

**JFK SENIOR CENTER
1580 EAST 332 STREET
EASTLAKE, OHIO 44095
975 - 4268
JFKseniorcenter@aol.com
Frank Doberdruk-Senior Coordinator
Hours: 8 a.m. - 4 p.m.**

APRIL 2008

You can find this brochure on line at "www.eastlakeohio.com"

PROGRAMS

The JFK Center offers many programs that meet on a weekly basis. These activities are free and pre-registration is not required. (Unless noted below)

BINGO	MON-FRI	12:30—3:00 P.M.
	\$.03 per Card	
PINOCHLE	FRIDAY	12:30 P.M.
	(BEGINNERS AT 10:30 AM WITH LORRAINE LONGO)	
LINE DANCING	TUES.	12:30 P.M.
"	THURS.	1:00 P.M.
TAI CHI	WEDS.	8:30 A.M.
LCR DICE GAME	4th THURS.	12:30 P.M.
CERAMICS	MON., TUES., WED, FRI.	
	\$12/12 WEEK SESSION	
WOODBURNING	TUES.	9:00 A.M.
SENIOR SINGERS	MON.	10:00 A.M.
CRAFTY KNITTERS	THURS.	9:00 A.M.
WATERCOLOR CLASS	THURS.	10:00 A.M. -12 NOON

A BODY IN MOTION....

EXERCISE WITH STEPHANIE
SIT DOWN EXERCISE
Mondays 12:45 P.M. & Thursdays 9:15 A.M.
IMPACT AEROBICS
Mondays 1:30 P.M. & Thursdays 10:00 A.M.
STRETCH & TONE
Tuesdays 9:15 A.M. - 10:00 A.M.
FREE PROGRAMS
Stop in & try a class.

OUR THOUGHTS

***This section is reserved for our members who are ill. Please help us keep it updated.**

Get well wishes are extended to Betty Azre, Dolores Bisbee, Betty Carr, Irena Johansonas, Ernie LaManna, Mary Martincic, Margaret Svoboda, Ruth Werstat and Eileen Wilder.

Our sincere sympathies are extended to the friends and family of Jim Dallas and Henrika Johansonas and to Helen Kwedder on the death of brother and to Adele Schikowski on the death of her husband.

MEMBERSHIP RENEWAL

It's that time of the year. Renew your membership for the year 2008 at \$5.00 for non-residents and \$3.00 for residents of the City of Eastlake. Please bring in your white membership card with the correct change, if possible, and the renewal process will take just a few minutes.

NEW CENTER POLICY:

ANYONE THAT SUBMITS A CHECK FOR DEPOSIT MUST HAVE THE MONEY IN THE BANK TO COVER THAT CHECK. NO EXCEPTIONS.

FRIENDLY VISITORS

We have approximately twenty trained volunteers who as a group, visit people in nursing homes. This is a very rewarding and fun-filled program. We are looking for more volunteers for a few hours a month. Call or stop in the office for more information.

Visit Days: Wednesday, April 2, 16 and 30

Time: 9:00 a.m.

FOOT DOCTOR

Dr. Coppers will be here on **Wednesday, April 16 from 8:00 a.m. to 3:30 p.m.**
Dr. Chamberlain will be here on **Wednesday, April 2 from 8:00 a.m. to noon.**
\$10.00 DONATION IS PAID AT APPOINTMENT.

AFTERNOON AT THE MOVIES

This month's movie will be "**Disney's Snow Buddies.**"

THURSDAY, April 17 at 12:30 PM

COST: Free

BOARD AND OPEN MEETINGS

Our Board meeting (9:30 AM) and Open meeting (11:00 AM) will take place on Tuesday, April 8.

"OSHIIP" (OHIO SENIOR'S HEALTH INSURANCE INFORMATION PROGRAM)

A trained counselor will be here at the Center on **Thursday, April 10 and 24 from 10:00—11:30 AM.** He'll help explain your health care (hospital and doctor) bills. He will also make the necessary calls in order to help you get answers. No appointment necessary.

EXERCISE ROOM

The Senior Center is open and so is our exercise room. A doctor's okay is needed; get forms in the office. The cost is just \$12 per year, with unlimited time. Hours are as follows: 8:00 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday. We are in need of volunteers for the afternoon hours. Please see Frank if you can help.

LUNCH BUNCH

Stancato's is located at State Road and Pleasant Valley Road in Parma. So travel with us on our bus for their great Italian buffet which includes: two pastas, six sauces, Italian sausage, meatballs, soup, salad, pizza, sub sandwiches, pudding, daily hot specials and more.

Date: Thursday, April 10

Time: 10:45 am – 1:45 pm

Cost: \$11.00 (Includes lunch, tip and transportation)

CLEANING THE CENTER

Join the fun!! The April work parties are scheduled for **Wednesday, April 2, 16 and 30.** Meet in the lunch room after lunch.

RED HAT PEARL BELLES

We will be planning for our trips and summer schedule. If you choose to bring a sale item or two for the sale table (small items or Red Hat items), figure out what price you want. Any questions on sale items call Millie at 440-946-3085 or see Wanda Marcum.

