

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: 8am. - 4pm

FEBRUARY 2010

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	WEDNESDAY	8:30am
WOODBURNING	TUESDAY	9:00am
WATER COLOR	THURSDAY	10:00am
SENIOR SINGERS	MONDAY	10:00am
LINE DANCING	THURSDAY	1:00pm
LCR DICE GAME	4 th THURSDAY	12:30am
EXERCISE ROOM	OPEN MONDAY THRU FRIDAY	\$12.00 per year
CRAFTY CROCHETERS	FIRST & THIRD THURSDAY	9:00am-11:00am
CERAMICS	MON. TUES. WED. FRI.	\$12/12 week session
BINGO	MON. TUES. WED., FRI.	12:30am-3:00pm \$0.03 per card
PINOCHLE	FRIDAY	12:30am

(REFRESHER AT 10:30am WITH LORRAINE LONGO)

A BODY IN MOTION

EXERCISE WITH STEPHANIE	ALL FREE PROGRAMS
SIT DOWN EXERCISE	MONDAYS 12:45pm & THURSDAYS 9:15am
LOW IMPACT AEROBICS	MONDAYS 1:30pm & THURSDAYS 10:00am
STRETCH & TONE	TUESDAYS 9:15am

CLOSED FOR PRESIDENT'S DAY

The Center will be closed Monday, February 15th to honor our President's.

2010 MEMBERSHIP RENEWAL

Our volunteers will be completing your card and everyone will need a new card this year. Please be sure to have at least one emergency contact person and a contact phone number. Membership fees will be \$1.00 for Eastlake residents and \$2.00 for all others.

Anyone who brings in 2 NEW EASTLAKE members will receive a Giant Eagle gift card valued at \$5.

NEW SENIOR CENTER POLICY

As of January 1, 2010, no animals or pets will be permitted in the building. The only exception will be for service dogs, such as pilot dogs for the blind or therapy dogs.

BORROWED, MISPLACED, OR STOLEN

It is disappointing that items are coming up missing (a polite way to say that several members are taking things that don't belong to them). Small items such as pens, pencils, cans of pop, sandwiches, etc., are not a big concern; however, several personal items are more important.

The last items taken from the Exercise Room were a pair of dumbbells. That's right, dumbbells were taken. They were purchased for everyone to use at the Center. How can someone steal from our Senior Center?...Shame on you!

It is requested that the weights be returned, no questions asked. Also, we're asking that everyone keep their eyes open and get more involved in the Center. Don't let a few bad apples make it bad for all the wonderful members that enjoy our Center.

CLEANING THE CENTER

OUR VOLUNTEER CLEANING GROUP MEETS IN THE LUNCH ROOM AFTER LUNCH
Wednesday, February 3rd & the 17th.

BOARD AND LUNCH ROOM MEETINGS

The Board meeting will be Tuesday, February 9th at 9:30am with the Lunch Meeting at 11:00am.

ALL THURSDAYS ARE MOVIE DAY!

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

- February 4th 4 Christmas'
- February 11th White Out
- February 18th Taking Change
- February 25th Julie & Julia

All Movies are FREE! Popcorn included.



OUR THOUGHTS

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

Get well wishes are extended to Lillie Wells, Jan Konte, Anne Lukanc, Nellie Hartley, Marylou Hillyer, Loretta Lukanc, Margaret Peters, Sylvia Morcauski and Ken Selander.

Our sincere sympathy is extended to the family and friends of Frances Kozitko's son, Mary Odessa Motulewicy, Peggy Rozinsky and Carl L. Ullemeyer.



ATTORNEY AVAILABLE

Frank Manning, a local attorney, is offering free 20-minute appointments. Appointments are at 1:30, 1:50, 2:10, 2:30, 2:50, and 3:10 pm. PRE-REGISTRATION IN OFFICE REQUIRED

DATE: Monday, February 22nd

COST: FREE

J.F.K. POLO STYLE SHIRTS

We will be selling brand new JFK shirts. Show pride in your Center and buy one. They are in limited supply, so get one while they last. They are a 50% polyester, 50% cotton blend.

