

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 am. - 4 pm.

AUGUST 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)

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|---|--|------------|
| TAI CHI | WEDS. | 8:30 A.M. |
| WOODBURNING | STARTING BACK THIS FALL | |
| CRAFTY KNITTERS | THURS. | 9:00 A.M. |
| SENIOR SINGERS | MON. | 10:00 A.M. |
| LCR DICE GAME | STARTING BACK THIS SEPTEMBER | |
| PINOCHLE | FRIDAY | 12:30 P.M. |
| (BEGINNERS AT 10:30 AM WITH LORRAINE LONGO) | | |
| LINE DANCING | THURS. | 1:00 P.M. |
| BINGO | MON, TUE, WED, 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.

Stop in & try a class.

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ALL THURSDAYS ARE MOVIE DAY!

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

| | |
|-----------|------------------|
| August 6 | Ultimate Gift |
| August 13 | Meet the Fockers |
| August 20 | Dog Hotel |
| August 27 | Frost/Nixon |

FREE! Popcorn included.

CLEANING THE CENTER

OUR VOLUNTEER CLEANING GROUP MEETS IN THE LUNCH ROOM AFTER LUNCH
Wednesday, August 5 and 19.

BOARD AND OPEN MEETINGS

Our Board meeting will be held at 9:30 a.m. on Tuesday, August 18 with the Open Meeting at 11:00a.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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ATTORNEY AVAILABLE

An attorney will be available for 20 minute free counseling sessions on Monday August 24.

DATE: Monday, August 24

TIME: 1:30 -3:30 pm

COST: FREE

PRE-REGISTRATION IN OFFICE REQUIRED

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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 Betty Azre, Dorie Fausek, Gloria Insana, Vicki Joyce, Lucy Lupica, Jean Pursch, Ken Selander, Barbara Tamblyn, Carl Ullemeyer, and Donald Wieland.

Our sincere sympathy is extended to the family and friends of Veronika Borsos, Albina Cykowski, Marjorie Kantz, and Violet Locher; and to Janice Konte on the death of her brother-in-law and to June Taylor on the death of her sister, Marilyn.

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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, August 5 and 19 Time: 9:00 am.

FOOT DOCTOR

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

Date: Wednesday, August 5 Time : 8:00 to 5:00 pm.

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,
Times: 10:00 -11:30
No appointment necessary.

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.

BLOOD PRESSURE CLINIC

Senior Independence will be here on Tuesday, August 11 at 10:30 am.
The Eastlake Fire Department will be here on Wednesday, August 12 at 10:30 am.
COST: FREE LOCATION: TV Room

MASSAGE THERAPY

DATE: Wednesday, August 12 Massages begin at 9:00 am COST: \$10.00 for 15 minutes

SPA SERVICE AT JFK

Do you have difficulty caring for your fingernails, toenails and feet? Full service pedicure 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, August 27 TIME: 9:00 am. - 3:00 pm.
Schedule your appointment in the Office

ENERGY CLASSES

Enhance your ability to love, succeed and enjoy life during this fun 3 class "Energy Medicine Work Shop." Classes will be held on Tuesdays, from August 11 through September 22. Cost is \$7 per session per class. Advance registration is required and class size is limited. For details on the 3 classes, see flyer available in office.

LECTURES

EDUCATION SEMINAR (NOT A SALES SEMINAR)

Sponsored by Bankers Life & Casualty, this seminar is an explanation of the benefits of retirement planning and lifestyle protection in areas such as long term care, medicare, and investment options. Refreshments will be provided and there will be a free drawing.

DATE: Wednesday, August 5

TIME: 10:30 am. COST: FREE

PRE-REGISTRATION IS REQUIRED

EASTLAKE HISTORY THROUGH SLIDES

This is a special Wednesday evening program that will be held before our regular country/western music program. The Eastlake Historical Society is sponsoring this slide show on the development of Eastlake, including photos from before it was named Eastlake. Robert Turner will be the guest speaker.

