

J.F.K. SENIOR CENTER BULLETIN

1580 EAST 332 STREET

EASTLAKE, OHIO 44095

440 - 975 - 4268

Frank Doberdruk-Senior Coordinator

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Brochure on line at "www.eastlakeohio.com"

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

JUNE 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.

June 4	Taken
June 11	Marley & Me
June 18	Twilight
June 25	Mall Cop

FREE! Popcorn included.

CLEANING THE CENTER

OUR VOLUNTEERS CLEANING GROUP MEETS IN THE LUNCH ROOM AFTER LUNCH
Wednesday, June 10 and 24.

BOARD MEETING

Our Board meeting will be held at 9:30 a.m. on Tuesday, June 9 with the Open Meeting at 11:00 a.m.

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.

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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, Lenore Hark, Toni Koenig, Fran Starks, Tony Vitolo, Carl Ullemeyer, and Donald Wieland.

Our sincere sympathy is extended to the family and friends of Marie Agh and Geraldine Iles.

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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, June 10 and 24

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, June 3

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

CLEVELAND SIGHT CENTER

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

Date: Monday, June 8

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: Wednesday, June 3 and Thursday, June 18

Times: 10:00 -11:30

No appointment necessary.

HEARING SCREENING

Hearing Centers Inc. will be here on Friday, June 5, from 10:00-11:30a.m. Pre-registration is required. Call us at 975-4268.

Cost: FREE.

WALKERS AVAILABLE

Thanks to "Medical Service Company" we have walkers. So, if you need one, don't hesitate to ask. Come to the office and look at our selection.

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, June 10

TIME: Starting at 9:00 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, June 10 and 24

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: Thursday, June 25

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

Schedule your appointment in the Office

BRANSON SHOW EXTRAVAGANZA

For one low price of \$619 (double occupancy) enjoy deluxe motorcoach transportation, 6 nights lodging, 6 breakfasts, 4 dinners, and admission to 7 Fabulous Branson Shows. See flyer for details.
DATES: November 29-December 5

SHIPSHEWANA, INDIANA: THE TRADING PLACE OF AMERICA

Shipshewana is a small Amish community offering a grand assortment of treasures, plus farm fresh produce and hand-crafted gifts in the largest flea market and auction in the Midwest. Surrounding the market area are more than 100 shops and stores with something for everyone. We will also enjoy a Quilt-Garden Driving tour, seeing the beautiful gardens that are grown to resemble quilts. The trip includes deluxe motorcoach, hotel, dinner theater on the first day and breakfast in the hotel on the second day. Tour package price is \$175 per person based on double occupancy; \$165 for triple and \$220 for single. See flyer for details.

DATE: Tuesday-Wednesday, September 1-2



DAY TRIPS AND OUTINGS

MYSTERY TRIP

“Wanna' B” is the clue and it's music to my ears. Price includes lunch.

Date: Wednesday, June 24

Time: 10:30 a.m. - 2:00 p.m.

Cost: \$5.00

LUNCH BUNCH

The Balaton Restaurant is an old-fashioned Hungarian style eatery. It is located at Shaker Square. Meals include lesco with dumplings, veal paprikas, chicken paprikas, wiener schnitzel, Hungarian goulash and much more. Average price per meal is \$15.00.

Date: Wednesday, June 17

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

Cost: \$2.00 for transportation

CAPTAINS BASEBALL GAME

It's senior day at the old ball park, right here in Eastlake. So, join the fun and get a discount ticket at the Center. Bingo will be played before the game at 10:30 a.m. Provide your own transportation.

Date: Wednesday, June 10

Time: 10:30 a.m. - 4:00 p.m.

Cost \$7.00

HIKE

We will be walking in the North Chagrin Reservation, in and around the duck pond. We will have lunch across from Squires Castle. Food includes hot dogs, chips, potato salad, and dessert.

Date: Tuesday, June 23

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

Cost: \$4.00

HARTVILLE FLEA MARKET

Here we go again!

Date: Monday, June 8

Time: 8:15 a.m – 3:30 p.m.

Cost: \$2.00

THE STATION DINNER THEATRE

The show is “Run for Your Wife!” It's a hilarious farce: John Smith, an average taxi driver, has a secret...he has 2 wives. The story will have you rolling in the aisles. Plus you get a great meal.

Date: Wednesday, June 10

Time: 10:00 a.m – 4:00 p.m.

Cost: \$36 (includes show, meal and transportation.)

CANOES & KAYAKS ON THE CHAGRIN RIVER

If you love nature and enjoy an adventure, this trip is for you. You will be guided (with the utmost care) in your choice of watercraft through the channels and into the river. This professionally guided trip will be approximately 1 to 1-1/2 hours of light paddling. It's fun and easy. No previous experience is necessary. Lunch is scheduled at Trader Jacks (meal is on you).

