

# J.F.K. SENIOR CENTER BULLETIN

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Brochure on line at "[www.eastlakeohio.com](http://www.eastlakeohio.com)"

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

## FEBRUARY 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.

February 5	Mama Mia (musical)
February 12	Eagle Eye (action)
February 19	Some Like It Hot (with Jack Lemon and Tony Curtis)
February 26	Iron Man

FREE! Popcorn included.

### CENTER CLOSED PRESIDENTS' DAY

The J.F.K. Lunch site and Senior Center will be closed on Monday, February 16 in honor of Presidents' Day.

### CLEANING THE CENTER

OUR VOLUNTEERS CLEANING GROUP MEETS IN THE LUNCH ROOM AFTER LUNCH  
Wednesday, February 4 and 18.

### BOARD AND OPEN MEETINGS

Our Board meeting (9:00 AM) and Open meeting (11:00 AM) will take place on  
Tuesday, February 10.

### J.F.K. MEMBERSHIP RENEWAL

The J.F.K. Board has slashed membership dues because of the economy. Eastlake residents can join the Center for only \$1.00 per year. Membership for non-residents is just \$2.00. Registration will take place in the LIBRARY. Please present your current membership card to register. It is important to make sure all the information on you registration card is current, accurate and legible.

**NEW CENTER POLICY:**

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

**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.**

**@@@**

**OUR THOUGHTS**

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

**Get well wishes are extended to Helen Allen, Betty Azre, Pauline Frankiecica, Lenore Hark, Joe and Elizabeth Hrvatin, Joe Koprivec, Anna Kucaric Violet Locher, Carl Ullemeyer, and Donald Wieland,.**

**Our sincere sympathy is extended to the family and friends of Georgia Ardito, Pete Renda, Eleanor See, and Margaret Svoboda and to Ellie Wiley on the death of her daughter.**

**@@@**

**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, February 4 and 18**

**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, February 18**

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

**CLEVELAND SIGHT CENTER**

**This is a support group meeting for those with visual problems. Tim Moran, an instructor from the Sight Center will be here to speak on mobility issues.**

**Date: Monday, February 9**

**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 a “Topaz Magnifier”. This is a scanning and reading appliance for any low vision member. Simple controls will scan bills, books, contracts and more.**

**STOP GERMS NOW!**

**For your information.....We have installed a Purell Dispenser. It is located across from the office on the wall.**

**DISCOUNT ON AT&T LIFELINE APPLICATION**

**We have forms regarding a discount on telephone bills. It covers people on assistance programs or low moderate incomes. Applications are in the office.**

**BLOOD PRESSURE**

**In cooperation with Bayada Nurses, blood pressure readings will be taken on Tuesday, and by Senior Independence on Tuesday,**

**BLOOD SUGAR SCREENING**

**Sponsored by Bayada Nurses.**

**Date: Friday, February 27**

**Time: 10:00 to 12:00 noon**



## VACATION TRIPS

### TRAVEL MEETING

Join us for a vacation in 2009. Let us do your planning....and the you pick your trip. There will be a travel meetings to preview trips for 2009. Lunch will be served at 12:30:

Hot dogs, macaroni salad, chips, drinks and cookies.

We have a NEW DATE Preregistration is required. We will have a “Welcome” overview and break out to other rooms so you can get further information on the trip of your dreams.

Date: Monday, February 23

Time: 12:00 (noon) – 3:00 p.m.

Free Lunch

REGISTER IN THE OFFICE

### 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.

### 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

### PREVIEW OF TRIPS FOR 2009

February 19	Windsor	Lakefront
April 23	Niagara Fallsview	Lakefront
May 4-5	Tulip Festival	J K L Tours
June 1-5	Wisconsin Dells	Group Tours
June 9-11	Mt. Pocono PA Casino	Group Tours
June 25-July 9	Alaska	
August 8-15	Colorado Trains	Tour Brokers
September 9	Tour of Cleveland #1	J K L Tours
September 21-24	Washington, D.C.	Group Tours
October 13-15	Finger Lakes	Group Tours
October 20-28	China	Collette
Nov. 29-Dec.5	Branson	Diamond Tours

In addition, there will be a number of casino and other trips, including Tour of Cleveland #3, Chautauqua, and Sandusky Theatre at Christmas, that have not yet been scheduled.

