

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

MARCH 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

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.

CLEANING THE CENTER

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

BOARD AND LUNCH ROOM MEETINGS

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

VOLUNTEER BRUNCH

All JFK volunteers will be invited to the annual brunch here at the center. The invitations will be issued the first part of March. Mark you calendars now, the date is Wednesday, April 21.

ALL THURSDAYS ARE MOVIE DAY!

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

March 4 th	Couple Retreat
March 11 th	I Hate Valentine's Day
March 18 th	Law Abiding Citizen
March 25 th	Adam

All Movies are FREE! Popcorn included.

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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 Vicki Joyce, Doris Sraj, Don Hillyer, Nellie Hartley, Norm Dassel, Rose Torok, Barbara Minton, Marylou Hillyer, Dorothy (Dottie) Cvanciger, Marge Fairman, Ruth McCord, Hazel Tambascio, Bernadine Gablonski, Christine Bock and Toni Koenig.

Our sincere sympathy is extended to the family and friends of Sylvia Mocarski, Idale Wieland's for the passing of her husband, David and Loretta Lukanc.

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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, March 22nd COST: **FREE**

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, March 12th TIME: 10:30am PLACE: Library COST: **FREE**

WHY DOES ELECTRICITY COST SO MUCH?

A representative from the Ohio Consumer's Council will be here to discuss the how and why the price of electricity has increased.
DATE: Tuesday, March 16th TIME: 1:00pm LOCATION: Dining Room COST: **FREE**

JFK LIBRARY

We are now looking for donations of books. We ask that the books are new or slightly used. Please, NO outdated magazines or encyclopedias.

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, March 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, March 17th from 8:00am to 5:00pm
He will be in the TV Room. **PRE-REGISTRATION IS REQUIRED** COST: \$15.00

CLEVELAND SIGHT CENTER

This support group will meet on MONDAY, March 15th 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 440-975-4268.

PERSONAL TRAINER LECTURE

Get in shape the right way, Don't make mistakes while exercising, learn the correct way. We have our own “Personal Trainer” who will answer any questions. All are welcome.
DATE: Wednesday, March 10th
LOCATION: Exercise Room TIME: 12:00noon COST: **FREE**

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

CRUISE MEETING

April 13th at 12:30pm. "PRINCESS CRUISE" Eastern Caribbean (February 6-13, 2011).

RIVERS CASINO

This package includes round-trip to Rivers Casino in Pittsburgh, PA. Meet at the K-Mart parking lot. Rest stop both ways. Casino Bonus: \$10.00 for food and \$5.00 of coins. All passengers must have a driver's license or a state ID with them. Make checks payable to JFK Seniors.

DATE: March 18th TIME: Report at 7:30am-return at 9:00pm COST: \$27.00 includes driver's gratuity

PRESQUE ISLE CASINO

This package includes round-trip to Presque Isle Casino in Erie, PA. Meet at the K-Mart parking lot. Casino Bonus: \$10.00 Promo Dollars and \$5.00 for food All passengers must have a driver's license or a state ID with them. Make checks payable to JFK Seniors.

DATE: April 9th TIME: Report at 8:00am-return at 7:00pm COST: \$26.00 includes driver's gratuity

PARTIES AND COOKOUTS

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.

MARCH BIRTHDAY PARTY

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

Anyone having a birthday in March can celebrate together, after lunch. It's free and please bring a guest. There will be singing, a goodie bag and birthday cake.

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

RSVP IN OFFICE TO REGISTER

ST. PATRICK'S DAY PARTY

Celebrate St. Patty's Day here at the center. Enjoy Helen O'Hammett, the ventriloquist and her all green dummie show. Munch on a rye bread and corn beef mini-sandwich and green beer. Also some great Irish music by singer/songwriter Kenton Kovich.

DATE: Wednesday, March 17th TIME:12:30 to 2:30pm COST: \$3.00

WEDNESDAY NIGHT BINGO MARCH 10

Wednesday Night Bingo is sponsored by Continuum Home Care, Inc. Karen will start Bingo at 5:00pm with cash prizes for each of the five games played. Join the fun! It's FREE and everyone is welcome.

