

OUR THOUGHTS

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

Get well wishes are extended to Lucy Lupica, Fran Starks, Carl Ullemeyer, Betty Azre, Anne O'Grady, Vicki Joyce, Jean Pursch, Barbara Tamblyn and Donald Wieland.

Our sincere sympathy is extended to Jenny Sinkovec on the death of her brother. George Grahek, Joan Ragezzino's Sister-in-Law, Marie Agh, Garoldine Iles, Ruby Shrewsbury's on the death of her Son, Catherine Krupka on the death of her Husband Donold, Ruth Werstat, Andrew (Joe) Biernot, Mary T. Krochmal, Robert Trimboli

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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, July 8 and 22

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, July 1

Time : 8:00 to 5:00 p.m.

CLEVELAND SIGHT CENTER

This support group does not meet in July or August.

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, July 2 and 16

Times: 10:00 -11:30

No appointment necessary.

VISITING PHYSICIANS

There is a difference...when the care is at home. "Bringing back old fashioned House Calls with modern care." This free lecture will take place in the Dining Room.

DATE: Wednesday, July 1

TIME: 11:00 a.m.

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.

BALANCE CLASS

Sponsored by the Lake County Health District, this is a series of eight classes, meeting on Tuesdays and Thursdays from 9:30 a.m. - 11:30 a.m. The class is taught by certified, trained instructors. Lecture and actual exercises will be conducted during the classes. Healthy snacks will be served at every session.

IMPROVE YOUR BALANCE!

DATE: July 7, 9, 14, 16, 21, 23, 28, 30

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

COST: FREE

You must be able to commit to at least 6 classes to participate in this program.

BLOOD PRESSURE SCREENING

Sponsored by Senior Independence

TUESDAY, July 14 10:30 a.m.

Sponsored by Eastlake Fire Department WEDNESDAY, July 8, 22 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, July 23 TIME: 9:00 a.m. - 3:00 p.m.

Schedule your appointment in the Office

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LECTURES

FREE PICNIC AND END-OF-LIFE CHOICES LECTURE

Senior Independence is sponsoring a free cookout for Center members. Hot dogs, chips, cookies, and a cold one (bottled water, that is) will be on the menu.

Immediately following dinner, a short seminar will be held called "Choices, Living Well at the End of Life." Everyone will receive a booklet which includes: living will and health care power of attorney forms, a copy of the Donor Registry Enrollment Form, information on Do Not Resuscitate orders and the Hospice choice which offers further information about end-of-life issues and options.

It is important that you "Make your wishes known." Through this seminar you will learn how to do that ...and more.

Registration Cost of \$1.00 per person will be raffled off at the end of the seminar.

DATE: Wednesday, July 15

TIME: 4:30 p.m. Picnic, followed by Lecture, Raffle and Country Music beginning at 6:30 p.m.

PRE-REGISTRATION IS REQUIRED

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.

MOUNTAINEER CASINO

This trip will leave at 8:00 a.m. on Wednesday, September 16 and return at 8:30 p.m. Cost is \$26 with a casino bonus of \$15 in coin (subject to casino policy and may change or cancel without notice). All passengers must have a driver's license or State ID with them. See flyer for details.

PRESQUE ISLE DOWNS & CASINO

Join us on Friday, October 23 for our trip to Presque Isle Downs & Casino in Erie, PA. Cost is \$23 with a casino bonus of \$20 slot play and \$5 food (subject to casino policy and may change or cancel without notice). All passengers must have a driver's license or State ID with them. See flyer for details.

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VACATION TRIPS

TRIP MEETINGS

Thursday, July 16 2:00 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

Join us for the trip meeting on Thursday, July 16 at 2:00 p.m.

HISTORY LOVES COMPANY

Join us for four exciting days steeped in history and American treasure! Your inner history buff will be thrilled as we tour Gettysburg, Baltimore, Washington DC and Annapolis. Cost per person is \$599 for double, \$579 for triple and \$799 for single. See flyer for details.

DATES: September 21-24

AUTUMN BEAUTY OF THE FINGER LAKES

Come join us for two spectacular days and nights in Central New York's Finger Lake region. Tour includes deluxe motor coach transportation, two nights lodging, two breakfasts, two dinners, admission to a wide range of attractions, local guide, Group tours director, all taxes, gratuities and handling. Cost per person is \$515 for double, \$485 for triple and \$695 for single. See flyer for details.

DATES: October 13-15

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

NAUTICA QUEEN

Enjoy a two hour cruise on the Lake, with an unlimited buffet meal. Live music will be performed while you are cruising for you listening enjoyment.

