



# THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #35

JANUARY 2026

## 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
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- 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, February 10th @ 10am**

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

**Tuesday, February 17th @ 10:30am**

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

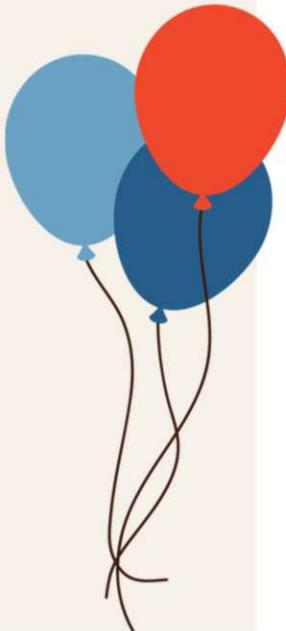
**TO BE DETERMINED / WILL BE POSTED**

Post Office on Wheels has changed its scheduled visit to the Senior Center, they will be here on the last Wednesday 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

### FEBRUARY BIRTHDAYS! WE WOULD LIKE TO WISH A VERY HAPPY BIRTHDAY TO THESE SPECIAL SENIORS:

Kathleen Dooner 2/25  
Barbara Kozma 2/29  
Pam Redel 2/25



### WELCOME OUR NEW SENIORS Betty Barker Patricia Sherman Terry Kawolics



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## CRAFTROOM NEWS

### CRAFT ROOM HOURS M-TH, 9AM TO 2PM

Valentine's Day is right around the corner, if you need something for your sweetheart, we will be having a 50% sale on all of our jewelry for the month of February.

Please remember we have a 60 day layaway. Buy now, pay later. The ladies in the Craft Room are coming up with new ideas for Valentine's Day and Easter. Stop in and see what is available. We are open to the public during our Craft Room hours. We have a large assortment of all occasion cards to choose from, and you cannot beat the price for .25 cents each. Need something made with love, our Craft Room is the place to shop.

All proceeds go to our Site Council for special events, trips and activities. Thank you all for your support!

Thank you, Barb 

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



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## 4 UPCOMING EVENTS

### CASINO PARTY MONDAY, FEBRUARY 2ND

It's Casino Day at the Center. Come check out what Laketia has in store for this event!

### SUPER BOWL PARTY THURSDAY, FEBRUARY 5TH

The Center will be hosting a Superbowl Party! Come and enjoy good conversations, games, food and possibly try your luck at the football squares. You don't want to miss out on this party!

### JUST BODIES W/ JOANN WEDNESDAY, FEBRUARY 11<sup>TH</sup> @ 10AM

Don't miss out on this energetic workout. Joann provides an outstanding regimen to this senior friendly workout. Just a reminder, don't forget to bring your water bottle. If you have hand weights please bring those also!

### 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)

### VALENTINE'S DAY PARTY

#### THURSDAY, FEBRUARY 12TH

Come celebrate with the seniors! The Site Council will be hosting a Valentine's Day Party. Enjoy some sweet treats and dance the day away with DJ Ken. **Presale tickets available \$5. Must be a registered senior and have ticket to participate.**

### CHINESE NEW YEAR

#### TUESDAY, FEBRUARY 17TH @12:30PM

It's Chinese New Year at the Center. Enjoy a day of food, fun and activities all to comemorate the day.

### TRASH TO TREASURE BINGO MONDAY, FEBRUARY 23RD @ 12:30PM

Site Council is hosting a Trash to Treasure Bingo event. Bring your new unwanted items to be used as prizes for this day of Bingo.

### BLACK HISTORY MONTH

#### THURSDAY, FEBRUARY, 26TH

In honor of Black History Month, the Center will have some interesting games and activities to celebrate and commemorate black history month.

### **12 things to always remember.**

1. The past can't be changed.
2. Opinions don't define your reality.
3. Everyone's journey is different.
4. Judgements are not about you.
5. Overthinking will lead to sadness.
6. Happiness is found within.
7. Your thoughts affect your mood.
8. Smiles are contagious.
9. Kindness is free.
10. It's okay to let go and move on.
11. What goes around, comes around.
12. Things always get better with time.

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

Hello Everyone,

Can you believe it is February already? We have had some bad weather lately, be sure to check on those we love and are not as fortunate. Our Center continues to grow and we have some wonderful new people. The staff and myself are working on some new ideas to get the seniors up and moving. The purpose of the Center is to ensure the seniors in the community are thriving and living their best life. By organizing events, trips or just simple conversations with the seniors to ensure they have everything they may need. Come check us out and see what you are missing out on!