DATE: Tuesday, June 2

TIME: 10:00 a.m. - 2:00 p.m.

COST: \$10.00

2009 CHRISTMAS SPECTACULAR

This heartwarming, fast paced musical celebration of Christmas features The Swing City Orchestra. You will enjoy dazzling production numbers, superb musical arrangements, beautiful costumes and more. An appearance by Santa Claus adds to the festivity. And add in a great Croatian Lodge meal.

DATE: Wednesday, December 9

Time: 11:00 a.m. - 1:30p.m.

Cost: \$45.00 (includes lunch, show, tax, gratuity and transportation)

AURORA FARMS

Shop 'til you drop tripwith 10% off for Senior Day. Everyone on the trip will also receive a savings booklet.

DATE: Tuesday, June 16

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

COST: \$2.00

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PARTIES AND COOKOUTS

WEDNESDAY NIGHTS AT THE CENTER

Don't forget that the Center will be open on Wednesdays until 8:30 p.m.

Live country and blue grass music will be performed by an array of special guests (about 10-15 members) each and every Wednesday. All are welcome, so bring your friends, music starts at 6:30pm. We have a concession stand with coffee, donuts, pizza and other items available for purchase.

50's DANCE

Party on! Enjoy the music of the "Big Bopper," Elvis, and more. The D.J. Will play all your favorites. So, get your bobby socks and poodle shirts, and then let's rock-n-roll. Mini slider hamburgers and shakes will be served

DATE: Friday, June 19

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

COST: \$3.00

FRIDAY NIGHT UNDER THE PAVILION

Free! All are welcome to enjoy a free concert in the park with special guest performers, the Ron Stark Trio. Polka music and more will begin at 6:30 p.m. and run until 8:30 p.m. under the Pavilion. Bring your folding chairs or sit at our picnic tables. Just make yourself comfortable for the concert.

An ethnic style meal will be served at 5:00 p.m. prior to the concert. The meal includes Polish sausage and sauerkraut, perogies, green beans, roll & butter, coffee and dessert, catered by G.G. White. The cost of the meal is \$8.00

DATE: Friday, June 12

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GROUPS AND CLUBS

RED HAT PEARL BELLES

We will be having our regularly scheduled meeting on Monday, June 15 at 12:30 p.m.

Any questions, call Queen Pat at (440) 527-8019 or (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.

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!

GARDEN CLUB

Our next meeting will be Monday, June 8 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. 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, June 4, 11, 18, 25

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, June 4, 11, 18, 25

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

CRAFTY CROCHETERS

Our group meets on the first and third Thursday of each month in the Comfort Elves Room. Lessons are available for beginners.

DATE: Thursday, June 4 and 18

TIME: 9:00 a.m. - 11:00 a.m.

GET-AWAY AT GATEWAY

The craft class sponsored by Gateway will take place at Gateway Retirement Community (Senior Apartment) off of East 260th. A free dessert and tour will be included. C.J., the craft teacher, will help you create several unique cards.

DATE: Tuesday, June 23

TIME: 12:30-2:00 p.m.

COST: \$1.00

COMPUTER CLASSES

The Internet for Beginners 1&2

This class will provide hands on experience for searching the Internet. The first class will explain the basics of search engines and browsers. You will learn how to connect to the Internet and how to navigate you way around the World Wide Web. The second class will provide time for review and practice. You will also learn how to find web sites more quickly. The second class will discuss browsers in more detail, show you how to download programs, search more effectively and avoid viruses.

COST: \$39.00

DATES: Monday, June 1 and 8

TIME: 9:30-11:30 a.m.

E-mail 1&2

Prerequisite: Basic Computers and Searching the Internet. This class will provide hands on experience while you learn the basics of E-mail. Find out what E-mail is and how to set up your personal account. Learn to read, write, send, and reply to messages. The second class will provide time for review and practice. You will learn how to create an address book, check your spelling, adding stationary and more.

COST \$39.00

DATES: Monday, June 15 and 22

TIME: 9:30-11:30 a.m.

How to Save Money on the Internet

Prerequisite: Basic Computers and Searching the Internet. In this class you will learn how you can save hundreds of dollars every year by using the Internet to find coupons and special deals. We will explore where you can go to save money on everything from a can of corn to home remodeling services or that special vacation you have been dreaming of taking.

COST: \$20.00

DATE: Monday, June 29

TIME: 9:30-11:30 a.m.

OUR JUNE PAGE

SUBJECT: SHOPPING AT WAL-MART

This is why women should not take men shopping against their will. After Mr and Mrs. Maloney retired to Naples FL., Mrs. Maloney insisted her husband accompany her on her trips to Wal-Mart. Mr. Maloney was like most men—he found shopping boring and preferred to get in and get out. Equally unfortunately, Mrs. Maloney was like most women, she loved to browse. One day Mrs. Maloney received the following letter from her local Wal-Mart in Naples, FL.

