

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.

JANUARY 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	8:30 A.M.
WOODBURNING	TUESDAY	9:00 A.M.
CRAFTY CROCHETERS	FIRST & THIRD THURS.	9:00 -11:00 A.M.
SENIOR SINGERS	MONDAY	10.00 A.M.
LCR DICE GAME	4 th THURSDAY	12:30 P.M.
PINOCHLE	FRIDAY	12:30 P.M.
(REFRESHER AT 10:30 AM WITH LORRAINE LONGO)		
LINE DANCING	THURSDAY	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. THRU FRI.	\$12. PER YEAR
WATER COLOR	THURSDAY	10:00 A.M.

A BODY IN MOTION

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

CLOSED FOR NEW YEAR'S

The Center will be closed Friday, January 1 in celebration of New Year's Day.

2010 MEMBERSHIP RENEWAL

Registration renewal is set to begin on Monday, January 4th at 8:30 a.m. in the TV room. Please be patient. 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.

****\$5.00 BONUS**** Anyone who brings in 2 NEW EASTLAKE members will receive a Giant Eagle gift card valued at \$5.00.

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, January 6 and 20

FOOT DOCTOR

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

Dr. Coppers will be here Wednesday, January 6 from 8 a.m. to 5 p.m. He will be in the TV Room. Pre-registration is required.

CLEVELAND SIGHT CENTER

This support group will meet on MONDAY, JANUARY 11 at 10:30 a.m.

“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 a.m. to 11 a.m. 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.

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 ask to look at our selection.

BLOOD PRESSURE CLINIC

Bayada Nurses will be here on Thursday, January 7, Senior Independence on Tuesday, January 12 and the Eastlake Fire Department on Wednesday, January 20.

COST: FREE LOCATION: TV Room TIME: 10:30 a.m.

MASSAGE THERAPY

DATE: Wednesday, January 13 Massages begin at 9:00 a.m. COST: \$10.00 for 15 minutes

SPA SERVICE AT JFK

Manicures, pedicures and mini-manicures are available. See the price list in the Office

DATE: Thursday, January 14 TIME: 1:00 – 4:00 p.m. COST: Varied

Schedule your appointment in the Office.

MEMORY CLASS

Keep your mind sharp. You must continue to work your brain in order to thrive. Steps can be taken to improve brain function in the later years of life. Try it!

DATE: Tuesday, January 5 TIME: 10:30 a.m. COST: FREE

GLASSES REPAIRED/CLEANED

Paul Teknipp of Teknipp Eyecare will set up a table for simple repairs and cleaning of glasses. This is a free, complementary service.

DATE: Tuesday, January 5 and 19 TIME: 10:30 a.m. COST: FREE

FREE HEARING EXAMS

This FREE program is being sponsored by Beltone.

DATE: Friday, January 15 TIME 10:00 a.m. - noon COST: FREE

Sign up for your appointment in the Office. Pre-registration is required.

ABNORMAL HEART RHYTHMS AND ATRIAL FIBRILLATION

Tom Strong will be giving another of his informative health lectures, this one sponsored by Grande Point Assisted Living. Does your heart sometimes skip a beat, flutter or feel like the heart is running away? Learn the causes of these irregular heart beats and the risk factors. Also included is a discussion on the drug, coumadin.

DATE: Tuesday, January 12 TIME: 1:00 p.m. COST: FREE

HOME HEALTH CARE

A free lecture on home health care will be presented by Heritage Home Healthcare.

DATE: Tuesday, January 12 TIME: 10:30 a.m. PLACE: Dining Room

Includes a FREE Healthy Snack

BALLROOM DANCE LESSONS

Increase self-confidence, make that special person happy, relieve stress, and just get out. Sign up for ballroom dancing lessons at the Senior Center. Take your pick of Tuesday afternoons or Thursday evenings. Classes will run throughout the month of January and will be held in the Card Room.

DAY SESSIONS: Tuesdays, January 5, 12, 19, 26 TIME: 1:00 – 2:15 p.m.

