

LAST Month...



We welcomed everyone back to the center

Certificates of Completion were awarded to all who completed the 6 week Matter of Balance workshops sponsored by Fairhill Partners

The 20 session BINGOCize program sponsored by Fairhill Partners began

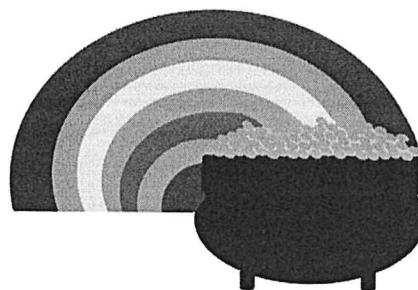
Black History Month was acknowledged and celebrated with:

- * Introduction to the KAHOOT trivia game to enhance our knowledge of Black History facts
- * Taste of Black history soul food meal was well received. The meal included fried chicken wings, greens, blackeyed peas, candied yams, macaroni & cheese, red beans and rice, fried corn, corn muffins and pound cake. Over 40 seniors participated and supported the meal.

In addition to Valentines Day donuts with Mayor Burke, the day continued with an Oak Street Health sponsored pizza, and special cupcakes party, with many give-away items

Our Craft Room participants donated over one hundred items to the Cleveland Public Library's 'Warm-up Cleveland' initiative. The donated items are hung on a clotheslined fence outside of the library located on Superior Avenue in downtown Cleveland and anyone in need can walk up and pick an item of their choice. What a great idea, especially to be available during the NBA All-Star weekend when many travelers are not familiar with our Cleveland climate.

The Site Council has reconvened, elected officers and is ready to begin supporting the events of the Senior Center.



Inclement Weather



Our bus services may be delayed due to slippery, snow covered, icy roads that our drivers must carefully and safely navigate. Morning pick-up and/or meal delivery may be delayed due to these conditions. Please be patient as we encourage our drivers to choose safety first.



If Garfield Heights Schools are closed due to weather conditions the Senior Center will also be closed. There will be no lunches delivered on such occasions.

SNOW PLOWING REQUEST?
Call the Service Department
216-475-3373

MORNING BREAK WITH MAYOR BURKE

Mayor Matt Burke will join us Monday morning March 14, 2022 at 10:00am in the dining room. He will let you know what's going on and address any questions or concerns you have regarding the city of Garfield Heights.

Costs for Transportation

The following are fees for bus transportation:

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



The March Happy Birthday recognition will be Thursday, March 24, 2022@12:30pm

We will celebrate:

Jeanette Thorn 3/8
Mary Jones 3/12
James Winter 3/15
Chiyoko Williams 3/24
Marino Ogolio 3/24

Oak Street Health will sponsor the activities.

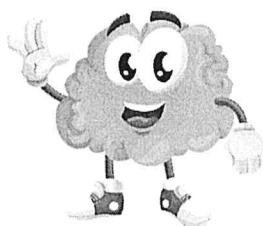
Preparing for the trivia challenge

As we prepare for the Mind Challenge Trivia Tournament, we will continue our **KAHOOT** trivia games on Wednesday mornings starting at 9:15-10:00am. There will be varying topics, categories, and subjects touched upon that will hopefully aide in enhancing the trivia challenge experience.

Bring your ipad, android, cellphone to download **KAHOOT** to be set up to enjoy and play the games.



QUIZ TIME



MARCH 2022 EVENTS

Friday Shopping

March 4th ----- Giant Eagle
March 11th ----- Drug Mart
March 18th ----- Marcs
March 25th ----- Save-A-Lot

Our bus will transport you to local shopping venues.



Sign up with Ketia
Transportation cost \$3.00



OAK
STREET
HEALTH



The Village at
Marymount
Marymount Place • Villa St. Joseph
A Continuing Care Community



THE HEIGHTS

REHABILITATION & HEALTHCARE CENTER



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MONTHLY FOOD PANTRY

Wednesday, March 16, 2022

1:00—2:00 p.m.



