

GARFIELD HEIGHTS SENIOR CENTER

5407 Turney Road
Garfield Heights, OH 44125
216-475-3244

Open Monday-Thursday — 8:30 a.m.—2:00 p.m.

SENIOR HI-LITES **November 2021**

CITY OF GARFIELD HEIGHTS

Mayor , Matt Burke

Ward 1 Councilperson — Michael Dudley Sr.	Ward 4 Councilperson — Avery Johnson
Ward 2 Councilperson — Charles Donahue Jr.	Ward 5 Councilperson — Jason Blake
Ward 3 Councilperson — Michael T. Nenadovich	Ward 6 Councilperson — Frank Tagliarini
Ward 7 Councilperson — Tom Vaughn	

SOCIAL SERVICES DIRECTOR:

Kathy Rush-Parsson.....216-475-3244

ACTIVITIES COORDINATOR:

Carolyn Lockett.....216-475-3244

CLERICAL SUPPORT:

Laketia Gaston.....216-475-3244

ADMINISTRATIVE ASSISTANT II:

Joe Snyder.....216-475-3244

STAFF:

Diane Coon.....	Kitchen Aide
Ralph Redmon.....	Meals Driver
Angelo Musarra.....	Bus Driver
Larry Speights.....	Bus Driver
Bob Hejl.....	Bus Driver

MISSION STATEMENT:

The mission of the 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:

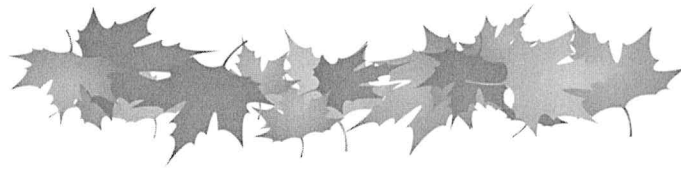
It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color national origin or handicap.

“Funded(in part) by a Title III grant under the Older American Act, administered by the Ohio Department of Aging through the (AAA).”

SUGGESTED DONATION FOR CONGREGATE AND HOME DELIVERED LUNCH \$1.25

ALL BUS RIDERS MUST USE SEAT BELTS AT ALL TIME. IT IS THE LAW!!!

NEWS FROM KATHY



It is with a heavy heart that I say goodbye as I leave my position as Director of Social Services effective Friday, November 5th. My (almost) 18 years with the city serving the seniors and residents of this community have been nothing short of meaningful and joyous. I've met so many wonderful seniors and have had the pleasure of working with some great coworkers. I know that the senior center and the city will continue to thrive after I leave and I wish only the best for each one of you in the days to come.

Welcome

We are happy to welcome the following new participants to our center:

Elsie Awroski	Armetta Smedley
Cecilia Felder	Joyce Zuranski
Diane McCray	Karen Winter
Rev. Mel Kendall McCray	James Winter
Alan Walker	Carol Wagner
Josephine Proveroni	Norma Beavers
JoAnn Kolessu	Audrey Goss
Caryn Tuttle	

Happy Birthday

Elsie Auroski	Carol Wagner
Barbara Dines	Barbara Molin
Joseph Feckanin	Estella Fartson
Catherine Jones	Florence Clay

The November Happy Birthday salute will be recognized on Wednesday, November 24.



WITH MAYOR BURKE

Bring your questions, comments and concerns regarding our city to be addressed during the special coffee time with Mayor Burke.

Monday, November 15, at 10:00 a.m. in the dining room

Costs for Transportation

←————→
The following are the fees for bus transportation:

Senior Center—\$0.25-round trip
Medical Trips—\$2.00-round trip
Errands—\$3.00-round trip
(e.g. Bank, Pharmacy, Grocery)

PROGRAM-ACTIVITY REMINDERS

MASSAGES

Date: Wednesday, 12-17-21

Time: 10:30a.m.-12:30p.m.

Cost: \$5.00 for 10 minutes

Appointments necessary.

Call Carolyn at 216--475-3244

REIKI

Touch-Relaxation Therapy

Coming Soon

Appointments necessary.

