



The City of Garfield Heights **Senior Center Newsletter**

Edition #8

October 2023

Garfield Heights Senior Center
5407 Turney Road
Garfield Heights, OH 44125

Phone: (216) 475-3244
Email: jsopkovich@garfieldhts.org

Hours of Operation
Mon-Thurs 9am-2pm

What's Inside?

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Telephone Guide

Civic Center: 216-475-1100
Senior Center: 216-475-3244
Complaint Line:
216-475-1199
Fire Dept:
Station 1 - 216-475-4053
Station 2 - 216-475-5991
Police Dept: 216-475-1234
Marymount Hospital:
216-581-0500
GH Post Office:
216-518-9308
GH Historical Society:
216-475-3050



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.

Welcome Our New Bus Driver **Loretta Arnold**



Meet the Staff

Thank you to those
who make our mission
possible!
Paul Birk-Director
Jennifer Sopkovich - Manager
Anessia Dailey - Administrative
Assistant
Laketa Gaston-Transportation
/ Activities Coordinator
Diane Coon-Kitchen Aide
Larry Speights- Receptionist
Marlene Kalish - Receptionist
Juliette Porter - Driver
Ralph Redmon - Driver
Melvin Davis - Driver
Loretta Arnold- Driver

1 Announcements

Garfield Heights Senior Center Announcements



October Birthdays

We would like to wish a very happy birthday to these special seniors:

Laverne Ogolio

Rosemary Leshar

Jimmy Williams

Laurie Jones

Notice Board

New Senior Center Members

Mary Knox

Dean Desimone

Sharon Rice

Gayle Desimone

Rosemary Leshar

Raymond Batler

Robert Stone

Jack Wimsett

Post Office on Wheels Tuesday, October 24th @9:45am

The next visit from the Post Office on Wheels will be on Tuesday, October 24th. Buy some postage or send letters to your family and friends!

Coffee with the Mayor Wednesday, October 4th @ 10:00am

Seniors can come and enjoy a fresh cup of coffee with the Mayor and hear about the newest improvements and events that are happening in the City of Garfield Heights!

Transportation Costs

Senior Center - \$0.25 (round trip)

Medical Trips - \$3.00 (round trip)

Errands - \$4.00 (round trip)

A Special Thank You!

Goes out to Dean J. DeSimone for your kind donation to the Senior Center. Our seniors are grateful for your generosity and kindness.

Learn to Play Chess

On Monday's @ 10:00am with Geri

Join us on Monday's with Geri. He will teach you the fundamentals of Chess and possibly challenge you to a game!

Independence Flower visit to the Craft Room

Wednesday, October 11th

10:00am- 11:30am

The seniors in the Craft Room will learn to make a fall flower arrangement

Announcements 2

October Special Events

Senior Spotlight Carol Ballow



Carol started working as a legal secretary at the age of 15. She retired from Dempsey, Squire, & Sanders, one of Cleveland largest law firms at the time. She has worked for a few of Cleveland Politicians and started coming to the GH Senior Center 14 years ago.

Crafts with Anessia

Tuesday, October 24 @ 12:30pm
Come join in the crafting fun!!!!

Trip to Drugmart

Every 1st Wednesday
of the month
from 10:00 to 11:30am
\$4.00 Transportation Fee

A Special Thank You!

Our seniors would like to express their deepest gratitude to Councilman Jason Seither and his wife Laurie for their help during the volunteer dinner

Halloween Party

Tuesday, October 31st, 2023
10:00am- 2:00pm

It's a Costume Party
Presale Tickets available for \$5.00
Must have ticket to participate.

Performance from the
Garfield Hts. High School.
Wear your most creative costumes.
Come in and join us for some creepy
food, and some scary fun. Followed by
Tricks and or Treats along with
a costume contest.

Craft Room News

Our Senior Center Craft Room has been really busy getting ready for the fall. Please come in and check out our window display located in the lobby. It is decorated with pumpkins leaves and all the things that fall brings. If you need something made, please let us know before the holidays. It gets a little busy during this time and we would like to meet the needs of all who would like something made by us.

