

**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.**

## **JANUARY 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 (REGISTER IN OFFICE)	
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 Linda Battai, Betty Carr, Delores Deaton, Henry Johansonas, Elaine Kranek, John Kleindienst, Jean Lanigan, Mary Martincic, Betty Pillar, Fred Sheridan, Elizabeth Hrvatin, Emily Weiss and Nancy Sydenstricker.

Our sincere sympathies are extended to the friends and family of Estelle Jankowski and to Idella Kadlub on the death of her husband.

### **JFK CLOSINGS FOR HOLIDAYS**

The Center will be closed Tuesday, January 1 for New Year's.

### **MEMBERSHIP RENEWAL**

It's that time of the year... Starting Wednesday, January 2<sup>nd</sup>, you may renew your membership. New rates approved by the Board are \$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.

### **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, January 9 and 23**

**Time: 9:00 a.m.**

### **FOOT DOCTOR**

Dr. Kimberly Chamberlain will be here on **Wednesday, January 2 from 8:00 a.m. to 12 noon.** Dr. Coppers will be here on **Wednesday, January 16 from 8:00 a.m. to 3:30 p.m.**

**\$10.00 DONATION IS PAID AT APPOINTMENT.**

### **AFTERNOON AT THE MOVIES – THIS IS THE MOVIE THAT IS ALL ABOUT MCDONALD’S, IT’S A MUST SEE MOVIE IF YOU CARE ABOUT YOUR HEALTH.**

This month’s movie will be “**SUPERSIZE ME.**” Join us for the movie and snacks.

**THURSDAY, January 10 AND 24 at 12:30 PM**

### **BOARD AND OPEN MEETINGS**

**Our Board meeting (9:30 AM) and Open meeting (11:00 AM) will take place on Tuesday, JANUARY 8, 2008**

### ***GUYS AND GALS GARDEN CLUB***

We’ll be taking off for the month of January, as we look forward to the spring and beginning work in the courtyard.

### **“OSHIIP” (OHIO SENIOR’S HEALTH INSURANCE INFORMATION PROGRAM)**

A trained counselor will be here at the Center on **Thursday, January 17 and 31 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**

This month we will be going to the High Point Restaurant in Eastlake. Order off the menu.

**Date: Wednesday, January 16**

**Time: 11:30 a.m. – 1:30 p.m.**

**Cost: \$2.00 for transportation**

### **CLEANING THE CENTER**

Join the fun!! The October work parties are scheduled for Wednesday, January 9 and 23. Meet in the lunch room after lunch.

### **BOOK REVIEW**

The Willoughby-Eastlake Library will have a staff member here for our monthly book review. We will be meeting in our Library.

**Date: Thursday, January 17 at 10:30 a.m.**

### **RED HAT PEARL BELLES**

**Date: Monday, January 21**

**Time: 1:00 p.m.**

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

### **STROKE SEMINAR**

There will be an educational lecture, video style.

**Date: Monday, January 14**

**Time: 10:00 a.m.**

**Free**

### **COLLINWOOD GROUP**

The next meeting will be Thursday, January 17 at 12:30 in the Band Room.

### **GATEWAY CRAFT**

If you enjoy crafts, then you will really enjoy this mystery craft. You don't need to bring anything. Gateway's people have it all. Pre-registration is required. One dollar will reserve your space, but the program is FREE if you show up and your dollar will be refunded. Free snacks will also be provided.

**Date: Thursday, January 24**

**Time: 10:30 a.m.**

**Cost: FREE, but \$1.00 refundable deposit required**

### **MARTIN LUTHER KING JR. PARTY/LUNCH**

You know us, any excuse for a party. Nutrition will be closed, so we are bringing in some good food from "Super Suppers." Your choice for lunch is Meatball stuffed bread (delicious Italian meatballs, mozzarella cheese and marinara sauce all tucked away inside soft bread) or Pepperoni stuffed bread (sliced pepperoni, cheese, and marinara sauce tucked inside soft bread).

But first, the entertainment, provided by the ladies with the long legs. The "Forever Young Tappers" will dance like there's no tomorrow. There will be at least four costume changes.

**Date: Monday, January 21**

**Time: 10:30 a.m. for entertainment**

**12 noon for lunch**

**Cost: \$4.00, includes entertainment, lunch, beverage and dessert**

### **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.

**TUESDAY, JANUARY 8 AND 22**

### **MAINTAINING HEALTHY TEETH**

Taking care of our teeth is an everyday investment in good health. A wide assortment of topics will be covered, including oral hygiene, tooth decay, gum disease, root canal, bridges, implants and dentures

**Date: Thursday, January 3**

**Time: 1:00 p.m.**

**Free**

### **LUNCH AND MOVIE**

This isn't just a lunch, but a fabulous meal at Shooters on the River in the Flats. Then, you're off to the movies, not just any movie, but to the Cleveland Clinic OMNIMAX Theater to see the award winning movie, "The Polar Express." Choose your own luncheon combo from any two of the following: Half Shooter Club, Half Caesar Salad, Baked Potato, House Salad, Loaded Baked Potato, Soup of the Day, or French Onion Soup. Any two of these, plus a hot beverage and small dessert will be included.

**Date: Tuesday, January 15**

**Time: 10:30 a.m. – 3:00 p.m.**

**Cost: \$20.00 (includes transportation, movie, lunch and tip)**

### **LCR PARTY**

Join us for this fun dice game!

**Date: Thursday, January 31**

**Time: 12:30 p.m.**

**Cost: \$5.00**

### **FREE COMPUTER TRAINING SESSION**

Lakeland Community College is hosting a free training session on Friday, January 11 from 10:00 a.m. to 12 noon.

We will take our bus over to the college with Harry and Brenda Simpson as escorts.

**Date: Friday, January 11**

**Time: 9:30 a.m.**

**Cost: \$2.00 (transportation)**

**Pre-registration is required**

### **NUNSENSE: THE MEGAMUSICAL**

Join us as we travel to Erie, PA on Tuesday, February 5, 2008 to the Station Dinner Theatre.

Witness those Little Sisters of Hoboken as they engage in their zany antics again. This time, there are a few guests, including Sister Julia Child of God and Sr. Leo's brother, who's really a father. It would be a sin to miss this hilarious, sidesplitting musical.

The heavenly menu includes: Creamy potato and chive soup, Salad, Sherried pot roast, Grilled rosemary chicken with citrus sauce, Wild rice, Vegetable medley, and Strawberry shortcake.

The bus leaves at 2:15 p.m. and returns before 8:30 p.m. Cost is \$35.00.

### **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.

### **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!

### **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.

**Date: Tuesday, April 1, 2008**

**Cost: \$55.00**

## **2008 TRIP REVIEW AND LUNCHEON**

Don't forget to mark your calendar for the **2008 Trip and Travel FREE Luncheon and Lecture.**

**WEDNESDAY, FEBRUARY 13, 2008**

**BBQ Lunch** begins at 12:30 p.m.

Reviews will be presented on upcoming trips to **Colorado, Branson, Tunica and Alaska.**

Dates and program for all **2008 Carousel Dinner Theatre** presentations will be available, with the opportunity to pre-register with a \$5.00 deposit.

Free RAFFLE for two (2) \$50.00 gas cards.

**Date: Wednesday, February 13**

**Time: 12:30 p.m.**

**Cost: FREE, but pre-registration is required**

NEW CENTER POLICY

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