Free Smoke Alarms



Our Garfield Heights Fire Department will install smoke alarms for homeowners in the City of Garfield Heights. Residents are entitled to receive up to 3 smoke alarms. The city's Fire Safety Officer will determine how many new alarms are needed. If you have old alarms that still work, they will be replaced with a newer one whose battery life is 10 years. If you are a renter, the homeowner must contact the fire department. It is the homeowner's responsibility to ensure their houses have smoke alarms. The fire department must install all alarms and residents cannot pick them up at the station. Residents can call Sandy at 216-475-4053 to schedule an appointment for installation.

Site Council



The Site Council has elected new officers for the 2022 year. The officers are as follows:

- President—Shirley Rozmarynowski
- Secretary—Barb Kozma
- Treasurer—Jim StoneKing
- Members include:

Cheryl Pavlak	Joyce Zuranski
Carol Ballow	Dorothea Vernon
Barb Molin	Marlene Washington
Essie Sneede	John Rozmarynowski
Catherine Jones	Lydia Debelak
Joyce Mathis	

The Council is now ready to move forward with the business of planning activities and providing support for the Garfield Heights Senior Center.

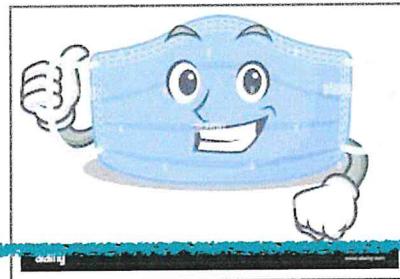
Take a moment to congratulate, encourage and support our Site Council team.

Next Site Council meeting, Tuesday, March 8, 2022@10:00am-Room 101

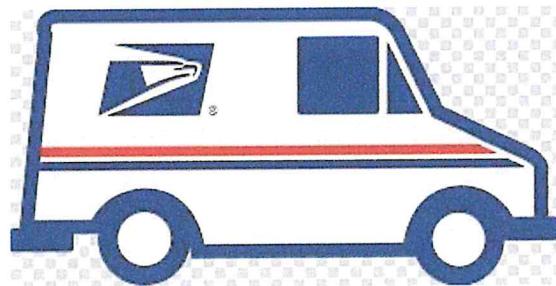
Covid-19 Update

Although masks mandates have been relaxed there is a need to continue to be mindful that COVID variants still exist. You are urged to be considerate of others and if you feel ill please stay home until you feel better.

All necessary precautions will be taken at the Senior Center to assure our participants are protected and feel safe and comfortable while in our environment.



POST OFFICE ON WHEELS



TUESDAY, MARCH 22nd

9:40-10:00am

Purchase stamps, money orders, packaging supplies, mail packages and letters



The Wii BOWLING LEAGUE IS BACK!!!

We are now signing up participants for our two person teams that will start the spring 2022 Wii Bowling League.

Chose a partner to bowl with or get matched with others who wish to compete and have no designated partner. You do not have to bowl with your teammate unless you choose to do so.

The league start date is March 7, 2022 and will conclude on May 23, 2022. Monday or Wednesday, from 9:00-1:00, are the days and time to bowl and record your score. Geri has agreed to collect the fees and tally scores as she has in the past. The League is a 12 week, non-handicap league. The weekly dues are \$2.00 (\$24.00 for the season).

The awards banquet will be held the week of June 6. 2022.

Awards will be for:

- First Place Team
- Male highest average
- Female highest average
- Most improved average

Contact Carolyn, 216-475-3244, to sign up.



Spiritual Music



Allow the spirit to move, soothe and encourage you as you listen, reminisce, hum or sing to songs that bring joy, peace and an uplifting spirit to the beginning of your day.

Join others in room 101 on Thursday mornings, 9:30-10:00am.



