiled)
4 cups gluten-free chicken broth
2 cups gluten-free frozen mixed vegetables
1 tablespoon dried sage
1 tablespoon dried thyme
1 tablespoon onion powder
1/2 teaspoon salt
2 cups milk (dairy-free options: cashew, coconut, or almond milk)
6 tablespoons gluten-free cornstarch

Dumpling Ingredients:

1 1/2 cups Bisquick Gluten Free mix
2 eggs, whisked
2/3 cup milk (dairy-free options: cashew, coconut, or almond milk)
4 tablespoons unsalted butter, melted (dairy-free substitute: Smart Balance, Earth Balance butter, or coconut oil)

Instructions:

1. In a large pot, add chicken broth, diced chicken, frozen vegetables, dried sage, thyme, and onion powder. Bring the mixture to a low boil over medium heat to combine flavors.
2. In a small bowl, whisk together milk and cornstarch until the cornstarch is completely dissolved to create a smooth slurry.
3. Pour the milk and cornstarch mixture into the pot with the chicken broth mixture. Stir well until fully blended and allow it to continue boiling to thicken the broth.
4. In a medium bowl, whisk the eggs. Add the gluten-free Bisquick mix and stir. Then add melted butter and milk, stirring thoroughly until the batter is sticky and evenly combined.
5. Using a spoon or ice cream scoop, drop heaping spoonfuls of the dumpling batter into the boiling chicken broth mixture. This helps form sizable dumplings.
6. Reduce the heat to low and cook uncovered for 10 minutes allowing the dumplings to cook through and firm up.
7. Cover the pot and cook for an additional 15 minutes to ensure dumplings are tender and fully cooked.
8. Remove from heat and ladle the chicken and dumplings into bowls. Serve hot and enjoy!

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?



WII BOWLING 2025 FALL LEAGUE

Weekly Bowling sessions
You can bowl your games
Every Monday and Wednesday
Between the hours of 9am and 1pm

\$3.00 PER SESSION TO BOWL.
ALL PROCEEDS GO TOWARDS BOWLING BANQUET AT THE END OF THE SEASON.

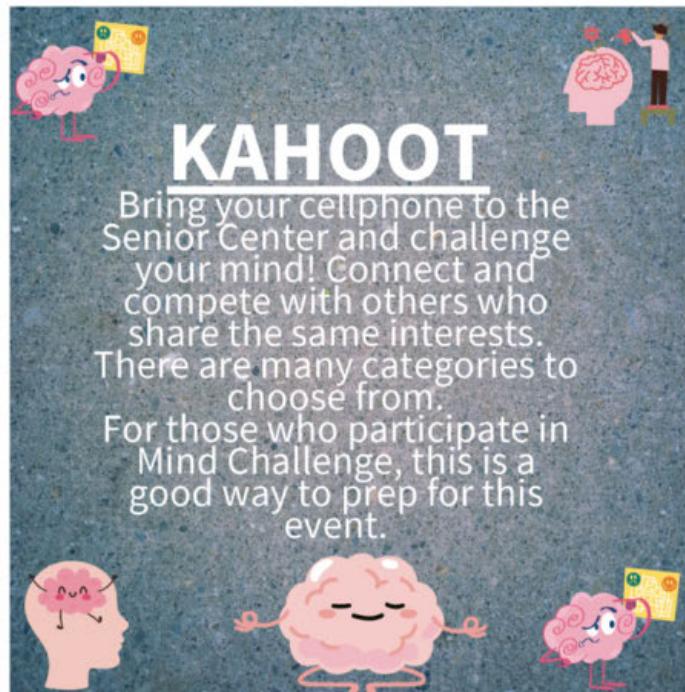
Cuyahoga County Public Library **DIGITAL NAVIGATORS**

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**
**NO MONDAY MORNING SCHEDULED
FOR THE MONTH OF SEPTEMBER**
**LIBRARY BOOK DISCUSSION AT THE
SENIOR CENTER**
**THURSDAY, SEPTEMBER 18TH
@ 10AM IN THE SOLARIUM**

Nothing to See Here by Kevin Wilson

A moving and uproarious novel about a woman who finds meaning in her life when she begins caring for two children with a remarkable ability.



WORD SEARCH

Disney Animated Movies

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

WALL-E
PETER PAN
TARZAN
BAMBI
BROTHER BEAR
ROBIN HOOD
CARS
JUNGLE BOOK
PINOCCHIO
TANGLED
BOLT
MULAN
MONSTERS INC
CINDERELLA
ALADDIN
HERCULES
DUMBO
FANTASIA
DINOSAUR



RIDDLE ME THIS...

What do you throw out
when you want to use it
but take in when you
don't want to use it?



[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, September 1

**CLOSED
IN OBERVANCE
OF LABOR DAY**

Tuesday, September 2

Hamburger
Seasoned Potato Wedges
Baked Beans
W.G. Bun
Pineapple Chunks

ALT = CS T

Wednesday, September 3

Breaded Chicken Breast
Capri Blend + Green Beans
W.G. Bun
Sliced Peaches

ALT = CF RB

Thursday, September 4

Roasted Turkey Breast
Stuffing + Sweet Potatoes
Gravy
Green Peas
W.G. Dinner Roll
Cranberry Juice

ALT = CBG V

Monday, September 8

Salisbury Steak
Mashed Potatoes w/Gravy
Peas
W.G. Dinner Roll
Pears

ALT = CS TR

Tuesday, September 9

Chicken stuffed w/ Broccoli
Mashed Potatoes w/ Gravy
California Blend
2 W.G. White
Apricots