Date: Monday, April 21

Time: 12:30 p.m.

Any questions call Queen Pat @216-408-3464.

VISION SCREENING

Let's see if you can see!

Date: Monday, April 21

Time: 10:30 a.m.

Location: TV Room

Cost: FREE

BLOOD PRESSURE: All BP Readings are 10:30-11:30 AM

In cooperation with *Breckenridge Senior Independence*, a nurse will be at the Center checking everyone's Blood Pressure on **Tuesday, April 8 and 22.** *The Fairways* will be here on **Wednesday, April 16** to check Blood Pressure. We will also have blood pressure readings on **Wednesday, April 2.**

POCKET MD LECTURE

Learn about the latest in technology for you to control and manage your own health records and have instant access to them, 24 hours per day, using a small disc, "Doctor in Your Pocket."

Date: Friday, April 18

Time: 10:30 a.m.

Cost: Free/No registration necessary

LCR PARTY

Join us for this fun dice game! Free snacks are included.

Date: Thursday, April 24

Time: 12:30 p.m.

Cost: \$5.00

CAROUSEL DINNER THEATRE

"Damn Yankees" May 21

"Viaggio" July 23

"Wizard of Oz" Sept. 17

"All Shook Up" Nov. 26

Cost: \$44.00 paid in full or \$5.00 non-refundable deposit. Full payment is due one month before date of performance.

Join us for a delicious dinner and a rousing performance of **Damn Yankees** on **Wednesday, May 21st.**

Time: 11 a.m. – 6 p.m.

Cost: \$44.00 (includes dinner, show and transportation)

TRIP MEETING

Group Tours will be here on **Tuesday, April 15** at **1:00 p.m.** to give a presentation on our trip to **Turning Stone.**

There will be a meeting on the **Vermont** trip on **Tuesday, May 6** at **1pm.**

There will be a meeting on the **Colorado** trip on **Monday, June 9** at **1pm.**

IMPORTANT TRIP NOTICE

When signing up for trips that are 2 or more days, if you want trip insurance you must pay for the insurance on the same day that you place your deposit for the trip. You do not have to be a senior or belong to our Center to go on coach trips.

However, you must be 18 or older.

If interested in any motor coach trip, please see Doris Sraj or any person at the main desk in the office and leave your name and phone number.

HARMONICA CLASSES

Free Lessons! Learn to play. It's fun and easy to learn. Classes will be held on Fridays after lunch at 12:30 p.m. All are welcome. To purchase a harmonica, see the instructor. The cost is just \$3.50.

SENECA ALLEGANY CASINO

We'll be going to gamble at Seneca Allegany Casino on **Wednesday, April 16.** We will be leaving from the K-Mart parking lot on Vine Street at 7:30 a.m. and returning at 9:30 p.m. Price is \$29. See flyer for details.

STATION DINNER THEATRE

Enjoy the fun as the Snake-Eye Sam Saloon Players take you back to the year 1875. You'll be transported back to the Old Wild West where a hootin', hollerin', foot-stompin' good time takes place. It's a rip roarin' good time, where you can cheer the hero and boo the villain.

Menu includes: beef barley soup, tumbleweed tossed salad, corn bread/honey butter, smokey BBQ ribs, country baked chicken, baked potato, corn on the cob, and strawberry shortcake.

Date: Tuesday, June 3

Time: 10:00 am – 4:00 pm

Cost: \$35.00

TURNING STONE CASINO & RESORT

Join us for gaming and high stake bingo on June 16-18. Tour includes transportation, two nights lodging, **\$90 in your choice of casino or bingo comps, \$24 in meal coupons,** baggage handling, and all taxes and gratuities.

Cost: \$285 per person double occupancy; \$420 single

COLORADO AND ITS SCENIC TRAINS

Sign up for this beautiful and exciting trip begins on October 1, 2007. This trip of 6 to 12 days (depending on the type of transportation you choose from here to Colorado) is for August of 2008. Your choices are:

1. August 1-12, 2008 bus to and from Colorado
2. August 3-11, 2008 Amtrak to and from Colorado
3. August 4-9, 2008 plane to and from Colorado

Costs for options 1 and 2 are \$1395 per person, double; \$1650 per person, single; \$1315 per person, triple; \$1275 per person, quad. Costs for option 3 are \$1295 per person, double; \$1550 per person, single; \$1215 per person, triple; \$1175 per person, quad. **Checks payable to: Tour of the Month. Deposit: \$75.00 per person. Insurance: \$95.00 per person. Final payment due June 15, 2008.** See flyers for additional information!

LUNCH & LEARN

The topic for this lecture, sponsored by University Hospitals Richmond Medical Center, is chemotherapy for seniors. A complimentary lunch will be served prior to the lecture.

Date: Friday, April 4

Time: 11 am – 2:30 pm

Cost: \$2.00 for transportation

CHAIR MASSAGE

A trained massotherapist is offering chair massages. The cost is just \$12.00 for a 15 minute session. The location will be a quiet room with soft music – great for relaxation.