DATE: Wednesday, August 12

TIME: 5:30 pm

LOCATION: TV Room

COST: FREE

CONGRESSMAN LATOURETTE TO VISIT CENTER

Our Congressman, Steven LaTourette, will be visiting our Center to bring us information from Washington, DC. He will also be glad to answer your questions regarding Medicare and other government issues.

DATE: Wednesday, August 12

TIME: 12:30 am

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.

MOUNTAINEER CASINO

This trip will leave at 8:00 am. on Thursday, September 17 and return at 8:30 pm. 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). We will be leaving at 8:00 am. and returning at 6:00 pm. All passengers must have a driver's license or State ID with them. See flyer for details.

WHEELING CASINO AND OGELBAY

Mark your calendar for Wednesday, November 18 for this fun trip. Cost will be \$31.00. Details to follow.

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VACATION TRIPS

GREECE TOUR LECTURE

How does 13 days in sunny Greece sound? From Athens to the islands, Greece is a place of ancient marvels and modern adventure. This vacation paradise trip will be organized by Collette Travel with a tentative date of August 2010.

DATE: Wednesday, August 19

TIME: 1:00 pm.

LOCATION: Comfort Elves Room

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.

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 motor coach 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 motor coach, 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

STEVE HALL & SHOTGUN RED AT THE YANKEE LAKE BALLROOM

A regular on Nashville Now! Shotgun Red has been entertaining country music fans for more than 20 years. Join us in the historic Yankee Lake Ballroom as Red emcees the band. Come for the laughs, music and stay for the included dinner.

DATE: Wednesday, September 23

TIME: 9:30 am. - 5:00 pm.

COST: \$50



DAY TRIPS AND OUTINGS

LUNCH BUNCH

In August we will be going to a place on Lake Erie located in Fairport Harbor called Sunset Grill.

DATE: Tuesday, August 18

TIME: 11:00 am.-1:00 pm.

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

HIKE

Enjoy nature? Then you'll love a hike in the Lake MetroPark's Chagrin River Park just minutes away from our Center. We'll hike along the river for a distance of about 1 mile. Box lunches will be provided with a special ice cream dessert.

DATE: Tuesday, August 4

TIME: 10:00 am. - 1:00 pm.

COST: \$3.00

CANOE/KAYAK TRIP

Explore the Chagrin River in a canoe or kayak (your choice). It's fun, safe, and anyone can do it. This is a guided trip with safety a priority. You choose either a canoe or solo kayak for a distance of approximately 2 miles of easy paddling.

DATE: Tuesday, August 25

TIME: 10:00 am. - 2:00 pm.

COST: \$10.00 (includes canoe/kayak, paddle, life jacket and transportation)

Lunch at Trader Jack's on you.

CLEVELAND ZOO

It is Senior Day at the zoo.....Take advantage of this great deal. **FREE! FREE! FREE!** Transportation and box lunch is the only charge.

DATE: Friday , August 28

TIME: 9:30am. To 3:00 pm.

COST: \$3.00

GENEVA ON THE LAKE

Let's walk the Strop before summer ends. Stop at Eddie's for a root beer, then walk to Mason's Donuts for a fresh one . Lunch at your choice of Geneva's many choices of fine food. Try a glass of wine at the Firehouse. We'll give you plenty of time to enjoy your travels.

FAIR TIME

We are traveling to two fairs... and they are free for Seniors. Take advantage of the Lake County Fair.

DATE: Friday, August 21

TIME: 10:00 am to 3:00 pm.

COST: \$2.00

Next is the Great Geauga County Fair.

DATE: Sept 4

TIME: 9:30 am to 3:30 pm.

COST: \$2.00

HISTORICAL, INTERNATIONAL AND ETHNIC TOUR OF CLEVELAND – PART 1

Our special international and historic tour of Cleveland will combine culture, food, history and an ethnic lunch to give you a unique view of the rich tapestry of cultures and heritage that make Cleveland. See flyer for details. This trip is filling up fast, only 7 seats left, so hurry in if you are interested.

DATE: Wednesday, September 9

TIME: 8:30 am – 5:00 pm

COST: \$42

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 am. - 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 motor coach transportation, admission to the Fair and reserved seat to the Four Aces show. Pick-up location is at the K-Mart on Vine Street.

