

**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.**

## **MAY 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, Fritz Barthol, Dolores Bisbee, Betty Carr, Gussie Finotti, Jerry Jaskiewicz, Mary Martincic, Margaret Svoboda, Irene Vitolo, and Ruth Werstat.

Our sincere sympathies are extended to the friends and families of John Boey, Sara Canzone, and Earl J. Jambor.

### **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, May 14 and 28 Time: 9:00 a.m.**

### **FOOT DOCTOR**

Dr. Coppers will be here on **Wednesday, May 21 from 8:00 a.m. to 3:30 p.m.**  
**\$10.00 DONATION IS PAID AT APPOINTMENT.**

### **AFTERNOON AT THE MOVIES**

This month's movie will be "**The Bee Movie.**"  
**THURSDAY, May 8 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 **Wednesday, May 14.**

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

A trained counselor will be here at the Center on **Thursday, May 8 and 22 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**

Travel to the Terrace Club at Progressive Park for their buffet lunch.

**Date: Friday, May 16 Time: 11:15 a.m.**

**Cost: \$13.00 (Includes lunch, tip and transportation)**

### **CLEANING THE CENTER**

Join the fun!! The April work parties are scheduled for **Wednesday, May 14 and 28.** Meet in the lunch room after lunch.

### **RED HAT PEARL BELLES**

**Date: Monday, May 19 Time: 12:30 p.m.**

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

### **HEARING SCREENING**

Free screening!

**Date: Friday, May 9 Time: 10:00-11:30 a.m. Register in the Office**

### **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 **Wednesday, May 14.** *The Fairways* will be here on **Thursday, May 15** to check Blood Pressure.

### **HOSPICE TO LECTURE**

Grief due to the loss of a loved one truly is great emotional pain. We share these feelings what with the loss of so many friends and family members in recent months. Help is on the way! Hospice professional, Lisa Florjancoc, will be here to discuss methods of healing.

**Date: Tuesday, May 20 Time: 10:30 a.m. Place: Bingo Room**

**Cost: Free/No registration necessary**

### **LCR PARTY**

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

**Date: Thursday, May 29 Time: 12:30 p.m. Cost: \$5.00**

### **SLEEP DISORDER LECTURE**

If you have problems snoring or sleeping this is your lecture. Join Tom Strong, sponsored by Fairways for this informative lecture.

**Date: Tuesday, May 27 Time: 1:00 p.m.**

### **CAROUSEL DINNER THEATRE**

Join us for a delicious dinner and a rousing performance of **Damn Yankees** on **Wednesday, May 21<sup>st</sup>.** Several good seats are still available.

**Time: 11 a.m. – 6 p.m.**

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

### **TRIP MEETING**

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.

### **RABBIT RUN THEATER**

Join us for laugh filled evening to see "Moon Over Buffalo." On tour in Buffalo, aging husband and wife acting team, George and Charlotte Hay, are given one more shot at fame and fortune. Hilarity abounds as misunderstandings and misadventures carry the day in this madcap comedy.

We will be provided with cookies and lemonade.

**Date: Friday, June 13 Time: 6:30-10:30 p.m. Cost: \$16.00**

### **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**

### **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. See flyer for details.

**Date: Tuesday, June 24 Time: 7:00 a.m. – 6:30 p.m. Cost: \$40.00**

### **GARDEN PARTY BBQ**

It's Bar-B-Q time at the Center! So join the fun and good eats. Enjoy a choice of a hot dog or hamburger platter. The meal includes potato salad, chips, lemonade and your sandwich. The cost is \$3.00 per person. (Box lunches will be served on our BBQ day). The profit will be donated to the Garden Club for their courtyard project.

**Date: Friday, May 9 Time: 11:30 a.m.**

### **CLEVELAND SIGHT CENTER**

The JFK Senior Center and the Sight Center are partnering to provide a "support group." Trained professional will be available to give advice, support and offer suggestions in order to make life better for people with low vision.

**Date: Monday, May 12 Time: 10:30-11:30 a.m.**

### **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!

### **CVS UP CLOSE AND PERSONAL TOUR**

Enjoy a special tour of the Willoughby CVS conducted by the Pharmacy Department. They will provide valuable information on health and wellness.

**Date: Wednesday, May 7 and 29 Time: 10:00-10:45 a.m.**

**Cost: Free, but register in the Office**

### **SENIOR DAY AT THE MALL**

Free bingo, exhibits, light breakfast, and enjoy the movie of the day at the newly remodeled Atlas Cinemas.

**Date: Tuesday, May 13 Time: 8:15 a.m. – 3:00 p.m.**

**Cost: \$1.00 Tickets available at the Center/or at the door**

### **GATEWAY CRAFTS**

Unique card making class! It's free and fun.

**Date: Thursday, May 15 Time: 10 a.m. Register in the Office**

### **WOODBURNING OPEN HOUSE**

The wood burning class will be hosting an Open House on Tuesday, May 27, beginning at 10 a.m. until 11:30 a.m. The class will be taking a break for the summer, before continuing in the fall.

Everyone is welcome to the Open House. Free refreshments will be provided.

### **NEWS HERALD**

Effective June 1, 2008, the cost to purchase the News Herald at the Center will be 25 cents per copy.