MOVIE DAYS

Tuesdays

November 2, 16, 23, 30

At 12:30p.m.

Popcorn and beverage provided

Cost \$.25

PRESENTING IN NOVEMBER

\$1.00 PASTRY DAYS

MUFFINS MONDAYS

DONUT WEDNESDAY

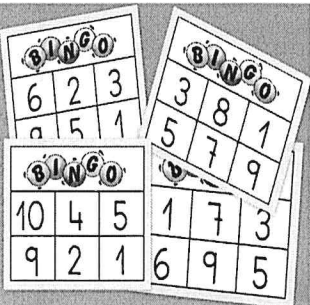
BINGO

Wednesdays

November 3, 10, 17, 24 & 30

at 12:30

in the dining room.



CRAFTS With Jennings

3rd Monday of each month -Time:10:15-1:30

Limited to 7 participants

Bus service and lunch provided

Different craft each month.

Interested? Call Carolyn 216-475-3244

November Events

SITE COUNCIL

We are looking for members to form a new and renewed Site Council.

The past Council was very instrumental in actively creating projects that secured funding for the Senior Center.

Any Garfield Heights resident interested should contact Kathy Rush-Parsson

216-475-3244

MONTHLY FOOD PANTRY

Wednesday, November 17, 2021

1:00—2:00 p.m.



COVID-19 REQUIREMENTS

Everyone should continue wearing face masks in the building.

Continue to maintain social distancing (as mandated by the CDC).

If anyone has symptoms or develops symptoms, seek medical care immediately.

Cleveland Sight Center

The Cleveland Sight Center presentation

Thursday, November 4th @ 10:30a.m.

Fairhill Partners presents:

A MATTER OF BALANCE

8 two hour sessions 12:00-2:00 p.m.

on Monday and Wednesday

beginning November 29 thru December 22

POST OFFICE ON WHEELS

Tuesday, November 23, 2021

Purchase stamps/money orders/packaging supplies.

Mail letters and packages



SENIOR CENTER HOURS

The hours for our Senior Center are now 9:00a.m.—2:00 p.m.

Line Dancing with the Line Dance King Rob Johnson Jr.



Bring your smooth moves, sassy steps, and upbeat attitude as you rock & roll to rhythmic energizing dance routines that will enhance your spirit, body and cardio fitness.

Tuesdays 10:30-11:15 a.m.

Cost \$3.00



Move, glide, slide, stride and stretch your way to fitness when you join

Instructor,

**Eileen (Ms. Lean) Lorene
for a pumped up physical routine.**

Thursdays, November 4 & 18

10:30-11:15 a.m.

Cost \$3.00



Cardio Drumming



Exercise balls and drumsticks are your partners as you use your arms, waist and feet to twist, turn, and stretch while becoming a drummer for fitness. Class size will be limited.

Coming soon on Mondays at 1:00 p.m.

CHAIR AEROBICS

Led by Rev. Mel Kendall McCray

Join us for instructor led exercises that will assist you in improving, strengthening and/or maintaining your flexibility.



Incorporating sitting and some standing routines while using a chair as you respond to instruction at your comfortable pace.

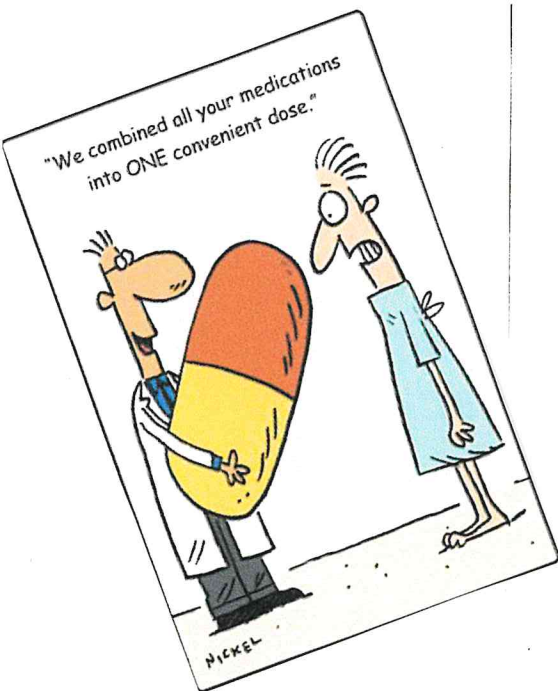
Wednesdays 10:00-11:00 a.m.