### CHINA—BEIJING CITY STAY

Colette Vacations and the J.F.K. Senior Center are hosting an informational lecture on a tour of Beijing City, China

Date: Thursday, February 26

Time: 1:00 p.m.

Location: Comfort Elves Room



DAY TRIPS AND OUTINGS

**SHOWTIME AT HIGH NOON**

Ohio Theater presents: Ballet Hispanico Company.

Date: Friday February 20

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

Cost \$2.00

**LUNCH BUNCH**

It's close and cheap (at least, not expensive) and good! We're talking about the Olive Garden.

Date: Wednesday, February 4

Time: 11:00 a.m.

Cost: \$2.00

**HIKE**

NEW FOR YOU! Please note the new day, Monday. This is a three Center hike (Perry, Willowick, and Eastlake). It will happen! Visit three Metro parks in Eastern Lake County, Hidden Valley and Hogback Ridge in Madison, and Lake Shore Reservation in Perry. Some hiking at each park with a box lunch at the Perry Senior Center.

Date: Monday, February 9

Time: 9:30 a.m. - 1:00 p.m.

Cost: \$3.00

**HOME AND GARDEN SHOW**

Think Spring! Smell the flowers! We will be traveling to the IX Center in Cleveland for the annual Home and Garden Show.

Date: Wednesday, February 11

Time: 9:30 a.m – 3:30 p.m.

Cost: \$12 (discounted group rate)



PARTIES AND COOKOUTS

**VALENTINE'S DAY PARTY**

Celebrate Valentine's Day with a party at the Center on Friday, February 13th. Special guest, David Elish, will wow you with his love songs. David impersonates entertainers like Neil Diamond, Frank Sinatra and more. We will serve a light snack.

Date: Friday, February 13

Time: 12:30-2:30 p.m.

Cost: \$2.00.

**FAT TUESDAY**

Champagne, Chocolates and more, That's what Mardi Gras means....and don't forget the beads and fun. So get your beads on and enjoy the day. Special guest entertainment will be a Charlie McCarthy style ventriloquist.

Date: Tuesday, February 24

Time: 12:30

Cost: \$1.00



## GROUPS AND CLUBS

### RED HAT PEARL BELLES

THE RED HAT PEARL BELLS ladies donated \$100 to the Comfort Elves for materials for Hospice. The donation was made in memory of Esther Larabee, one of their members.

The February meeting will start at 12:30 p.m. And be a belated Valentine's Day Party. You may bring in valentines, cookies, snacks, cake or beverages.

Date: Monday, February 23

Any questions call Queen Pat @216-408-3464 or 216-261-6778

### 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 Mocariski 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!

### 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, February 5,12,19,27.

Time: 10:00 – 11:20 a.m.

Cost: \$8.00

### COMPUTER CLASSES

Instruction by Tech Wise

Internet for Beginners 1 and 2

Searching the Internet will provide hands on experience. The First Class will explain the basics of search engines and browsers. 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..

Instructor: Tech Wise Instructor

Cost: \$39.00

Class Dates: February 16 & 23, 2009 9:30-11:30 AM

Location Eastlake JFK Senior Center

### 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 ans 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.

Instructor: Tech Wise Instructor

Cost:\$39:00

Class Dates March 2 & 9, 2009 9:30 – 11:30 AM

Location : JFK Senior Center

# OUR PAGE

## EDITOR'S NOTE

Hi Everyone,

Well, here we go with our first "Our Page". We need some input from all of you so that it will be filled with things that you want to read.

