



# THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #33

NOVEMBER 2025

## CONTACT

5407 Turney Road  
Garfield Heights, OH 44125  
216-475-3244  
[jsopkovich@garfieldhts.org](mailto:jsopkovich@garfieldhts.org)  
[garfieldhts.org/216/Senior-Center](http://garfieldhts.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, November 11th @ 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, November 19th @ 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, November 25th @ 10:00am**

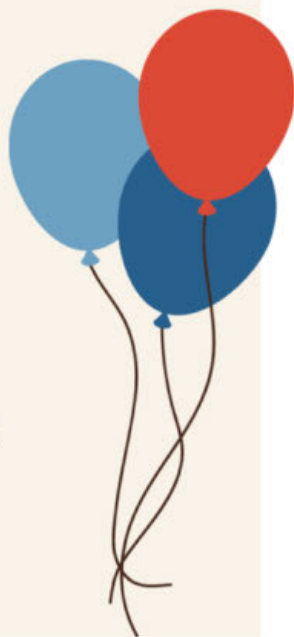
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

## 2 ANNOUNCEMENTS

### NOVEMBER BIRTHDAYS!

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

**Barbara Dines 11/18**  
**Vanessa Groce 11/21**  
**Ruth Harrison 11/23**  
**Ronnie Horn 11/4**  
**Catherine Jones 11/12**  
**Barbara Molin 11/11**  
**Sharon Rice 11/3**  
**Myrtell Turner 11/10**  
**Dorothea Vernon 11/19**  
**Paulette Williams 11/5**



### WELCOME OUR NEW SENIORS TO THE CENTER

Viola Fulton   Walter Sedlak   Patricia Adams  
Vanessa Groce   Decino McBeath   Ethel Mazza  
Doris Hendrix   Martha Simmons  
Valerie Ward   Barbara Hughes

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14-1853



CRAFTROOM NEWS

November, what a beautiful month! Things are coming together nicely for our Christmas and 50/50 Raffle.

This will be our 18<sup>th</sup> year hosting this fundraiser. Many beautiful items have already been donated from companies and individuals. We would like to take a moment to welcome Vanessa Groce our newest addition to the craft room. We have new talent added to our craft room. They have made some beautiful items. Remember we have a 60 day layaway, buy now and pay later. Christmas is right around the corner. I hope everyone has a beautiful and loving Thanksgiving, we all have something to be thankful for. Please keep in mind all proceeds from purchases in the Craft Room go to our Site Council for various activities, events and trips.

Thank you, Barb ♥



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emailed to you.



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TRIP TO PATTERSON FARMTUESDAY, NOVEMBER 4<sup>TH</sup> @ 10:00AM

The Center will be taking a trip to Patterson Farm. Those seniors who have funds left on their SFMNP Card, may use the card at the farm. **Must be a registered senior and signed up to reserve seat for this event. No walk-ins will be accepted.**

CHAIR AEROBICS W/ JUST BODIESWEDNESDAY, NOVEMBER 5<sup>TH</sup> @ 10:00AM

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

**Be sure to bring  
a water bottle to stay hydrated!  
"Everyone can have a functional Body"**

BIRTHDAY THURSDAYTHURSDAY, NOVEMBER 6<sup>TH</sup>

Come and celebrate the senior birthday's for the month of November.

VETERAN'S DAY CELEBRATIONMONDAY, NOVEMBER 10<sup>TH</sup>

Every battle fought, every sacrifice made, has paved the way for the freedoms we enjoy. The Center will be honoring it's senior veterans on Monday, November 10<sup>th</sup>.

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)

TRIP TO STRONGSVILLE MALLTUESDAY, NOVEMBER 18<sup>TH</sup>

**The Center is closed on Tuesday, November 18<sup>th</sup>.** The Center will be taking the seniors for an early holiday shopping trip. \$2 presale tickets available. **Must be a registered senior and signed up to reserve seat for this event. No walk-ins will be accepted.**

SITE COUNCIL MEGA BINGOMONDAY, NOVEMBER 24<sup>TH</sup> @ 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.

THANKSGIVING LUNCHTHURSDAY, NOVEMBER 20<sup>TH</sup>

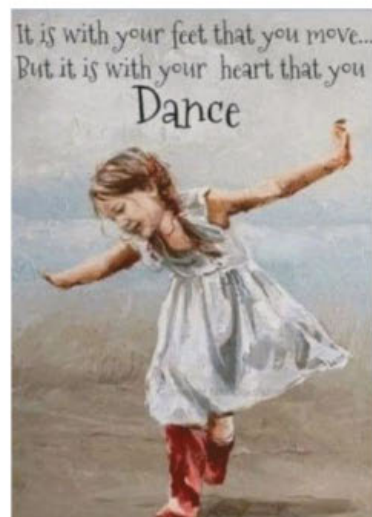
Thankful, Grateful, and Blessed!