EVENING SESSIONS: Thursdays, January 7, 14, 21, 28 TIME: 6:30 – 7:45 p.m.

COST: \$20/person or \$30/couple for either the day or evening series

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.

VACATION TRIPS

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
Sept. 7 – 11, 2010	Memphis
Sept. 17 – Oct. 1, 2010	Greece
Oct. 8 – 11, 2010	New York
Oct. 17 – 24, 2010	Great Trains & Grand Canyon
Dec. 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 23. The meal will be served at 1 p.m, with presentations following the meal. Pre-registration is required. Cost is 2 canned goods, which will be donated to the Food Bank.

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 23-26 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 27 – June 4 COST: \$2999 double; \$3799 single; \$2949 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 22-24 COST: \$380 double; \$493 single; \$368 triple

DAY TRIPS AND OUTINGS

LUNCH BUNCH

Quaker Steak & Lube in Mentor is the pick of the month. Order off the menu.
DATE: Wednesday, January 13 TIME: 11:00 a.m. COST: \$2.00

DANCING AT SHOWTIME

Take a visit to Cleveland's Playhouse Square for a noontime show. This month's show is located at the Ohio Theatre. The program will be performed by the Zane Dance Company. Enjoy viewing the changed face of American dance.
DATE: Friday, January 29 TIME: 11:00 a.m. - 1:30 p.m. COST: \$2.00

HIKE

This is NOT our usual hike, in fact, it's very different. It's a walk around the mall (several times) with lunch at the Food Court. Then we will travel to West Woods Park to see their art exhibition whose theme is recycled art. "Disc-Art-ed" materials are used to make masterpieces.
DATE: Tuesday, January 26 TIME: 10:00 a.m.-2:00 p.m. COST: \$2.00

CLEVELAND HOME & GARDEN

Think Spring and smell the flowers. Really, you will walk through many beautiful gardens, view houses and more at the Home & Garden Show. Great prices are available on lawn and garden items, household goods and much more. This year's theme is "Wonderful Germany." And check out the new site for this annual show.
DATE: Friday, January 22 TIME: 10:30am. - 3:30 pm. COST: \$12.00
LOCATION: Great Lakes Expo Center (formerly the Euclid Square Mall)

DISNEY ON ICE

This is a favorite for people of all ages, Disney on Ice. We have great seats, center ice, rows 7 and 8.
DATE: Monday, January 18 TIME: 12:00 noon - 3:30 p.m. COST: \$20.00

GREAT LAKES SCIENCE CENTER

This is a super outing to Cleveland's Science Center. Spend two hours exploring the building and viewing the exhibits and displays. Then we will gather for box lunches. And finally, we will sit back in the Omnimax Theatre to view their feature film, tentatively listed as "Sea Monsters."
DATE: Monday, January 11 TIME: 9:30 a.m. - 3:30 p.m. COST: \$13.00

PARTIES AND COOKOUTS

WEDNESDAY NIGHT PINOCHLE

Players meet at 6:00p.m. 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.

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 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.

FOREVER YOUNG TAPPERS

Come in from the cold, get warm and forget your troubles. I guarantee, you will have a warm spot in your heart for these very talented dancers and singers. It's fun and FREE. We encourage you to bring SOMEONE NEW to our Center. So call a friend, relative or neighbor and come on down and enjoy the fun. It's great entertainment! Remember, FREE and no registration necessary.

DATE: Wednesday, January 20 TIME: 12:30 p.m. COST: FREE

Anyone bringing a non-member guest gets free popcorn!

MARTIN LUTHER KING JR. LUNCHEON

The Nutrition Site is closed but the Senior Center is open! Activities will be happening at J.F.K. all day. And the BAR IS OPEN, that is the Soup Bar. We will have chicken noodle, Italian wedding, New England clam chowder and vegetable soups. Try one or try them all, all you can eat. Plus deli sandwiches consisting of any or all of the following: hard salami, ham, turkey, pepperoni, American cheese, Swiss Cheese. And we will end with dessert. You must pre-register for the soup and sandwich bar.