COST: \$10.00 for sizes S,M,L,XL and \$11.00 for size XXL

GAS HEATING BILLS TOO HIGH?

Bring in your gas bill and let the pros from MX Energy compare and tell you which company is the best and has the cheapest price for you. **Reminder: Bring your GAS BILL.**

DATE: Friday, February 12th

TIME: 10:30am

PLACE: Library

COST: FREE

MEET THE AUTHOR

Jenny Whitehouse, children's poet, illustrator, and former Hallmark Greeting card maker.

She will give a talk on her experiences with Hallmark and her books, also books which she will personalize if desired will be there for you to purchase

DATE February 2nd.

TIME 10-30am.

PLACE T.V. ROOM

COST; FREE

SENIOR HEALTH AND WELLNESS

FRIENDLY VISITORS

We have 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 3rd and 17th

TIME: 9:00am

FOOT DOCTOR

\$15.00 DONATION IS TO BE PAID AT THE APPOINTMENT. EXACT AMOUNT IS REQUIRED. CHANGE CANNOT BE MADE.

Dr. Coppers will be here Wednesday, Feb 17th from 8:00am to 5:00pm He will be in the TV Room.

PRE-REGISTRATION IS REQUIRED

CLEVELAND SIGHT CENTER

This support group will meet on **MONDAY**, February 8th at 10:30am.

“OSHIIP” (OHIO SENIOR’S HEALTH INSURANCE INFORMATION PROGRAM)

OSHIIP is back on schedule!! A Lake County Council on Aging volunteer will be here on Fridays from 9:00am to 11:00am. So, if you're scratching your head over hospital and doctor bills and nothing makes sense, come on in or make an appointment by calling the Center at 975-4268.

CASINO TRIPS AND VACATION 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.

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. If you need to cancel a motor coach trip, call Doris at home at 951-9210 or cell phone 478-1802.

PREVIEW OF TRIPS FOR 2010

March 18, 2010	River Casino
April 8, 2010	Presque Isle
April 23-26, 2010	Nashville
May 27 – June 4, 2010	Rockies Highlights by Train
June 23-25, 2010	Mt. Airy Pocono Casino in Pennsylvania
September 7 – 11, 2010	Memphis
September 17 – Oct. 1, 2010	Greece
October 8 – 11, 2010	New York
October 17 – 24, 2010	Great Trains & Grand Canyon
December 6 – 10, 2010	Smoky Mountains

ADDITIONAL 2010 CASINO TRIPS

Also in the plans are: Meadows Casino and Seneca Allegany.

TRAVEL MEETING

A trip luncheon is scheduled on Tuesday, February 23rd. The meal will be served at 1 pm, with presentations following the meal. **PRE-REGISTRATION IS REQUIRED.** Cost is 2 canned goods, which will be donated to the Food Bank. Register Now! Bring a friend. But, remember to pre-register for the **FREE Lunch**.

GAYLORD OPRYLAND NASHVILLE GETAWAY

We will tour Historic Churchill Downs and the Louisville Slugger Plant, attend the Grand Ole Opry, and visit historic recording Studio B, the Country Music Hall of Fame and “Opry Mills” with great outlet shopping and entertainment. We will be staying at the Gaylord Opryland Hotel. See flyer for details.

DATES: April 23rd - 26th

COST: \$745 double; \$705 triple; \$999 single

ROCKIES HIGHLIGHTS BY TRAIN

This fabulous 9 day trip includes a sightseeing tour of beautiful Vancouver via Rail, a view of the peaks of the Monashee Mountains, the stunning sight of Pyramid Falls and Mt. Robson, the highest peak of the Rockies. We will visit the dramatic Maligne Canyon and enjoy a fun ride across a mass of glacial ice at the Columbia Icefields. We will stop at Peyto Lake, a turquoise glacier-fed lake and visit Yoho National Park in Banff. There we will see the Spiral Tunnels, travel along Kicking Horse River and enjoy a visit to the Natural Bridge and the spectacular Emerald Lake. There will be a scenic drive featuring the powerful Bow Falls and impressive Hoodoos – known as the “Land of the Sleeping Giants.” This is just a sampling of the many sights included in this trip. Also included are 11 meals, 6 breakfasts, 1 lunch and 4 dinners. See flyer for additional details.

