

GARFIELD HEIGHTS SENIOR CENTER

5407 Turney Road  
Garfield Hts., OH 44125

# SENIOR HI-LITES

## DECEMBER 2016

Open: Monday through Thursday  
8:30 a.m. – 2:00 p.m.  
216-475-3244

CITY OF GARFIELD HEIGHTS  
Mayor, Vic Collova

Michael Dudley, Councilperson, Ward 1  
Joe LaMalfa, Councilperson, Ward 2  
Michael T. Nenadovich, Councilperson, Ward 3

Eugene Glenn, Councilperson, Ward 4  
Joseph M. Suster, Councilperson, Ward 5  
Matt Burke, Councilperson, Ward 6  
Tom Vaughn, Jr., Councilperson, Ward 7

SITE COORDINATOR &  
SOCIAL SERVICE DIRECTOR:

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

ACTIVITIES ASSISTANT:

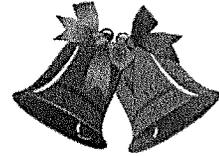
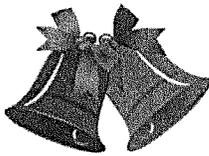
Anne Stahl.....475-3244

ADMINISTRATIVE ASSISTANT:

Laketa Gaston.....475-3244

STAFF

Heidi Milczewski.....Bus Driver  
George Medvetz.....Bus Driver  
Laura Conte.....Kitchen Aide



NEWS FROM KATHY

May you have the gladness of Christmas which is HOPE,  
the spirit of Christmas which is PEACE,  
and the heart of Christmas which is LOVE.

On behalf of Mayor Collova, the administration and the senior  
center staff, I wish all of you a very Merry Christmas.



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 LUNCH: \$1.25

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

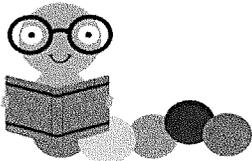


**DECEMBER BIRTHDAYS**

Janice	Fowler	12/1
Joan	Dubas	12/6
Gayle	Wilson	12/9
Shirley	Rozmarynowski	12/12
Adeline	Ruggiero	12/13
Maryann	Fixel	12/13
Genevieve	Ridel	12/17
Dianna	Jordan	12/19
Mary	Decker	12/21
Vera	Markovich	12/21
Ellen	Johns	12/22
Margaret	Kaminski	12/22
Robin	Johnson	12/22
Nancy	Fitch	12/25
Caroline	Seneff	12/26
Evelyn	Bender	12/28

**LIBRARY**

If you would like to order a special book, etc., let us know and we will call in your order and pick it up when it is in.



**POST OFFICE ON WHEELS**

The next visit from the Post Office on Wheels will be on Tuesday, **December 20th around 9:30am.** This is a great opportunity pick up some postage for Christmas cards or postcards to send to all your family and friends.

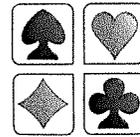


**THANK YOU**

Thank you once again to those seniors who continue to generously donate every month for coffee, cups and cash to buy coffee supplies for our seniors to enjoy at lunch time. All your donations are greatly appreciated!



**HAPPY HOLIDAYS**



**PINOCHLE TOURNAMENT**

On Friday, November 18th the senior center held its monthly Pinochle Tournament and we had three winners. First place went to Mary Kray, second place went to Rita Drabek and third place went to Geri Grzybowski. Congratulations to all our winners!

If you are looking for some fun while socializing and playing cards, our Pinochle Tournaments are held on the second Friday of each month at 12:15 PM. Our next tournament will be held on Friday, December 9th.

**THANK YOU LADIES!**

I would like to thank the ladies in the craft room who spent all day the Wednesday before Thanksgiving getting the Unique Craft and Gift Shop ready for business on Sunday, November 27th. The annual Holiday Lighting Ceremony took place at the Civic Center in the evening and the ladies were gracious enough to volunteer to come in for the event. On behalf of the city...

**THANK YOU LADIES!!**



Welcome to the new seniors who have joined the Garfield Heights Senior Center within the past few months!