DATE: Tuesday, August 4

TIME: 7:30 am. - 8:30 pm.

COST: \$31.00

PARTIES AND COOKOUTS

WEDNESDAY NIGHTS AT THE CENTER

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

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.

WEDNESDAY NIGHT PINOCHLE

Players meet at 5:30pm in the card room. All are welcome must have some skills as a card player.. Just show up or call the center for more information.

GRANDPARENT'S DAY

This program is for Center members with grand- or great-grand-children, ages 3 to 11 years old. Parents of these children are very welcome. Enjoy a magic show, picnic lunch and fun games for you and the kids.

For more information or to register, call the Center at 975-4268. Registration is required by August 12th.

DATE: Friday, August 14

TIME: 11:00 am. - 2:00 pm.

COST: FREE

LOCATION: Inside pavilion. In case of inclement weather the program will be held indoors beginning at 12:30 pm.

BRUNCH BUNCH

Juice, coffee, pancakes, fruit salad, scrambled eggs, ham and muffins, all served in the pavilion.

DATE: Thursday, August 20

TIME: 10:30am.

COST: \$4.00

PIG ROAST AND POLKAS

Enjoy the music of the Ron Stark Orchestra under the pavilion. (Music begins at 1:00 pm).

MENU: Slow roasted pork, potato salad, cabbage noodles, green salad and an ear of corn at 2:00 pm.

More music and a dessert buffet: We are asking all the good bakers to make their favorite dessert and bring enough for four people.

DATE: Sunday, August 30

TIME : 1pm to 5 pm

COST \$12:00

GROUPS AND CLUBS

RED HAT PEARL BELLES

We will be meeting TUESDAY, August 25th in the J.F.K. Dining hall at 12:20 pm. (Not on a Monday this month). This will be a Tupperware Party (fund raiser for the Red Hats) and is open to all J.F.K.

Members and friends. There will be games and prizes and refreshments.

Watch for dates and flyers on a special miniature golf outing also for this month.

Any questions, call Queen Pat at (440) 527-8019 or (216) 408-3464.

PINOCHLE CLASS

Pinochle players meet on Fridays at 12:30 pm. If you need a refresher before joining in the regular play, come at 10:30 am. 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, August 10 at 9:30 am. 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, August 6, 13, 20, 27

TIME: 9:30 am.

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, August 6 and 20

TIME: 9:00 am. - 11:00 am.

COMPUTER CLASSES

Housekeeping on Windows XP

Learn what you need to know to keep your computer running at its peak. Learn how to install and uninstall programs, clean off your desktop and hard drive, change settings to customize your computer and do what some companies charge big bucks for.

DATES: Monday, August 10 and 17

TIME: 9:30-11:30 am.

COST: \$39.00

Job Hunting and Online Applications

Looking for a part time job at the local store? You'll have to fill out that application on a computer. Learn how to fill it out with ease. We'll also look at where you can go to find where the jobs are.

DATES: Monday, August 24 and 31

TIME: 9:30-11:30 am.

COST \$39.00

THE EASTLAKE PARADE

COME AND JOIN IN THE FUN

DRESS UP COUNTRY STYLE

WE WILL MEET AT THE CENTER AT 10.30am

ON SATURDAY THE 1st. OF AUGUST

THEN WE TAKE OFF FROM THE CENTER TO EASTLAKE NORTH HIGH SCHOOL, IN THE PARADE WE WILL TAKE OUR BUS AND A FLOAT SO YOU CAN RIDE OR WALK WHILE HANDING OUT CANDY AND FLYERS PLUS SOME OF OUR WEDNESDAY NITE COUNTRY PLAYERS WILL PROVIDE THEIR OWN BRAND OF FOOT TAPPING MUSIC. AFTER THE PARADE OUR BUS WILL RETURN US TO THE CENTER.

IF YOU ARE INTERESTED PLEASE SIGN UP IN OFFICE.
IT'S FREE TO ALL

THIS IS OUR SECOND YEAR IN THE EASTLAKE PARADE IT GIVES YOU ALL A CHANCE PROMOTE OUR CENTER TO EASTLAKE RESIDENTS.