DATES: May 27th – June 4th

COST: \$2,999 double; \$3,799 single; \$2,949 triple

MT. AIRY CASINO RESORT, POCONOS

This package includes round-trip deluxe DVD motorcoach transportation, 2 night hotel accommodations at Mt. Airy Casino Resort, casino bonus of \$15 food credit and \$30 bonus rewards per night stay (subject to casino policy and may change or cancel without notice), day trip in the Poconos to include tour of Quiet Valley Historical Farm, lunch at Torte Knox, tour of a Poconos Lodge, step-on-guide, guide gratuity, shopping time at Callie's Candies, taxes, meal gratuity and baggage handling.

DATES: June 22nd -24th

COST: \$380 double; \$493 single; \$368 triple

PARTIES AND COOKOUTS

MARDI-GRAS PARTY

It's Fat Tuesday and time to Party, so get your party clothes on and wear your beads. We will kick the party off with the music of Tom Todd. He is a one-man band with a trumpet and will lead the parade down Bourbon Street. After the music, we will enjoy sundaes with chocolate sauce, peanuts, cherries and whipped cream on top. U mm!!!!

DATE: Tuesday, February 16th TIME: 12:30pm COST: \$1.00

VALENTINE'S DAY PARTY AND MORE

A celebration is in order! Valentine's Day and a sweetheart's birthday. Dorothy Nemura has 90 candles on her birthday cake. The party starts right after lunch (so be sure to come for lunch) about 12:30pm. Special guest entertainment, Dennis Ford from Chalet Debonne' Winery. And of course, Dorothy's birthday cake will be your dessert.

The Nemura family is picking up the cost. PRE-REGISTRATION IS REQUIRED...so get a ticket and celebrate Dorothy's Day.

DATE: Friday, February 19th TIME: 12:30pm til 3:00pm COST: FREE

WEDNESDAY NIGHTS AT THE CENTER

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

Live country and blue grass music will be performed by an array of special guests (about 10-15 players) 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.

FEBRUARY BIRTHDAY PARTY

Attention February birthday people. We are having a party and you're invited.

DATE: Friday, February 26th TIME: 12:30pm COST: FREE

RSVP IN OFFICE TO REGISTER

DAY TRIPS AND OUTINGS

THE HISTORICAL INTERNATIONAL AND ETHNIC TOUR OF CLEVELAND

Like a magic carpet ride to many lands, visit many ethnic and historical places where immigrants came to build lives in a place we call home. This tour combines history, culture, food, and ethnic lunch.

For more information on the whole tour check with Doris Sraj or Frank.

DATE MARCH 12th. TIME T.B.A. COST \$40-00

HIKE

Take a hike with us and weather permitting we will try snowshoeing at Chapin Forest Park

DATE: Tuesday, February 9th TIME: 11-30am 2:30pm COST: \$2.00

LOVEY-DOVEY TRIP

We are traveling out to "Seeker's Coffee House" for a Valentine Holiday Party. This is a lunch and musical program that has love in the air. Price includes gourmet beverage station, a buffet of meat lasagna, house salad, baguette with seasoned olive oil for dipping, dessert of mini-cheesecake bites. You'll be treated with "The Love Gameshow" for your entertainment with audience participation.

DATE: Friday, February 12th TIME: 11:00am to 2:00pm COST: \$11.00

QUILT SHOW AT THE FARMPARK

Enjoy the day at the Farmpark and view over 225 quilted works that are on display. Quilts 2010 features works from internationally acclaimed featured visiting artists known for their works. Take your time, walk from room to room. Lunch will be served at 12noon. After lunch, you'll have an additional one hour to continue your travels at the Farmpark.

