



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #34

DECEMBER 2025

CONTACT

5407 Turney Road
Garfield Heights, OH 44125
216-475-3244
jsopkovich@garfieldhths.org
garfieldhths.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

DUE TO THE HOLIDAY, THERE IS NO MEETING THIS MONTH

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, December 17th @ 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, December 23rd @ 9:45am

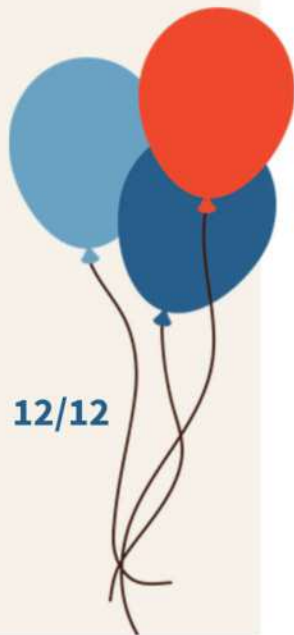
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

2 ANNOUNCEMENTS

DECEMBER BIRTHDAYS!

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

Gerald Clough 12/15
Gayle Wilson 12/9
Babara Roslan 6/5
KT Dack 12/7 00
Joan Dubas 12/6
Nancy Fitch 12/25
Mattie Hogan 12/27
Shirley Rozmarynowski 12/12



WELCOME OUR NEW SENIORS TO THE CENTER

Timothy Bodziony Deloris Snow
Donna Williams Evelyn Malcolm
James Bonness

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CRAFTROOM NEWS **CRAFT ROOM WILL BE CLOSED** **DECEMBER 1ST-4TH**

December is a very busy month for those in the Craft Room. We have our 18th Annual Basket & 50/50 Raffle, stop in and purchase your tickets. This is also our 5th year we have donated to the needy. Some of the items we have donated are all hand made, which include scarfs, hats, lap throws body cozies and blankets. This was a huge project and very well done by all who participated. We have a new addition to the Craft Room, her name is Donna Williams and she is eager to create new things.

Everyone in the Craft Room would like to wish a "Happy Holiday to all". Please remember all proceeds raised go to the Senior Center 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 THURSDAY, DECEMBER 4TH

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

BOWLING BANQUET MONDAY, DECEMBER 8TH @ 11

The Fall Bowling League will be hosting their Bowling Banquet on Monday, December 8th @ 11am, in Room 118. Those who participated in the Fall League are welcome to attend.



An Ice-Capped Garden Experience

"FROST" AT THE BOTANICAL GARDENS WEDNESDAY, DECEMBER 10TH @ 10:00AM

The Center will be taking the seniors to Frost at the Cleveland Botanical Gardens on Wednesday, December 10th. **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)

CHRISTMAS CELEBRATION THURSDAY, DECEMBER 18TH

Santa is visiting the Senior Center and he has all the Adopt A Senior gifts for those seniors who are on the nice list. The staff has put together some fun activities for the seniors this year. **Must be a registered senior and have ticket to participate. No walk-ins will be accepted.**

SITE COUNCIL MEGA BINGO

MONDAY, @ 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 Garfield Heights Senior Center would like to thank the Garfield Hts. Women's Club and Marymount MEC Philanthropy Committee. Dr. Debasis Sahoo and Claire Overholt for their kind and generous donation to the Center. Your donations will make a difference in the lives of our seniors.



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

Hello Everyone,

As the year comes to and end, let us reflect on everything we have to be thankful for. Jesus in my life, family and the means to make a difference in someone's life. Here at the Center, we are a family, the staff and myself provide our seniors with opportunities and resources to promote independence within the community, while developing friendships along the way. This holiday season let us all reflect on what we have to be thankful for. Those seniors who have not registered at the Center, please come in and join our senior family, and do not forget who has a birthday this month, 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.

THANK YOU TO ALL!!!

The Garfield Heights Senior Center would like to thank all of those who stepped up and provided food donations to our Food Bank this month. To name a few thank you to the United Methodist Church, Donna Divis and Marymount. Your support cannot be measured and we are grateful.