Date: Wednesday, July 22 Time: 10:45 a.m. - 3:00 p.m. Cost: \$26.00

LUNCH BUNCH

Hooley House, Sports Bar and Grille, is our "News Herald's" top pick, so we are there.

Date: Wednesday, July 29 Time: 11:00 a.m.-1:00 p.m.

Cost: \$2.00 for transportation; Order off menu – meal on you

TOUR & LUNCH IN GATES MILLS

Visit the Gates Mills Club for a free lunch and tour.

Date: Monday, July 20

Time: 10:45 a.m. - 1:45 p.m.

Cost \$2.00 for bus; FREE lunch

HIKE

We will be hiking at Fairport Harbor beach, both on the road and on the beach itself. Our usual picnic lunch includes hot dog, chips, macaroni salad, and ice cold water.

Date: Tuesday, July 14

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

Cost: \$4.00

HARTVILLE FLEA MARKET

Here we go again!

Date: Monday, July 13

Time: 8:15 a.m – 3:30 p.m.

Cost: \$2.00

THE STATION DINNER THEATRE

The show is called "Some Enchanted Evening." This is a showcase of the music of Richard Rodgers and the lyrics of Oscar Hammerstein. Featuring the most talented vocalists in the region, the show includes such hits as "If I Loved You," "Some Enchanted Evening," "Something Wonderful" and many more. A great dinner meal is included.

Date: Wednesday, July 15

Time: 10:00 a.m – 5:00 p.m.

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

RABBIT RUN THEATER AND MORE

This is an all day jaunt which includes:

- *Behind the scenes tour and shopping at Bluestone Perennials and Sabo's Nursery
- *Wine tasting and chicken dinner at Grand River Cellars Winery
- *Evening performance at Rabbit Run Theater

The play is called "She Loves Me." It is set in the 1930's and is considered one of the most endearing and wholeheartedly romantic musicals ever written.

DATE: Thursday, July 30

TIME: 1:30 -11:00 p.m.

COST: \$34.00

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)

OHIO STATE FAIR

One of the biggest and best events of the year, the Ohio State Fair is headed your way. Take pleasure in great displays like the famous butter cow and Natural Resources Park. The trip includes a ticket to see the matinee performance of the "Four Aces." Included in the price for this Lake County Day at the Fair is your round trip deluxe motorcoach transportation, admission to the Fair and reserved seat to the Four Aces show.

DATE: Tuesday, August 4

TIME: 7:30 a.m. - 8:30 p.m.

COST: \$31.00

Pick-up location is at the K-Mart on Vine Street.

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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.

BURGERS IN THE PAVILION

Enjoy summer under the pavilion for a lunch of burger, potato salad, chips and dessert. Live entertainment will be provided by Kenton Kovich. With his warm, lyrical voice and exceptional guitar ability, he will take you on a familiar journey through foreign lands and places of the heart.

DATE: Friday, July 17

TIME: 11:45 a.m. - 1:00 p.m.

COST: \$3.00

GRANDPARENT'S DAY

This program is for Center members with grand- or great-grand-children, ages 3 to 12 years old. The day includes a "Fun Clown Show" with Flowers the Clown.

A picnic lunch with hot dogs, chips, potato salad, and ice cream will be served. After lunch, games and a candy scramble will follow. PRE-REGISTRATION is required.

DATE: Friday, August 14

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

COST: FREE

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GROUPS AND CLUBS

RED HAT PEARL BELLES

We will be having our regularly scheduled meeting on Monday, July 20 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, July 13 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, July 2, 9, 16, 23, 30

TIME: 9:30 a.m.

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, July 2 and 16

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

COMPUTER CLASSES

What the Heck Are the Kids Talking About

This single class discussion covers the differences between technical gadgets that you may have heard of. Learn the difference between an MP3, MP4 and I-Pod. What's a Bluetooth or a Blackberry? What the heck are those different games the kids are asking about: Wii, PS3, PS2 and Xbox.

COST: \$20.00

DATES: Monday, July 6

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

Digital Photos for Beginners

Whether you use a digital or conventional camera, you'll want to take this course. Learn what you need to know before you go out and purchase a digital camera. Learn how to manage, edit and share photographs using your computer. Learn how to download pictures from a digital camera, touch-up photos, 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.

COST \$39.00

DATES: Monday, July 13 & 20

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

Microsoft PowerPoint 1 & 2

PowerPoint enables you to create exciting slide show presentations that can be used in business or for personal use, including family reunions, weddings or school. MS PowerPoint will help you wow any audience. Students will learn to create their very own slide show complete with text, graphics, pictures, and animation.

