



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
garfieldhts.org/216/Senior-Center

CENTER HOURS

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

WHAT'S INSIDE

- 2 - 3** Announcements
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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, 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

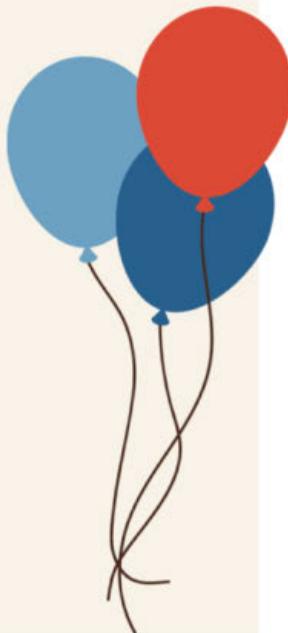
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

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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CRAFTROOM NEWS

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

This will be our 18th 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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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

4 UPCOMING EVENTS

TRIP TO PATTERSON FARM

TUESDAY, NOVEMBER 4TH @ 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 BODIES

WEDNESDAY, NOVEMBER 5TH @ 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 THURSDAY

THURSDAY, NOVEMBER 6TH

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

VETERAN'S DAY CELEBRATION

MONDAY, NOVEMBER 10TH

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 10th.

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. Transportaion 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 MALL

TUESDAY, NOVEMBER 18TH

The Center is closed on Tuesday, November 18th. 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 BINGO

MONDAY, NOVEMBER 24TH @ 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 LUNCH

THURSDAY, NOVEMBER 20TH

Thankful, Grateful, and Blessed!

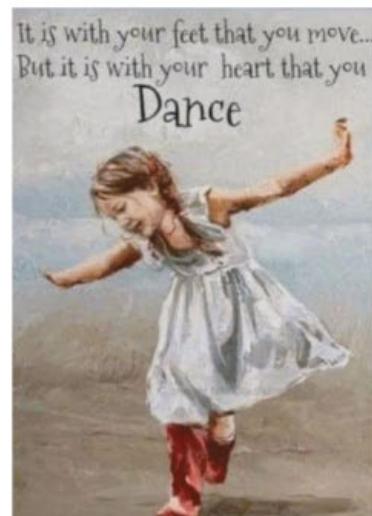
The staff will be preparing an unforgettable Thanksgiving lunch for the Center's seniors. **Must be registered and have signed up for this event. No walk-ins will be accepted.**

CRAFT W/ ANESSIA

TUESDAY, NOVEMBER 25TH @ 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 its 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 3rd

Monday, November 17th

Away games at Maple Heights

Monday, November 10th

Monday, November 24th

Trophies will be awarded to the winning team.

Connie from Humana

will be at the

Center on

Monday, November 3rd

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
1/4 Cup All Purpose Flour
2 Cups Shredded
Cheddar Cheese
1 Cup Cubed Cooked Ham

1 Cup Carrots
1/2 Cup Diced Celery
1/4 Cup Diced Onion
1 Tsp. Salt
1/4 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?



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, 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.**

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

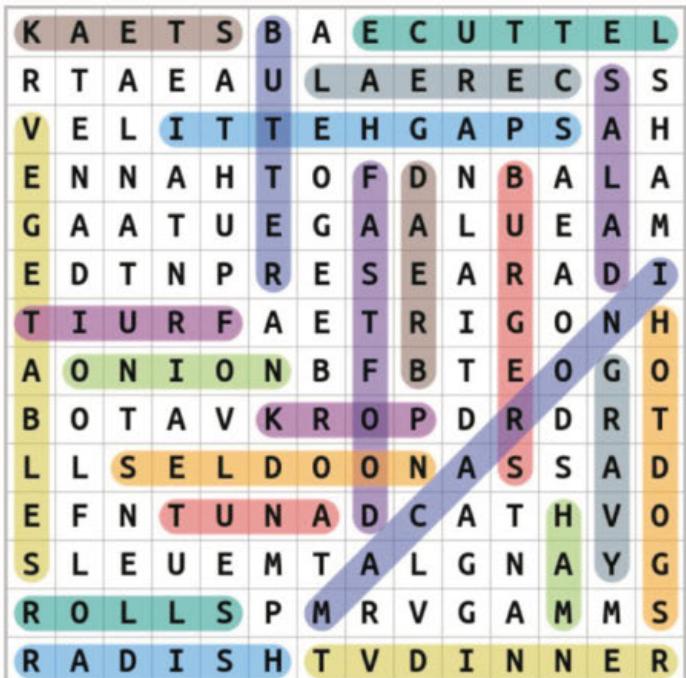
Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>RESERVE LUNCH</u> Wii Bowling 10:00am Monday Morning Meetup 10:00am Chair Volleyball w/ Maple Hts. 10:00am Chess w/ Gerry 11:30am Lunch	4 <u>RESERVE LUNCH</u> 11:30am Lunch 10am Trip to Patterson Farm	5 Wii Bowling 10:00am Just Bodies Aerobics w/ Joanne 11:30am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