- Connie Maslowski**
- Konrad Wyszynski**
- Carmel Kuhn**
- John Gotzicki**
- Rick Beran**
- Jimmy Peagler**
- Lorna Mainor**
- Ed Wright**
- Nancy Wright**

## DECEMBER EVENTS

### LUNCH BUNCH @ YOURS TRULY

Join the Lunch Bunch Crew as we head to Yours Truly Restaurant in Independence. Following a delicious lunch, stroll over to Malley's and get in some Christmas shopping for all the chocolate lovers on your Christmas list.

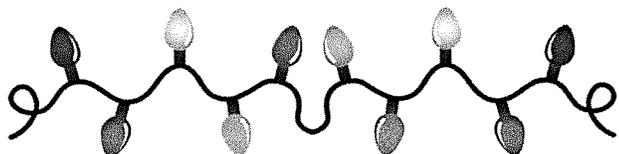


**WHEN:** Tuesday, December 13th  
**DEPART:** 11:15 AM  
**RETURN:** 2:00 PM  
**COST:** \$2.00 (cost of lunch on your own)  
**SIGN-UP:** December 1st — December 7th

### CHRISTMAS PARTY

Mark your calendars for our annual Senior Center Christmas party with music provided by Ed Klimczak. The dining room will be transformed and decked out for the holidays as always.

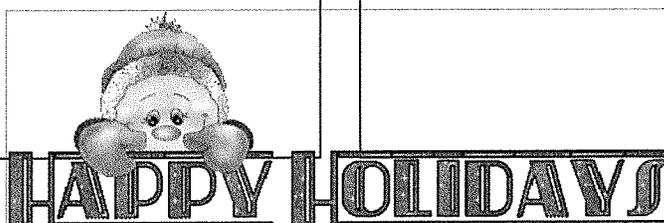
**WHEN:** Thursday, December 22nd  
**WHERE:** Dining Room  
**TIME:** 12:30—2:00 PM  
**COST:** \$4.00  
**SIGN-UPS:** November 28th — December 8th



### BELTONE HEARING

Dawn from Beltone Hearing will be here to service hearing aids. Come and get your hearing aids cleaned and your batteries changed!

**WHEN:** Wednesday, December 14th  
**WHERE:** Room 101 (Game Room)  
**TIME:** 11:00 - 11:30 AM



### SPEAKERS

**Monday, December 5th:** A speaker from Cleveland Clinic will be here at 10:00 AM discussing colon health.

**Monday, December 12th:** A speaker will be here at 10:45 AM to discuss benefits for veterans and surviving spouses.

### HAVE SOME FUN WITH US ON....

**DECEMBER 15TH** we will be serving all kinds of different teas, complete with honey and lemon in honor of the Boston Tea Party which took place in 1773.



### ORNAMENT PAINTING PARTY

Come paint your own ornament with us at The Kiln in Brecksville! There will be an assortment of ornaments to choose from ranging in price from \$12-14. Keep the ornament for yourself or give it as a gift!

**WHEN:** Wednesday, December 7th  
**DEPART:** 12:15PM  
**RETURN:** 2:00 PM  
**COST:** \$2.00 (cost of ornament on your own)  
**SIGN UPS:** November 28th —December 5th



### CHINESE RAFFLE

The Senior Center will be hosting a holiday Chinese Raffle from December 6th—8th with the drawing after lunch (12:30 PM) on Thursday. The committee has been busy collecting donations and gathering items for the event. If you have anything you wish to donate, please see Barb Dines or any of the staff members. This is a huge fundraiser for the senior center and a lot of planning and hard work goes in to making it a success so please plan to buy tickets and support their efforts.



**HAPPY HOLIDAYS**

# ANNOUNCEMENTS AND REMINDERS

## PRESIDENT'S CORNER

I hope you all had a very Happy Thanksgiving and that we are all looking forward to a Merry Christmas and happy new year.

