

J.F.K. SENIOR CENTER BULLETIN

1580 EAST 332 STREET

EASTLAKE, OHIO 44095

440 - 975 - 4268

Frank Doberdruk-Senior Coordinator

frankdoberdruk@yahoo.com

Brochure on line at "www.eastlakeohio.com"

Hours: 8 a.m. - 4 p.m.

MAY 2009

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)

TAI CHI	WEDS.	8:30 A.M.	
WOODBURNING	TUES.	9:00 A.M.	
CRAFTY KNITTERS	THURS.	9:00 A.M.	
SENIOR SINGERS	MON.	10.00 A.M.	
LCR DICE GAME	LAST THURS.	12:30 P.M.	
PINOCHLE	FRIDAY	12:30 P.M.	
(BEGINNERS AT 10:30 AM WITH LORRAINE LONGO)			
LINE DANCING	THURS.	1:00 P.M.	
BINGO	MON to FRI	12:30AM—3:00 P.M	\$.03 per CARD
CERAMICS	MON., TUES., WED, FRI.		\$12/12 WEEK SESSION
EXERCISE ROOM	OPEN MON. TO FRI.		\$12. PER YEAR

A BODY IN MOTION

EXERCISE WITH STEPHANIE ALL FREE PROGRAMS

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.

Stop in & try a class.

ALL THURSDAYS ARE MOVIE DAY!

Enjoy our new 50" DHTV. All movies begin at 12:30 p.m.

May 7	Slumdog Millionaire
May 14	The Day the Earth Stood Still (Keanu Reeves)
May 21	Seven Pounds (Will Smith)
May 28	Faith Like Potatoes

FREE! Popcorn included.

CLEANING THE CENTER

OUR VOLUNTEERS CLEANING GROUP MEETS IN THE LUNCH ROOM AFTER LUNCH
Wednesday, May 13 and 27.

BOARD MEETING

Our Board meeting will be held at 10:00 a.m. on Monday, May 11. There will be no Open Meeting due to Senior Day at the Mall.

CLOSED MEMORIAL DAY

The Senior Center and Nutrition Site will be closed on Monday, May 25 in honor of Memorial Day.

ATTENTION

You must be a current member to sign up for Center trips. You will be asked to show your card when you sign up.

When signing up for trips, please be considerate and don't register (or cancel if you already have) for lunch at the Nutrition Site.

CENTER POLICY:

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

50/50 RAFFLES

We will be having a monthly raffle to offset our coffee expenses. The J.F.K. Senior Board has agreed to drop the charge for coffee. However, there will be a charge of 5 cents for a cup.

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OUR THOUGHTS

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

Get well wishes are extended to Emma Boyd, Anna Francis, Joseph Glavan, Lenore Hark, Toni Koenig, Nick Kovacevic, Doris Sraj, Fran Starks, Bob Trimboli, Tony Vitolo, Carl Ullemeyer, and Donald Wieland.

Our sincere sympathy is extended to the family and friends of Genevieve Jantonio, Joseph Koprivec, and Katherine Slaper, and to Bill Perusek on the death of his mother, Mary; to Joan Ragozzino on the death of her brother, Harry; to Norma Bryant and Helen Allen on the death of their brother, Clifford; to Vicki Joyce on the death of her son; to Janet Gochneur on the death of her husband, Melvin; and to Vicki Raider on the death of her grandson.

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SENIOR HEALTH AND WELLNESS

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 13 and 27

Time: 9:00 a.m.

FOOT DOCTOR

Dr. Coppers will be in the T.V. room
\$10.00 DONATION IS PAID AT APPOINTMENT.

Date: Wednesday, May 6

Time : 8:00 to 4:00 p.m.

CLEVELAND SIGHT CENTER

This is a support group meeting for those with visual problems.

Date: Monday, May 11

Time: 10:30 a.m.

Cost: FREE

DESKTOP VIDEO MAGNIFIER

Congratulations to the members of the J.F.K. Center! You are the proud owners of "Topaz Magnifier". This is a scanning and reading appliance for any low vision member. Simple controls will scan bills, books, contracts and more.

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

A trained counselor will be here at the Center. He will help explain your health care (hospital and doctor) bills. He will also make the necessary calls to help you get answers.

Dates: Thursday, May 7 and 21

Times: 10:00 -11:30

No appointment necessary.

FREE FOOT SCREENING

The Aetrex I-Step Machine allows us to properly scan your foot and tell you where you place the most pressure while standing. The I-Step will also let you know your exact shoe size, width, and whether you have a low, medium or high arch. The scan takes 20 seconds!

Date: Wednesday, May 6

Time: 8:00 a.m. - 4:00 p.m.

