



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #32

OCTOBER 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, October 14th @ 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, October 22nd @ 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, October 28th @ 10:00am

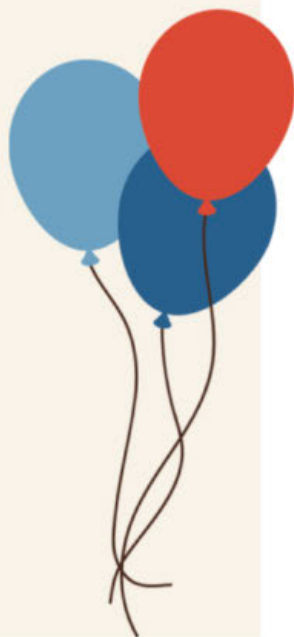
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

2 ANNOUNCEMENTS

OCTOBER BIRTHDAYS!

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

Robert Elder 10/26
Cassandra Murph 10/6
Therese Trybala 10/17
Jimmy Williams 10/16



WELCOME OUR NEW SENIORS TO THE CENTER

Lee McCutchein Myrtell Turner
 Janyce Simms Gaynell Henderson
 Barbara Hughes

JOHN P. KOSCIANSKI

Attorney at Law

440-845-0500

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14-1853



CRAFTROOM NEWS

My goodness October is here, the leaves will be changing, and the air is much cooler. Just the smell of fall is a gift from Mother Nature, so enjoy it while we can.

We are getting ready for October 4th, which is going to be our Fall Fest. There will be lots of fun for all to enjoy! The Craft Room will be open during this event. We have items to sell for the fall season, plus Halloween cards.

Please keep in mind that we have a 60 day layaway program, so you can pick out your items now, and pay later.

All proceeds go to our Site Council for various activities, events and trips.

Thank you, Barb ♥

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

BIRTHDAY THURSDAY HAS MOVED**THURSDAY, OCTOBER 2ND**

The Center will be celebrating those seniors who have birthdays in October.

MEGA BINGO**MONDAY, OCTOBER 6TH**

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

CHAIR AEROBICS W/ JUST BODIES**TUESDAY, OCTOBER 7TH @ 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”**SUPRISE LUNCHEON****WEDNESDAY, OCTOBER 8TH**

Shhhh.....It's a surprise

ORANGE BALL**THURSDAY, OCTOBER 9TH**

Come dressed in your favorite orange outfit and dance to D.J. Ken. Presale tickets \$5.

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

TRIP TO FUJI**TUESDAY, OCTOBER 14TH**

The seniors will be going to Fuji for lunch. Join us and see all the delicious items on Fuji's buffet. Presale Tickets \$2. **Must be a registered senior and have ticket to participate. 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)

COMPUTER 101 CLASS @ THE LIBRARY**WEDNESDAY, OCTOBER 15TH @ 10AM-12PM**

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.

TRIP TO HARTVILLE**TUESDAY, OCTOBER 21ST 10AM- 2PM**

Take a trip with the seniors and staff to Hartville. Enjoy some shopping in their indoor Flea Market, where we will stop for lunch.

Presale Tickets \$3. **Must be a registered senior and have ticket to participate for this event. No walk-ins will be accepted.**

SENIOR CENTER WILL BE CLOSED TO THOSE NOT GOING ON TRIP

LAKE ERIE NATURE & SCIENCE CENTER**THURSDAY, OCTOBER 23RD**

The Center will be taking a trip to the Lake Erie Nature and Science Center, offering interactive experiences with animals, plus a planetarium.

Must be a registered senior and have reserved a seat for this event. No walk-ins will be accepted.