The Senior Center Craft Room was able to provide 50 hats and scarfs to the Homeless this holiday season. Please keep in mind all of those items were homemade with love.

BACON ROLL-UPS

Prep time 25 min. Cook time 20 min. Serves 10

Ingredients:

1/3 Cup Finely Chopped Onion	1 Tbsp Butter
3 Cups Day Old Bread	¼ Tsp Garlic Powder
⅛ Tsp Salt	⅛ Tsp Pepper
1 Large Egg Lightly Beaten	10 Strips of Bacon

Instructions:

1. In small skillet, saute onions in butter until tender.
2. In lg bowl combine the bread crumbs, garlic powder, salt, pepper and onion mixture. Toss to mix evenly.
3. Add egg, toss to coat bread crumbs. Roll into 10 1-1/4 balls. Wrap with bacon strip and secure with toothpick.
4. In large skillet, cook bacon rollups on all sides, over medium heat for 18 minutes, or until bacon is crisp. Drain on paper towel.
5. Let COOL 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 2026.

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, DECEMBER 1ST
@ 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
2026 WINTER LEAGUE
WILL START MONDAY,
JANUARY 5TH
SIGN UPS START DEC. 8TH-11TH**

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

The Golden Girls

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

ITALY
FLORIDA
GOLDEN
MIAMI
BEA ARTHUR
MINNESOTA
KITCHEN
BLANCHE
STAN
DOROTHY
LOVE
FRIENDSHIP
SOUTHERN
SHADY PINES
PETRILLO
ST. OLAF
GIRLS
SOPHIA
MILES
ROSE

RIDDLE ME THIS...

Shoot at me a thousand times and I may still survive.
But, one scratch from me and you will find your prospects take a dive.
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 View Calendar for Dates

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

8 LUNCH MENU

Monday, December 1

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

ALT = CS TR

Tuesday, December 2

Breaded Fish
Rice Pilaf
Antigua Blend + Brussels Sprouts
W.G. White
Sliced Pears

ALT = CBG RB

Wednesday, December 3

Chicken Alfredo
W.G. Pasta w/Sauce
Mixed Vegetables + Broccoli
W.G. White
Banana

ALT = CF RB

Thursday, December 4

Beef Stir Fry
Brown Rice
Kyoto Blend + Japanese Blend
W.G. White
Mandarin Oranges

ALT = CBG TR

Monday, December 8

Stuffed Pepper w/ Sauce
Mashed Potatoes
Baby Lima Beans
W.G. Wheat Biscuit
Tropical Fruit

ALT = CS RB

Tuesday, December 9

Beef Ravioli
Green Beans + Corn
Fruit Cocktail + Cereal Bar
Vanilla Wafers

ALT = CBG T

Wednesday, December 10

Swedish Meatballs
Mashed Potatoes + w/Gravy
Beets
2 W.G. White
Peaches

ALT = CF TR

Thursday, December 11

Tomato Basil Chicken
W.G. Pasta w/ Sauce
Mixed Vegetables + Broccoli
W.G. White
Apricots

ALT = CBG T

Monday, December 15

Turkey Tetrazzini
W.G. Spaghetti
Mixed Vegetables + Cauliflower
Whole Grain White
Peaches

ALT = CS RB

Tuesday, December 16

Sweet & Sour Pork Loin
Brown Rice + Sautéed Mushrooms
Carrot Coins
W.G. White
Orange

ALT = CBG TR

Wednesday, December 17

Breaded Chicken Breast
W.G. Pasta + Sauce
Capri Blend + Spinach
W. G. Breadstick
Applesauce

ALT = CF T

Thursday, December 18

Stuffed Cabbage w/ Beef
Mashed Potatoes w/ Gravy
W.G. Dinner Roll
Banana
Grape Juice