The staff will be preparing an unforgettable Thanksgiving lunch for the Center's seniors. **Must be registered and have signed up for this event. No walk-ins will be accepted.**

CRAFT W/ ANESSIATUESDAY, NOVEMBER 25<sup>TH</sup> @ 12:30PM

Learn to make something fun and festive for the holiday season! Come and celebrate the senior birthday's for the month of November.

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





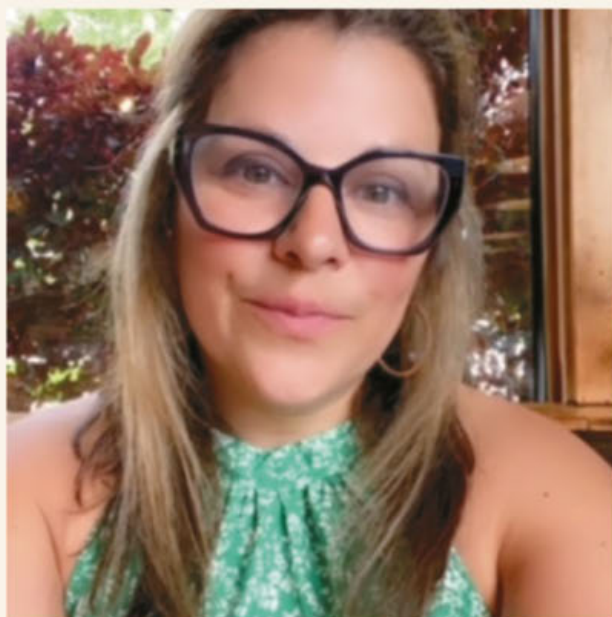
**A MESSAGE FROM THE SENIOR CENTER  
MANAGER, JENNIFER SOPKOVICH**

Hello Everyone,

Cold weather is right around the corner. I encourage all our seniors to dress according to the weather. Along with the cold weather, brings some special holiday celebrations. Thanksgiving and Christmas. The Center will be hosting it's Annual

Adopt a Senior. Community participation is needed to make the seniors holiday extra special. Those who would like to be a part of this special gift giving, can stop in the Civic Center for details. We will have a tree located in our lobby with senior names to choose from after our scheduled lighting ceremony. But let us not forget who's birthday is on Thursday, December 25th, my JESUS+

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.**

**CHAIR VOLLEYBALL**

**EVERY MONDAY IN THE MONTH OF NOVEMBER**

The Garfield Heights Senior Center and the Maple Heights Senior Center has joined forces for a little competitive chair volleyball. Come and sign up and join our team!

**Home games at Garfield Heights**

Monday, November 3<sup>rd</sup>

Monday, November 17th

**Away games at Maple Heights**

Monday, November 10<sup>th</sup>

Monday, November 24th

Trophies will be awarded to the winning team.

Connie from Humana  
will be at the

Center on  
Monday, November 3<sup>rd</sup>  
to answer any new  
Medicare questions  
the seniors may have!

**CHEDDAR POTATO CHOWDER**

Prep time 20 min. Cook time 20 min. Serves 7

**Ingredients:**

1 Cup Water  
2 Cups Diced Unpeeled  
Red Potatoes  
¼ Cup All Purpose Flour  
2 Cups Shredded  
Cheddar Cheese  
1 Cup Cubed Cooked Ham

1 Cup Carrots  
½ Cup Diced Celery  
¼ Cup Diced Onion  
1 Tsp. Salt  
¼ Tsp. Pepper  
2 Cups Milk

**Instructions:**

1. In covered pan, combine water, potatoes, carrots, celery, chopped onions, salt, and pepper. Bring to a boil. Reduce heat, cover and simmer for 10-12 minutes.
2. Place flour in large saucepan. Gradually whisk in milk. Bring to a boil over medium heat, cook and stir for 2 min. or until thickened.
3. Remove from heat. Add cheese, stir until cheese has melted. Add cheese mixture and ham to undrained vegetables. Stir until thoroughly mixed.

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, NOVEMBER 3RD**  
**@ 10:00AM**

**LIBRARY BOOK  
DISCUSSION AT THE  
SENIOR CENTER  
HAS BEEN CANCELLED.**  
**THE STAFF CAN  
REVISIT THIS ACTIVITY  
ONCE THERE IS SENIOR  
PARTICIPATION.**

### **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.**

## **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

### Types of Food

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

ONION  
PORK  
BURGERS  
FAST FOOD  
RADISH  
MACARONI  
LETTUCE  
VEGETABLES  
NOODLES  
BREAD  
CEREAL  
HAM  
FRUIT  
TUNA  
SALAD  
SPAGHETTI  
BUTTER  
ROLLS  
TV DINNER  
HOTDOGS  
STEAK  
GRAVY

## RIDDLE ME THIS...

What can be driven  
although it doesn't have  
wheels, sliced but stays  
whole?