COST: \$39.00

DATE: Monday, July 27 and August 3

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

OUR JULY PAGE

LET EVERY NATION KNOW WHETHER IT WISHES US WELL OR ILL, THAT WE SHALL PAY ANY PRICE, BEAR ANY BURDON, MEET ANY HARDSHIP, SUPPORT ANY FRIEND, OPPOSE ANY FOE, TO ASSURE THE SURVIVAL AND SUCCESS OF LIBERTY.

John Fitzgerald Kennedy

IF MY BODY WERE A CAR: If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull, but that's not the worst of it. My fenders are too wide to be considered stylish. They were once as sleek as a little MG. Now they look more like an old Buick. My seat cushions have split open at the seams. My seats are sagging. Seat belts? I gave up all belts when Krispy Kreme opened a shop in my neighborhood! Air bags? Forget it. The only bags I have these days are under my eyes. Not counting the saddlebags, of course. I have soooooo many miles on my odometer. Sure, I've been many places and seen many things, but when's the last time an appraiser factored life experiences against depreciation? My headlights are out of focus and it's especially hard to see things up close. My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather. My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed. My fuel rate burns inefficiently. But here's the worst of it – **ALMOST EVERYTIME I SNEEZE, COUGH OR SPUTTER.....EITHER MY RADIATOR LEAKS OR MY EXHAUST BACKFIRES--**

FOR SALE:

Power Scooter for sale. Everything works. Extra wheels. \$500. Call 440-951-3246

FOUND IN THE YOUR PAGE BOX

Things I like about the JFK Center

Everyone is so nice and special-----Meg and Arlene.

Friendly, helpful and happy-----Helen and Bob.

Friendly people are the "best" and JFK does have that plus good other things too----Arlene.

Wonderful people and bread day-----June Bliss

AN IDEA FOR THE CENTER

What about a sort of Antique Show were members could bring in stuff to be appraised, if your interested in this why don't you tell Frank and see if he could set something up.

4th of July History & Trivia -Did You Know

The major objection to being ruled by Britain was taxation without representation. The colonists had no say in the decisions of English Parliament.

May, 1776, after nearly a year of trying to resolve their differences with England, the colonies sent delegates to the Second Continental Congress. Finally, in June, admitting that their efforts were hopeless; a committee was formed to compose the formal Declaration of Independence. Headed by Thomas Jefferson, the committee also included John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman. On June 28, 1776, Thomas Jefferson presented the first draft of the declaration to Congress.

Betsy Ross, according to legend, sewed the first American flag in May or June 1776, as commissioned by the Congressional Committee.

The first public Fourth of July event at the White House occurred in 1804 .

1941, Congress declared [4th of July](#) a federal legal holiday. It is one of the few federal holidays that have not been moved to the nearest Friday or Monday.

Both Thomas Jefferson and John Adams died on Independence Day, July 4, 1826. [Independence Day](#) was first celebrated in Philadelphia on July 8, 1776.

The origin of Uncle Sam probably began in 1812, when Samuel Wilson who was a meat packer who provided meat to the US Army. The meat shipments were stamped with the initials, U.S. Someone joked that the initials stood for "Uncle Sam". This joke eventually led to the idea of Uncle Sam symbolizing the United States government.

FACTS BY A ENGLISHMAN

***** **PUZZLES** *****

NEW EQUATIONS PUZZLES

- 1001 = A. N
- 1 = H. on a U.
- 40 = D. and N. of the G.F.
- 8 = S. on an O.
- 200 = D. for P.G. in M.
- 6 = P. in a P.T.
- 1000 = W. that a P. is W.
- 90 = D. in a R.A.
- 9 = P. in the S.S.
- 8 = S. on a S.S.
- 180 = D. in a T.
- 2 = N. it T. to T.
- 1 = W. on a U.
- 57 = H. V.
- 12 = S. of the Z.
- 5 = D. in a Z. C.
- 50 = S. on the A.F.

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

Please find the following hidden words:

- presidential, gettysburg, cannon, rifleman, minutemen, fireworks,
- barbecue, parade, statue, freedom, teaparty, america,
- patriotic, independence, justice, pledge, allegiance, rockets,
- republic, philadelphia, musket,

Words by Brenda Puzzle by Harry

I was recently asked if we have Fourth of July in England ??????
 Well yes we do ----It comes between the Third and Fifth of July .

J.F.K. CENTER IN PICTURES



SENIOR DAY AT THE EASTLAKE CAPTAINS BALLPARK



GEESE DRESSED FOR WEDDING



BLUEGRASS AND COUNTRY



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