

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 a.m. - 4 p.m.

JANUARY 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.

PLEASE NOTE: STEPHANIE'S AEROBICS CLASS WILL NOT BE HELD ON MONDAY, JANUARY 19 DUE TO THE COIN & CURRENCY FORUM

ALL THURSDAYS ARE MOVIE DAY!

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

January 8 The Mummy; Tomb of the Dragon (action)

January 15 Mamma Mia (musical)

January 22 Dark Knight (action packed)

January 29 Shall We Dance (romance)

FREE! Popcorn included.

CLEANING THE CENTER

OUR VOLUNTEERS CLEANING GROUP MEETS IN THE LUNCH ROOM AFTER LUNCH Wednesday, January 7 and 21.

BOARD AND OPEN MEETINGS

Our Board meeting (9:00 AM) and Open meeting (11:00 AM) will take place on Tuesday, January 13.

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 your 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.

@@

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, Pauline Frankiecica, Joe and Elizabeth Hrvatin, Joe Koprivec, Violet Locher, Pete Renda, Carl Ullemeyer, and Donald Wieland,.

Our sincere sympathy is extended to the family and friends of Dolores Bisbee, Rose Silva, Esther Larrabee, and Joe Zabukovec, and to Edith DiRenzo on the death of her daughter, Irene..

@@

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, January 7 and 21

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, January 28

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

CLEVELAND SIGHT CENTER

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

Date: Monday, January 12

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.

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, January 27 and by Senior Independence on Tuesday, January 13 at 10:30.

LECTURE ON AGING EYES

As we age, cataracts, macular degeneration and glaucoma are some of the threats to our vision. Medical lecturer, Tom Strong, will cover preventative measures and treatments for these serious eye disorders.

Date: Tuesday, January 20

Time: 1:00 p.m.

Cost: FREE

“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, January 15 and 29

Times: 10:00 -11:30

No appointment necessary.

KELLI'S SENIOR CONNECTION

Kelli will explain her FREE referral service for assisted and independent living in the Lake County area.

Also, Ginny Stevens will explain her in-home food preparation for people with limited swallowing ability.

Date: Wednesday, January 14

Time: 10:30 a.m.

Location: Dining Room

HOSPICE OF THE WESTERN RESERVE

A special lecture will be given regarding new programs for Hospice.

Date: Wednesday, January 7

Time: 10:30 a.m.

Location: Dining Room

@@

INFORMATION LECTURES

COIN & CURRENCY FORUM

Bring in your old U.S. And foreign coins and paper money for a fun discussion about your collection. Learn from coin experts the history and value of your materials.

After a brief presentation, your holdings, one item or an entire collection, will be appraised free of charge. Without obligation, a cash offer will be made to purchase yours coins and currency.

Fun! Informative!! Free Raffle!!!

Date: Monday, January 19

Time: 12:30 p.m.

Location: Dining Room

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.

REVERSE MORTGAGE LECTURE

A lecture on changes in reverse mortgages for 2009

Date: Thursday January 22

Time: 10:30 AM

@@

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.

WINDSOR CASINO

We will be going to Windsor Casino and stopping at the duty free shop. You will get \$15.00 in coin or food.

Date: Thursday, February 19, 2009

Time: TBA

Cost: \$12.00

@@

VACATION TRIPS

TRAVEL MEETING

There will be a travel meeting to preview trips for 2009.

Date: Wednesday, February 25

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: Tuesday, January 13

Time: 12:30

DAY TRIPS AND OUTINGS

LUNCH BUNCH

We will be traveling out to Chippewa Lake to "The Oaks," a lakeside restaurant. They offer casual fine dining. The meal will be served as a buffet featuring roasted sliced turkey and gravy, mashed potatoes and fresh seasonal vegetables.

Date: Wednesday, January 21

Time: 11:00 a.m.

Cost: \$20.00

HIKE

Traveling can be tough this time of year, so we are staying close to home. This month's hike will be to nearby Metro Park, Chapin Forest in Kirtland. Here's the fun part of this hike. If there is just a little snow we'll hike. And, if there is a lot of snow, we'll snowshoe. After the hike we'll return to the Lodge at Chapin Park and eat our box lunch.

Date: Tuesday, January 20

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

Cost: \$3.25

CAROUSEL DINNER THEATRE

"Life Could Be a Dream" - Basement Band to Doo-Wop sensation, these four boys take you back to your favorite hits from the 50's. Featuring songs like: "Sh-Boom, Life Could Be a Dream," "Tears on My Pillow," "Fools Fall in Love," "Little Bitty Pretty One," "Earth angel," "Only You," "The Great Pretender," and more of your favorites. Includes a great meal, as usual.

Date: Wednesday, January 28

Time: 11:00 a.m. - 6:00 p.m.

Cost: \$44.00

PARTIES AND COOKOUTS

NEW YEAR'S EVE PARTY

Celebrate 2009 with us! Join the party at our Center. It will be a night of dinner, dancing and fun. Dinner will be catered by G G White (they catered the clam bake). Menu includes chicken marsala and roast pork, potatoes, vegetables, tossed salad, rolls and butter, and dessert, all served on china. Entertainment will be provided by the Ron Stark Orchestra. So get a group together for a table and be part of the fun. Party hats/favors and a champagne toast at midnight are included.

Time: Doors open 7:00 p.m.

Dinner served at 7:30 p.m.

Cost: \$25.00 per person

Date: Wednesday, December 31

LAST CHANCE TO SIGN UP FOR THIS FUN EVENING WILL BE DECEMBER 29, 2008

MARTIN LUTHER KING LUNCHEON

Join the group and enjoy a bowl of hot soup and a sandwich. The menu includes, tomato soup, chicken salad sandwich, and dessert.

Date: Monday, January 19

Time: 11:30 a.m.

Cost: \$3.00



GROUPS AND CLUBS

RED HAT PEARL BELLES

There will be no meeting in January.

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

COLLINWOOD GROUP

The next meeting of our group will be on Monday, January 5th at 12:30 p.m. We are trying a new day, hoping more members will find this a convenient day and time. Our members are not showing up for the meetings; and this is one last effort to continue getting together. If we still don't have a good attendance, we will have to discontinue the meetings altogether.

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 Mocarski 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, January 8, 15, 22, 29

Time: 10:00 – 11:20 a.m.

Cost: \$8.00

COMPUTER CLASSES

COMPUTER TERMINOLOGY

What makes a computer and what are all the parts called,

Date January 12th

Time 12.00 to 2,00pm,

Cost Free

BASIC COMPUTER X,P, 1 and 2

Start at the beginning, NO knowledge required, Hands on experience, Learn from the pros,

Date January 19th and 26th

Time 9.30am. to 11.30am.

Cost 39 dollars for the two classes

More classes will follow next month, but be sure to sign up early as these classes are limited in size

YOUR PAGE

A new feature to our News bulletin called "YOUR PAGE" is just what it says it is.....your page. This is a page for you to use, brag about a new grandchild or a hole in one in your golf game, a new or good recipe, jokes (clean) or sell something on this page.

Jan Konte has volunteered to be the editor of the page. Thanks, Jan.

PLEASE: No politics or religious comments on "Your Page".

J.F.K. CENTER IN PICTURES



JFK EXERCISE GROUP PARTY 2008



THANK'S TO SUNRISE AND THE SNOWFLAKE BALL



CHRISTMAS DINNER AT THE PATRICIAN CENTER



pop in and join us or call 975 = 4268