

**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.**

## **MARCH 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 Dolores Bisbee, Mary Buhner, Betty Carr, Elizabeth Hrvatin, Mary Lou Kuzel, Mary Martincic, Carol Nelson, Helen Simon, Margaret Svoboda, Emily Weiss, Paul Weiss and Ruth Werstat.

Our sincere sympathies are extended to the friends and family of Kathleen Grebec, John Kleindienst, and Betty Pillar and to Dorothy Kreger on the death of her husband.

### **CENTER CLOSURE FOR EASTER**

The Senior Center will be closed on Friday, March 21 for the Easter holiday.

### **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, March 5 and 19 Time: 9:00 a.m.**

### **FOOT DOCTOR**

Dr. Coppers will be here on **Wednesday, March 19 from 8:00 a.m. to 3:30 p.m.**

Dr. Chamberlain will be here on **Wednesday, March 5 from 8:00 a.m. to noon.**

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

### **AFTERNOON AT THE MOVIES**

This month's movie will be "Transformers."

**THURSDAY, March 20 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, March 11, 2008**

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

A trained counselor will be here at the Center on **Thursday, March 13 and 27 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 & MORE**

The destination is close, but the food is out of this world. The Dubrovnik Gardens, located in the Croatian Lodge will offer a family style lunch consisting of chicken marsala, weiner schnitzel, potatoes, vegetable, salad, strudel and coffee or tea. As an extra treat, you will tour the Croatian Heritage Museum after lunch, where the exhibit, "The Life & Art of a Sculptor, Joseph Turkaly, 1924-2007" is being shown.

**Date: Thursday, March 13 Time: 11:45 a.m.-2:15 p.m.**

**Cost: \$14.00 (Includes lunch, tour, tip and transportation)**

### **CLEANING THE CENTER**

Join the fun!! The March work parties are scheduled for Wednesday, March 5 & 19. Meet in the lunch room after lunch.

### **RED HAT PEARL BELLES**

We're back to our regular schedule for March.

**Date: Monday, March 17 Time: 12:30 p.m.**

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

### **CLEVELAND SIGHT CENTER**

The Sight Center's representatives will be here to share some of the new products available to improve your sight.

**Date: Monday, March 3 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, March 11 & 25.** *The Fairways* will be here on **Wednesday, March 19** to check Blood Pressure.

### **KNIFE SHARPENER**

Steve, the sharpener guy, will be here to sharpen knives, scissors, and yard tools.

**Date: Friday, March 14 Time: 12:30 p.m.**

**Cost: varies**

### **ALZHEIMERS LECTURE**

Tom Strong is sponsored by Grande Point Assisted Living of Richmond Heights. He will present a lecture on Alzheimers.

**Date: Tuesday, March 4 Time: 1:00 p.m.**

**Cost: Free thanks to Grande Point**

### **LCR PARTY**

Join us for this fun dice game! This session is sponsored by Hilltop Assisted Living.

**Date: Thursday, March 27 Time: 12:30 p.m.**

**Cost: \$5.00 + free snack**

### **GOLF MEETING**

Attention golfers! There will be a **special** golf meeting on Thursday, March 20 at 12:30 p.m. in the Bingo Room. We will be discussing the possibilities of meeting only once or twice a month and going to different golf courses.

### **CAROUSEL DINNER THEATRE**

"King & I" March 19

"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.**

### **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.

### **THE STATION DINNER THEATRE**

Come and participate in "Malloy's Irish Family Reunion" and join in the humorous, wacky Irish fun. Great seats!

**Date: Saturday, March 15 Time: 9:30 a.m. – 4:00 p.m.**

**Cost: \$35.00 (includes meal and performance)**

### **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. beginning on March 7. To purchase a harmonica, see the instructor. The cost is just \$3.50.

### **TARA AND MORE**

Trip includes stops at The Cheese House, Philadelphia Candies, and Kraynaks, as well as shopping in Volant, PA and lunch and tour at Tara.