Remember we have layaway. If there is something in our craft room that you would like to purchase we can place it in layaway, where you will have 60 days to pay for it. You will be able to do your Christmas shopping early by putting the items in layaway.

Thank you for your support and remember all proceeds of sales goes to our Senior Center Site Council to fund special events, parties, etc.

Barb Dines ❤️

3 Announcements

September Recap

The Seniors went on many Field Trips this month. They enjoyed Breakfast at the Coffee Cup in Bedford.

On Wednesday, September 6th, they did some shopping at Drugmart, followed by lunch at L.A. Petes.

Our Senior Center enjoyed popcorn and a movie on Thursday, September 7th.

A trip to the MGM Northfield Casino on Wednesday, September 13, where they tried their luck playing the slot machines.

The Senior Center planned a trip through Tinker's Creek on Tuesday, September 19th. The seniors were able to see the start of the leaves changing and enjoy a nice day before the cold weather. A stop at the Dolphin Restaurant before heading back to the center was a nice change of pace.

The monthly Book Discussion was held on Thursday, September 21st, where the seniors were able to discuss the latest book from the library they have read.

On September 26th they made wooden pumpkins with Anessia.

The Garfield Heights Senior Center hosted their Annual Volunteer Dinner.

The seniors celebrated years 2022 and 2023 during this dinner.

Seniors were recognized for their dedication with a wonderful dinner prepared by our Senior Center Staff.

They enjoyed door prizes and a bag of goodies to show how much they are appreciated. The end of September, the seniors celebrated everyone's birthday for the month.



A Message from Site Council

Site Council will host their next meeting on Tuesday, October 10th at 10:00am in Room 118. We are hosting our annual Halloween party this month. Tickets for this event are \$5.00. Stop in and purchase your ticket for this event. Lots of fun for our seniors to look forward to. Join the Site Council October 10 at 10:00 as we plan our next event.



A Message from The Senior Center Manager, Jennifer Sopkovich

Hello Everyone!

Fall is here with all it's amazing colors!

The holidays are right around the corner. Our Senior Center is preparing a variety of activities and events to keep our seniors busy during the cold months. We will host our Annual Adopt A Senior again this year. Please make sure you stop in after the lighting ceremony in November, to pick your senior off of our tree located in the lobby of the Civic Center. Donations for this event are always welcome!

We have had many new seniors who have signed up recently. I encourage those seniors who live in our city, that are looking to have fun, exercise, have conversations with other seniors, and go on fun filled field trips to stop in and see all the fun you are missing out on. We offer transportation, what are you waiting for? Come have some fun!!!!

Cuyahoga County Public Library Events

Take advantage of CCPL's **FREE** courses and group events. Check out CCPL'S website for availability and activities provided at our local branch

Digital Navigators

Ask CCPL Digital Navigators any questions you may have about the world of tech. Call the library at 216.749.9420 to make an appointment with one of our Digital Navigators at a CCPL branch.

Monday Morning Meetup

October 2nd, 10:00am at the library
The seniors will be making
Beeswax Candles

Library Book Discussion at The Senior Center

"The Wager"
by David Grann

Thursday, October 19th @ 10:00am in the Solarium
for a discussion of
"The Wager"

A Tale of Shipwreck, Mutiny and Murder is the fifth nonfiction book by American journalist David Grann. The book focuses on the Wager Mutiny.

MISCELLANEOUS

Word Search

Halloween

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

GHOST
SCARY
BATS
CHILDREN
CANDY CORN
TREATS
JACKO LANTERN
FALL
WITCHES
FUNNY
LEAVES
SPIDERS
COSTUMES
PUMPKIN
HAPPY
BROOM
EYEBALLS
DECORATIONS
MIDNIGHT
GOBLINS
BOO
TRICKS
MONSTERS

Brain Teasers

When is it bad luck to see a black cat?

How do you spell candy in 2 letters?

What makes skeletons strong and black cats purr with delight?

Why did the witch refuse to wear a flat hat?

Why didn't the skeleton have fun at the party?

What am I?