I am sure that there are favorite recipes or a joke or two that you might like to share. How about the latest book you might have read, maybe you could recommend it. Have you been to a new restaurant or seen a good movie that you could tell us about? We could all use a good household hint or two. Also, maybe you have an item that you are interested in selling and could tell us a little about it and what you would want to sell it for. How about telling us about your hobby or the latest visit with your kids or grandkids or just a trip you went on.

These are just a few of the things we are looking for so please give us some ideas and material to work with and hopefully "Our Page" will be a big hit,

**A RECEPTACLE WILL BE LOCATED IN THE LOBBY FOR ALL OF YOUR IDEAS.**

**PLEASE INCLUDE YOUR NAME AND PHONE NUMBER.**



## JOKE TIME

An 80 year old man went for a physical. All of his tests came back with normal results. The doctor said "George, everything looks great." How are you doing mentally and emotionally? George replied, 'Well, I'm real tight with God. He knows I have poor eyesight, so he's fixed it so when I get up in the middle of the night to go to the bathroom, poof! The light goes on. When I'm done, poof! The light goes off.'

'Wow, that's incredible.' The doctor said. A little later in the day, the doctor called George's wife. 'Ethel, he said, 'George is doing fine, but I had to call you because I'm in awe of his relationship with God.' 'Is it true that when he gets up during the night to go to the bathroom that, poof! The light goes on in the bathroom and when he's done, poof! The light goes off?'

**'OH, My Lord! Ethel exclaimed, 'He's p--ing in the refrigerator again!'**

## Trivia

(Answers at bottom of next page)

1. In what country would a man send a woman a Valentine letter containing a rhyme and signed with a series of dots to represent his name? According to this country's tradition, if the woman guessed his identity correctly on Valentine's Day he would reward her with a gift.  
A. Denmark B. Italy C. England D. America
2. In what country would young ladies write their names on slips of paper and at a Valentine's Day party young men would draw names. According to this country's tradition, the young man would then wear the name of his lady on his sleeve for days to claim her as his valentine, originating the saying "wearing your heart on your sleeve."  
A. Denmark B. Italy C. England D. America

## Classifieds

This will be the place where anything you might want to sell will be listed.

## Recipes

### Reese's Candy

1 lb. (2 cups) confectioner's sugar  
1 1/2 cups peanut butter  
1 1/2 cups graham cracker crumbs  
2 sticks butter/oleo melted

Mix and press into bottom of 13 x 9 pan. Melt 12 oz. semi-sweet chocolate chips and spread over top. Chill & cut into serving size pieces. Enjoy !

## Did You Know?

\_Unwanted medications don't have to go to waste. Rather than throwing them away or flushing them down the toilet--which can pollute the water system--donate them to clinics in Nigeria that serve the poor. Only certain medications-including some antibiotics, vitamins, pain relievers and antihistamines are accepted. For a complete list and to find drop-off sites or get labels that pay for shipping your medications, call 212-746-7164 or log on to [thestarfishproject.org](http://thestarfishproject.org) and click on "donating medication."

## Remember When.....1959

Average Cost of new house \$12,400.00  
Average Yearly Wages \$5,010.00  
Cost of a gallon of Gas 25 cents  
Average Cost of a new car \$2,200.00  
Movie Ticket \$1.00  
Loaf of Bread 20 cents  
Kodak Movie camera \$67.50  
Ladies Stockings \$1.00

## Household hints

1. If silver jewelry gets black apply toothpaste and rub it very well.
2. While whisking egg white, add a pinch of salt for quicker results.
3. Coffee will remain fresh longer in the refrigerator.
4. Get more juice from a citrus fruit by warming it slightly in the oven

## Turn Back The Clock with Cocoa



Sipping hot chocolate does more than warm your body--it delivers more age-defying natural compounds called antioxidants than tea or red wine. Now that's something to smile about! (Per Woman's World January 13, 2009)

### Answers to Trivia Questions

1. C
2. D

## J.F.K. CENTER IN PICTURES



## NEW YEAR 2008-2009



## GREAT TIME



pop in and join us or call 975 = 4268