Remember to participate in our upcoming Chinese Raffle on December 6th, 7th and 8th, as Barbara Dines, our chairperson, and her volunteers have worked hard to make this a success. Thanks to Ellen Johns for setting up a table with books and puzzles for senior participation. Check your newsletter monthly and participate in the many other activities set up throughout the month by Kathy, Annie and Ilona's ideas for after lunch activities on Mondays and Wednesdays.

There are many activities available for your enjoyment and also a craft room full of wonderful selections in addition to our daily lunches. Plan to participate in them. You may find something you enjoy, along with new friends. Be active!

I wish all participants, staff, city officials and workers a very happy holiday season.

*- Gertrude DiCosima*



## ZUMBA IS BACK!

After a little break, Zumba is starting again and we couldn't be happier. Unfortunately, Anita decided she wasn't able to continue to teach the class several months ago but she graciously found us a new instructor who is excited to lead us in "Zumba for Seniors". Lois will be taking over every Thursday beginning November 3rd from 12:45- 1:45 PM. The cost is still \$3.00 per class. Although we miss Anita and wish her well, we are enthusiastic about Lois joining us and getting our seniors back into shape. Please note that we will not be having Zumba on Thursday, December 22nd due to our Christmas party.

## TRANSPORTATION REMINDER

For those seniors who get picked up in the morning on the bus, please remember that once the weather gets bad, it may take the drivers longer to maneuver the streets in the morning which may delay your normal pick-up time. Our service department does a great job plowing the streets but clearing a whole city takes time. The bus drivers arrive at work at 8:00 AM and if the buses are covered in snow and ice, they need to be cleaned and warmed up before George and Heidi can start their morning route. Please be patient....you will get here safe and sound.

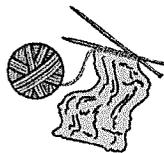


# HAPPY HOLIDAYS

## CRAFT CORNER

'Tis the season, Ho, Ho, Ho, and if you are looking for candy, ornaments, or small gifts for Christmas, come to the craft room. We have lap throws, hats, scarves, pillows, aprons, pot holders, and some jewelry. We also have lovely Christmas floral arrangements! Come check out what is available. Hope you have a blessed Christmas and a Happy Healthy New Year!

*-Geri Grzybowski*



## JAZZERCISE

The last jazzercise class for the year will be Tuesday, December 6th. A schedule for 2017 is in the works and will be posted as soon as possible.



## WII BOWLING LEAGUE

The winter Wii Bowling League is underway and we have a great group of bowlers this season. As usual, bowlers will gather on Mondays in the game room beginning at 9:15 AM. The cost per week is \$2.00 per bowler which is used for the bowling banquet held at the end of the session, which will be on Monday, February 27th. Good luck bowlers and have fun!



## WINTER CLOSINGS!!

Please remember that as winter approaches the senior center is **CLOSED** when the Garfield Heights City Schools are closed due to weather. This means there will be no congregate or home delivered meals provided. There will also be no transportation to and from the senior center and all activities are canceled. Please listen to the radio or news in the morning for up to date closings.

CLOSED

## COMING SOON

### LUNCH BUNCH @ BUFFALO WILD WINGS

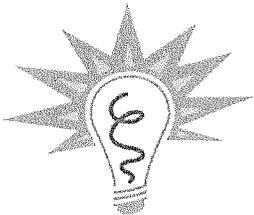
Buffalo Wild Wings is an American casual dining restaurant that is famous for their wings. If wings don't satisfy your taste buds, you can get a delicious salad, juicy burger, or several other options! Don't forget to save room for dessert!

**WHEN:** Wednesday, January 25th  
**DEPART:** 11:00 AM  
**RETURN:** 1:30 PM  
**COST:** \$2.00 (cost of lunch on your own)  
**SIGN-UP:** January 3rd - January 12th



### A NEW YEAR IS COMING..... ANY NEW IDEAS?

Over the past few years, we have added some new activities, trips and fun things to do; however, we are always willing to try something different. If you have something in mind, see Annie and we will do our best to make it happen!