I'm tall when I'm young, and I'm short when I'm old.

What am I?

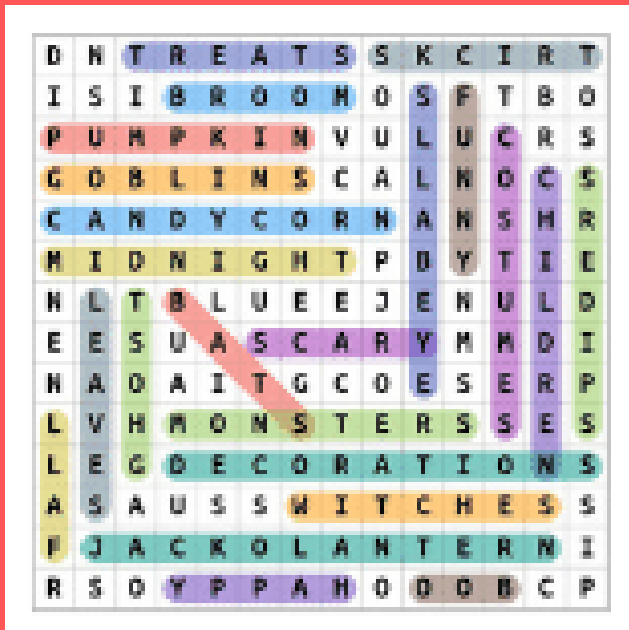
See page 7 for solutions

Photos of the Month 6



Puzzle Solutions

Word Search



Brain Teaser

When you're a mouse.

C and Y (C-and-y).

Milk.

There was no point to it.

He didn't have any
body to dance with.

What am I?

A candle.

Eat
and DRINK
and be
Scary

hosted by
Senior Center Site Council

Tuesday | 31st Oct | 10:00am-2:00pm

**Garfield Heights Senior Center
Halloween Party**

\$5.00 Presale Tickets

Must have ticket to participate
nonrefundable/nontransferable

Come join us for food, fun, games , and prizes!!!!

Wear your costume, best costume wins.

Lunch Menu

9

Monday, October 2

Beef Meatloaf w/Gravy
Mashed Potatoes
Green Beans
W.G. Dinner Roll
Sliced Peaches

ALT=CS TR

Tuesday, October 3

Baked Chicken Breast w/Gravy
Cheesy Potatoes
Sautéed Swiss Chard
W.G. Biscuit
Mandarin Oranges

ALT=CBG RB

Wednesday, October 4

Chicken & Dumplings
Carrot Coins
Spinach
W.G. Wheat
Tropical Fruit

ALT=CBG RB

Thursday, October 5

Beef Sloppy Joe
Oven Roasted Potatoes
Broccoli
W.G. Hamburger Bun
Scalloped Apples

ALT=CBG T

Monday, October 9

CLOSED

Tuesday, October 10

Hawaiian Chicken
Rice Pilaf
Asian Blend and Green Peas
Tropical Fruit
W.G. Vanilla Wafers

ALT=CS RB

Wednesday, October 11

Roasted Turkey Breast w/ Gravy
W.G. Stuffing
Mashed Potatoes
Green Beans
W.G. White
Applesauce

ALT=CBG T

Thursday, October 12

Breaded Fish
Brown Rice Pilaf
Capri Blend and Carrots
W.G. Dinner Roll
Orange

ALT=CBG RB

Monday, October 16

Chicken Stuffed w/Broccoli
Mashed Potatoes w/Gravy
Beets
2 W.G. White
Sliced Peaches

ALT=CS RB

Tuesday, October 17

Sliced Ham w/ Pineapples Glaze
Scalloped Potatoes
Green Peas
W.G. White
Mixed Fruit

ALT=CBG TR

Wednesday, October 18

Stuffed Cabbage w/Noodles and
Tomato Sauce
Antiqua Blend Vegetables
Spinach
W.G. Wheat
Apricots

ALT=CBG T

Thursday, October 19

Chicken Cacciatore w/ W.G. Pasta
Mixed Vegetables & California Blend
W.G. Wheat
Tropical Fruit