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.**

**COMING SOON**

**ST PATRICK'S DAY PARTY**  
CORNED BEEF  
SANDWICH FUNDRAISER

**EASTER CELEBRATION**  
EASTER BAKE  
SALE FUNDRAISER

Sign-up sheets will be coming soon for those who would like to provide bakery or your time selling merchandise.

**LOADED TATER TOT BAKE**

Prep time 15 min. Bake 35 min

**Ingredients:**

1 Tbsp. Canola Oil	1 Med. Onion
6 oz. Bacon in 1/2" strips	4 Cups Thawed Tater Tots
6 Lg, Eggs (lightly beaten)	1/2 Cup Sour Cream
1/2 Cup Half and Half Cream	1 Tbsp, Parsley Flakes
1/4 Tsp. Garlic Powder	1/2 Tsp. Pepper
1-1/2 Cups Shredded Cheddar Cheese	

**Instructions:**

1. Preheat Oven to 350 degrees. In large skillet, heat oil over med. heat. Add onions, cook and stir until tender, 2-3 min. Add bacon, cook until lightly brown, 1-2 min. Stirring occasionally. Remove from heat.
2. Line bottom of greased 11x7 in. baking dish with tater tots, top with bacon mixture. In large bowl whisk eggs, sour cream, half n half, and seasoning until blended. Stir in cheese, pour over tater tots and back until golden brown. 35-40 minutes.

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?



### WII BOWLING 2026 WINTER 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, FEBRUARY 2ND**  
**@ 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 Gemstones

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

TOPAZ  
EMERALD  
KUNZITE  
AQUAMARINE  
ONYX  
AZURITE  
CITRINE  
SAPPHIRE  
AMETHYST  
JASPER  
DIAMOND  
PEARL  
RUBY  
GARNET  
TANZANITE  
PERIDOT  
JADE  
OPAL

## RIDDLE ME THIS...

You do not want to have it, But when you do have it, You do not want to lose it. What is 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 View Calendar for Dates

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

# 8 LUNCH MENU

## Monday, February 2

Chicken Breast  
Sweet Potatoes  
Broccoli  
W.G. Biscuit  
Sliced Apricots

ALT = CS RB

## Tuesday, February 3

Stuffed Peppers w/Sauce  
Mashed Potatoes  
Green Beans  
2 W.G. Wheat  
Fresh Grapes

ALT = CBG T

## Wednesday, February 4

Swedish Meatballs  
Noodles w/Gravy  
Peas + Cauliflower  
W.G. White  
Peaches

ALT = CF TR

## Thursday, February 5

Sliced Ham w/Pineapple Glaze  
Scalloped Potatoes  
Mixed Vegetables  
2 W.G. White  
Chunky Applesauce

ALT = CBG TR

## Monday, February 9

Chicken Cordon Bleu  
Mashed Potatoes w/Gravy  
Buttered Beets  
W.G. Dinner Roll  
Apple Juice

ALT = CS RB

## Tuesday, February 10

Beef Stew  
Lima Beans  
Buttered Sliced Carrots  
W.G. Biscuit  
Banana

ALT = CBG TR

## Wednesday, February 11

Stuffed Cabbage W/Sauce  
Mashed Potatoes  
Corn w/ Red Peppers  
2 W.G. Wheat  
Orange

ALT = CFT

## Thursday, February 12

BBQ Chicken  
Macaroni and Cheese  
Sweet Potatoes + Spinach  
W.G. White  
Peaches

ALT = CBG TR

## Monday, February 16

Closed in  
Observance of  
President's  
Day

## Tuesday, February 17

Corned Beef  
Cabbage + Carrots  
Roasted Red Potatoes  
2 W.G. Rye  
Applesauce

ALT = CS TR

## Wednesday, February 18

Baked Fish  
Brown Rice  
Carrots + Peas  
W.G. Wheat  
Banana

ALT = CF RB

## Thursday, February 19

Grilled Chicken Breast  
W.G. Pasta w/Alfredo  
W.G. Dinner Roll  
Orange  
AppleJuice

ALT = CBG T

## Monday, February 23

Chicken Stir Fry  
Brown Rice  
Oriental Blend + Peas  
W.G. White  
Mandarin Oranges

ALT = CS RB

## Tuesday, February 24

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

ALT = CBG TR

## Wednesday, February 25

Chicken Stew  
Corn w/ Red Bell Peppers  
Peas + Carrots  
Corn Bread,  
Orange

ALT = CF RB

## Thursday, February 26

Salisbury Steak w/ Gravy  
Mashed Potatoes  
Mushrooms  
2 W.G. White  
Sliced Apricots