Cost \$3.00

HDMI APPS INTERNET
FACEBOOK TEXTING FACETIME
DOWNLOAD ZOOM EMOJI INSTAGRAM
SMARTPHONE

TECHNOLOGY

Let's take a little time to become better familiarized with the devices, terms and applications our society uses today. Coming soon to this location, **Technology 101.**



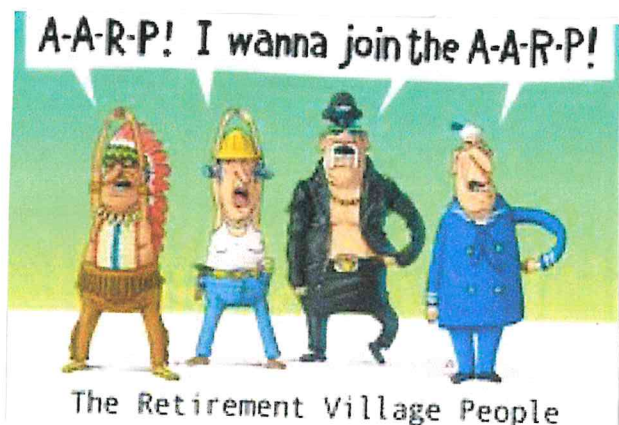
SENIOR FUNNIES



Apparently you have to eat healthy more than once to get in shape. This is cruel and unfair.

I always knew I'd get old. How fast it happened was a bit of a surprise, though.

I am starting to think I will never be old enough to know better.

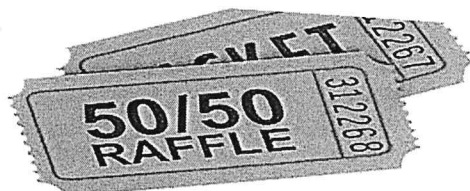


CRAFT ROOM

Craft Room Open 9:00am - 2:00pm, Monday thru Thursday

"SAVE YOUR MONEY"

FOR OUR
UPCOMING FUNDRAISER, PLUS 50/50 RAFFLE



STARTING DECEMBER 6 - DECEMBER 9

Tickets \$1.00 each or 6 for \$5.00

DRAWING WILL BE HELD DECEMBER 9th AFTER LUNCH

See Geri Grybowski or Alice Becka for more details or tickets



**GARFIELD HEIGHTS
SENIOR CENTER
5407 TURNEY RD.
216-475-3244**

ITEMS FOR SALE INCLUDE:

**Baby Items
Kitchen Items
Jewelry
Scarfs
Throws
Name Tags
Cards \$.25 each
Various
Holiday Items**



**Proceeds from all events help support the Senior Center's various functions
THANK YOU FOR YOUR SUPPORT!**

Sunday, December 12, 2021

11:00 a.m. – 9:00 p.m.

Oglebay Festival Of Lights

The Midwest's Largest
Display
Of
Holiday Lights

Package includes
Museum Tour
Laser Light Show
Dinner Buffet
Guided Tour Of Lights

Reserve Today
Only 40
Seats Available

Winter Bus Tour

12 December 2021 • 11am to
10pm

\$100 per person

Reserve Now

Organized by Matt Burke & Jason Blake

Contact Carolyn to reserve your seat.



Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS





Forward To A Better You

Common Elder Fraud Schemes

- **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.
- **TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.
- **Family/caregiver scam:** Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.

Protect Yourself

- Recognize scam attempts and end all communication with the perpetrator.
- Search online for the contact information (name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.
- Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.
- Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.
- Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.
- Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.

Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.




