



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
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, 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.

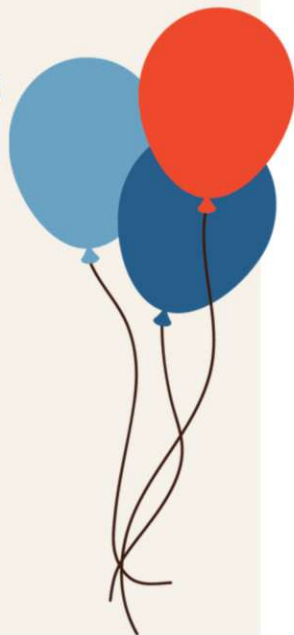
2 ANNOUNCEMENTS

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

00



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.



VISIT WWW.MYCOMMUNITYONLINE.COM

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 11TH @ 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.

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)

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

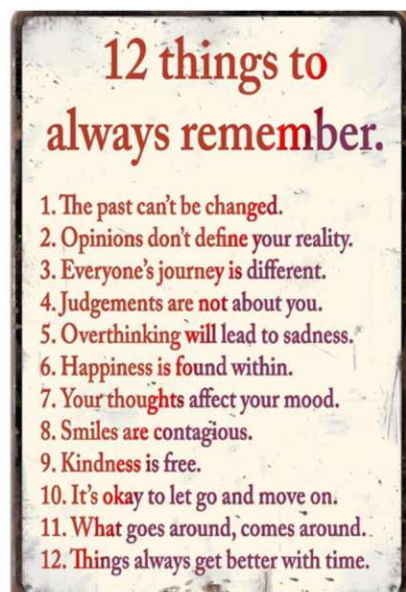
It's Chinese New Year at the Center. Enjoy a day of food, fun and activities all to commemorate the day.

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.



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

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?



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.**

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.**

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	R	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 = CF T

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
Apple Juice

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.

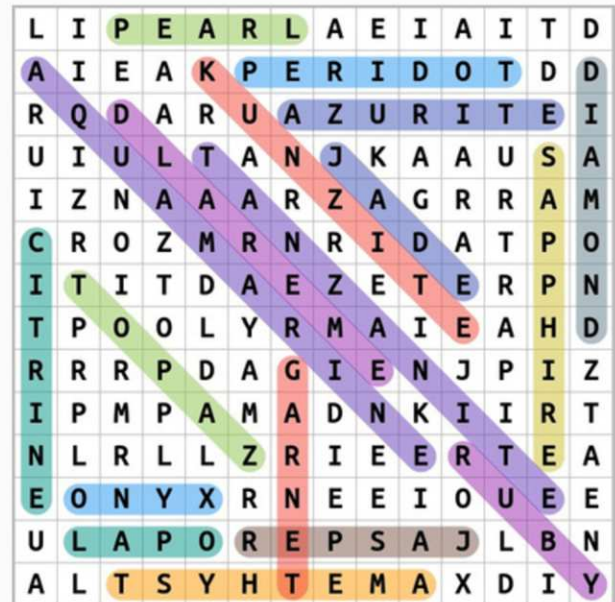
"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, V = Cheese
Alternatives are available everyday.
ALT CS = Chicken Salad w/Croissant,
ALT CBG = Spring Lettuce Salad w/Chicken Breast
ALT CF = Chef Salad w/ Ham, Egg + Cheese

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

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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Community!



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

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.