



The City of Garfield Heights Senior Center Newsletter

Edition #16

JUNE 2024

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

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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.

Senior Spotlight Pam Redel



Pam has lived in the City of Garfield Hts. for 26 years. She has been married for 43 years. As a child Pam attended private school. Pam and her husband have 1 daughter and her name is Tammy. Pam has a dog named Princess. Pam used to clean houses before she retired .

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

Larry Speights- Receptionist

Marlene Kalish - Receptionist

Katie Granfors- Kitchen Aide

Melvin Davis - Driver

Chuck Donahue- Driver

Loretta Arnold- Driver

Maryellen Passineau-Driver

1 Announcements

Garfield Heights Senior Center Announcements



June Birthdays

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

Lydia Debelak
Les Hendricks
Joyce Mathis
Sandra Priebe
Barbara Roslan
Larry Speights
Diane Coon

Norma Dvork
Cynthia Mallory
Ernestine Northern
Marylee Radke
Daniel Shelton
Ilona Thurner
Dorothy Hare

Notice Board

Coffee with the Mayor

Wednesday, June 26th @ 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!

Learn to Play Chess & Checkers

On Monday's @ 10:00am with Geri

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

Post Office on Wheels Tuesday, June 25th @ 9:45am

Buy some postage or send letters to your family and friends!

Welcome our New Seniors to the Center

Donald Bishop	Debra Farnham
Dorothy Hare	Wanda Hiley
Sandy Rice	Gregory Rowinski
Jo Stanley	Donna Watson
Pat Young	

Transportation Costs

Senior Center - \$0.25 (round trip)

Medical Trips - \$3.00 (round trip)

Errands - \$4.00 (round trip)

Announcements 2

June Special Events

Craftroom Hours

Monday - Thursday
9am- 2pm

Craft Room News

There are new items for sale
in the Craft Room.

We have had many new people
who are interested in coming
into the Craft Room, new people,
new ideas. This is always a
blessing, we can always use the
help.

A special surprise is on its way
to the center in August,
everyone will be so surprised.
We have had so many orders for
nametags, so order yours today,
they are a hot item! It will take a
day or two to complete and the
cost is \$1.25 per nametag.

If you need something special to
be made, please let us know.

As always thank you to all that
come through our doors and the
support that you provide.

Barb Dines ♥

Line Dancing w/Carolyn

Check our calendar for scheduled
times and dates



Father's Day Celebration

Thursday, June 13, 2024



**TO ALL OF OUR FATHER'S IN
GARFIELD HEIGHTS, ENJOY YOUR DAY!**

Starting in the month of September Wii Bowling

3 Announcements

May Recap

We kicked off May with Monday morning meetup at the library. The seniors and Emily put their painting skills to the test. Laketia hosted a Cinco De Mayo after party where we all enjoyed nachos and salsa with a dry Margarita. The WRAAA visited the senior center on Tuesday, May 7th to conduct free vision testing for the seniors who wanted to participate. Mother's Day was celebrated on May 9th with all of the lovely senior mothers. All our mothers enjoyed sweet treats and punch followed by a craft with Anessia. The day ended with many great prizes raffled off to our mothers. The seniors have been enjoying getting up and dancing with Carolyn on Tuesday's. NAMI came to visit and conduct a presentation on mental health. Laketia took the seniors to the Zoo on Monday, May 20th. Dr. Stillman hosted a presentation about Alzheimer's, with many interesting key points. On Thursday, May 23rd the seniors went to Cozumel for lunch, all we can say is delicious! The Senior Center was closed on Memorial Day, hope everyone was able to honor those we have lost. To end the month, we celebrated birthday Thursday on May 30th, sponsored by Eileen from Harvard Garden Rehab.



A Message from Site Council

June is the month for love. Show your love of country on June 14th, for Flag Day. Father's Day is the day we show our love for our Father's on June 16th. June 19th we celebrate Juneteenth for all to remember. Join the site council on June 11th to help plan the events for our seniors, we do this with love.

