

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.

MARCH 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.

March 5 "What Happens in Vegas" (comedy)

March 12 "Made of Honor" (chick flick)

March 19 "Ghost town" (comedy)

March 26 "Body of Lies" (adventure/action)

FREE! Popcorn included.

CLEANING THE CENTER

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

BOARD AND OPEN MEETINGS

Our Board meeting (9:00 AM) and Open meeting (11:00 AM) will take place on
Tuesday, March 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 TV Room. 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.

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.

NEW 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 Bernie Messinger, Helen Kewedder, John Thomas, Beverly Kasunic, Tony Vitolo, Lenore Hark, Joe and Elizabeth Hrvatin, Carl Ullemeyer, and Donald Wieland. Our sincere sympathy is extended to the family and friends of Frank Doberdruk on the loss of his cousin, Michael Doberdruk.

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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, March 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, March 4
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, March 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 "Topaz Magnifier". This is a scanning and reading appliance for any low vision member. Simple controls will scan bills, books, contracts and more.

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.

EYE SCREENING

**Enjoy fresh fruit snacks while participating in this eye screening event.
Date: Tuesday, March 3
Time: 10:00 a.m.
FREE**

HILLTOP TOUR

**Visit an independent senior living facility for a tour and free lunch. Hilltop is located in Euclid.
Date: Wednesday, March 4
Time: 9:45 a.m. - 12:30 p.m.
Cost: \$2.00 (for transportation)**

“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, March 12 and 26

Times: 10:00 -11:30

No appointment necessary.

MATTER OF BALANCE CLASS

The Lake County Health District and our Center are sponsoring a program called Matter of Balance (MOB). This is a two hour class that will educate you on how to maintain better balance, through nutrition and exercise.

There will be a total of eight classes on Mondays and Wednesdays in March.

Dates: March 2, 4, 9, 11, 16, 18, 23, and 25

Time: 9:30 – 11:30 a.m.

FREE, but size is limited and you must pre-register

There will be 2 instructors and free healthy snacks for every class.

GET MEMORY FIT

Senior Independence's Nicole Evanchuck will present a lecture on “Memory Fitness.” Learn about what you need to know. This topic affects everyone! Don't forget about this lecture (ha, ha!).

Date: Tuesday, March 10

Time: 10:30 a.m.

Location: TV Room

Cost: FREE

STOP GERMS NOW!

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



INFORMATION LECTURES

AARP TAX PROGRAM

The Tax Man is coming and he's looking for you. So, if you need assistance in filling your return, AARP is here for you. Listed below are the dates and times for this FREE program:

February 3, 10, 17, 24

March 3, 10, 17, 24, 31

April 7, 14

Appointments are for an hour between 9:30 a.m. and 1:30 p.m.

Call the Center for an appointment at 975-4268.

EASTLAKE TAX LECTURE

Angela Keneven-Zanella, from the Eastlake Tax Department, will have forms for Eastlake seniors, as well as information on why you need to file, even if you have no taxable income.

Date: Tuesday, March 10

Time: 11:00 a.m.



CASINO TRIPS

CASINO TRIP NOTES

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.

MEADOWLAND CASINO

We will be going to Meadowland Casino on Thursday, March 19. Price is \$30 with a casino bonus of \$15 in coins (subject to casino policy and may change without notice). All passengers must have a driver's license or a state ID with them. See flyer for details.

Date: Thursday, March 19

Time: 7:30 a.m. - 9:30 p.m.

Cost: \$30.00

NIAGARA FALLSVIEW CASINO

Our trip to Niagara Fallsview Casino will be Thursday, April 23 and includes a stop at the duty free shop. Cost is \$25 with a casino bonus of \$10 in coins(subject to casino policy and may change without notice). See flyer for details.

GREEKTOWN CASINO

Join us on Tuesday, May 12 as we travel to the Greektown Casino in Detroit. Cost is \$32 with a casino bonus of \$30 bonus play on players card (subject to casino policy and may change without notice). See flyer for details.



VACATION TRIPS

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

TULIP TIME IN HOLLAND, MICHIGAN

Come celebrate SPRING as we Tiptoe Through the Tulips at the Holland, Michigan Tulip Festival. Join us as we see the very best of Holland in the Springtime explosion of color that beautifies the city and honors its Dutch Heritage, on this value-packed 2 day/1 night tour. The trip includes a visit to the Veldheers Tulip Farm, dinner and show entertainment, a spectacular tour of over 750,00 tulips, buffet at Hope College Cafeteria, and a visit to the Dutch Marktplatts. See the flyer for details.