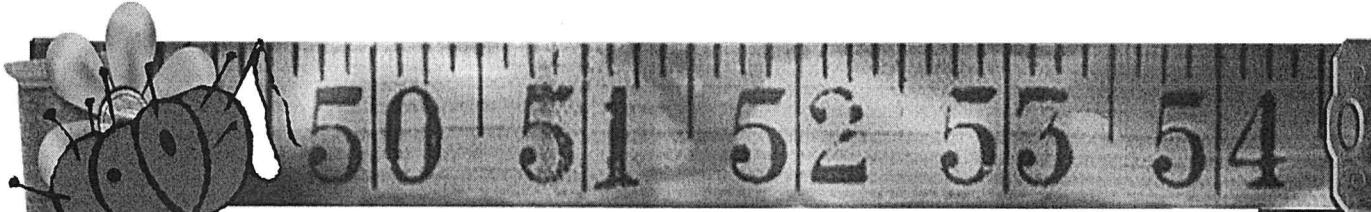
BINGOCIZE
With Fairhill Partners
Mondays & Wednesdays

BINGO
With the Heights
1st & 3rd Tuesdays

BINGO
With Marymount Place
2nd Tuesday

BINGO
With Dedicated Seniors
4th & 5th Tuesday

1st board free. additional boards \$.25 each.
All games begin at 12:30pm in dining room
except Bingocize convenes in room 118.



CRAFT ROOM

Thank you to those who participated in our holiday gift basket raffle.

The winner was Bill Choma.

Congratulations Bill!

NEWS FOR MARCH



On March 21, 2022 we will begin selling tickets for our 'rabbit raffle'. Two of the rabbits are 4' tall and one is smaller. You have your choice of which one you want.

There will also be a 50/50 drawing this month. Tickets are \$1.00 each or 6 for \$5.00. Drawing will be held on April 11, 2022 at 12:30pm, at the Senior Center on Turney Road.

YOU DO NOT HAVE TO BE PRESENT TO WIN

ALL TICKETS SOLD AND ITEMS CREATED FOR SALE BENEFIT OUR SENIOR CENTER

Shop for unique gifts, cards and more in our craft room!

Visit us from 9:00am-2:00pm, Mon-Thurs

MADE IN 9 ENGLAND

PROGRAM-ACTIVITY REMINDERS

MASSAGES WITH TARA

Date: Wednesday, 3-17-22

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

Cost: \$5.00 for 10 minutes

Appointments necessary.

Call Carolyn at 216-475-3244

REIKI with Ms. Lean

Touch-Relaxation Therapy

Thursday, March 18, 2022

10:00a.m.—2:00p.m.

Appointments necessary.

MASSAGES WITH DARLENE

Date: Tuesdays

Time: 9:30a.m.-12:30p.m.

Cost: \$5.00 for 10 minutes

Appointments necessary.

Call Carolyn at 216-475-3244

MOVIE DAY

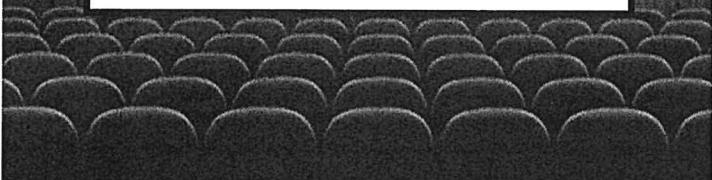
Thursday

March 3rd, 10th & 21st, 31st

At 12:30pm

Popcorn and beverage provided

Cost \$25



**Support our senior activities by
participating in**

\$1.00 DONUT DAYS

MONDAY & WEDNESDAY MORNINGS

2022 Mind Challenge Trivia Tournament

May 9-June 17, 2022

No cost to play

Teams of 4 minimum to 6 maximum compete against teams from other cities all across Northeast Ohio. No limit on how many teams can represent a city.

Senior Friendly questions

Fun and Exciting-Team Concept-Like a Game Show .

Not like Jeopardy

Prize money to the Final 4 teams' Senior Centers.

Play for pride-Play for Enjoyment

See Carolyn for more information or check out the Mind Challenge website www.themindchallenge.com

BINGO

Tuesdays

March 1, 8, 15, 23, 29

at 12:30

in the dining room.



CRAFTS With Jennings

3rd Monday of each month

Time: 10:15-11:30

Limited to 9 participants

Bus service provided

Different craft each month.