Around Town 4

A Message from The Senior Center Manager, Jennifer Sopkovich



Hello Everyone,
Summer is here! Weather permitting, I have reserved the pool on Wednesday's, for our seniors to go and cool off. Due to the increase in participation at the Senior Center, funding was approved for us to lease a 3rd bus, and it is here, Yay! We can now plan larger field trips and events with no transportation limits. We are currently planning our Annual Senior Picnic and Senior Week. Once we have all the arrangements together, we will post all the great events and activities in the Senior Newsletter. Those senior residents who have not signed up, what are you waiting for? This is your opportunity to get out enjoy everything the center has to offer and meet some amazing people in your neighborhood.

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.

Library Book Discussion at The Senior Center

Thursday, June 13th @ 10:00am in Room 118

"Our Missing Hearts"

by: Celeste Ng

A novel about a mother's unbreakable love in a world consumed by fear. An old story made new, of the ways supposedly civilized communities can ignore the most searing injustice. It's about the lessons and legacies we pass on to our children and the power of art to create change.

Monday Morning Meetup

Monday, June 3, 2024

@ 10:00am

at the Library

MISCELLANEOUS






Word Search

The Wizard of Oz

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

MELTING
JUDY
BALLOON
MUNCHKINS
SCARECROW
MONKEYS
WATER
DOROTHY
GLINDA
UNCLE HENRY
AUNT EM
COWARDLY LION
GALE
GARLAND
WIZARD
RUBY
TOTO
NIKKO

Brain Teasers

ARC TIC PAC IFIC		Richard Hanger Jimmy	ICEMALT
1	2	3	4
YRTNUOC	Land	LASEAND	
5	6	7	8
	OC E AN		CCCCCCC
9	10	11	12
BEN ✓ Ben ✗ ben ✗	10 x 10 = 20 5 x 5 = 10 10 x 10 = 20 5 x 5 = 10	WABERLLL	C
13	14	15	16
Mountain Mountain Mountain Mountain	S + 14lbs	EST EST EST EST	
17	18	19	20

Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?

See page 7 for solutions

Photos of the Month 6



Puzzle Solutions

Word Search



Brain Teaser

1. Oceans Apart
2. Atmosphere
3. Cliffs
4. Climate Change
5. Back Country
6. Highland
7. Inland Sea
8. Tip of the Iceberg
9. Bermuda Triangle
10. A drop in the Ocean
11. Europe
12. The Seven Seas
13. Big Ben
14. Times Square
15. Berlin Wall
16. The Red Sea
17. Mountain Top
18. Sandstone
19. Forest
20. Arctic Circle

There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy, and Mr. and Mrs. Mustard.

FOOD PANTRY



ATTENTION! JUNE FOODBANK CHANGES

***DUE TO THE HOLIDAY ON WEDNESDAY, JUNE 19TH,
THERE WILL BE NO FOOD BANK. THE GARFIELD HEIGHTS
FOOD BANK WILL BE MOVED TO THURSDAY, JUNE 20TH
FROM 1-2PM AND 5PM-6PM.***



Lunch Menu

9

Monday, June 3

Boxed Lunches

ALT=CS RB

Tuesday, June 4

Rueben w/ Turkey
Sauerkraut
Tom., Cuc., Onion Salad
2 W.G. Rye
Pineapple Tidbits

ALT=CBG T

Wednesday, June 5

Boxed Lunches

ALT=CS RB

Thursday, June 6

Chicken Stuffed w/ Broccoli
Green Beans
Carrots
W.G. Dinner Roll
Apricots

ALT=CBG RB

Monday, June 10

Hamburger
Baked Beans
Seasoned Potato Wedges
W.G. Hamburger Bun
Mandarin Oranges

ALT=CS TR

Tuesday, June 11

Tomato Basil Chicken w/ Sauce
Pasta
Spinach
Capri Blend
W.G. Wheat
Sliced Pears

ALT=CF TR

Wednesday, June 12

Stuffed Peppers w/ Sauce
Mashed Potatoes
Green Peas
W.G. Wheat
W.G. Cereal Bar
Applesauce

ALT=CBG RB

Thursday, June 13

BBQ Chicken Breast
Macaroni and Cheese
Red Cabbage
Green Beans
W.G. Corn Muffins
Mixed Fruit