ALT=CBG RB

Monday, October 23

Roasted Turkey w/ Gravy
Butternut Squash
Green Beans
W.G. Biscuits
Pears

ALT=CS TR

Tuesday, October 24

Meatball Sub w/ Marinara Sauce
W.G. Sub Bun
Zucchini
Applesauce
Grape Juice

ALT=CBG TR

Wednesday, October 25

Breaded Fish
W.G. Hamburger Bun
Green Peas
Harvest Beets
Banana

ALT=CBG RB

Thursday, October 26

Beef Stew
Brussel Sprouts
Buttered Sliced Carrots
W.G. Dinner Roll
Apricots

ALT=CBG T

Monday, October 30

Hamburger
Seasoned Potato Wedges
Baked Beans
W.G. Bun
Sliced Peaches

ALT=CS TR

Tuesday, October 31

Stuffed Shell w/ Sauce
Corn
Lima Beans
2 W.G. Wheat
Applesauce

ALT=CBG RB

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

Alternatives are available everyday.

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

October Calendar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Library Monday Morning Meetup 11:00am- 1:00pm Marymount Assistant Living 11:30am Lunch</p>	<p>3</p> <p><u>Reserve Lunch</u> 11:30am Lunch 12-2pm Herzig University Relationship Presentation</p>	<p>4</p> <p>10:00am Coffee with the Mayor 11:30am Lunch 12:30pm Sip & Paint w/ Nicola The Beyoutiful Hour</p> <p>Trip to Drugmart 10:00am-11:30am</p>	<p>5</p> <p>11:30am Lunch 12:30pm Medicare 101 w/ Maria from Ohio Senior Health Care</p>	<p>6</p> <p>8:30am-11:00pm Walmart</p>
<p>9</p> <p>CLOSED</p>	<p>10</p> <p><u>Reserve Lunch</u> 10:00am SITE COUNCIL MEETING 11:30am Lunch 12-2pm Board Games w/ Laketia</p>	<p>11</p> <p>10:00am Chair Aerobics 10:00-11:30am Michelle from Independence flower visiting the Craft Room 12:30-2 Activity w/Sean Holland</p>	<p>12</p> <p>11:30am Lunch 12:30 Judy Mack 2024 Medicare Plan</p>	<p>13</p> <p>8:30am-11:00pm Marc's</p>
<p>16</p> <p><u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 10-11:30am Activity w/ Laketia 11:30am Lunch 12:30pm Bingo</p>	<p>17</p> <p><u>Reserve Lunch</u> 11:30am Lunch 12:00pm Polish Boys to celebrate Octoberfest</p>	<p>18</p> <p>10:00am Chair Aerobics 11:30am Lunch</p> <p>FOOD DISTRIBUTION 1:00 PM-2:00 PM</p>	<p>19</p> <p>10:00am Book Discussion in the Solarium 11:00am Lunch at Big Boy 11:30am Lunch</p> <p>FOOD DISTRIBUTION 5:00 PM-6:00 PM</p>	<p>20</p> <p>8:30am-11:00pm Giant Eagle</p>
<p>23</p> <p><u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo</p>	<p>24</p> <p><u>Reserve Lunch</u> 9:45AM <u>POST OFFICE ON WHEELS</u> 11:30am Lunch 12:30pm Craft with Anessia</p>	<p>25</p> <p>10:00am Chair Aerobics 11:30am Lunch 12-2pm Movie and Popcorn</p>	<p>26</p> <p>11:30am Lunch 12:30 Birthday Celebration w/Eileen from Harvard Garden Rehab</p> <p>MONTHLY BIRTHDAY CELEBRATION!</p>	<p>27</p> <p>8:30am-11:00pm Marc's</p>
<p>30</p> <p><u>Reserve Lunch</u> 10:00am Learn to Play Chess w/ Geri 10:00am Cardio Drumming 11:30am Lunch 12:30pm Bingo</p>	<p>31</p> <p><u>Reserve Lunch</u> 10am-2pm Halloween Party Must have ticket to participate</p> <p>Halloween High School Music performance</p>			