10 PUZZLE ANSWERS

RIDDLE ME THIS ANSWER

A Golf ball

WORD SEARCH ANSWER



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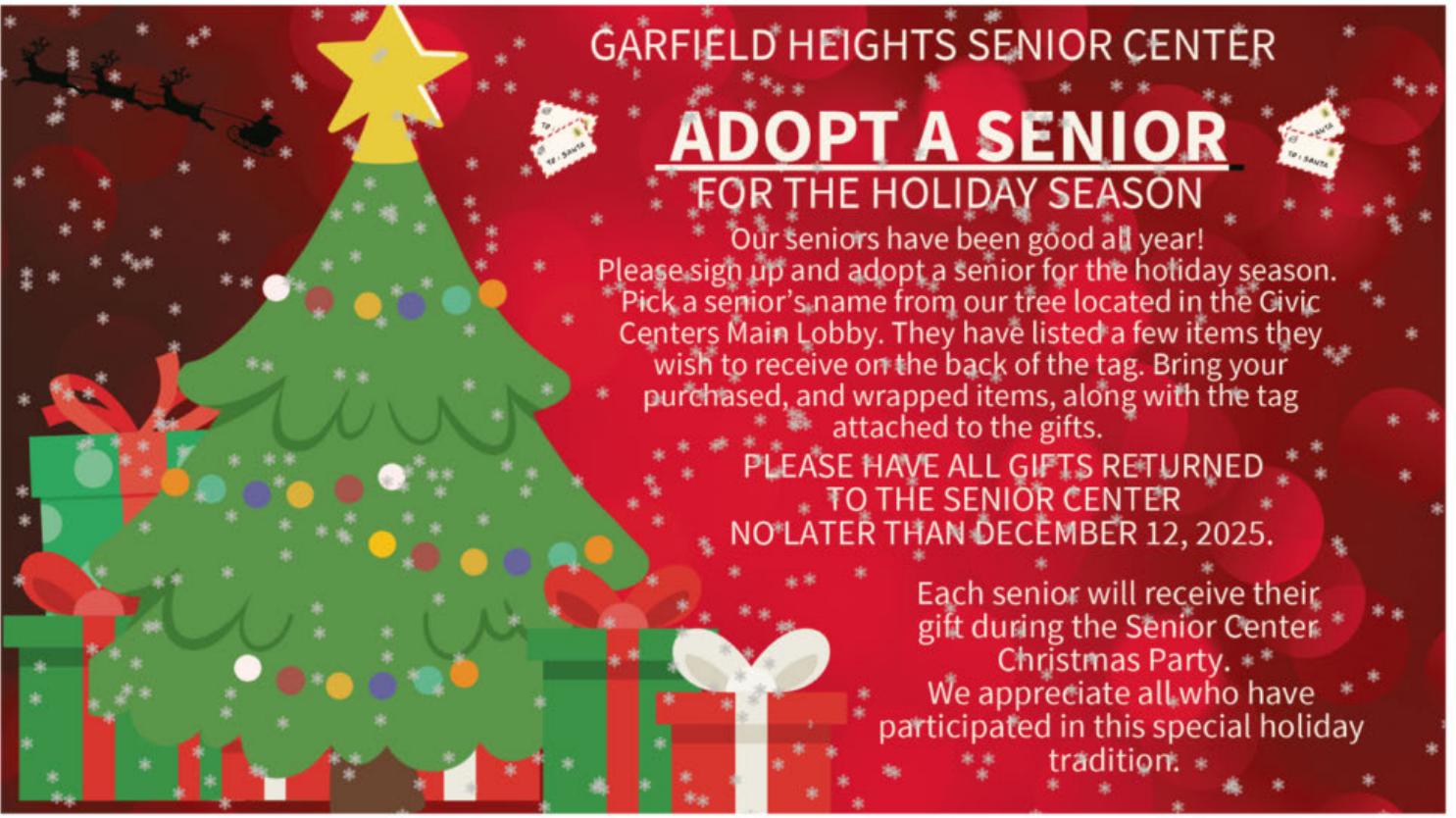


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GARFIELD HEIGHTS SENIOR CENTER

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.



SUPPORT THE ADVERTISERS
that Support our Community!

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



**Ferfolia Funeral
Home**
Sagamore Hills, 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



St. John Funeral Home
Bedford, Ohio

MEET THE STAFF

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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.