### **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).

### **CHARITABLE GIFTING SEMINAR**

Wouldn't it be nice to leave behind a legacy for an organization close to your heart? Many people would like to but feel they can't afford it. The truth is you may be able to leave a considerable gift to a non-profit organization with a minimum investment. You can make nominal payments, qualify for an immediate tax deduction, and leave behind a substantial legacy. Western & Southern Financial Group is offering a **FREE** seminar to explain this in detail on Wednesday, May 28 at 10:30 a.m. Register at the Office.

### **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.

### **COLLINWOOD GROUP**

We will be meeting in the Band Room on **Thursday, May 22 at 12:30 p.m.**

### **CELEBRATE CINCO DE MAYO**

Enjoy lunch at an authentic Mexican restaurant, Don Tequila. Prices for lunch are around \$5 and margaritas start at \$4. So enjoy the day!

**Date: Monday, May 5 Time: 10:45 a.m.**

**Cost: 5 dimes (plus lunch on you)**

### **WONDERFUL WORLD OF ALOHA HAWAIIAN SHOW**

**Location: Carrie Cirino's**

**Date: Thursday, May 15 Time: 10:30 a.m. – 4:00 p.m.**

**Cost: \$44 (includes dinner, show and transportation)**

### **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 **Thursday, May 22 at 10:30 a.m.** The seminar will last 30-45 minutes, with time for questions. This is a repeat of the highly praised seminar given last month.

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

### **GARFIELD HOME TOUR**

Join us for a short, educational, informative and FUN tour to a national monument located in Mentor, Garfield's Home. A guided tour of the building will begin at 1 p.m., followed by a short video and time to visit the gift shop.

**Date: Friday, May 30 Time: 12:30-3:00 p.m. Cost: \$2.00**

### **HIKE**

Travel to LeRoy Township to the Lake Metropark called "Hell's Hollow." Lunch will be grilled at the park hot dogs, potato salad, chips and a drink.

**Date: Wednesday, May 7 Time: 10 a.m. – 2 p.m. Cost: \$5.00**

### **EXERCISE ROOM**

We have good news to share! If you haven't already seen them, we have two new treadmills. They're easy to use and give you a nice smooth walk.

Secondly, we are hoping to be able to keep the room open Monday through Friday from 8:00 a.m. to 3:45 p.m. To be able to do this, we need more volunteer attendants (see article on VOLUNTEERS). For your safety, it is absolutely essential that there be at least two people in the room.

### **VOLUNTEER OPPORTUNITIES**

The Center needs additional volunteers who are dependable and able to volunteer for 2-4 hours once a week (**or more if desired**).

We need a couple of Office secretaries. Tasks include answering the phone, signing members up for trips, and calling members to remind them about activities they've signed up for. Computer skills are desirable, but not essential. There are a couple of 4-hour slots open. We could also use volunteers willing to go on a substitute list to serve occasionally, when one of the regulars can't make it.

We are also trying to keep the Exercise Room open all day. Our stalwart volunteer, Ellie Wiley, has signed up for the a.m. shift, Monday through Friday from 8 a.m. to 11 a.m. But we have many openings for the lunch shift from 11 a.m. to 1 p.m. and the afternoon shift from 1-3:45 p.m. Your main duty is to be there. You may bring your reading, needlework or such like.

Volunteering is a very satisfying activity. It makes it possible for many of the Center's activities to take place. Volunteers have priority registration for the first two days after each new bulletin issues. In addition, you are rewarded with a delicious volunteer brunch once a year.

### **THE ISLAND PARTY**

Aloha all you fun loving seniors. This party is going to be "Hot-Hot-Hot" because we are going to "Margaritaville." You will enjoy "Tiny Bubbles" because "It's Five O'Clock Somewhere." This music will be performed by Island Jeff with live piano and steel pan drum, along with other favorites. So join the fun and register in the Office.

**Date: Friday, May 23 Time: 1-3 p.m.**

**Cost: \$3.00 (includes BBQ hot dog and snack)**

### **MARY KAY MAKEUP PARTY**

Enjoy a free make over for yourself. The party is limited to 15, so hurry and register for your place in the Office. Mary Kay Consultant, Hope Schreiber will be doing the honors.

**Date: Wednesday, May 14 Time: 9:30 a.m.**

### **GOOD OLD DAYS**

This trip has been re-scheduled. We will visit the largest private collection of World War II memorabilia, including 60 restored and operating vehicles. President McKinley's birthplace, home and memorial library will be on our agenda, along with a behind the scenes tour and sample at Handel's Homemade Ice Cream Store. Lunch will be a buffet at Vernon's Italian Restaurant. Our step on guide will be Sharron of Ridgeview Country Tours.

**Date: Friday, July 11 Time: 8:30 a.m.-5:00 p.m.**

**Cost: \$38 (includes tour, lunch and tip)**

### **THE “STRETCH” IRA**

Learn about minimizing taxes and maximizing beneficiary payouts of your IRAs, 401(K)s or other qualified pension or profit-sharing plans. Recent changes in tax laws allow you to increase payouts from your IRA/401(K) to as many as five times the original value. Further, by converting your traditional IRA to a Roth IRA, payouts to future-generation beneficiaries may be increased as many as nine times the original value. You owe it to yourself to explore opportunities that may significantly enhance the value of your estate. Bob Harvey will be here on **Wednesday, May 14 at 10:30 a.m.** to bring us up to date on the latest changes. This seminar is **FREE**, but you must pre-register in the Office.

### **GOLF**

Sign up to golf at Little Thunder on **Thursday, May 1 at 9 a.m.** The cost will be \$14.00.