Interested? Call Carolyn 216-475-3244

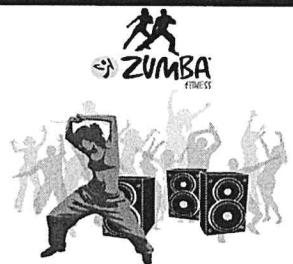
Line Dancing



Move your feet to the beat as you learn the new moves and remember the old grooves while exercising your mind, body and heart.

Sessions are instructor lead and held on Tuesdays
10:30—11:15 a.m.
COST \$3.00

We need your participation to keep these instructor led classes going. So stop procrastinating! If you are determined to be more active, and want to improve your physical and/or mental strengths, or you just need to get out and enjoy the fellowship of others, come join us for one or more of these physical activities...and bring a friend!



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

Instructor lead sessions
for a pumped up physical routine.

Thursdays, March 3, 10, & 24
10:30-11:15 a.m.

Cost \$3.00

CHAIR AEROBICS

Led by Rev. Mel Kendall McCray

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

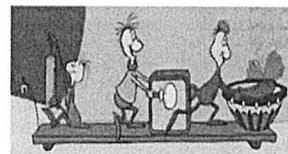


Routines incorporate sitting and some standing sequences while using a chair as you respond to instruction at your comfortable pace.

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

COST \$3.00

Cardio Drumming



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

Class size is limited to 10 so please register with Carolyn.

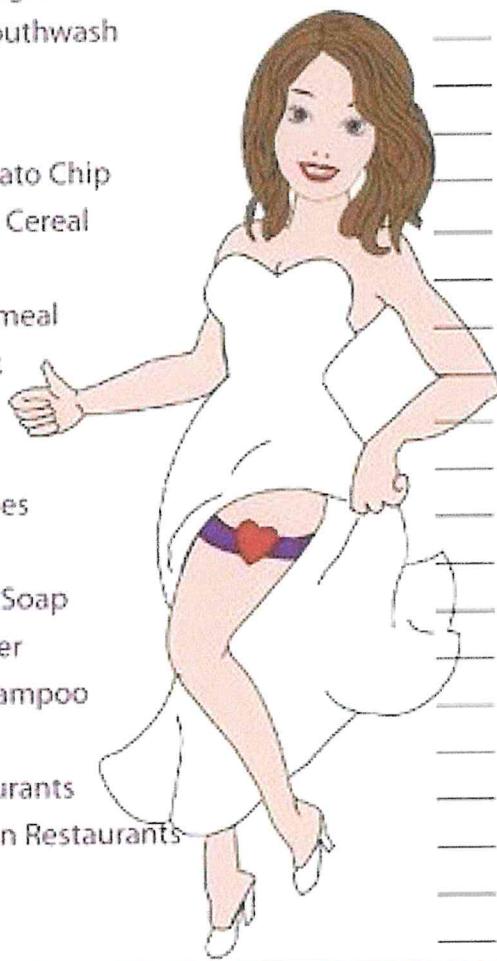
Every Thursday at 1:00pm in Room 101

Famous TV Commercials

Match the Commercial to the Slogan

- 1 Alka Seltzer
- 2 Capital One
- 3 Morton Salt
- 4 American Express
- 5 Master Card
- 6 AIG
- 7 Apple Computers
- 8 Bank of America
- 9 Miller High Life Beer
- 10 Chiffon Margarine
- 11 Imperial Margarine
- 12 Listerine Mouthwash
- 13 Zenith TV
- 14 Panasonic
- 15 Pringles Potato Chip
- 16 Froot Loops Cereal
- 17 Life cereal
- 18 Quaker Oatmeal
- 19 Radio Shack
- 20 Rolaids
- 21 Schlitz Beer
- 22 Reebok Shoes
- 23 Keds Shoes
- 24 Irish Spring Soap
- 25 Olympia Beer
- 26 Pantene Shampoo
- 27 L'Oreal
- 28 IHOP Restaurants
- 29 Olive Garden Restaurants
- 30 Pizza Hut
- 31 Carl's Jr.