ALT = CBG TR

Monday, December 22

Breaded Fish
Rice Pilaf
Glazed Carrots + Spinach
W.G. Wheat
Applesauce

ALT = CS RB

Tuesday, December 23

Chicken Cordon Bleu
Mashed Potatoes
Harvard Beets
2 W.G. White
Peaches

ALT = CBG RB

Wednesday, December 24

**CLOSED IN
OBSERVANCE OF
CHRISTMAS**

Thursday, December 25

**CLOSED IN
OBSERVANCE OF
CHRISTMAS**

Monday, December 29

Sliced Ham w/Pineapple
Mixed Vegetables
Cheesy Potatoes
W.G. Corn Muffin
Cinnamon Applesauce

ALT = CS TR

Tuesday, December 30

Baked Chicken Breast w/Gravy
Mashed Potatoes
Broccoli
W.G. Dinner Roll
Diced Pears

ALT = CBG RB

Wednesday, December 31

**CLOSED IN
OBSERVANCE OF
THE NEW YEAR**

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

DECEMBER CALENDAR 9

Monday	Tuesday	Wednesday	Thursday	Friday
1 RESERVE LUNCH 10:00am Monday Morning Meetup 10:00am Cardio Drumming and Chess w/ Gerry 11:30am Lunch 12pm Bingo w/Tera from McGregor Pace	2 RESERVE LUNCH 11:30am Lunch	3 11:30am Lunch Shopping at Rose's	4 11:30am Lunch 12:30pm Pass the Gift Birthday Thursday	5 8:30am-11:30am SHOPPING Walmart
8 RESERVE LUNCH 10:00am Cardio Drumming and Chess w/Gerry 11:30am Lunch 12:30pm Bingo Bowling Banquet	9 RESERVE LUNCH 11:30am Lunch 12:30pm Craft w/ Anessia NO SITE COUNCIL MEETING FOR DECEMBER	10 Frost at the Cleveland Botanical Gardens SENIOR CENTER CLOSED	11 11:30am Lunch 12:30pm Sock Exchange Cookie Decorating	12
15 RESERVE LUNCH 10:00am Cardio Drumming and Chess w/ Gerry 11:30am Lunch 12:30pm Bingo w/ United Methodist Church	16 RESERVE LUNCH 11:30am Lunch CHRISTMAS PAJAMA DAY Snowman Making	17 10:00am Coffee with the Mayor 11:30am Lunch FOODBANK DISTRIBUTION 1-2PM FLANNEL DAY	18 11:30am Lunch CHRISTMAS CELEBRATION FOODBANK DISTRIBUTION 5-6PM DRESS IN YOUR BEST DAY	19 8:30am-11:30am SHOPPING TO BE ANNOUNCED
22 RESERVE LUNCH 10:00am Cardio Drumming and Chess w/Gerry 11:30am Lunch 12:30pm Site Council Mega Bingo	23 RESERVE LUNCH 9:45AM Post Office on Wheels 11:30am Lunch	24 CLOSED IN OBSERVANCE OF CHRISTMAS	25 CLOSED IN OBSERVANCE OF DECEMBER	26
29 RESERVE LUNCH 10:00am Cardio Drumming and Chess w/Gerry 11:30am Lunch 12:30PM Bingo	30 RESERVE LUNCH 11:30am Lunch 12:30pm New Year Bingo	31 CLOSED IN OBSERVANCE OF THE NEW YEAR		

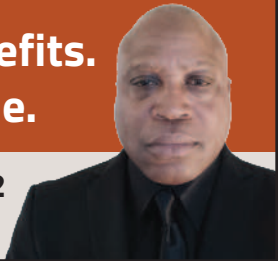
RIDDLE ME THIS ANSWER

An eight-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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MEET THE STAFF

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Izola Newton



SENIOR SPOTLIGHT

ELAINE KUCIA

Elaine has lived in the city of Garfield Heights her whole life.

She likes to read books by Danielle Steele and Nora Roberts.

She enjoys a good Murder Mystery. Elaine enjoys her time at the Center participating in Cardio Drumming, Chair Aerobics, along with going to Planet Fitness.

Elaine works with a trainer who helps with her balance and recovery after knee surgery. Exercise helps Elaine relieve stress. Elaine lost her one true love and never married.

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.