DATE: Monday, January 18 TIME: 11:30 a.m. COST: \$6.00

GROUPS AND CLUBS

RED HAT PEARL BELLES

Red Hat Pearl Belles will not be meeting in January 2010. See you in February.

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.

JANUARY BIRTHDAY PARTY

Attention January birthday people we are having a party and you're invited.

Date: Friday, January 29 Time: 12:30 Free!!!! RSVP in office to register.

L.C.R.

Join us to play a fun game of L.C.R. (Left, Center, Right). Beginners are encouraged to join in the fun. And it's easy too!

DATES: Thursday, January 28 TIME: 12:30 pm. Cost \$5.

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COMPUTER CLASSES

Computer Terminology

Come learn what makes up a computer. We'll discuss things like what is a flash drive. What parts of the computer is hardware vs. software. What's an operating system? What makes the whole thing run? Learn about the different parts of your computer.

DATES: Monday, January 11 TIME: 12:30 p.m. COST: FREE

Basic Computers with Windows Vista 1 & 2

No previous computer knowledge is required. Class will provide hands on experience for persons who have purchased a newer computer operating Microsoft Vista. The first session will explain about the computer, how to turn it on and off, the basic functions of the mouse and keyboard, how to use windows, search menus and more. The second session will provide time for review and progress to understanding scroll bars, menus and other basic functions of Microsoft Vista.

DATES: Monday, January 18 and 25 TIME: 9:30 – 11:30 a.m. COST: \$39.00

Basic Computers with Windows Vista 3 & 4

Basic computers parts 3 & 4 apply and review the skills learned in parts 1 & 2. These classes offer hands on experience practicing the fundamentals while advancing your knowledge about Microsoft Vista. You will learn how to organize and save information, find it, and create shortcuts on your computer.

DATES: Monday, February 1 and 8 TIME: 9:30 – 11:30 am. COST: \$39.00

FOR SALE

PFALTZGRAFF dishes (service for 8) plus 4 soup bowls used as serving dishes, creamer and sugar, 1 large platter, 2 serving dishes (one with handles), 2 large plates, small round plates, extra bread plates. One salad bowl has a small chip.

Proceeds are to go to the J.F.K. Center. Check in the Office.

JANUARY OUR PAGE

It's coming up to that time of the year again, a time we can all make a new start so let's make 2010 a great year for us all.

Frank, your board members and volunteers have many ideas for lots of new projects and activities, plus we hope to continue with the old favorites, we all work very hard on these projects and improvements to make this center one of the best in Lake County.

This year let us all take a pride in the center (after all it is your center) let's pick up that bit of paper, clean up that drink spill, put our trash in the thrash can, and put the things we use back in the same place as we found them so they are there for others, we do understand that all of us cannot do these things for one reason or another, but we are very sure you are sitting next to someone who can. Our volunteers do a great job in keeping the center in order but their numbers are diminishing and they are working to their limit, they need your help. So wear your JFK shirt with pride, and treat the center as you would your home.

A concerned volunteer

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EASTLAKE COMMUNITY CHRISTMAS

Christmas gifts for children in need and for the children of our deployed United States Armed Forces, was a great success and I would like to THANK all of you that gave the gifts and bought a smile to a child's face at Christmas

Harry

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IMPORTANT NOTICE ON MEMBERSHIP

IT'S THAT TIME OK THE YEAR AGAIN TO RENEW YOUR MEMBERSHIP, STARTING JANUARY THE 4TH SELECTED VOLUNTEERS WILL BE READY TO TAKE YOUR DUES, (ONE DOLLAR FOR RESIDENTS, TWO DOLLARS FOR NON RESIDENTS) THIS YEAR WE WILL BE UPDATING YOUR INFORMATION AND ISSUEING YOU NEW MEMBERSHIP CARDS. THIS WILL TAKE SOME TIME AND WE ASK FOR YOUR PATIENCE, ONE WAY YOU CAN HELP SPEED THIS PROCESS IS TO FILL IN THE FORM BELOW (FRONT AND BACK), THEN BRING IT WITH YOU WHEN YOU PAY YOUR DUES. WE APOLOGIZE FOR ANY INCONVENIENCE NEED HELP ASK FRANK OR ANY BOARD MEMBER PLEASE FILL OUT THE FORM IN PEN AND USE PRINT ONLY.....THANK-YOU.