### 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 View Calendar for Dates

Join the group of seniors who love exercising, while drumming to their favorite tunes.

# 8 LUNCH MENU

## Monday, November 3

Stuffed Cabbage w/ Noodles  
Buttered Beets  
1 W.G. White  
Mixed Fruit  
Cranberry Juice

ALT = CS TR

## Tuesday, November 4

Chicken Cordon Bleu  
Mashed Potatoes w/ Gravy  
Mixed Vegetables  
2 W.G. White  
Apricots

ALT = CBG RB

## Wednesday, November 5

Beef Stew  
Brussels Sprouts  
W.G. Biscuit  
Banana

ALT = CF TR

## Thursday, November 6

Sweet & Sour Pork Loin  
Rice Pilaf  
Red Cabbage  
Green Peas  
W.G. Vanilla Wafer

ALT = CBG T

## Monday, November 10

Breaded Chicken Breast Patty  
Cheesy Potatoes  
Broccoli  
W.G. Bun  
Pears

ALT = CS RB

## Tuesday, November 11

**SENIOR CENTER  
CLOSED IN  
OBSERVANCE OF  
VETERANS DAY**

## Wednesday, November 12

Beef Stroganoff  
Noodles w/ Gravy  
Antigua Blend + Cauliflower  
W.G. Wheat  
Pineapple

ALT = CF TR

## Thursday, November 13

BBQ Chicken  
Macaroni and Cheese  
Spinach  
W.G. Corn Muffin  
Sliced Peaches  
Grape Juice

ALT = CBG T

## Monday, November 17

Lemon Chicken  
Rice Pilaf  
Japanese Blend  
W.G. Wheat  
Tropical Fruit  
Apple Juice

ALT = CS RB

## Tuesday, November 18

Salisbury Steak w/ Gravy  
Noodles  
Red Cabbage + Green Beans  
W.G. White  
Orange

ALT = CBG T

## Wednesday, November 19

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

ALT = CF TR

## Thursday, November 20

Stuffed Shells  
Cauliflower  
Zucchini  
2 W.G. White  
Diced Pears

ALT = CBG RB

## Monday November 24

Sliced Ham w/ Pineapple Glaze  
California Blend  
Cheesy Potatoes  
W.G. Roll  
Applesauce

ALT = CS TR

## Tuesday, November 25

Stuffed Peppers w/Sauce  
W.G. Pasta  
Mixed Vegetables + Broccoli  
W.G. Wheat  
Orange

ALT = CBG T

## Wednesday, November 26

Roasted Turkey w/ Gravy  
Stuffing  
Green Beans  
Sweet Potatoes  
W.G. Roll  
Cranberry Juice