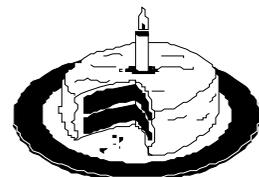
LAST YEAR WE DRESSED AS CLOWNS AND ALL HAD A GREAT TIME, SO DO'NT BE LEFT OUT THIS TIME



AUGUST BIRTHDAYS

| | | | | | |
|--------------------|---|---------------------|----|-------------------|----|
| Robert Fleming | 1 | Dorothy Kilian | 10 | Billie Simmons | 21 |
| Barbara Minton | 1 | Angelo Vogrig | 10 | Michael Yeckley | 21 |
| John Bielawski | 1 | Linda Vilcheek | 10 | Betty McNeill | 21 |
| Fetz Florence | 1 | Caroline Wheaton | 10 | Catherine Krupka | 21 |
| Nelson Freeland | 2 | Mary Ellen Driscoll | 10 | Anne Pohto | 21 |
| RoseMarie Torok | 2 | Harry Spencer | 10 | Robert J Turner | 22 |
| Mary Madachy | 2 | Kirsten Nissen | 11 | Edward Nowakowski | 23 |
| Virginia Ribo | 3 | Alice Kloos | 11 | Audrey Kilrain | 23 |
| Ann Bove | 3 | Marilyn Tutolo | 11 | Alphonse DeGidio | 23 |
| George Hasek | 4 | Nick Lonesky | 11 | Dee Green | 24 |
| Anna O Grady | 5 | Eileen Wilder | 12 | Joanne Vath | 27 |
| Jean Schussler | 5 | Donald Hillyer | 13 | Carl Stump | 27 |
| Norman Bryant | 5 | Loretta Lucanc | 13 | Nancy Schaefer | 28 |
| Eleanor Wiley | 5 | Ella Jackson | 14 | Reta King | 28 |
| Patricia Rumble | 6 | Rose Koss | 16 | Darlene Wolfson | 28 |
| Janet Zubal | 6 | Eleanor Schrunck | 16 | William Walsh | 28 |
| Alma Babudee | 6 | Laurie Houdek | 16 | Paul Priebe | 28 |
| Christine Fiorello | 7 | Marlene Pedder | 17 | Louise Grund | 28 |
| Raymond Schindel | 7 | Dorothy Moran | 17 | Alicia Schatz | 29 |
| Lud Lekson | 8 | Calvin Foreman | 18 | George Kistner | 29 |
| Philip Mattingly | 8 | Doris Carter | 19 | Gerrie Piunno | 29 |
| Janet Azusenis | 9 | Harry Simpson | 19 | Angela Ruggiero | 30 |
| Millie McDaniel | 9 | Mari Jane Bartley | 19 | Betty Riddle | 30 |
| Joyce Hirshfield | 9 | Donna Good | 19 | Judy Mathews | 30 |
| Richard Suydam | 9 | Marilyn Vidmar | 19 | Patricia Kaluga | 30 |
| Juanita Hlusko | 9 | Theresa Agnes | 20 | Brenda Simpson | 31 |
| William Kutnar | 9 | Dolores Gray | 20 | Frank Daniels | 31 |
| Meriam Kinison | 9 | Mary Putman | 20 | | |

WISHING YOU ALL
A GREAT DAY



OUR AUGUST PAGE

JFK's ONE DAY TRIPS.

Hartville Marketplace & Flea Market

A great day trip to go on to and have lunch or just shop, if you are into "Collectibles" this is perfect place to go they have lots of

Homegrown Produce, Meats, Cheese's,
Jewelry, Clothing, and much more.

plus a large Outdoor Flea Market mostly undercover.

You can have lunch at Sarah's Grille in the Food Court or the Hartville Kitchen

This is a wonderful place to have a great "Amish Lunch"
all the food is fresh cooked everyday and the "Dessert's" are out of this world
all are baked fresh daily....

You are able to buy these and bring them home to your family...
They also have shopping there Its a perfect place to have lunch with your
friends and enjoy good company.