### SENIOR CENTER SITE COUNCIL

As the year ends, so does another term of the current site council board members. Each year, those who serve on site council graciously donate their time and talents to assist the staff and the city officials in making the senior center a great place to be. They serve as an advisory board while managing the site council funds, implementing fundraisers, planning parties and special events, selling tickets, as well as working and providing hands on help with everything that goes on here at the center. If you are interested in serving on site council next year, we will have sign-ups in December. You must serve on site council for one year as a member before serving as an officer. If you are interested, please see Annie or Kathy.



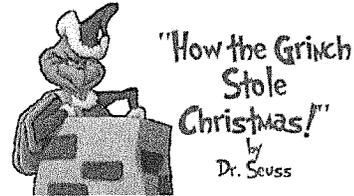
# HAPPY HOLIDAYS

## NEWS YOU CAN USE

### ON THIS DAY IN HISTORY.....

**DECEMBER 16TH, 1773:** The Boston Tea Party took place in Boston Harbor.

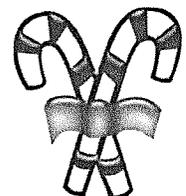
**DECEMBER 18TH, 1966:** Dr. Seuss' book "How the Grinch Stole Christmas" is made into an animated television special and shown for first time on CBS.



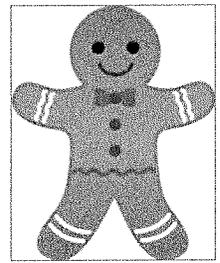
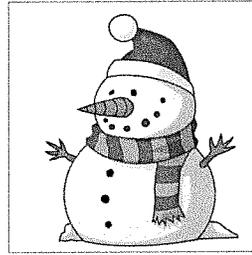
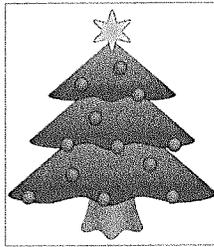
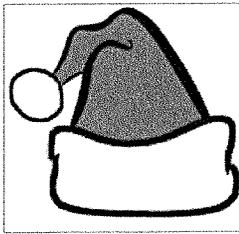
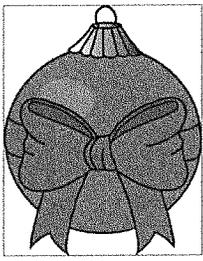
### CHRISTMAS TRADITIONS AROUND THE WORLD

We, as Americans, celebrate many of the same Christmas traditions with a few variations thrown in based on individual family beliefs and customs. Other countries around the world celebrate Christmas differently according to their culture and traditions.

- In Russia and Ukraine, Christmas is celebrated on January 7th in accordance with the Julian calendar for religious holidays.
- In Ireland, it's traditional to leave mince pies and a bottle of Guinness out for a snack for Santa.
- In Caracas, the capitol of Venezuela, the streets are closed to cars so people can roller skate to Christmas Mass.
- For many people in Japan, Kentucky Fried Chicken is the main part of their Christmas meal.
- In Slovakia, at the beginning of Christmas Eve dinner, the head of the family takes a spoon of Loksa (a dish made of bread, poppy seed filling and water) and throws it up at the ceiling. The more mixture that stays up on the ceiling, the richer his crops will be for the following year.
- In the Czech Republic, in order to find out if they will marry in the following year, single women, with their backs to the house door, throw a shoe over their shoulder. If the shoe lands with the heel towards the door, she will stay single for the next year.



# DECEMBER WORD PUZZLE



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

BELLS	RUDOLPH	ELVES	JOY
CANDLES	SANTA	FROSTY	MERRY
CANDYCANE	SEASON	GIFT	MISTLETOE
CARDS	SLEIGH	GIVING	NOEL
CELEBRATE	STOCKING	GREETINGS	NORTHPOLE
CHIMNEY	TREE	HOLIDAY	REINDEER
CHRISTMAS	WREATH	JOLLY	

HAPPINESS IS HOMEMADE.COM

WORD SEARCH  
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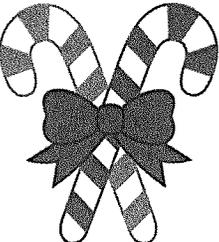
*Christmas is the spirit of giving without the thought of getting.*  
 - Thomas Mosen

