

SEPTEMBER 2022 WRAAAA MENU

Monday	Tuesday	Wednesday	Thursday
Menu Approved By: <i>Ann Stalheber MS, RDN, LD</i>	Choice of 1% Milk or Buttermilk	*=take temperature of Milk and all food proceeded by an asterisk	1 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Chuckwagon Corn ½ c 2 W.G. White Cranberry Juice ½ c ALT=CBG RB
5 Labor Day Sites Closed	6 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Sliced Peaches ½ c ALT=CS TR	7 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend 1/2 c *Carrots ½ c W.G. Dinner Roll 1 oz Orange ALT=CBG RB	8 *Chicken, 3 oz and Dumplings ½ c *Green Beans ½ *Spinach ½ c w/ Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB
12 *Stuffed Pepper 6 oz *W.G. Pasta ½ c w/2 oz Sauce *Zucchini & *Yellow Squash 1 c W.G. Wheat Fruit Cocktail ½ c ALT=CS TR	13 *BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Banana ALT=CBG RB	14 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes 1 c ALT=CBG T	15 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *California Blend ½ c 2 Whole Grain White Apricots ½ c ALT=CBG RB
19 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c Grape Juice ½ c ALT=CS TR	20 *Chicken Stir Fry 3 oz Brown Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c Mandarin Oranges ½ c W.G. Vanilla Wafer 1 oz ALT=CBG RB	21 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c W.G. Dinner Roll, 2 oz Pears ½ c ALT=CBG TR	22 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB
26 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Sliced Pears ½ c ALT=CS RB	27 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Mandarin Oranges ½ c ALT=CBG RB	28 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Brussels Sprouts ½ c W.G. Wheat 2 Applesauce ½ c ALT=CBG T	29 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Green Beans ½ c *Red Cabbage ½ c Whole Grain White Apricots ½ c ALT=CBG TR

OFFICE OPEN
 Mon-Fri 8:30am-4:30pm
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 Laketia 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.



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

GARFIELD HEIGHTS SENIOR CENTER

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

Open Monday-Thursday — 9:00a.m.—2:00 p.m.

SENIOR HI-LITES

September 2022

CITY OF GARFIELD HEIGHTS
 Mayor, Matt Burke

- Ward 1 Councilperson — Stacey Collier
- Ward 2 Councilperson — Charles Donahue Jr.
- Ward 3 Councilperson — Jason D. Seither
- Ward 4 Councilperson — Avery M. Johnson
- Ward 5 Councilperson — Rachele Tonsing
- Ward 6 Councilperson — Clifford Kelley Jr.
- Ward 7 Councilperson — Tom Vaughn

RECREATION/SENIOR CENTER DIRECTOR:

Paul Birk.....216-475-3244

SENIOR CENTER MANAGER:

Jennifer Sopkovich.....216-475-3244

ACTIVITIES COORDINATOR:

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

CLERICAL SUPPORT II:

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

RECEPTIONIST:

Larry Speights.....216-475-3244

STAFF:

- Diane Coon.....Kitchen Aide
- Ralph Redmon.....Meals Driver
- Angelo Musarra.....Bus Driver
- Juliette Porter.....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)."

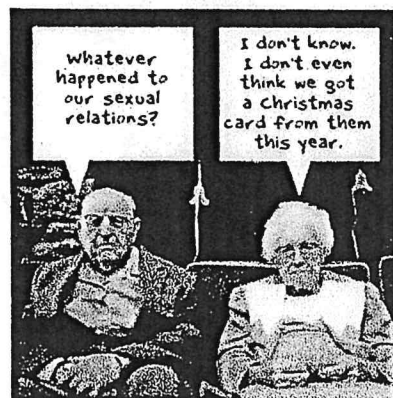
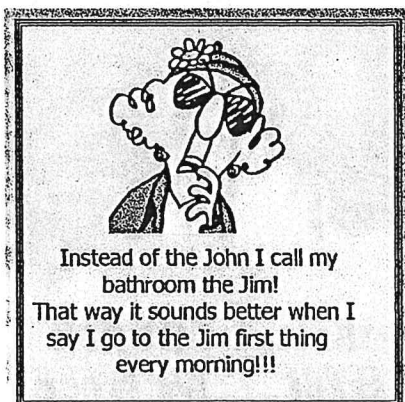
SUGGESTED DONATION FOR CONGREGATE AND HOME DELIVERED LUNCH \$1.25

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



September 2022 Events

I CALLED THE INCONTINENCE HOTLINE...



Romance?

Karl and Milly were lying in bed one night. Carl was falling asleep but Milly was in a romantic mood and wanted to talk. She said, "You used to hold my hand when we were courting."

Wearily Karl reached across, held her hand for a second, and rolled over to try to fall asleep.

A few moments later she said, "Then you used to kiss me."

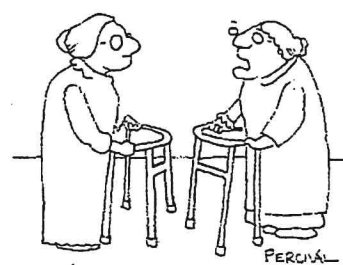
Mildly irritated, he leaned across, gave her a peck on the cheek and settled back down to sleep.

