

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.

FEBRUARY 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 Dolores Bisbee, Betty Carr, Jim Dallas, Elizabeth Hrvatin, Rose Kennon, Mary Lou Kuzel, John Kleindienst, Jean Lanigan, Joyce Livingston, Mary Martincic, Betty Pillar, Margaret Svoboda, Emily Weiss and Paul Weiss..

Our sincere sympathies are extended to the friends and family of Jean Huston and Elaine Kranek and to Cathrine Skrinjar on the death of her daughter, Kathleen and to Dorothy Mance on the death of her sister.

CENTER CLOSURE FOR PRESIDENTS DAY

Both the Nutrition Site and the Senior Center will be closed on Monday, February 18 in honor of Presidents Day.

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, February 6 and 20

Time: 9:00 a.m.

FOOT DOCTOR

Dr. Coppers will be here on **Wednesday, February 6 from 8:00 a.m. to 3:30 p.m.**

Dr. Chamberlain will be here on **Wednesday, February 20 from 8:00 a.m. to noon.**

\$10.00 DONATION IS PAID AT APPOINTMENT.

AFTERNOON AT THE MOVIES

Enjoy Russell Crowe in a super cowboy flick called "**The 3:10 to Yuma.**"

THURSDAY, February 21 at 12:30 PM

Cost: Free + snacks

BOARD AND OPEN MEETINGS

Our Board meeting (9:30 AM) and Open meeting (11:00 AM) will take place on Tuesday, February 12, 2008

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

A trained counselor will be here at the Center on **Thursday, February 14 and 28 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

Bahama Breeze is a wonderful lunch destination, especially this time of the year. Enjoy an upscale lunch and let our bus take you there.

Date: Tuesday, February 19

Time: 11:00 a.m.-2:30 p.m.

Cost: \$2.00 for transportation

CLEANING THE CENTER

Join the fun!! The October work parties are scheduled for Wednesday, February 6 and 20. Meet in the lunch room after lunch.

RED HAT PEARL BELLES

We will be having a Valentine Party. Please note the change to the second Monday due to the Center closing for Presidents Day.

Date: Monday, February 11

Time: 12:30 p.m.

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

COLLINWOOD GROUP

The next meeting will be Thursday, February 21 at 12:30 in the Band Room.

CLEVELAND SIGHT CENTER

The Sight Center's representatives will be here to share some of the new products available to improve your sight. This is the start of a monthly program which will be held on the second Monday of every month.

Date: Monday, February 11

Time: 10:30 a.m.

Location: TV Room

Cost: FREE

MARDI + VAL PARTY (Mardi Gras & Valentine's Day)

We are going to have a super duper good time at this wild and crazy party. This combination Mardi-Gras/Valentine's Day Party is like no other. There will be a D.J. with music and karaoke, "Unbelievable." Dress in your Mardi-Gras colors and receive free breads or wear your red for Valentine's Day. Pastries will be served as delicious snacks. Make sure you are registered for the party. This party is sponsored in part by The Fairways, a Brookdale Senior Living facility.

Date: Thursday, February 14

Time: 1:00-3:00 p.m.

Cost: \$2.00

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, February 12 and 26**. Additionally, *The Fairways* will be here on **Thursday, February 21** to check Blood Pressure.

VISION SCREENING

Free vision screening will be offered by INSIGHT EYE CENTER, Doctor Michael E. Rom. Refreshments and pastry will be served while your vision is being screened. Free Giveaways!!! Please pre-register in the Office.

Date: Friday, February 22

Time: 10:00-11:30 a.m.

Free

LUNCH AND LEARN

The Richmond Heights Hospital is sponsoring a lecture on "Hardening of the Arteries" on the Hospital's 4th floor.

Date: Friday, February 15

Time: 11:00 a.m. – 2:30 p.m.

Cost: \$2.00 (covers transportation and registration)

LCR PARTY

Join us for this fun dice game!

Date: Thursday, February 28

Time: 12:30 p.m.

Cost: \$5.00

MYSTERY TRIP

If you enjoy good music...and good food...then this is your trip. Meal choices include: chicken or tuna salad on croissant, BBQ port on bun, or veggie wrap and a choice of chips or pasta salad as a side dish.

Date: Monday, February 25

Time: 11:00 a.m. – 2:00 p.m.

Cost: \$10.00

SHOWTIME AT HIGH NOON

This popular trip is back, but at a new location. But, don't be fearful, we will drive you there...to Tri-C Metro Auditorium. We will offer two exciting trips in February. Listed below are the hour-long shows that will be entertaining for everyone who loves music:

Friday, February 8

Turtle Island Quartet (jazz string quartet)

Friday, February 29

Contemporary Dance Company

Time: 11:00 a.m. to 2:00 p.m.

Cost: \$2.00

COMPUTER CLASSES FOR SENIORS

The Eastlake J.F.K. Senior Center and Tech Wise are offering several computer classes for area seniors. Classes will be held on Mondays at the Center.

Basic Computer: No previous computer knowledge is required. Hands on experience will be provided. First class will explain how to turn a computer on and off, basic functions of the mouse and keyboard, how to use Windows, search menus and more. The second class will provide time for review and progress to understanding scroll bars, using drop down menus and other ways to interact with you computer.

February 11 and 19 9:30-11:30 a.m.

Microsoft Word: Provides hands on experience while you learn to basics of Microsoft Word. You will learn how to create new documents, edit your work and more. Word will allow you to create letters, record important information and write stories with greater ease than ever before.

February 25 and March 3 9:30-11:30 a.m.

The cost of EACH 2 week session is \$39.00

A FREE computer terminology class will be offered on Thursday, January 31 at 12 Noon.

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!

PRESQUE ISLE DOWNS & CASINO

Includes transportation, driver gratuity, and Casino Bonus of \$15.00 coin and \$5.00 food coupon (Subject to casino policy and may change or cancel without notice). All passengers must have a driver's license or state ID with them.

Date: Friday, February 29

Time: 8:00 a.m. – 5:30 p.m.

Cost: \$21.00 (make check payable to JFK Board)

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

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

2008 TRIP REVIEW AND LUNCHEON

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

BBQ Lunch begins at 12:30 p.m.

Reviews will be presented on upcoming trips to **Colorado, Branson, Foxwoods Casino 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