ALT = CBG V

Wednesday, September 10

Beef Sloppy Joe
Seasoned Wedge Potatoes
Buttered Beets
W.G. Bun
Fresh Grapes

ALT = CF TR

Thursday, September 11

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

ALT = CBG RB

Monday, September 15

Salisbury Steak w/Gravy
Mashed Potatoes
Peas
Whole Grain Wheat
Pears
Grape Juice

ALT = CS TR

Tuesday, September 16

Chicken Stir Fry
Brown Rice Pilaf
Kyoto + Oriental Blend
Mandarin Oranges
W.G. Vanilla Wafer

ALT = CBG RB

Wednesday, September 17

Breaded Fish
Scalloped Potatoes
Spinach
W.G. Dinner Roll
Peaches

ALT = CF TR

Thursday, September 18

BBQ Chicken Breast
W.G. Macaroni and Cheese
Baked Beans +
Sautéed Swiss Chard
W.G. Corn Muffin
Banana

ALT = CBG RB

Monday, September 22

Chicken Alfredo
W.G. Pasta
Broccoli + Carrot Coins
W.G. White
Sliced Pears

ALT = CS RB

Tuesday, September 23

Rosemary Pork Chop
Sweet Potatoes + Brussel Sprouts
2 W.G. Wheat
Applesauce

ALT = CBG TR

Wednesday September 24

Stuffed Pepper
Mashed Potatoes
Zucchini
2 W.G. Wheat
Fruit Cocktail

ALT = CF T

Thursday, Septmeber 25

Chicken + Dumplings
Carrot Coins + Spinach
W.G. Wheat
Fresh Grapes

ALT = CBG V

Monday, Septmeber 29

Chicken Stew
California blend + Brussel Sprouts
W.G. Dinner Roll
Applesauce

ALT = CS RB

Tuesday, September 30

Swedish Meatballs
Noodles w/ Gravy
Green Beans + Red Cabbage
W.G. White
Peaches

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

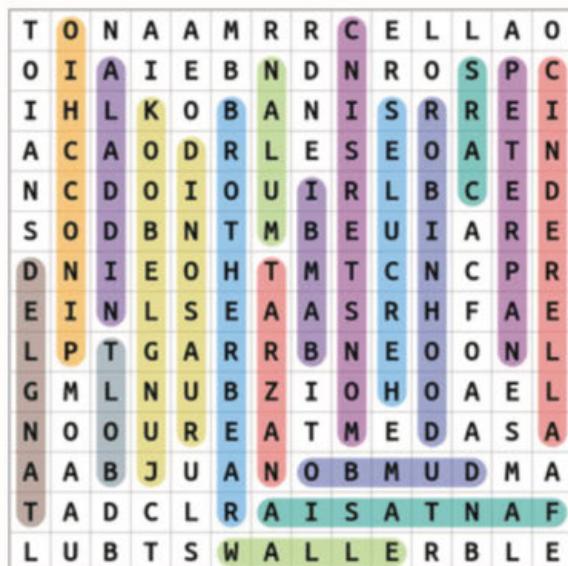
SEPTEMBER CALENDAR 9

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed in Observance of Labor Day	2 RESERVE LUNCH 10:00am Kahoot 11:30am Lunch BINGO 12-2PM	3 Wii Bowling 10:00am Coffee with the Mayor 11:30am Lunch BINGO 12-2PM	4 11:30am Lunch 10am - 1:30pm Tour Myer's Apartments in Beachwood Grandparent's Day	5 NO FRIDAY SHOPPING
8 RESERVE LUNCH Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Site Council Mega Bingo	9 RESERVE LUNCH 10:00am Site Council Meeting 11:30am Lunch 12-1pm Kahoot	10 Wii Bowling 10:30am The Right Dose w/ Alan Nevel 11:30am Lunch BINGO 12-2PM	11 11:30am Lunch TRIP TO LAKE FARM PARK	12 FRIDAY SHOPPING WALMART 8:30-11:30am
15 RESERVE LUNCH Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch BINGO 12-2PM	16 RESERVE LUNCH 10:00am Kahoot 11:30am Lunch 12:30pm Comfort Keepers Demonstration with Emma	17 Wii Bowling 11:30am Lunch FOODBANK DISTRIBUTION 1-2PM BINGO 10-11PM	18 10:00am Book Discussion 11:30am Lunch 12:30-2pm " Tis the Season to be Healthy " w/ Suzanne from the Board of Health FOODBANK DISTRIBUTION 5-6PM	19 NO FRIDAY SHOPPING
22 RESERVE LUNCH Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Bingo sponsored by United Methodist Church	23 RESERVE LUNCH 10:00am Kahoot 10:00am Lunch & Shopping at Great Northern Mall 11:30am Lunch	24 Wii Bowling 11:30am Lunch 12:30pm Craft w/ Anessia	25 10:00am Book Discussion 11:30am Lunch Birthday Thursday	26 FRIDAY SHOPPING ACME/FIVE BELOW 8:30-11:30am
29 RESERVE LUNCH Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12-2PM BINGO	30 RESERVE LUNCH 9:45am Post Office On Wheels 10:00am Kahoot 11:30am Lunch 11:30am Tour the YMCA			

RIDDLE ME THIS ANSWER

An Anchor

WORD SEARCH ANSWER



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SENIOR SPOTLIGHT

CLINT PROVANCE

Clint has worked at numerous places throughout his life. He worked at Marymount for eight years. He was a Bartender for four years at Johnny's Club on Turney Rd. He also worked at Southgate Game Room for four years. Clint worked as a closing, store dishwasher for Steak and Shake for five years.

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.