HALLOWEEN PARTY**THURSDAY, OCTOBER 30TH**

Dress in your best costume and come celebrate Halloween at the Center. The Site Council is hosting a costume contest where 3 lucky winners will be awarded. Come enjoy food, fun and D.J. Ken. Presale Tickets \$5. **Must be a registered senior and have ticket to participate for this event. No walk-ins will be accepted.**

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

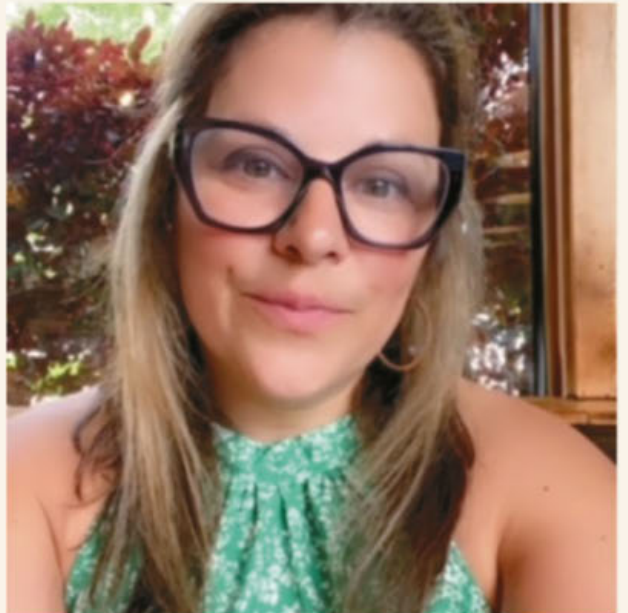
MIRROR, MIRROR on the wall

It doesn't matter if I'm short or tall, if I have skinny legs or my hips are wide. It only matters who I am inside. Blue eyes, brown eyes, black or green . . . what makes me beautiful cannot be seen. When you look at me don't judge me by my parts. The most beautiful thing about me is my heart.

A MESSAGE FROM THE SENIOR CENTER MANAGER, JENNIFER SOPKOVICH

Hello Everyone,
As we welcome fall please dress for the weather when coming to the center. The holidays are right around the corner and the staff and myself are busy getting things in order. Our Adopt a Senior for the holidays will return again this year. Those who would like to be a Secret Santa for one or more of our seniors, please stop by after the city's lighting ceremony and grab a name or two off of our tree in the lobby. They are a wonderful group that I am fortunate enough to know and spend time with. As always if you haven't signed up for the Center, I encourage you to do so!

Thanks, Jenn ♡



SCHEDULED EVENTS

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

UNITED METHODIST CHURCH SPONSORED BINGO

MONDAY, OCTOBER 20TH @ 12:30PM

VOLUNTEER DINNER WEDNESDAY, OCTOBER 22ND 5-7PM

The staff is hosting a dinner to those who have volunteered their time and efforts throughout the year. Those who qualify for this dinner will receive a personal invite to participate.

**Must have received an invite,
no walk-ins will be accepted.**

CONGRATULATIONS!!

To Martha Robinson for winning
the Senior Center's Taste of
Turney 50/50 Raffle

A warm **"Thank You"**
goes out to Donna Divis,
who always comes through with
donations to the Garfield Heights
Food Bank.

Taco Salad

Prep time 35 minutes. Serves 10-15 people

Ingredients:

- 1 Pound Ground Beef
- 1 Package Taco Seasoning
- 1 Head Lettuce (firm)
- 3 Tomatoes
- 1 Package Shredded Cheese
- 1 Small Bottle Catalina Dressing
- 1 Large Package Doritos

Instructions:

1. Crumble ground beef, cook until completely cooked, about 25 minutes. Mix in package of taco seasoning and $\frac{3}{4}$ cups of water. Cook until mixture is thick. Set aside to cool.
2. Cut/ shred lettuce, and dice tomatoes. Place in large bowl and mix.
3. Add cheese, ground meat and mix.
4. Pour bottle of Catalina dressing over mixture and blend together.
5. Crush Doritos and mix thoroughly with other ingredients.