**Date: Thursday, March 13 Time: 6:30 a.m. – 6:30 p.m. Cost: \$40.00**

### **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.

### **ST. PATRICK'S DAY PARTY**

Green beer and corned beef on rye will get this party started. But we need your help to make this a memorable great time. The entertainment is you! We have a D.J. and he is hosting Karaoke...so get it together – solo, duos or groups are fine. Costumes, wigs, musical instruments are optional. **Sponsored by FAIRWAYS, Wickliffe, Ohio**

**Date: Monday, March 17 Time: 1:00 pm-3:00 pm Cost: \$2.00**

## **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.

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 (Final sign up March 10)**

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

## **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**

## **A QUEEN'S SHOPPING DELIGHT**

Travel with us and get the royal treatment on **Tuesday, March 18**. Our first stop is Trader Joe's with unique, well-priced frozen and fresh foods, cheap wine, and chocolates. Then we're off to Whole Foods. During this stop, you will have the opportunity to enjoy lunch. The store offers quality food, mostly organic. The bus leaves at 9:30 a.m. and returns at 2:00 p.m.

**Cost: \$2.00 for transportation**

## **HARTVILLE FLEA MARKET**

Spring is near, spring is here and so are the flea markets. So join us as we travel to a favorite location – Hartville.

**Date: Monday, March 10**

**Time: 8:15 am – 3:00 pm**

**Cost: \$2.00**

## **BEACH PARTY**

Come one, come all and share the memories of the grand old park – Euclid Beach! Jim Seman, a former employee of the park (one year in Kiddieland and six years on the racing coaster) will put on a presentation at **1:00 pm on Friday, March 14** in the Dining Room. Posters, slides, photos and sounds of the Beach will bring back memories.

**Cost: \$2.00 per person (the first 100 registered will receive a free Humphrey popcorn ball)**

## **BROWN BAG CONCERT**

We're off to Trinity Cathedral to see the Trinity Chamber Players. They will entertain with music from "Summer Music" and other selections for woodwind quintet.

**Date: Wednesday, March 12 Time: 11 – 1:30 pm**

**Cost: \$3.00 (includes box lunch)**

## REVERSE MORTGAGE

Reverse mortgages enable senior homeowners 62 years or older to convert part of the equity in their home into **tax-free income** without having to sell the home, give up title, or take on a new monthly mortgage payment. Borrowers will never be forced to leave their homes, providing they pay their property tax and home insurance. Caregivers, Seniors, and their children should attend.

**Date: Wednesday, March 12 Time: 10:30 a.m.**

**Cost: Free**

## 2008 Trips for J.F.K. Seniors

MARCH	13 (Thurs)	Tara	
	15 (Sat)	Station Dinner Theatre	Malloy's Irish Reunion
	19 (Wed)	Carousel	King & I
APRIL	1 (Tues)	Ozark Jubilee	
	16 (Wed)	Seneca Alleghany Casino	
	25 (Fri)	Good Old Days	
MAY	15 (Thurs)	Wonderful World of Aloha Hawaiian Show	
	20 (Tues)	Tour of Cleveland	
	21 (Wed)	Carousel	Damn Yankees
JUNE	3 (Tues)	Station Dinner Theatre	American Western Musical Comedy
	16-18 (M-W)	Turning Stone Casino, Verona NY	
	20 (Fri)	Meet Our Amish Friends	
JULY	9 (Wed)	Hamburg Casino	
	23 (Wed)	Carousel	Viaggio by Il Circo
AUGUST	1-12	Colorado	
	6.11	European Cruise	
	26 (Tues)	Station Dinner Theatre	Broadway Melody Hour
SEPTEMBER	17 (Wed)	Carousel	Wizard of Oz
	30 (Tues)	Mountaineer Casino	
OCTOBER	3 (Fri)	Safari	
	6.11	Vermont	
	11 (Sat)	Station Dinner Theatre	Medieval Murders
	23 (Thurs)	Meadowland Racetrack & Casino	
NOVEMBER	20 (Thurs)	Wheeling Downs with Light Tour Of Oglebay	
	26 (Wed)	Carousel	All Shook Up

## 2009

Alaska