Cost: FREE. No registration required, just show up

SENIOR FACILITY LECTURE

Laura, from Hilltop Village, will lead the lecture on nursing and assisted living facilities. She will explain what to look for, questions to be asked, etc.

Date: Wednesday, May 13

Time: 10:30 a.m.

Location: Dining Room

Cost: FREE and includes cookies from Hilltop!

MASSAGE

Debbie, the Massage Therapist, is back and this time, she's bringing her table. She is certified by the National Institute of Massotherapy. The cost is \$10 for 11 minutes, so you can schedule your appointment accordingly.

DATE: Wednesday, May 13

TIME: Starting at 10:00 a.m.

LOCATION: Rear of the Library (Quiet Room)

Pre-register. Just call the Center. Payment is due at time of service.

BLOOD PRESSURE CHECKS

The Eastlake Fire Department will be providing this service for our seniors.

DATE: Wednesday, May 13 and 27

TIME: 10:30 a.m.

SPA SERVICE AT JFK

Do you have difficulty caring for your fingernails, toenails and feet? Full service for \$30.00 includes foot soak, clip and shape toenails, clean feet, file calluses/corns, foot/leg massage, and polish toenails. Other services available include manicures at \$20 and mini-manicures at \$13. This service is sponsored by Jordan's Natural Nail & Foot Spa.

DATE: Wednesday, May 6

TIME: 9:00 a.m. - 3:00 p.m.

Register in the Office



INFORMATION LECTURES

VETERAN AFFAIRS

The VA, based in Painesville, is hosting a lecture of benefits. All veterans and spouses of veterans should attend. More benefits are available!

DATE: Wednesday, May 6

Time: 10:30 a.m.

LOCATION: Dining Room



CASINO TRIPS

When signing up for casino trips, it is very important that you provide your player card number if you have one. This is needed by the motor coach company so they can provide the manifest requested by the casinos. Another piece of information that is needed is your birth date. We're not being nosy; this is currently required by the casinos. If you do not provide this information when you sign up, it means extra work and phone calls by our trip volunteers and you may not get your trip incentives.

SENECA ALLEGANY CASINO

Join us on Thursday, July 23 for our trip to the Seneca Allegany Casino in Salamanca, NY. Cost is \$33 with a casino bonus to be announced. All passengers must have a driver's license or State ID with them. The Casino will not give bonuses to passengers without a valid photo ID. See flyer for details.



VACATION TRIPS

TRIP MEETINGS

Friday, June 12 10:00 a.m. Alaska

Thursday, July 16 1:00 p.m. Trains of Colorado

A NOTE ON MOTOR COACH TRIPS

If you are interested in any announced trip, please let Doris know as early as possible, even if you can't make a deposit at the time. If we know there is interest, we can hold off canceling trips.

SCENIC TRAINS OF COLORADO

Experience six great trains on this unique rail adventure to Colorado aboard Amtrak's California Zephyr train. There will be five more unique historic train rides all over the mountains of Colorado. Join us at the information meeting here at the Center. Sponsored by T.B.I.
Date: AUGUST 8 – 15, 2009

THE BEST OF ALASKA AND THE YUKON

Ten nights land tour plus 4 nights on the Holland America’s “The Zuiderdam” and post-cruise night in Vancouver. Explore Alaska by ship, comfortable McKinley Explorer rail cars, historic narrow gauge railroad, and luxurious motor coach. Highlights include: extra day in Denali, 102 mile cruise on the Yukon Queen on the Yukon River, Dawson City, Glacier Bay with on-board Park Ranger, and more. Dates are June 25 – July 9, 2009.

WISCONSIN DELLS

Highlights of this Group Tours trip include: tour the Sears Tower, House on the Rock, Tour the Dells – Ride the Ducks, Wisconsin Opry, Mall of America, Mystic Lake Casino and City our of Chicago. See flyer for details.

Date: Monday-Friday, June 1-5

Cost: \$699 per person (double); \$679 per person (triple); \$870 single

MT. AIRY CASINO RESORT

This jam packed tour includes plenty of casino gambling with a casino bonus of \$30 slot play and \$15 food and beverage credit per nights stay (subject to casino policy and may change or cancel without notice). Also included is a one day tour with step on guide: ranger-guided tour of the famous Roebling Bridge, Torte Knox Recreational Cooking School with demo and lunch, Lake Wallenpaupack Scenic Boat Tour, and Dorflinger Glass Museum and Wildlife Sanctuary with gift shop. See flyer for details.

Date: Tuesday-Thursday, June 9-11

Cost: \$360



DAY TRIPS AND OUTINGS

SENIOR DAY AT THE MALL

Date: Tuesday, May 12

Time: 8:30 a.m. - 4:30 p.m.