- When it rains....it pours
- When you're here.... You're family
- Because I'm worth it!
- "Manly, yes....but women like it too!"
- Think different!
- It's the water!
- Don't bother me.... I'm eating
- "Always a bridesmaid, but never a bride"
- We know money
- Because life is not a spectator sport
- It's not nice to fool Mother Nature!
- He likes it! Hey Mikey!
- Higher Standards
- The quality goes in before the name goes on
- Do you know me
- "Once you POP, you can't STOP!"
- Just slightly ahead of our time
- I can't believe I ate the whole thing
- Something to smile about
- How do you spell relief?
- The beer that made Milwaukee famous
- The champagne of bottled beers
- Don't hate me because I'm beautiful
- Fit for a king!
- You've got questions.... We've got answers
- "Oot-fray, Oops-lay"
- Priceless!
- What's in your wallet?
- Run faster!....Jump higher!
- Gather 'round the good stuff
- Come hungry.... Leave happy!



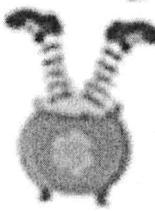
"How to Catch a Leprechaun" Word Search

NAME _____

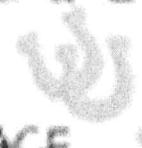
DATE _____



LUCK TBPKMCMVZEGLSU
WI VXMGPNCNODLQZCNZ
PHDXFQYWQXEAGGGVAM
CDHAGREENPYNFTRAPM
FWIRONCAGESDASFGYJ
ASMELLYNIEGENHEHCU
ECZZTVRLIHULCONKYB
SAITCHILD PZIYEGLBW
COPZVMGOLOWOPBIAGGA
ATLEPRECHAUNYONYYL
PDEZQIIGQCYLUXEDOL
EWNMXTSHEQPERFECTA
TNPEELJWPCLOVERYNC
UATJVYCSAHFYZQUOJE
SRCCAYJEKLVVGUOEKA
COMMHKHFNGOLDTNDG
ITSZDXGRIGJHGRMPXC
GESQGLITTERVOAGBWM



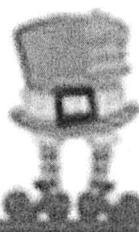
FANCY



CHILD



GLITTER



WALLACE

SNAP

ENGINEER



LEPRECHAUN

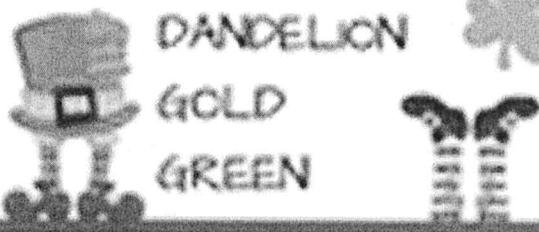
SHOEBOX

CLOVER

DANDELION

TRAP

ESCAPE



GOLD

SMELLY

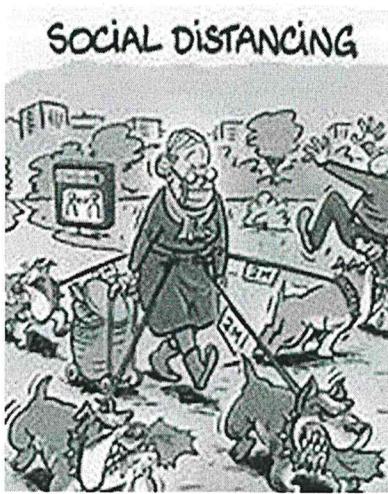
PERFECT

GREEN

IRONCAGE

LUCK





One way to find out
if you are old is to fall
down in front of a lot
of people. If they
laugh, you're still
young. If they panic
and start running to
you, you're old.