I would however suggest you have a good pair of walking shoes
"Dick" our driver is great he as made many trips to "Hartville" and makes
this a very pleasant ride, Its a real great way to spend a day...Try I am sure
you will like it. Its my favorite trip Enjoy.....Mary.

We went to breakfast at a restaurant where the "senior's special" was two eggs, bacon, hash browns and toast for \$1.99. ' Sounds good,' my wife said. 'But I don't want the eggs.' 'Then, I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously. 'YES!!' stated the waitress. 'I'll take the special then.' My wife said. 'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' my wife replied. She took the two eggs hone and baked a cake.

DON'T MESS WITH SENIORS!!!

We've been around the block more than once!

THE OLD GOLFER

A young man , who was an avid golfer, found himself with a few hours to spare one afternoon. He figured if he hurried and played very fast, he could get in 9 holes before he had to head home. Just as he was about to tee off, an old gentleman shuffled onto the tee and asked if he could join in. Not being able to say no, he allowed the old gent to join him. To his surprise, the older man played quickly. He didn't hit the ball far, but plodded along, and didn't waste time. Finally, they reached the 9th fairway, and the young man found himself with a tough shot. There was a large pine tree directly between his ball and green. After the young man spent several minutes debating how to hit the shot, the old man said, "You know, when I was your age I'd hit the ball right over that tree." With that challenge placed before him, the youngster swung hard and hit the ball, which smacked solidly into the tree and dropped to the ground about one foot from where it had originally lay. The old man remarked, "Of course, when I was your age that pine tree was only 3 feet tall."

FREE COLOUR T.V.

Old tube type,CRT. Excellent condition for someone that needs one,see Sam Kopacka
in the billiard room or call 440 944 0141

POOL TABLE

Fisher 8 foot by 4 foot professional pool table with all accessories, one piece 1 inch. Slate
top,heavy duty green felt in good condition, easy to move and set up.

Make offer call Carl at 440-729-4569.

YOUR COURTYARD

Have you been in the courtyard yet ? If not why not our volunteers have been working hard to make this a peaceful place for all to sit and enjoy, bring your coffee, read a book, play cards, have a game of corn hole or just sit with your friends and talk. See our many plants and flowers and find peace as you listen to birds and the ripple of the water fall.

Winter will be here before you know it, so enjoy the outdoors while you can.

A message from a volunteer

A RECIPE FROM MY HOME TOWN CHEDDAR MEAT LOAVES

| | |
|------------------------------|---------------------------|
| 1 egg | 1/2 c. chopped onion |
| 1 c. shredded cheddar cheese | 3/4 c. milk |
| 1 tsp. salt | 1/2 c. quick cooking oats |
| 2/3 c. ketchup | 1 lb. lean ground beef |
| 1 1/2 tsp. prepared mustard | 1/2 c. packed brown sugar |

In a bowl beat egg and milk. Stir in cheese, oats, onion, and salt. Add beef and mix well.

Shape into 8 loaves and place in greased 9 x 12 x 2 baking dish. Combine ketchup, brown sugar, and mustard. Spoon over loaves. Bake uncovered at 350 degrees for 45 minutes or until meat is not longer pink. Submitted by Jan Konte

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CAN YOU FIGURE THESE OUT?????

How many boys and dogs are there if you have 22 heads and 68 legs? Put your thinking caps on. You have a whole month to figure out the answer. Check in next month's Our Page. Submitted by R.W.

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

Please find the following hidden words:

| | | | | | |
|-------------|-------------|------------|-------------|-----------|-----------|
| virgo, | leo, | midsummer, | fair, | cookouts, | carousel, |
| gardening, | swimming, | vacation, | waning, | waxing, | moon, |
| heatstroke, | boating, | mowing, | harvesting, | ocean, | sunrise, |
| sunset, | mosquitoes, | swimsuit, | festivals, | concerts, | picnics, |

Words by Brenda-----Puzzle by Harry

J.F.K. CENTER IN PICTURES



JULY 4th AT EASTLAKE BALLPARK



PICNIC AND HIKE AT FAIRPORT HARBOR



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