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

MONDAY, OCTOBER 6TH @ 10:00AM

LIBRARY BOOK DISCUSSION AT THE SENIOR CENTER

**THURSDAY, OCTOBER 23RD
@ 10AM IN THE SOLARIUM**

Martyr **by Kaveh Akbar**

A newly sober, orphaned son of Iranian immigrants, guided by the voices of artists, poets, and kings, embarks on a remarkable search for a family 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

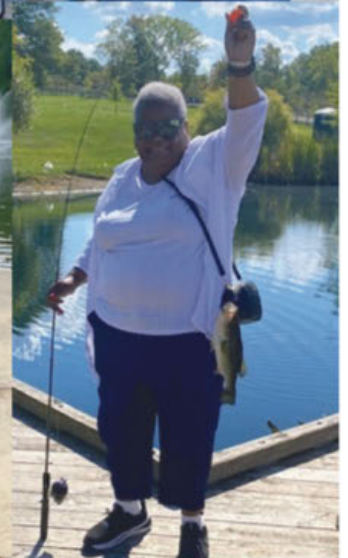
Famous Bands

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

MCFLY
PSY
ELBOW
WESTLIFE
PINK
TAKE THAT
COLDPLAY
FLEETWOOD MAC
LITTLE MIX
WANTED
THE KILLERS
GREEN DAY
THE WHO
UNION J
BLUR
BUSTED
MUSE
QUEEN

RIDDLE ME THIS...

I can be short
and sometimes hot.
When displayed,
I rarely impress.
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

Wednesday, October 1

Hawaiian Chicken
Rice Pilaf
Japanese Vegetables
Peppers and Onions
W.G. Vanilla Wafers
Tropical Fruit

ALT = CF RB

Thursday, October 2

Beef Sloppy Joe
Oven Roasted Potatoes
Broccoli
W.G. Bun
Fresh Plum

ALT = CBG T

Monday, October 6

Chicken stuffed w/ Broccoli
Mashed Potatoes w/ Gravy
Beets
2 W.G. White
Sliced Peaches

ALT = CS RB

Tuesday, October 7

Sliced Ham w/ Glaze
Scalloped Potatoes
Green Peas
2 W.G. White
Applesauce

ALT = CBG TR

Wednesday, October 8

Breaded Fish
Brown Rice Pilaf
Capri Blend + Carrots
W.G. Roll
Orange

ALT = CF RB

Thursday, October 9

Beef Stew
Brussels Sprouts
W.G. Roll
Apricots
Apple Juice

ALT = CBG T

Monday, October 13

**CLOSED
IN OBERVANCE
OF COLUMBUS DAY**

ALT = CF TR

Tuesday, October 14

BBQ Chicken
Macaroni and Cheese
Baked Beans + Spinach
W.G. Corn Muffin
Sliced Peaches

ALT = CS RB

Wednesday, October 15

Stuffed Cabbage
Noodles W/ Gravy
Antigua Blend Vegetables
W.G. Wheat
Tropical Fruit
Cranberry Juice

ALT = CF T

Thursday, October 16

Breaded Fish
Seasoned Potato Wedges
Lima Beans
W.G. Hamburger Bun
Banana

ALT = CBG TR

Monday, October 20

Baked Chicken Breast W/ Gravy
Key Largo Vegetables
Scalloped Potatoes
W.G. Biscuit
Pears

ALT = CS RB

Tuesday, October 21

**SENIOR CENTER
CLOSED FOR
TRIP TO
HARTVILLE**

ALT = CBG TR

Wednesday, October 22

Chicken Cacciatore
W.G. Pasta w/ Sauce
Mixed Vegetables
California Blend
W.G. Wheat
Banana