Senior Funnies



MARCH 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> MAKE RES/NEXT WEEK 9:00am Mardi Gras Celebration w/Oak Street Health 9:30am-12:30pm Massage w/Darlene 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/The Heights	<u>2</u> 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 11:30am Lunch 12:30-1:30pm BINGOcize	<u>3</u> 9:30-10:00am Spiritual Singing 10:30-11:15am ZUMBA 11:30am Lunch 12:30pm Dedicated Senior Arts 1:00pm Cardio Drumming Rm101	<u>4</u> Shopping@Giant Eagle 10:00-11:30am	OFFICE OPEN Mon-Fri 8:30am-4:30pm
<u>7</u> MAKE RES/NEXT WEEK 9:00am Muffins w/Oak Street Health Wii Bowling League 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/Marymount Pl	<u>8</u> MAKE RES/NEXT WEEK 9:30am-12:30pm Massage w/Darlene 10:00am Site Council Meeting 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/Marymount Pl	<u>9</u> 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 11:30am Lunch 12:30-1:30pm BINGOcize	<u>10</u> 9:30-10:00am Spiritual Singing 10:30-11:15am ZUMBA 11:30am Lunch Dedicated Senior lunch special 12:30pm Movie Day 1:00pm Cardio Drumming Rm101	<u>11</u> Shopping@Drug Mart 10:00-11:30am
<u>14</u> MAKE RES/NEXT WEEK 9:00am Morning Donuts \$1 Wii Bowling League 10:30am TheraBand Workout 10:00am Meeting w/Mayor Burke 11:30am Lunch 12:30-1:30pm BINGOcize	<u>15</u> MAKE RES/NEXT WEEK 9:30am-12:30pm Massage w/Darlene 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/The Heights	<u>16</u> FOOD DISTRIBUTION @1:00-2:00PM 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 10:30-12:30pm Massage w/Tara 11:30am Lunch 12:30-1:30pm BINGOcize	<u>17</u> 9:30-10:00am Spiritual Singing 10-12:30pm Reiki w/Ms. Lena 10:30-11:15am ZUMBA 11:30am Lunch 12:30pm St. Patrick's Day w/Oak Street Health Copy of St. Patrick's Day	<u>18</u> Shopping@Marc's 10:00-11:30am
<u>21</u> MAKE RES/NEXT WEEK Craft Room Raffle tickets sale 9:00am Morning Donuts \$1 Wii Bowling League 11:30am TheraBand Workout 11:30am Lunch 12:30-1:30pm BINGOcize	<u>22</u> MAKE RES/NEXT WEEK 9:30am-9:50am Post Office on Wheels 9:30am-12:30pm Massage w/Darlene 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/Dedicated Seniors	<u>23</u> 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 11:30am Lunch 12:30-1:30pm BINGOcize	<u>24</u> 9:30-10:00am Spiritual Singing 10:30-11:15am ZUMBA 11:30am Lunch 12:30pm Happy Birthday w/Oak Street Health	<u>25</u> Shopping@Save-A-Lot 10:00-11:30am
<u>28</u> MAKE RES/NEXT WEEK 9:00am Morning Donuts \$1 Wii Bowling League 11:30am TheraBand Workout 11:30am Lunch 12:30-1:30pm BINGOcize	<u>29</u> MAKE RES/NEXT WEEK 9:30am-12:30pm Massage w/Darlene 10:30am-11:15am Line Dancing 11:30am Lunch 12:30pm BINGO w/Dedicated Seniors	<u>30</u> 9:00am Morning Donuts \$1 Wii Bowling League 9:30am Kahoot Trivia 10:00-11:00am Chair Aerobics 11:30am Lunch 12:30-1:30pm BINGOcize	<u>31</u> 9:30-10:00am Spiritual Singing 10:30-11:15am ZUMBA 11:30am Lunch 12:30pm Movie Day 1:00pm Cardio Drumming Rm101	

SENIOR CENTER OPEN
Mon-Thurs 9:00am-2:00pm
RESERVATIONS
216-475-3244

Reservations for
lunch are made the
Monday or Tuesday
prior to the week
being served.
If you cannot make
your reservation in
person, you **MUST**
call Laketria on
Monday or Tuesday
at 216-475-3244 to
state your choices.
Failure to do so will
result in your being
served on a first
come, first served
basis and dependent
on additional lunch
availability.