Tickets are available in the Office for \$1.00

LUNCH BUNCH

Enjoy Slovenian food at Sterles on East 55th Street. Lunch will consist of a full course meal with all of the trimming.

Date: Friday, May 15

Time: 10:45 a.m.

Cost: \$15.00

TRINITY CATHEDRAL

This trip is known as a “Brown Bag Concert.” Enjoy the sounds of a top swing band.

Date: Wednesday, May 27

Time: 11:00a.m.

Cost \$3.00 (includes box lunch, transportation and the concert)

HIKE

This month’s hike is a great one, located in Headwaters Park in Huntsburg and Claridon Township. Grilled hot dogs, chips and potato salad are on the menu for this trip, plus water or hot coffee.

Date: Tuesday, May 19

Time: 10:00 a.m. - 1:30 p.m.

Cost: \$4.00

HARTVILLE FLEA MARKET

Here we go again!

Date: Monday, May 4

Time: 8:15 a.m – 3:30 p.m.

Cost: \$2.00

POLYNESIAN FIRE

Captivating island drums fill the air as beautiful island hula dancers in colorful traditional South Pacific costumes take the stage. Their expressive centuries old hula dance united with the exciting fast paced Tahitian dances makes Polynesian Fire a luau you are sure to remember. This show will be appearing at the nearby Croatian Lodge. This is your last chance to sign up for this exciting entertainment.

Date: Wednesday, May 6

Time: 11:00 a.m – 3:00 p.m.

Cost: \$45 (includes Hawaiian Lei Greeting, lunch, 90 minute floor show, tax, gratuity, and transportation.)

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GROUPS AND CLUBS

RED HAT PEARL BELLES

We will be having our regularly scheduled meeting on Monday, May 18 at 12:30 p.m. in the JFK meeting room. If the weather is great, we may go out to the pavilion. We will be planning further events for the summer such as a trip to the Holden Arboretum and picnic plans for June. Members with Red Hat items for sale at the Spaghetti Fund Raiser are to call Millie at (440) 946-3085. Please bring your \$2.00 membership dues for the year to this meeting. Our Queen has a new address and phone number. Millie will be printing a new list after people pay their dues. Queen Pat's number is (440) 527-8019 and her cell number remains (216) 408-3464.

PINOCHLE CLASS

Pinochle players meet on Fridays at 12:30 p.m. If you need a refresher before joining in the regular play, come at 10:30 a.m. for a practice session before lunch. This is a refresher course, not intended for beginners.

SENIOR SINGERS

The Senior Singers need music to help our group sing better. A volunteer who can play an instrument for one hour a week on Monday mornings from 10:00-11:00 a.m. is needed. Please see Marylou Hillyer or Sylvia Mocarski for more details. Please join us! We want to make our Center proud of us!

PING PONG ROOM

Hey!! We have a ping pong table set up in a room on the other side of the building. It's open to any of you. We have several people playing a couple of times a week. Just ask!

COMFORT ELVES NEED OUR HELP!

The Comfort Elves are a group of very special, dedicated volunteers who make pillows, turbans, lap robes, afghans, and more for hospice patients.

You can help by donations of fabric (cotton blends), yarn (3 and 4 ply) and fiber fill.

Don't forget the Spaghetti Dinner on Saturday, May 16 to benefit the Comfort Elves.

GARDEN CLUB

Our next meeting will be Monday, May 11 at 9:30 a.m. Everyone is invited to join the fun. Please come and help for an hour or whatever time you can spare. We will be doing cleaning and trimming. As always, we will have good snacks and great company. Try it out!!!

GOLF

Attention all senior golfers! We are filling our bus for golfing on Thursdays for nine holes at Pepper Ridge Tree in Madison. There will be no pre-registration, first come first served. Maximum is 24 golfers. Cost is \$12.00 which includes transportation, golfing and cart.

DATE: Thursday, May 7, 14, 21 (not 28)

TIME: 9:30 a.m.

BASIC DRAWING & WATER COLORS CLASS

New! Work at your skill level. All levels of skill welcome. See the Display Board for more information.

Date: Thursday, May 7, 14, 21, 28

Time: 10:00 – 11:20 a.m.

Cost: \$16.00

ATTENTION HISTORY BUFFS

The newly formed Eastlake Historical Society is trying to preserve and perpetuate the historic tradition and sentiment of the City of Eastlake. The society is collecting historic material relating to the City of Eastlake. If you have any material to contribute please call John Olwert at 440-946-7909

WEDNESDAY NIGHT AT THE CENTER

Don't forget about the country/bluegrass music. All are welcome so bring your friends, music starts at 6:30pm. We have a concession stand with coffee, donuts, pizza and other items, so bring some money.