Date: Tuesday, April 15

Time: 10:30 am – 12 noon

Make your appointment NOW!

HEARING SCREENING

Register in the Office for this **FREE** program.

Date: Friday, April 11

Time: 10 – 11:30 am

BROWN BAG CONCERT

Travel to Trinity Cathedral in Cleveland for a concert. The Trinity Chamber Orchestra will entertain us while we enjoy a box lunch from the Nutrition Site.

Date: Wednesday, April 23

Time: 11 – 2:00 pm

Cost: \$3.00 (includes box lunch)

MYSTERY MOTORCOACH TRIP

We are traveling with a Rainbow Motorcoach in order to get capitalized. We will be making a whistle stop and learn what to do with your “pea.” You’ll meet some V.I.P.’s, get dessert in a bag, and enjoy a new restaurant.

Date: Tuesday, May 6

Time: 8 am – 5 pm

Cost: \$30.00 plus lunch on you

FAIRGROUNDS GAMING & RACEWAY

Join us for a day of fun at Hamburg, New York on **Wednesday, July 9**. We will be leaving at 7:30 a.m. and returning at 9:30 p.m. The price is \$29, with a casino bonus of \$10 gaming voucher and \$5 food coupon (subject to casino policy & may change or cancel without notice).

MOUNTAINEER CASINO

We will be gambling again in September with an all-day trip to Mountaineer Casino. The trip will take place on **Tuesday, September 30**, leaving at 8:00 a.m. and returning at 8:00 p.m. Cost is \$21 and includes a casino incentive of \$10 coin (subject to casino policy and may change or cancel without notice).

COLLINWOOD GROUP

We will be meeting in the Band Room on **Thursday, April 17 at 12:30 p.m.**

VERMONT TOUR

We will be touring beautiful Vermont from **October 6-11**. Cost is \$635 per person based on double occupancy (\$275 single supplement). Included in this trip are five nights accommodations; four dinners (including Champlain Dinner Cruise); three continental breakfasts; admission to Morse Sugar Farm, Ben & Jerry's Ice Cream, Shelburne Museum, Vermont Teddy Bear Factory, UVM Morgan Horse Farm; visits to Trapp Family Lodge, Cold Hollow Cider Mill, Stowe village, Danforth Pewter, Lake Champlain Chocolate Factory, Middlebury; local guide with group while in Vermont, and baggage handling.

OZARK JUBILEE

Direct from Branson, hilarious comedy, gospel, country standards and bluegrass. Don't miss Branson stars in our own backyard at the Yankee Lake Ballroom in Yankee Lake, Ohio.

The Jubilee features Branson's funniest comedian and world class fiddler – Doofus Doolittle. Doofus will have you rolling in the aisles with his unique style of "Hillbilly Humor." You can expect some of the best fiddle music anywhere! Doofus, alias Randy Newman, has established himself as a World Class Violinist, not only in Branson, but across the United States, having performed with such acts as Ronnie Milsap, Jimmie Rogers, Johnny Rodriguez, Mel Tillis and many others.

Tour includes: deluxe motorcoach transportation, lunch, admission, taxes, fees and gratuities.

Date: Tuesday, April 1, 2008

Time: 9:00 am – 6:00 pm

Cost: \$55.00 (checks payable to: Group Tours, Inc.)

GOOD OLD DAYS

Join us for a trip down memory lane. This day long trip will include stops at the World War II Museum, William McKinley's birthplace home, memorial and library, and Handel's Ice Cream and buffet lunch at Vernon's Italian Restaurant.

Date: Friday, April 25

Time: 8:30 a.m. – 5:00 p.m.

Cost: \$38.00 (driver's gratuity included)

FREE ESTATE PREPARATION SEMINAR

Unless you plan ahead, the estate your heirs inherit could be reduced due to estate taxes, fees, and probate costs. Western & Southern Financial Group will hold a seminar addressing these issues on **Wednesday, April 9th at 10:30 a.m.** Attendees will receive a free workbook to help you understand strategies using wills and trusts, and some advanced estate concepts using charitable gifting techniques. The seminar will last 30-45 minutes, with time afterwards for question.

Cost: FREE (but you must sign up in the Office)

NEW COMER'S MEETING

Attention newer members or anyone unclear of the Center's programs, activities and facilities! Meet with Frank Doberdruk, Center director, for a tour of the building. Learn how to register for trips and programs. Learn how to feel comfortable about yourself at the Center and how to take the opportunity to meet others just like you. Register today!

Date: Tuesday, April 15

Time: 10:30 a.m.

Cost: FREE

HIKE

Travel with our bus out the Lake MetroPark's Hogback Ridge for a spring hike. See the bluebells and trilliums and other spring flowers. We will stop for lunch at McDonald's after the hike.

Date: Tuesday, April 22

Time: 10 a.m. – 2 p.m.

Cost: \$2.00 (plus lunch on you)

GARDEN CLUB

Ready, set, go! Spring is in the air. It's time to clean off the dust on your shovels, rakes, and clippers. Meet us on **Monday, April 14 at 9:30 a.m.** All are welcome. Bring a snack to share and some new ideas.