GARFIELD HEIGHTS SENIOR CENTER



2019

OFFICE OPEN WEEKDAYS: 8:00 AM – 4:30 PM
CENTER OPEN MON-THURS: 9:00 AM – 2:00 PM

RESERVATIONS: 475-3244
KATHY RUSH-PARSSON: 475-3244

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 <u>MAKE RES/NEXT WEEK</u> 9:00am Muffin Monday \$1 10:00: 11:30: Lunch 12:30pm Reiki Demonstration 1:00:	2 <u>MAKE RES/NEXT WEEK</u> 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Movie	3 9:00am Donut Day \$1 10:00-11:00am Chair Aerobics 11:30am Lunch 12.30pm BINGO w/The Heights	4 10-11:30am Cleveland Sight Center 10:30-11:15am ZUMBA 11:30am Lunch
8 <u>MAKE RES/NEXT WEEK</u> 9:00am Muffin Monday 10:00am Cuyahoga County BCU info 11:30am Lunch	9 <u>MAKE RES/NEXT WEEK</u> 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Anthem/Linda Smith	10 9:00am Donut Day \$1 10:00-11:00am Chair Aerobics 11:30am Lunch 12.30-1:30pm BINGO	11 <u>CLOSED</u> 
15 <u>MAKE RES/NEXT WEEK</u> 9:00am Muffin Monday \$1 10-11:00am Coffee w/Mayor Burke 10:15-1:30pm Crafts w/Jennings 11:30am Lunch	16 <u>MAKE RES/NEXT WEEK</u> 10:30-11:15am Line Dance 11:30a.m. Lunch 12:30p.m. Movie	17 <u>FOOD DISTRIBUTION</u> <u>@ 1:00 – 2:00</u> 9:00am Donut Day \$1 10:00-11:00am Chair Aerobics 11:30a.m. Lunch 12.30pm BINGO w/The Heights	18 <u>MASSAGES @ 9:30 – 12:30</u> 10:30-11:15 ZUMBA 11:30am Lunch
22 <u>MAKE RES/NEXT WEEK</u> 9:00am Muffin Monday \$1 11:30am Lunch	23 <u>MAKE RES/NEXT WEEK</u> 9:30-9:50am Post Office 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Movie	24 9:00am Donut Day \$1 10:00-11:00am Chair Aerobics 11:30am Lunch 12.30-1:30pm BINGO 	25 <u>CLOSED</u> 
29 <u>MAKE RES/NEXT WEEK</u> 11:30a.m. Lunch 12:00-2:00pm Matter of Balance	30 <u>MAKE RES/NEXT WEEK</u> 10:30-11:15am Line Dance 11:30am Lunch 12:30pm Movie		

November 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday
1 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Antigua Blend ½ c Whole Grain White Apricots ½ c Cranberry Juice 4 oz ALT=CS RB	2 *Tomato Basil Chicken 3oz. *W.G. Pasta ½ c w/S 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Breadstick, 1 oz Peaches ½ c T	3 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c TR	4 *Lemon Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Whole Grain Wheat Tropical Fruit ½ c RB
8 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w 2 oz sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CS TR	9 *Salisbury Steak 3 oz w *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Peaches ½ c T	10 *Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Buttered Beets ½ c, *Broccoli ½ c Whole Grain Bun 2 oz Diced Pears ½ c RB	11 *** HONORING ALL WHO SERVED VETERANS DAY UNITED STATES OF AMERICA 
15 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W.G. Hamburger Bun 2 oz Apricots ½ c ALT=CS T	16 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c Cauliflower ½ c Whole Grain Wheat Banana, 1 ea TR	17 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w Lemon 1PC WG Corn Muffin 1 oz Sliced Peaches ½ c Apple Juice 4 oz RB	18 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c T
22 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables ½ c Cauliflower ½ c Whole Grain Wheat Pears ½ c ALT=CS TR	23 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Water 1 oz Applesauce ½ c T	24 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice ½ c RB	25 ALT=CSB T
29 ALT=CS TR	30 ALT=CSB T	ALT=CSB RB	*Vegetable Lasagna, 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Pears ½ c ALT=CS RB

Western Reserve Area Agency on Aging - 2021

Note: Box Lunch Default Menu choice is shown in the right-hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