Thirty seconds later she said, "Then you used to bite my neck."

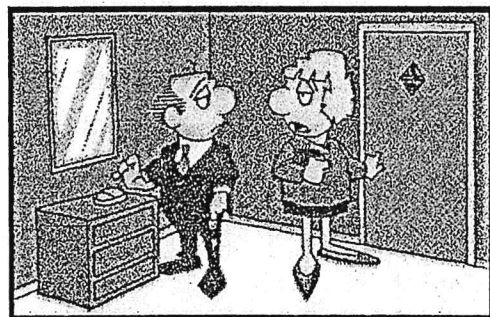
Angrily, he threw back the bed clothes and got out of bed.

"Where are you going?" she asked.

"To the bathroom to get my teeth," he replied.



"The trouble with today's generation is that they can't stand on their own two feet."



"Leave the cell phone... if it rings, people will see you don't know how to answer it."



An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."

MORNING BREAK WITH MAYOR BURKE

At the August meeting with Mayor Burke the following topics were discussed. Senior Center changes include:

- * the Building Department moving to the main floor level
- * the front reception desk will be removed and a waiting area instituted
- * Replacing doors and adding ring doorbells for safety and monitored access to center
- * Moving the rec room and updating the existing furniture
- * Eliminating unused equipment and furniture
- * Senior transportation structure may change
- * Potential collaboration with Maple Heights to coordinate services

Residents asked about:

- * Street repair delays—
- * Delays are due to lack of workers to complete the jobs
- * Fireworks within city limits
- * Traffic violators (failure to stop at stop signs; speeders)

Mayor explained new surveillance technology currently being used and the new Target Enforcement Unit that is in effect now to curtail criminal activity

- * Potential Senior trips include a downtown luncheon trip to Casino and Science Center and a holiday trip to the Festival of Lights



On Wednesday, September 14, 2022, at 10:00am seniors will visit the Great Lakes Science Center with Mayor Burke.

SITE COUNCIL



The Site Council is once again in business. In September we are holding two 50/50 raffles.

The tickets will be 6 for \$5.00 or \$1.00 each and sold every Tuesday and Wednesday in September from 9:00 a.m-2:00 p.m. in the Civic Center Lobby. The drawings will be Wednesday, September 28th. The winner need not be present. Please support the efforts of our organization that financially supports many programs and activities of the Senior Center.

Senior Week will be begin Monday, October 24th through Thursday, October 27th. The theme will be Game Shows. There will be a catered luncheon. Tickets will required for the luncheon and the cost is \$4.00. There will be games, a DJ and lots of entertainment. We know our seniors love a party. More details will be coming in September.

The next Site Council scheduled meeting is Tuesday, September 13, 2022 at 10:00 am in Rm 118.

Shirley Rozmarynowski - Council President

September 2022 Events

THEBAND WORKOUT



MONDAYS 10:30-11:00am
Bands available for \$1.00



PODIATRIST VISIT

Dr. Diamond will visit this facility on
October 13, 2022.
Appointments are being scheduled now.
Call or see Ketia to schedule.

MOVIE DAY

Monday, September 19 & 26 at 12:00pm
Popcorn provided.



KARAOKE

Lend your voice to
Karaoke afternoons
Sing, laugh and
have a good time
Wednesdays@12:30pm



BINGO

Tuesdays
September 6, 13, 20, 27
at 12:30
in the dining room.



Support our senior activities.
Various snacks and beverages are
available to purchase daily.



\$1.00
AND
UNDER

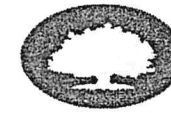


Kahoot!

Bring your i-pad, android, tablet or cellphone
to download the KAHOOT app to be set up
to play and enjoy the trivia games.

Wednesdays at 9:30-10am.

September 2022 Events



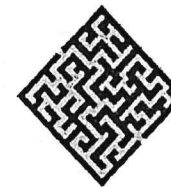
OAK
STREET
HEALTH



THE HEIGHTS
REHABILITATION & HEALTHCARE CENTER



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



KAZ
Company
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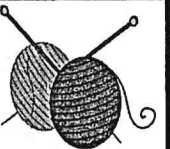
AVENTURA
AT WALTON HILLS

MONTHLY FOOD PANTRY

Wednesday, September 21, 2022
1:00—2:00 p.m.



CRAFT ROOM



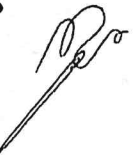
Shop for handmade gifts and cards for all occasions.

WEDDINGS

BIRTHDAY

BABY SHOWERS

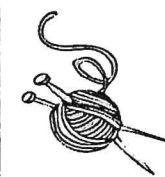
GREETING CARDS KITCHEN ITEMS
CUSTOMIZED ITEMS



ALL ITEMS CREATED ARE FOR SALE.
PROCEEDS BENEFIT OUR SENIOR
CENTER ACTIVITIES AND PROGRAMS

Start preparing for our MAIN EVENT the
CHINESES RAFFLE coming in December.

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



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