Dear Mrs. Maloney,

Over the past six months, your husband has been causing quite a commotion in our store. We cannot tolerate this behavior and may have to ban you from the store. Our complaints against Mr. Maloney are listed below and are documented by our video surveillance cameras.

1. June 15: Took 24 boxes of condoms and randomly put them in people's carts when they weren't looking.
2. July 2: Set all the alarm clocks in Housewares to go off at 5-minute intervals.
3. July 7: Made a trail of tomato juice on the floor leading to the women's restroom.
4. July 19: Walked up to an employee and told her in an official voice. Code 3 in Housewares, Get on it right away.
5. August 4: Went to the Service Desk and tried to put a bag of M&M's on layaway.
6. September 14: Moved a 'CAUTION – WET FLOOR' sign to a carpeted area.
7. September 15: Set up a tent in the camping department and told other shoppers he'd invited them in if they would bring pillows and blankets from the bedding department.
8. September 23: When a clerk asked if they could help him he began crying and screamed, "Why can't you people just leave me alone?"
9. October 4: Looked right into the security camera and used it as a mirror while he picked his nose.
10. November 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were.
11. December 3: Darted around the store suspiciously while loudly humming the 'Mission Impossible' theme.
12. December 6: In the auto department, he practiced his 'Madonna look' by using different sizes of funnels.
13. December 18: Hid in the clothing rack and when people browsed through, yelled "PICK ME! PICK ME!"
14. December 21: When an announcement came over the loudspeaker, he assumed a fetal position and screamed 'OH NO! IT'S THOSE VOICES AGAIN!'
15. December 23: Went into a fitting room, shut the door, waited awhile, and then yelled very loudly, 'HEY! THERE'S NO TOILET PAPER IN HERE'.

SUGGESTIONS:

We need at this center, in the hallway lobby, a board with greeting cards (like they do at Willowick center), really nice cards for birthdays, get well, sympathy, etc.

We (all of us) could use a beautician for hair cuts only (to start). Men and women both could use the service. Once or twice a week would be nice.

Have movie day on Tuesdays every other month so line dancers can enjoy some movies.

Have a lunch bunch return trip to Italian Buffet at Santo's ("Best I've ever seen")

JOYS OF WOMANHOOD:

The nice part about living in a small town is that when you don't know what you're doing, someone else does.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down and perspired for an hour. But, by the time I got my leotards on, the class was over.

HOW TO MAKE A BUCK

Three men went to a motel for a night, the clerk told them the room would be thirty dollars, so each man gave him ten dollars. Later the clerk found he had made a mistake, the room should only be twenty five dollars so he gave the busboy five single dollars to give back to the men. The busboy could not divide the money by three, so he gave each man one dollar and kept two dollars for himself. So the men only paid nine dollars for the room and the busboy made two dollars right. NOW think about it 3 times 9 is 27 plus the 2 is 29

Where did the other dollar GO?????

Harry

EQUATION PUZZLES:

These equations do not measure your intelligence nor your mathematical ability. For the most part, the answers are something you should know or have heard of and maybe somewhat embarrassing with the answer. It may be helpful to come up with the answer after putting it aside and at an unexpected moment when the mind is relaxed the answer will come. Perhaps at 3 a.m. in the morning, in the middle of the night.

Each equation contains the initials of words that will make the equation correct. Object: Find the missing words. Example: 26 = L. in the A. would be 26 = Letters in the Alphabet.

- 26 = L. of the A.
- 13 = S. on the A.F.
- 7 = W. of the A.W.
- 18 = W. on a B.R.
- 9 = P. on a B.T.
- 64 = S. on a C.
- 24 = H. in a D.
- 52 = C. in a D. without J.
- 29 = D. in F. in a L.Y.
- 11 = P. on a F.T.
- 32 = D. F. at which W.F.
- 4 = Q. in a G.
- 80 = D. to G.A. the W.
- 18 = H. on a G.C.
- 5 = N. of G.L.
- 88 = N. of K. on a P.
- 3 = B.M. (S.H.T. R.)

Submitted by Bob Kerber

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

Please find the following hidden words:

- dday, flagday, fathers, picnics, graduation, familyreunions,
- cookouts, suntanlotion, swimming, weekends, sailing, sandpails,
- marina, fishing, hotdogs, mosquitos, hotweather, storms,
- birdsongs, pool,

Words by Pat Puzzle by Harry

J.F.K. CENTER IN PICTURES



SENIOR DAY AT THE MALL PLUS SOME VOLUNTEERS OF THE YEAR



SPAGHETTI DINNER A BENEFIT FOR THE COMFORT ELVES



07/31/2008

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