



# THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #31

SEPTEMBER 2025

## CONTACT

5407 Turney Road  
Garfield Heights, OH 44125  
216-475-3244  
[jsopkovich@garfieldhths.org](mailto:jsopkovich@garfieldhths.org)  
[garfieldhths.org/216/Senior-Center](http://garfieldhths.org/216/Senior-Center)

## CENTER HOURS

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

## WHAT'S INSIDE

- 2 - 3** Announcements
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- 5 - 7** What's Going On?, Pictures and Puzzles
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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.

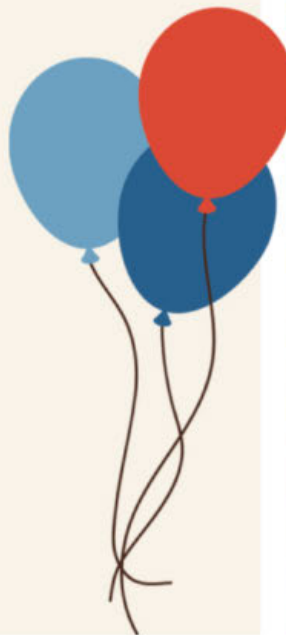


## 2 ANNOUNCEMENTS

### 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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Brecksville, OH 44141

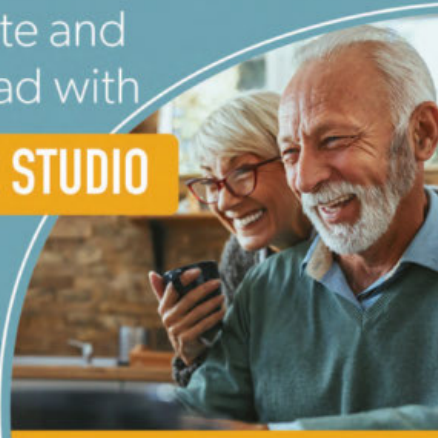
[www.jenningsohio.org](http://www.jenningsohio.org)

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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 be changing, they will be beautiful. Mother Nature at her best.

Letters have been sent to suppliers for donations. Our 18<sup>th</sup> 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 ♥



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emailed to you.



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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 DOSEWITH ALAN K. NEVEL**WEDNESDAY, SEPTEMBER 10<sup>TH</sup> @ 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 11<sup>TH</sup>**  
**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 CENTERREGISTRATION 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 18<sup>TH</sup> @ 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 22<sup>ND</sup> @ 12:30PM**

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

**TRIP TO GREAT NORTHERN MALL**  
**TUESDAY, SEPTEMBER 23<sup>RD</sup> @ 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 30<sup>TH</sup>**

**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 12<sup>TH</sup>  
**WALMART**  
FRIDAY, SEPTEMBER 26<sup>TH</sup>  
**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  
3/4 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 1am

**\$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 TH 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.

## **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

### 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 +  
Sauteed 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

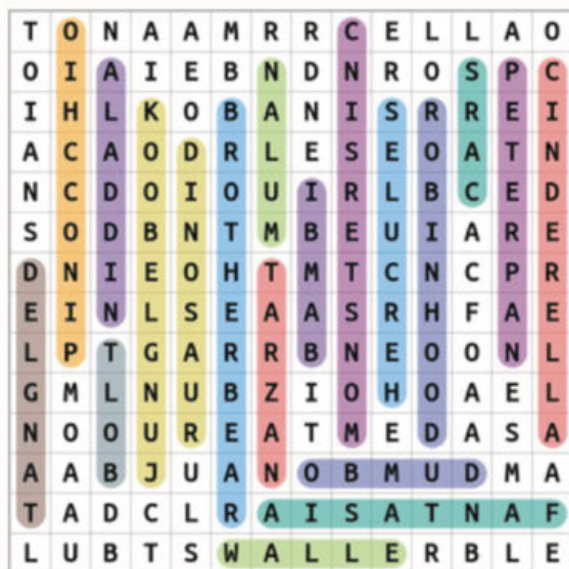
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Closed in Observance of Labor Day</b>	<b>2</b> <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch  <b>BINGO 12-2PM</b>	<b>3</b> Wii Bowling <u>10:00am Coffee with the Mayor</u> 11:30am Lunch  <b>BINGO 12-2PM</b>	<b>4</b> 11:30am Lunch 10am - 1:30pm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



# RIDDLE ME THIS ANSWER

An Anchor

# WORD SEARCH ANSWER





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Janet Kidd

### DRIVERS

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Vincent Walls  
Greg Skuta  
Izola Newton



## 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.