ALT=CF RB

Monday, June 17

Meatballs
W.G. Sub Roll
California Blend
Roasted Potato Wedges
Peaches

ALT=CS T

Tuesday, June 18

Beef Lasagna
Antiqua Blend
W.G. Garlic Toast
Oatmeal Cookie
Mandarin Oranges

ALT=CBG RB

Wednesday, June 19

**Closed in Observance of
Juneteenth**

Thursday, June 20

Chicken Cordon Bleu
Mashed Potatoes w/ Gravy
Carrot Coins
W.G. Dinner Roll
Tropical Fruit

ALT=CF RB

Monday, June 24

Chicken Stir Fry
Brown Rice
Oriental Blend
Peppers and Onions
W.G. White
Peaches

ALT=CS TR

Tuesday, June 25

Stuffed Shells w/ Sauce
Zucchini
Glazed Carrots
2 W.G. Wheat
Mixed Fruit

ALT=CF TR

Wednesday, June 26

Chicken Patty
Broccoli
Red Cabbage
W.G. Bun
Applesauce

ALT=CBG RB

Thursday, June 27

Salisbury Steak w/ Gravy
Mashed Potatoes
Mixed Vegetables
2 W.G. Wheat
Orange

ALT=CF T

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, V = Cheese
Alternatives are available
everyday.

ALT CS = Chicken Salad w/Croissant,
ALT CBG = Spring Lettuce Salad
w/Chicken Breast
ALT CF = Chef Salad w/ Ham, Egg +
Cheese

June Calendar

10

MONDAY

Reserve Lunch 3
10:00am Monday Meetup at the Library
10:00am Trip to the Park
11:30am Lunch
12:30pm Bingo

10

Reserve Lunch
10:00am Chess and Checkers w/ Geri
10:00am Cardio Drumming
11:30am Lunch
12:00pm Bingo

Reserve Lunch 17
10:00am Chess and Checkers w/ Geri
10:00am Cardio Drumming
11:30am Lunch
12:30pm Bingo

Reserve Lunch 24
10:00am Chess and Checkers w/ Geri
10:00am Cardio Drumming
11:30am Lunch
12:30pm Bingo

TUESDAY

Reserve Lunch 4
10:00am-1pm Senior Expo at the Fairgrounds
11:30am Lunch
12:00pm Line Dancing w/ Carolyn

11

Reserve Lunch
10:00am SITE COUNCIL MEETING
11:30am Lunch
12:00pm Line Dancing w/ Carolyn

Reserve Lunch 18
11:30am Lunch
12:00pm Line Dancing w/ Carolyn

Reserve Lunch 25
9:45am Post Office on Wheels
11:30am Lunch
12:00pm Line Dancing w/ Carolyn
1-2pm MCGREGOR PACE

WEDNESDAY

5
10:00am Trip to Roses Beauty and Lunch at Hooked
11:30am Lunch

12

10:00am Bowling
12-1pm Swimming w/ Jennifer at the Rec Center
11:30am Lunch

**CLOSED
IN OBSERVANCE OF
JUNETEENTH**



26
10:00am Coffee with the Mayor
10:00am Bowling
10:00am- 2pm Captain's Game
11:30am Lunch

THURSDAY

6
11:30am Lunch

13

11:30am Lunch
Father's Day Celebration

20
9:00am Dr. Diamond
11:30am Lunch

FOOD DISTRIBUTION
1:00 PM-2:00 PM
FOOD DISTRIBUTION
5:00 PM-6:00 PM

27
11:30am Lunch
Birthday Thursday sponsored by Harvard Gardens Rehab
MONTHLY BIRTHDAY CELEBRATION!

FRIDAY

7
8:30am-11:00am
Giant Eagle

14

8:30am-11:00am
Marc's

21
8:30am-11:00am
Giant Eagle

28
8:30am-11:00am
Meijers

A society that does not value its older people denies its roots and endangers its future. Let us strive to enhance their capacity to support themselves for as long as possible and, when they cannot do so anymore, to care for them.

— *Nelson Mandela* —