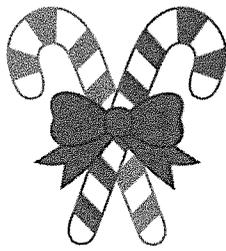
# GARFIELD HEIGHTS SENIOR CENTER

## December 2016

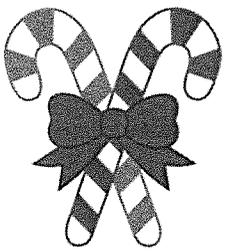
OFFICE OPEN WEEKDAYS: 8:30AM-5:00PM  
 CENTER OPEN MON-THURS: 8:30AM-2:00PM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 1 9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch 12:30: Bingo 12:45: Zumba	2 Shopping @ Giant Eagle 10:00 – 11:30 AM
5 <u>MAKE RES/NEXT WEEK</u> <b>SPEAKER @ 10 AM</b> <b>COLON HEALTH</b> 9:15: Wii Bowling 10:00: Flexibility Class 11:30: Lunch 12:30: Password 12:30: Pinochle	6 <u>MAKE RES/NEXT WEEK</u> 9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch 12:30: Bingo 12:30: Creative Writing 1:00: Jazzercise	7 <u>ORNAMENT PAINTING PARTY @ 12:15-2:00 PM</u> 9:15: Wii Bowling 10:00: Flexibility Class 11:30: Lunch 12:30: This & That 12:30: Pinochle	8 <u>DR. DIAMOND HERE</u> 9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch 12:30: Bingo 12:45: Zumba	9 <b>PINOCHLE TOURNAMENT 12:15PM</b> Shopping @ Dave's 10:00 - 11:30 AM
12 <u>MAKE RES/NEXT WEEK</u> <b>SPEAKER @ 10:45</b> <b>"VETERANS &amp; SURVIVING SPOUSES"</b> 9:15: Wii Bowling 10:00: Flexibility Class 11:30: Lunch 12:30: Password 12:30: Pinochle	13 <u>MAKE RES/NEXT WEEK</u> <u>LUNCH BUNCH @ YOURS TRULY 11:15 – 2:00 PM</u> 9:30: Site Council Meeting 9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch 12:30: Bingo 12:30: Creative Writing	14 <u>BLOOD PRESSURES 9-11:00AM</u> <u>BELTONE SCREENING &amp; CLEANING 11:00 – 11:30 AM</u> 9:15: Wii Bowling 10:00: Flexibility Class 11:30: Lunch 12:30: Pinochle 12:30: Trivia	15  9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch 12:30: Bingo 12:45: Zumba	16 Shopping @ Marc's 10:00 – 11:30 AM
19 <u>MAKE RES/NEXT WEEK</u> 9:15: Wii Bowling 10:00: Flexibility Class 11:30: Lunch 12:30: Dr. Seuss Movie 12:30: Password 12:30: Pinochle	20 <u>MAKE RES/NEXT WEEK</u> <u>POST OFFICE ON WHEELS @ 9:30</u> 9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch 12:30: Bingo 12:30: Creative Writing	21 <u>FOOD DISTRIBUTION 1:00 – 2:00 PM</u> 9:15: Wii Bowling 10:00: Flexibility Class 11:30: Lunch 12:30: This & That 12:30: Pinochle	22 <u>CHRISTMAS PARTY 12:30 – 2:00 PM</u> 9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch	23 <u>CLOSED</u> <u>NO SHOPPING TODAY</u>
26 <u>CLOSED</u> 	27 <u>MAKE RES/NEXT WEEK</u> 9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch 12:30: Bingo 12:30: Creative Writing	28  10:00: Flexibility Class 11:30: Lunch 12:30: Pinochle 12:30: Trivia	29  9:30: Lite Aerobics 10:00: Strength Training 11:30: Lunch 12:30: Bingo 12:45: Zumba	30 <u>CLOSED</u> <u>NO SHOPPING TODAY</u>