The price includes; Transportation, Lunch at the Cafe and your Admission Ticket.

DATE: Wednesday, February 24th TIME: 10:00am to 2:30pm COST: \$14.00

STATION DINNER THEATRE

"The Luck of the Irish". An Irish millionaire knows his family is waiting for him to die to see who inherits his fortune. One by one the "faithful" relatives circle like vultures. Still, he hopes to find one of them who really loves him.

LUNCH: Guinness Soup, Salad and Bread, Dublin Chix, Corned Beef and Cabbage, Irish Potatoes and an Emerald T ruffle for dessert.

DATE: Saturday, March 3rd TIME: 10:00am to 4:00pm COST: \$38.00

Price includes tip and transportation

FEBRUARY OUR PAGE

Valentines

Okay it's time for cupid's bow
for that special person you have had in tow
to step up to the plate
on this special date
with flowers or wine
or out to dine
but whatever it is you get for your gift
you know for sure it will give you a lift
for valentines day
the old fashioned way

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February already, time goes seems to go so fast now days and this is a short month soon the sun will be shining the flowers will be growing and we will all be thinking of taking trips and outside party's.

But until then we have to make it through the rest of winter so I would like to take some time and try to answer some of the questions that many of you have been asking.

Here we go, (the roof is leaking more than ever, why don't we do something about it ?) the reason the roof is leaking more now is that snow and ice on the flat roof is now melting and yes we are doing something about it, in fact we are hoping to start on a NEW roof around April we have met with engineers and things seem to be going well, we still don't have all the funds yet but we are working on that too. A new roof is well over three hundred and fifty thousand so if you have a few thousand to spare please let us know. (what is the building at the back of the center for ?) It's a garage to keep our bus in and yes it will soon be finished. (what are you doing with the office ?) Frank is moving his office up front and his old office will become a room where you can talk to Frank or other professional personal in private plus the whole office will have a new look and a new way of operating to make things easier for us all. (Whats with the man selling stuff in the lobby ?) This is still a experiment, we have had the idea for a long time. Some of our members can-not get to stores as easy as others and appear to like the idea plus it gives the center better control over news papers and coffee which are being abused on the honor system. That's about all for now, if you do have any question Frank or any board member will do their best to answer them, we continue to change things in the center to keep up with the times, and to make this center a friendly home from home, all we ask in return is that you do your part and treat this center as you would your home.

Harry

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THIS WEEK IN THE SPOTLIGHT THE COMFORT ELVES

The Comfort Elves are a wonderful group of people, and I recently had the pleasure of watching them at work one Wednesday morning.

Nellie is the gentle power behind them, but all of them are dedicated to doing the good things that they do.

They began in 1996 with three members and now have twenty one regular volunteers, forty in total, as some of them work at home, because they are unable to come to the center.

They make five different pillows, the hole pillow and the leg bone are just a couple, but if a special one is needed they will make it. They also crochet socks and prayer shawls and basically anything that is needed by hospice to make sick people more comfortable and cared for.

Their articles go mainly to the Hospice on 185th street, but, they are given west and east to wherever they are needed.

They have won nationally for their work and their most treasured trophy was from Cleveland where they won all categories.

The day I was there I watched each step and it was very impressive. Draga Mujic has been their cutter for six years. Dolores and Amy are the sewers, the trimmers are Jenny and Lois, and the stuffer's are Barb, Elaine and Emily and her daughter Karen was there that day visiting from Florida and also Gloria and Helen (if I have missed anyone I apologize as you are all special).

Barb and Bill deliver the goods and Ann (who Nellie says is her right hand man) delivers when they can't.

So you can see what a great team they have.

Some of their material is donated, but they do have to purchase fiberfill, so any donation they get is really welcome.

I was so impressed with all of them and the wonderful work that they do, and we should all be proud to have them in our senior center.

Brenda

J.F.K. CENTER IN PICTURES



WEDNESDAY NITE NEW YEAR PARTY



GOOD FOOD GOOD FRIENDS

COSY SETTING FOR NEW YEAR



07/31/2008

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