March 2022 WRAA Menu

Monday	Tuesday	Wednesday	Thursday	
Choice of: 1% Milk or Buttermilk *=Take Temperature of Milk and all food proceeded by an asterisk	*Baked Chicken Breast 3 oz. Gravy 2 oz. *Mashed Potatoes 1/2 c *California Blend 1/2 c 2 Whole Grain White Pineapple Chunks 1/2 c ALT = CBG	*Roasted Turkey Breast 3 oz. *Gravy 2 oz / *Stuffing 1/2 c *Green Beans 1/2 c *Corn w/ Red Peppers 1/2 c W.G. Dinner Roll Banana ALT = CBG	3 *Roasted Pork Loin 3 oz. *Sweet Potatoes 1/2 c *Broccoli 1/2 c W.G. Biscuit, 2 oz. Sliced Apricots 1/2 c T	
7	*Beef Lasagna 3 oz. *Spinach 1/2 c *Carrots 1/2 c Whole Grain Dinner Roll, 2 oz Applesauce 1/2 c ALT = CS	8 *Chicken Stir Fry 3 oz. *Brown Rice 1/2 c *Oriental Blend 1/2 c *Green Peas W.G. Cereal Bar 1 oz Pineapple 1/2 c ALT = CBG	9 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Mashed Potatoes 1/2 c/ 2 oz gravy *Broccoli 1/2 c 2 Whole Grain White Chunky Applesauce 1/2 c ALT = CBG	10 *BBQ Chicken Breast 3 oz. *Sweet Potatoes 1/2 c *Brussels Sprouts 1/2 c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges 1/2 c T
14	*Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn 1/2 c *Roasted Potatoes 1/2 c Whole Grain bun, 2 oz Sliced Pears 1/2 c ALT = CS	15 *Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *W.G. Noodles 1/2 c *Green Beans 1/2 c Buttered Beets 1/2 c Whole Grain White Sliced Apricots 1/2 c ALT = CBG	16 *Chicken Marsala 3 oz *Brown Rice 1/2 c *Capri Blend 1/2 c Broccoli 1/2 c Whole Grain wheat Mixed Fruit 1/2 c ALT = CBG	17 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes 1/2 c *Carrots 1/2 c 2 Whole Grain Wheat Banana ALT = CBG
21	*Roasted Turkey Breast 3 oz. *Gravy 2 oz./ *Sweet Potatoes 1/2 c *Green Beans 1/2 c 2 Whole Grain Wheat Cranberry Juice 1/2 c ALT = CS	22 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes 1/2 c *Mixed Vegetables 1/2 c W.G. Corn Bread 2 oz Pears 1/2 c ALT = CBG	23 *Lemon Gravy 2 oz/ Chicken 3 oz. *Brown Rice 1/2 c Carrot Coins 1/2 c *Cape Cod Blend 1/2 c Whole Grain White Orange ALT = CBG	24 *Swedish Meatballs 3-1 oz. w/Gravy 2 oz./ *Noodles 1/2 c *California Blend 1/2 c Sautéed Mushrooms 1/2 c. Whole Grain White Sliced Apricots 1/2 c ALT = CBG
28	*Beef Sloppy Joe 4 oz. *Cauliflower 1/2 c * Buttered Beets 1/2 c Whole Grain Bun Sliced Peaches 1/2 c ALT = CS	29 *Chicken Cacciatore 3 oz *W.G. Spaghetti 1/2 c *w/ Sauce 2 oz Kyoto Blend 1/2 c Dinner Roll, 1 oz Pears 1/2 c ALT = CBG	30 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes 1/2 c *Butternut Squash 1/2 c W. G. Dinner Roll, 2 oz Banana ALT = CBG	31 *Beef Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Applesauce 1/2 c Grape Juice 1/2 c T ALT = CBG

Western Reserve Area Agency on Aging - 2022
 Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.
 "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

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