ALT = CF RB

## Thursday, November 27

**SENIOR CENTER  
CLOSED IN  
OBSERVANCE OF  
THANKSGIVING**

## 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



# NOVEMBER CALENDAR 9

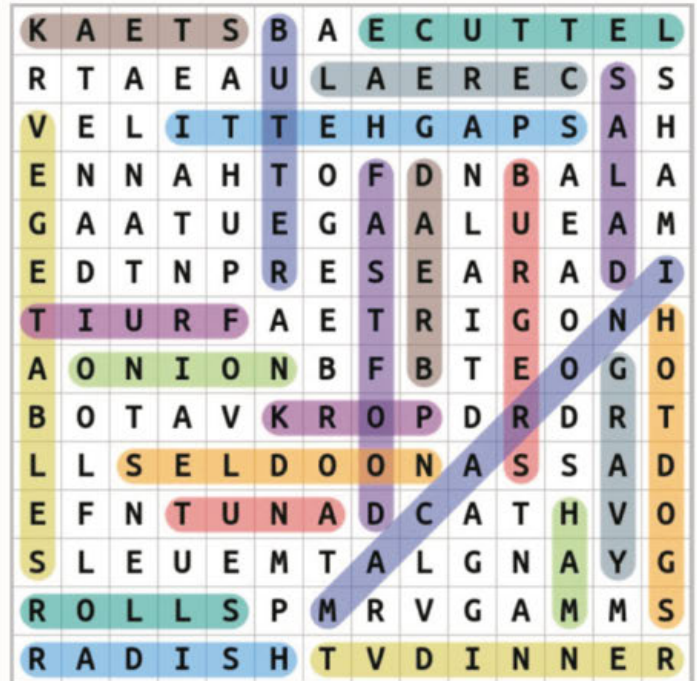
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <a href="#">RESERVE LUNCH</a> Wii Bowling <b>10:00am Monday Morning Meetup</b> 10:00am Chair Volleyball w/ Maple Hts. 10:00am Chess w/ Gerry 11:30am Lunch	<b>4</b> <a href="#">RESERVE LUNCH</a> 11:30am Lunch  10am <b>Trip to Patterson Farm</b>	<b>5</b> Wii Bowling 10:00am Just Bodies Aerobics w/ Joanne 11:30am Lunch 12pm Bingo	<b>6</b> 11:30am Lunch  <b>Birthday Thursday</b>	<b>7</b>  8:30am-11:30am <b>SHOPPING</b> <b>Walmart</b>
<b>10</b> <a href="#">RESERVE LUNCH</a> Wii Bowling 10:00am Chair Volleyball at Maple Hts. 10:00am Chess w/Gerry 11:30am Lunch  <b>Veteran's Day Celebration</b>	<b>11</b>  <b>CLOSED IN OBSERVANCE OF VETERAN'S DAY</b>	<b>12</b> Wii Bowling 10:00am Cardio Drumming 11:30am Lunch	<b>13</b> 11:30am Lunch 12pm Bingo	<b>14</b>  <b>NO FRIDAY SHOPPING</b>
<b>17</b> <a href="#">RESERVE LUNCH</a> Wii Bowling 10:00am Chair Volleyball w/ Maple Hts. 10:00am Chess w/ Gerry 11:30am Lunch <b>12:30pm Methodist Church Bingo</b>	<b>18</b> <a href="#">RESERVE LUNCH</a>  <b>Senior Center Closed</b> <b>Trip to Strongsville Mall</b>	<b>19</b> Wii Bowling <b>10am Coffee with the Mayor</b> 11:30am Lunch  <b>FOODBANK DISTRIBUTION 1-2PM</b>	<b>20</b> 11:30am Lunch <b>Thanksgiving Lunch</b> (must be signed up and a registered senior)  <b>FOODBANK DISTRIBUTION 5-6PM</b>	<b>21</b>  8:30am-11:30am <b>SHOPPING</b> <b>Acme</b>
<b>24</b> <a href="#">RESERVE LUNCH</a> Wii Bowling 10:00am Chair Volleyball at Maple Hts. 10:00am Chess w/Gerry 11:30am Lunch 12:30pm <b>Site Council Mega Bingo</b>	<b>25</b> <a href="#">RESERVE LUNCH</a> <b>9:45am Post Office on Wheels</b> 11:30am Lunch 12:30pm Craft w/ Anessia	<b>26</b> Wii Bowling 10:00am Cardio Drumming 11:30am Lunch	<b>27</b>  <b>CLOSED IN OBSERVANCE OF THANKSGIVING</b>	<b>28</b>  <b>CLOSED IN OBSERVANCE OF THANKSGIVING</b>



RIDDLE ME THIS ANSWER

A Golf ball

WORD SEARCH ANSWER



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GARFIELD HEIGHTS SENIOR CENTER

## **ADOPT A SENIOR** FOR THE HOLIDAY SEASON

Our Seniors have been good all year!  
Please sign up and adopt a senior for the holiday season.  
Pick a senior's name from our tree located in the Civic  
Centers Main Lobby. They have listed a few items they  
wish to receive on the back of the tag. Bring your  
purchased, and wrapped items, along with the tag  
attached to the gifts.

PLEASE HAVE ALL GIFTS RETURNED  
TO THE SENIOR CENTER  
NO LATER THAN DECEMBER 12, 2025.

Each senior will receive their  
gift during the Senior Center  
Christmas Party.  
We appreciate all who have  
participated in this special holiday  
tradition.



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# The Garfield Heights Senior Center Site Council

Would like to thank all of those who have donated.  
Your generosity and kindness are truly appreciated!!!!



**Community of  
Faith Church**  
Bedford, Ohio

**Ward 7 Council woman Jennifer Newrones**  
For always going above and beyond  
with contributions to the Site Council Bake Sale and donations

**Ward 5 Council woman Rachelle Tonsing**  
For always going above and beyond  
with contributions to the Site Council Bake Sale

**Angelo Mussara**  
Retired Garfield  
Heights Building  
Department



**P.C. Campana**  
**Steel Mill Services**  
Lorain, Ohio



**Ferfolia Funeral  
Home**  
Sagamore Hills, Ohio



**St. John Funeral Home**  
Bedford, Ohio

## 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

**SONDRA PLIML**

Sondra Pliml is retired from Cleveland Clinic, where she worked there for over 20 years. Sondra loves to sew and has made many wonderful things over the years. Including 12 robes for Christmas one year. She is 72 years of age and has 3 grown children, 2 daughters and 1 son. Sondra has 6 grandchildren, 2 girls and 4 boys. They are the light of her life, and she loves them so much!

### 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.