Date: Monday-Tuesday, May 4-5

Cost: \$244 per person (double); \$230 per person (triple); \$304 (single)

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

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

PREVIEW OF TRIPS FOR 2009

March 19	Meadowland Casino	Lakefront
April 23	Niagara Fallsview	Lakefront
May 4-5	Tulip Festival	J K L Tours
May 12	Greektown Casino	Lakefront
June 1-5	Wisconsin Dells	Group Tours
June 9-11	Mt. Pocono PA Casino	Group Tours
June 25-July 9	Alaska	
July 23	Seneca Allegheny	Lakefront
August 8-15	Colorado Trains	Tour Brokers
September 1-2	Shipshewana	
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
November 18	Wheeling Casino & Oglebay	Lakefront
Nov. 29-Dec.5	Branson	Diamond Tours

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



DAY TRIPS AND OUTINGS

AUBURN CAREER CENTER

Lunch at this culinary school located in Concord. You will be served a meal fit for a king or queen, including: soup, salad, entrée, vegetable and black forest cake.
Date: Thursday, March 12
Time: 11:30 a.m.
Cost: \$14.00

SHOWTIME AT HIGH NOON

This is a special program sponsored by Playhouse Square and TriC's Performing Arts Department and held at the Ohio Theater. Music will be performed by Hot 8 Brass Band (New Orleans style music).
Date: Thursday, March 5
Time: 11:00a.m. - 1:30p.m.
Cost \$2.00

HIKE

We will be hiking in the Chardon area at two great parks in the Geauga Park District, Big Creek Park and the Best Wildlife Preserve. Both parks will provide a one mile hike, flat and easy walking. Lunch will be provided by Geauga County Senior Center at the Perry Senior Center.

Date: Tuesday , March 24

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

Cost: \$3.00

HARTVILLE FLEA MARKET

Shopping is back...enjoy a ride down to the Flea Market in Hartville. A Monday and a Thursday are scheduled in March. Please select one date, so that we can get everyone on the bus.

Date: Monday, March 9 or Thursday, March 26

Time: 8:30 a.m – 3:30 p.m.

Cost: \$2.00

BROWN BAG CONCERT

We are traveling to Trinity Cathedral in downtown Cleveland for some heavenly sounds of music. Enjoy the three story high pipe organ and the magnificent sounds of the program.

Date: Wednesday, March 18

Time: 11:00 a.m.

Cost: \$3.00 (included a box lunch)

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.

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.)

STATION DINNER THEATER

Travel to Erie, PA on our bus to see “Shenanigans,” an all new program of Irish dancing, music and comedy. Join us for an Irish event for everyone! The evening includes the show and a fine dinner served family style.

Date: Saturday, March 14

Time: 4:00 p.m.

Cost: \$32.00.



PARTIES AND COOKOUTS

ST. PATRICK'S DAY PARTY

Everyone is Irish on St. Patrick's Day. So put on your green and join the party. Billy O'C will be here to entertain us as the Irish D.J. Karaoke will also be available. We will also have an authentic Irish bagpiper. Get a group together or just sing solo. The green beer, a tradition, will be flowing at the party, as well as other snacks, including special mini corned beef sandwiches.

Date: Tuesday, March 17

Time: 12:30 – 3:00 p.m.

Cost: \$3.00



GROUPS AND CLUBS

RED HAT PEARL BELLES

The March meeting will start at 12:30 p.m. We will have a couple of tables at the Center St. Patrick's Day party. Pay \$3.00 in the office but be sure to let Queen Pat know so she can get us enough tables..

Date: Tuesday, March 17

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!

WII BOWLING COMPETITION

This program is sponsored by Wellcare. Two person teams will compete for "valuable" prizes. It's free, but you must pre-register.

Date: Wednesday, March 11

Time: 10:00 a.m.

FREE

[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, March 5,12,19,27.

Time: 10:00 – 11:20 a.m.

Cost: \$8.00

COMPUTER CLASSES

Instruction by Tech Wise

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.