-----CUT HERE-----

JFK SENIOR CENTER MEMBERSHIP REGISTRATION

PRINT ONLY

MR. MRS. MS. DATE / /10 / /11 / /12 / /13

LAST NAME FIRST NAME

ADDRESS

CITY ZIP CODE MONTH DAY BIRTH DATE

AREA CODE PHONE NUMBER

1st. EMERGENCY CONTACT NAME RELATIONSHIP

HOME PHONE WORK PHONE

2nd EMERGENCY CONTACT NAME RELATIONSHIP

HOME PHONE WORK PHONE

THIS MONTH IN THE SPOTLIGHT

BECKY WHITE

I'm sure everyone enjoyed the beautiful Christmas decorations in the center this year and last year. These are courtesy of Becky, who is a talented woman, and tell's me that this talent evolved from all the crafts that her mother (Marge Fairman) did when she was growing up. Becky has also decorated some private homes, but I'm sure we all hope she keeps coming back to decorate at the center throughout the year, as she really makes holidays at the center extra special, so a big Thank You Becky from everyone

A CHRISTMAS GIFT

Look in the courtyard, what a wonderful sight, that's full of light.

This nine foot blue spruce tree was donated to the center for you all to enjoy by Michelle Slokar. It was decorated by center volunteers in the hope that it will bring to you the spirit of Christmas and goodwill to all, that you can carry with you throughout the year

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

Please Find the following hidden words:

winter, newyear, celebrate, party, snow, overcoat, resolutions, goodwill, oldfriends, champagne, drinks, mincepies, goodtimes, hangovers, blizzards, cozy, fathertime, leftovers, dancing, potroast, cold, fireplace, snowblower, taxes

WORDS BY BRENDA PUZZLE BY HARRY

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JFK SENIOR CENTER
ACTIVITY DISCLAIMER

IN CONSIDERATION OF MY PARTICIPATION IN THE RECREATION PROGRAMS OF THE CITY OF EASTLAKE, I HEREBY WAIVE AND RELINQUISH ANY AND ALL CLAIMS, DEMANDS AND/OR CAUSES OF ACTION AS ABOVE SPELLED OUT AGAINST ANY PERSON OR PERSONS TRANSPORTING ME TO AND FROM ANY RECREATION PROGRAM.

IN CASE OF A RECOVERY OF A MONETARY JUDGEMENT AWARDED TO ME AS A RESULT OF PARTICIPATION IN THE EASTLAKE RECREATION PROGRAM. ITS EMPLOYEES, AGENTS AND ALL PERSONNEL ASSOCIATED WITH THE RECREATION PROGRAMS OF THE CITY OF EASTLAKE, I HEREBY AGREE TO REIMBURSE THE CITY, ITS EMPLOYEES, AGENTS AND ALL PERSONNEL ASSOCIATED WITH THE RECREATION PROGRAMS OF THE CITY OF EASTLAKE OF ANY MONETARY AWARD WHICH MAY BE DETERMINED CONCERNING CLAIMS AS A RESULT OF PARTICIPATION IN ANY EASTLAKE RECREATION DEPARTMENT ACTIVITY.

PHYSICIAN _____ PHONE | | | ~ | | | ~ | | | |

ALLERGIES _____

				<u>OFFICE USE ONLY</u>		
				<u>RENEW</u>	<u>NEW</u>	<u>INITIALS</u>
_____ SIGNATURE	_____ MONTH	_____ DAY	_____ DATE	_ _	_ _	_ _
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_____ SIGNATURE	_____ MONTH	_____ DAY	_____ DATE	_ _	_ _	_ _

J.F.K. CENTER IN PICTURES



WEDNESDAY NITE COUNTRY CHRISTMAS PARTY



TOYS FOR KIDS DRIVE AND PHOTO'S WITH SANTA



07/31/2008

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