ALT = CF RB

Thursday, October 23

Stuffed Pepper w/ Sauce
Mashed Potatoes
Mixed Vegetables
W.G. Biscuit
Red Grapes

ALT = CBG T

Monday October 27

Hamburger
Seasoned Potato Wedges
Baked Beans
W.G. Bun
Sliced Pears

ALT = CS TR

Tuesday, October 28

Stuffed Shells w/ Sauce
Corn + Lima Beans
2 W.G. Wheat
Applesauce

ALT = CBG RB

Wednesday, October 29

Beef Meatloaf w/ Gravy
Mashed Potatoes
Green Beans
W.G. Roll
Orange

ALT = CS RB

Thursday, October 30

Breaded Chicken Breast
Cauliflower + Zucchini
W.G. Bun
Apricots

ALT = CF 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

OCTOBER CALENDAR 9

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Wii Bowling 11:30am Lunch 12:30pm Cleveland Foodbank Presentation	2 11:30am Lunch Birthday Thursday	3 SHOPPING
6 <u>RESERVE LUNCH</u> Wii Bowling 10:00am Monday Morning Meet-up 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Site Council Mega Bingo	7 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch 12:30pm Chair Aerobics w/ Just Bodies	8 Wii Bowling 11:30am Lunch 12:00pm Suprise Lunch	9 11:30am Lunch Orange Ball	10 NO FRIDAY SHOPPING
13 Closed in Observance of Columbus Day	14 <u>RESERVE LUNCH</u> 10:00am Site Council Meeting 11:30am Lunch 12-1pm Kahoot 10:30am Trip to Fuji	15 Wii Bowling 10am-12pm Computer 101 @thelibrary 11:30am Lunch FOODBANK DISTRIBUTION 1-2PM	16 10:00am Book Discussion 11:30am Lunch FOODBANK DISTRIBUTION 5-6PM	17 SHOPPING
20 <u>RESERVE LUNCH</u> Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:30pm Bingo sponsored by United Methodist Church	21 SENIOR CENTER CLOSED FOR TRIP TO HARTVILLE Leaving promptly @ <u>10:00am</u>	22 Wii Bowling 10:00am Coffee with the Mayor 11:30am Lunch 5-7pm Volunteer Dinner (Invitation Only)	23 10:00am Book Discussion 11:30am Lunch 10:00am Lake Erie Nature Center	24 NO FRIDAY SHOPPING
27 <u>RESERVE LUNCH</u> Wii Bowling 10:00am Cardio Drumming, and Chess w/Gerry 11:30am Lunch 12:00pm Bingo w/ Harris Healthcare	28 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch	29 Wii Bowling 11:30am Lunch 12:30pm Craft w/ Anessia	30 11:30am Lunch Halloween Party	NO FRIDAY SHOPPING

RIDDLE ME THIS ANSWER

Temper

WORD SEARCH ANSWER



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NEWSLETTER
OCTOBER EDITION



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The Garfield Heights Senior Center Site Council

Halloween Costume Party

Come and have a Spooktacular Time

MUSIC BY D.J. KEN

FOOD, FUN, AND PRIZES

JUDGES WILL DECIDE WHO HAS
THE BEST, SCARIEST AND FUNNIEST
COSTUME

**PRESALE TICKETS AVAILABLE FOR \$5.00
MUST BE A REGISTERED SENIOR AND HAVE TICKET
TO PARTICIPATE. NO WALK-INS WILL BE ACCEPTED.
NONTRANSFERABLE/NONREFUNDABLE**

Garfield Heights Civic Center
5407 Turney Road



MEET THE STAFF

DIRECTOR

Paul Birk

MANAGER

Jennifer Sopkovich

ADMINISTRATIVE ASSISTANT

Anessia Dailey

TRANSPORTATION & ACTIVITIES COORDINATOR

Laketia Gaston

RECEPTIONISTS

Larry Speights
Marlene Kalish

KITCHEN AIDES

Katie Granfors
Janet Kidd

DRIVERS

Loretta Arnold
Vincent Walls
Greg Skuta
Izola Newton



SENIOR SPOTLIGHT

JAMES STONEKING

Jim graduated from high school in 1966. After graduation he enlisted into the Army where he served from 1966-1969. During that time he spent 16 months in South Korea. Jim retired from Thermo-Fisher Scientific in 2014, where he was a lead in the TLD Department. Jim came from a large family of 4 brothers and 3 sisters. He has a daughter, Jamie, son in law, Mario, a granddaughter Isabella, and a grandson Enzo.

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.