Instructor: Tech Wise Instructor

Cost:\$39.00

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

Location : JFK Senior Center

E-Bay for beginners

Instructor: Tech Wise Instructor

Cost: \$39.00

Class Dates: March 16 & 23, 2009 9:30 – 11:30 AM

Location: JFK Senior Center

Digital Photos for Beginners

Whether you use a digital or a conventional camera, you'll want to take this course! Begin by learning what you need to know before you go out and purchase a digital camera. Then learn how to manage, edit and share photos using your computer. Learn how to download pictures from a digital camera, touch-up photos for better images, use photos in e-mail, photo albums, flyers and more. You'll discover great tips and tricks for printing and preserving your precious memories while saving money.

Instructor: Tech Wise Instructor

Cost: \$39.00

Class Dates: March 30 & April 6, 2009 9:30 – 11:30 AM

Location: JFK Senior Center

OUR O'PAGE



Throughout the Coming Year

Let us make three resolutions
That are simple ones to write
Let us try our best to mend our ways
And start the New Year right..

First, let us speak but kindly words
And send forth a thought of cheer
Be ever pleasant and never grumble
Through out the coming year.

There is another we should make
And practice it all the while
Be ever cheerful and forget to frown
And always wear a smile.

Whenever you meet the friends you know
Never greet them with a sneer
But clasp their hand and wish them well
Through out the coming year.

The last one is best of all
For in principle it is great and grand
Resolve to do some kindly deed
And to lend a helping hand.

Remember well your resolutions
To speak comforting words of cheer
To do kind deeds in time of need
Throughout the coming year

P. F. Freeman
Submitted by Blanch Loomis

A BOOK REVIEW

“The Lucky One by Nicholas Sparks”

The “Lucky One” lives up to expectations that his readers hope for. It is a timely story about an Iraq veteran. He finds a picture of a girl half buried in the dirt on his third tour of duty. He starts to have amazing good luck. When he gets back home, he decides to try to find the girl in the picture. This was an enjoyable book with the author’s usual surprise ending. Submitted by Celine Burger

IRISH TOAST

May the roof above us never fall in, and may we friends gathered below never fall out.

REMEMBER THIS

You don't stop laughing because you grow old. You grow old because you stop laughing!!

RECIPES

"Lentil Ham Stew" (Submitted by Arlene)

(Mix together)

3 cups diced ham

2 cups dried lentils

2 cups each diced carrots & celery

1 cup chopped onion

1 Tablespoon minced garlic

4 cups water

1 teaspoon dried oregano

2 cans (10 1/2 oz each condensed chicken broth

1/4 tsp salt and pepper

Put in slow cooker (7-8 hrs) or pot on top of stove. When lentils are tender, stir in 2 tablespoons of lemon juice and 1 bag (6 oz) baby spinach leaves. Serves 6-12

Another Recipe

I didn't have potatoes – So I substituted rice;

I didn't have paprika – So I used another spice;

I didn't have tomatoes – I used tomato paste-

A whole can, not a half can – (I don't believe in waste.)

A friend gave me the recipe – She said you couldn't beat it,

There must be something wrong with her – We couldn't even eat it!

Suggestions

Fish fry on Fridays with a dance every other Friday?

Change sign out front of JFK – not been changed in years

Jokes and Thoughts

Know how to prevent sagging?

Just eat till the wrinkles fill out.

It's scary when you start making the same noises as your coffee maker.

These days about half the stuff in my shopping cart say "For Fast Relief"

Hint

Sore Throat? Just mix 1/4 cup vinegar with 1/4 cup of honey and take 1 tablespoon six times a day.

The vinegar kills the bacteria.

May the lilt of Irish laughter, lighten every load.

May the mist of Irish magic, shorten every road.

May you taste the sweetest pleasures that fortune ere bestowed.

And may all your friends remember, all the favors you are owed.

JFK SENIOR CENTER

OPEN EVERY WEDNESDAY
4PM TO 8:30PM

BEGINNING MARCH 4TH THE
CENTER WILL BE OPEN IN THE
EVENINGS.

LIVE BLUEGRASS AND COUNTRY
MUSIC WILL BE PERFORMED EACH
EVENING BEGINNING AT 6:30PM



BRING A FRIEND

SPECIAL GUEST..DAVE THE BANJO
MAN WILL BE HERE ON MARCH 4TH

J.F.K. CENTER IN PICTURES



ENJOYING THE FIRST HIKE OF THE YEAR



VALENTINES DAY PARTY AND DANCE



pop in and join us or call 975 = 4268