ALT = CBG 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

# FEBRUARY CALENDAR 9

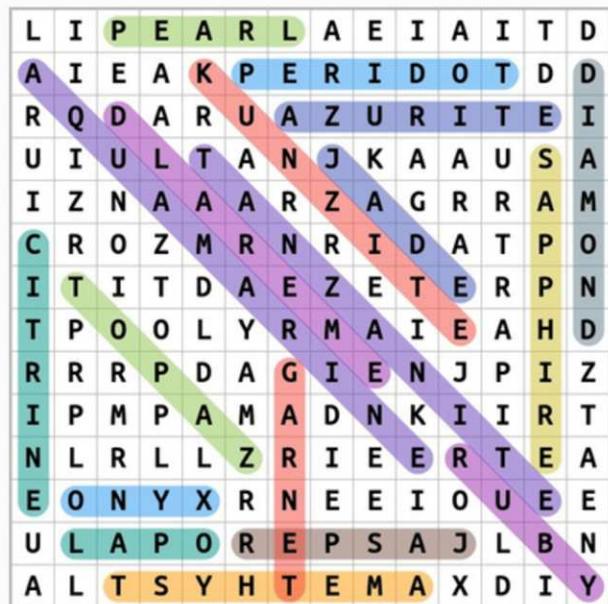
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <u><b>RESERVE LUNCH</b></u> <b>Wii Bowling</b> 10:00am Meetup at the Library 10:00am Cardio Drumming and Chess w/ Gerry 11:30am Lunch  <b>CASINO PARTY</b>	<b>3</b> <u><b>RESERVE LUNCH</b></u> 10:30am Hospice Presentation w/ Rebecca 11:30am Lunch	<b>4</b> <u><b>Wii Bowling</b></u> 11:30am Lunch	<b>5</b> 11:30am Lunch  <b>SUPER BOWL PARTY</b>	<b>6</b>
<b>9</b> <u><b>RESERVE LUNCH</b></u> <b>Wii Bowling</b> 10:00am Cardio Drumming and Chess w/ Gerry 11:30am Lunch 12:30pm Pokeno	<b>10</b> <u><b>RESERVE LUNCH</b></u> <u><b>10:00am Site Council Meeting</b></u> 11:30am Lunch 12:30pm Emergency Preparedness w/ Nora	<b>11</b> <u><b>Wii Bowling</b></u> <u><b>10:00am Just Bodies w/ Joann</b></u> 11:30am Lunch	<b>12</b> 11:30am Lunch  <b>VALENTINE'S DAY PARTY</b>	<b>13</b>
<b>16</b> <u><b>RESERVE LUNCH</b></u>  <u><b>CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</b></u>	<b>17</b> <u><b>RESERVE LUNCH</b></u> <u><b>10:30am Coffee with the Mayor</b></u> 11:30am Lunch  <b>CHINESE NEW YEAR</b>	<b>18</b> <u><b>Wii Bowling</b></u> 11:30am Lunch  <b>FOODBANK DISTRIBUTION 1-2PM</b>	<b>19</b> 11:30am Lunch 12:30pm Financial Workshop w/ Lashone  <b>FOODBANK DISTRIBUTION 5-6PM</b>	<b>20</b>
<b>23</b> <u><b>RESERVE LUNCH</b></u>  <b>Wii Bowling</b> 10:00am Cardio Drumming and Chess w/ Gerry 11:30am Lunch 12:30pm <b>Trash to Treasure Bingo</b>	<b>24</b> <u><b>RESERVE LUNCH</b></u> 11:30am Lunch 12:30pm Craft w/ Anessia	<b>25</b> <u><b>Wii Bowling</b></u> 11:30am Lunch	<b>26</b> 11:30am Lunch  <b>BLACK HISTORY</b>	<b>27</b>

## 10 PUZZLE ANSWERS

### RIDDLE ME THIS ANSWER

Lawsuit

### WORD SEARCH ANSWER



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# Valentine's Day Party

**Thursday, February 12th**

Come Dance with D.J. Ken



**\$5.00**



Must be a registered senior  
and have ticket to participate.  
No walkins will be accepted!

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## 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

PAM REDEL

Pam has lived in Garfield Heights for 27 years. She has been married for 44 years and has one daughter. Her Name is Tammy. Pam has a dog named Princess.

Pam loves attending the Garfield Heights Senior Center and looks forward to coming each and everyday it is open.

She has been coming to the Center for many years now and loves being a part of the Craft Room.

### 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.