OUR "MAY" PAGE



WHAT A DIFFERENCE A CENTURY MAKES! STATISTICS FOR THE YEAR 1908

The average life expectancy was 47 years.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

There were only 8,000 cars and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower.

The average worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year,

a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home.

Ninety percent of all doctors had no college education,

instead, they attended so-called medical schools, many of which were condemned in the press and the government as substandard.

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

Five leading causes of death were: 1. pneumonia and influenza 2. tuberculosis 3. diarrhea 4. heart disease 5. stroke

The population of Las Vegas, Nevada was only 30!!!!

Crossword puzzles, canned beer, and ice tea hadn't been invented yet.

There was no Mother's Day or Father's Day.

Two out of every 10 adults couldn't read or write.

Only 6 percent of all Americans had graduated from high school.

Marijuana, Heroin, and Morphine were all available over the counter at the local corner drugstores.

Back then pharmacists said "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health"

Eighteen percent of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the entire U.S.A.!

(Try to imagine what it may be like in another 100 years)

Submitted by Mary Sulkalski

SUGGESTIONS:

Have a Presque Isle Trip

Have the tour of Cleveland in warmer month on Lolly the Trolley

Let's have a "JFK Garage Sale" We have the junk, tables, space and people power. We can use the pavilion, lobby and some outdoor space if necessary. We can rent the tables for a nominal fee. Have it early in the spring when people have the garage sale blues.

This will not hurt Wanda's table as we all check it out every day!! Let's survey the JFK people and have a sign up sheet to see if there is interest??

SUGGESTERS NAMES UNKNOWN ??????

WANTED: All glass coffee percolator. Please call Val at 1-216-598-0018 or 1-216-383-0612

SHORT RIBS

1 can (about 14 oz.) beef broth
1 cup chopped onion
2 small sweet potatoes, peeled,
halved and cut crosswise in 1/2
inch slices

8 oz baby carrots
4 meaty beef short ribs (about 2 lb)
1/4 tsp pepper
3 sprigs fresh dill
1 can (14 1/2 oz) diced tomatoes in
juice, not drained

2 medium parsnips, peeled
and diced (1 1/2 cups)

Garnish: snipped dill

Mix all ingredients except short ribs, pepper, dill and tomatoes in a 3 qt. or larger slow cooker. Top with short ribs, sprinkle with pepper, then add dill and tomatoes. Cover and cook on low 7-9 hours until ribs are very tender. Spoon fat off surface. Serve in shallow soup plates: sprinkle with dill. Serves 4.

JOKE: An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher: "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cried. The dispatcher said, "Stay calm, an officer is on the way." A few minutes later, the officer radios in. "Disregard" he says. "She got in the backseat by mistake." From the Senior News courtesy of Aimee Stefano Ludwick

FOR SALE

George Forman's large grilling machine with video recipes, owner's manual and recipe book. Used once. \$15.00 440-269-8111

Coffee maker 12 to 30 cup insulated, automatic West Bend model. Like new. \$15.00 440-269-8111

Powered Wheelchair NEW my husband went in a nursing home and I have no more use for it now BEST OFFER Cell 440 749 1197----Home 440 951 1197

PLEASE BE CONSIDERATE OF OTHERS WHEN WEARING STRONG PERFUMES, COLOGNES AND AFTER SHAVE.

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E N I K T I S I V S E O E L D Z
R E T S A E Y P P A H R T O T Y
I H H C A C N K M E Y E Y O S N
B D B H P E Y N Q P A S L A W N
B T A U S S H S O O D U I E C U
O W S R E P E E P B I R L D H B
N J K C P L J H O R R R R R O R
S R E H K S C T O A F E E E C E
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E C I V R E S E S I R N U S E B
R A N D A Y W N A M A H E O O I
G C G D Y E E G G S K C I H C E
S Q A M G P A I E L O L B N C R

Find the following hidden words:

resurrection, easterlily,
easterbunny, chocolate,
easterbonnet, church,
ham, dyeeggs,
spring, crocus,
peepers, happyeaster,
newclothes, yardwork,
corsage, baskets,
ribbons, chicks,
dressup, visitkin,
goodfriday, sunriseservice

WORDS BY PAT
PUZZLE BY HARRY

J.F.K. CENTER IN PICTURES



WEDNESDAY NITE BUNNY HOP HOE DOWN



SENIORS HIKING IN CHAPLIN FOREST PARK



07/31/2008

POP IN AND JOIN US OR CALL 440-975-4268