# December 2016 WRAAA Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Jill Riffle MS, RDN, LD</p>	<p>Choice of: 1% Milk or Buttermilk</p>	<p>*=Take temperatures of milk and all food preceded by an asterisk.</p>	<p>1 *Stuffed Green Pepper 6 oz Butternut Squash ½ c Broccoli ½ c Whole Grain Rye-2 ea Applesauce ½ c</p> <p>TR</p>	<p>2</p> <p>T</p>
<p>5 * Breaded Chicken Breast Patty 3 oz American cheese 1 oz Mixed Vegetables ½ c Sweet Potatoes ½ c Whole Grain Hamburger Bun Apple Juice 4 oz</p> <p>RB</p>	<p>6 * Swiss Steak 3 oz W/ Gravy 2 oz *Mashed Potatoes ½ c Baby Carrots ½ c Whole Grain Wheat-1 ea Whole Grain Vanilla Wafers Banana</p> <p>TR</p>	<p>7 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Brown Rice ½ c Broccoli ½ c Green Peas ½ c Whole Grain Wheat-1 ea Orange</p> <p>RB</p>	<p>8 *Meatballs 3-1 oz *Spaghetti 1 c w/ Tomato Sauce Cauliflower ½ c Green Beans ½ c Whole Grain Wheat-1 ea Apple</p> <p>T</p>	<p>9</p> <p>RB</p>
<p>12 * Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Brussel Sprouts ½ c Whole Grain Wheat-2 ea Tropical Fruit ½ c</p> <p>TR</p>	<p>13 *Beef Ravioli w Sauce 6 oz Green Beans ½ c Corn ½ c Crackers Mixed Fruit ½ c W.G. Vanilla Wafer</p> <p>TR</p>	<p>14 *Rosemary Rub Roasted Pork Loin 3 oz *w/ Gravy Green Peas ½ c Butternut Squash ½ c W.G. Honey Wheat Biscuit 2 oz Applesauce ½ c</p> <p>T</p>	<p>15 * Tomato Basil Chicken 3 oz *Spaghetti 1 c Sauce 2 oz Spinach ½ c Corn ½ c Whole Grain Wheat-1 ea Sliced Pears ½ c</p> <p>RB</p>	<p>16</p> <p>TR</p>
<p>19 *Beef Hot Dog 2 oz Mustard 1 PC Corn w/Red Peppers ½ c Green Beans ½ c Whole Grain Bun Orange</p> <p>T</p>	<p>20 *Swedish Meatballs 3 oz *Noodles ½ c Mixed Vegetables ½ c Red Cabbage ½ c Whole Grain Wheat-1 ea Sliced Pears ½ c</p> <p>TR</p>	<p>21 * Chicken Ala King 8 oz *Baby Lima Beans ½ c Sliced Carrots ½ c W.G. Honey Wheat Biscuit 2 oz Pineapple Chunks ½ c</p> <p>RB</p>	<p>22 *Breaded Fish 4 oz Tartar Sauce 1 PC Tater Tots ½ c w/Ketchup 1 PC Spinach ½ c Whole Grain Wheat-2 ea Mandarin Oranges ½ c</p> <p>TR</p>	<p>23</p> <p>RB</p>
<p>Merry Christmas Site Closed</p>	<p>27 Pepper Steak ½ c *Seasoned Wedge Potatoes ½ c Ketchup 1 PC Spinach ½ c Whole Grain Wheat-2 ea Mandarin Oranges ½ c</p> <p>TR</p>	<p>28 *Chicken Cacciatore 3 oz Sauce 2 oz *Brown Rice ½ c Diced Beets ½ c Brussel Sprouts ½ c Whole Grain Wheat-1 ea Pineapple Chunks ½ c</p> <p>RB</p>	<p>29 *BBQ Rib Patty 3 oz *Scalloped Potatoes ½ c Broccoli ½ c Whole Grain Hamburger Bun Sliced Peaches ½ c</p> <p>T</p>	<p>30</p> <p>TR</p>