BALLROOM DANCE IN MARCH

It's BACK! The popularity of Ballroom Dancing is sweeping the nation! So get back in the groove and come on down. This is a "FREE" night for center members and \$1.00 for everyone else. Enjoy the music of a "live" band and feel the magic and energy of the night.

DATE: Friday, March 26th TIME: 6:00 to 8:00pm COST: FREE
LOCATION: Dining Room Bar with snacks or bring your own.

SPAGHETTI DINNER/OPEN HOUSE

Tell someone and everyone that the Center is having an Open House and Spaghetti dinner on Saturday, May 1st. Details are still in the works, but this benefit fundraiser will involve all Senior Center's in Lake County as well as R.S.V. P., The Lake County Council on Aging and it's being held here at our center. So Be loud and proud. All profits will be donated to the Lake County Senior Citizen Service Levy campaign. Listed below is the info.

DATE: Saturday, May 1, 2010 TIME: 3:00 to 6:30pm
COST: Pre-sale is \$6.00 for adults and \$3.00 for children (12 and under). Cost at the door is \$7.00

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

The hike will be Chagrin River Park. BBQ lunch will include Hot Dog, Baked Potato, Beans and Little Debbie's. Umm.

DATE: Tuesday, March 16th TIME: 10-00am-1:00pm COST: \$4.00 includes lunch and transportation.

STATION DINNER THEATRE

"The Luck of the Irish". An Irish millionaire knows his family is waiting for him to die to see who will inherit 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 riffle for dessert.

DATE: Saturday, March 3rd TIME: 10:00am to 4:00pm COST: \$38.00
Price includes tip and transportation

SHOWTIME AT HIGH NOON

Noon-time programs are presented at Playhouse Square. This program is called "One World Tribe", a live performance in the Ohio Theater. It's defined as a joyous performance that combines a mix of Classical, Reggae, Jazz, Funk, Latin, R & B and World Beat music.

DATE: Tuesday, March 9th TIME: 11:00am COST: \$2.00

TRINITY CATHEDRAL/BROWN BAG CONCERT

Travel in style with our bus into Cleveland and visit the Trinity Cathedral. The concert is an "Organ Recital" from the music by Bach.

DATE: Wednesday, March 24th TIME: 11:00am to 2:00pm COST: \$3.00 includes a box lunch

HARTVILLE FLEA MARKET

Shopping plus lunch equals a GREAT TIME. First trip this year to Hartville.

DATE: Monday, March 22nd TIME: 8:15am to 3:30pm COST: \$2.00

EARLY NOTICE!

"Phantom" is coming to Playhouse Square in Cleveland. We have a trip set for Thursday, July 29th for the 2:00pm matinee show. Good Seats. Cost will be \$50.00 which will include your ticket and transportation. Registration available in April.

MARCH OUR PAGE

WE NEED YOUR IDEAS

Remember last year on a warm summers day the JFK took to the road with our bus and a large float filled with country dressed members and a country band to join in the Eastlake Parade, on route we gave out candy and pamphlets, we also won the trophy for best exhibit. This year we need ideas for a different theme, so here's your chance give your ideas to any board member we need your help to come up with something and to show Eastlake we can do it again.

JFK Board

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THIS WEEK IN THE SPOTLIGHT THE CERAMICS ROOM

Down the hall and across from the Comfort Elves is the Ceramics Room on the door is a lovely plaque in honor of Pat Pfiat, who loved the ceramics so much she left them a bequeathment in her will.

The atmosphere in the ceramics room is one of busy happy people. Everyone I spoke to said how much they enjoy what they do, and the many things they make, if you have looked in the cabinet located by the Lunch Room you will see a lot of talent goes into their work.

Donna is in charge of it all and has been doing ceramics for about ten years, she enjoys the whole aspect of ceramics, she also volunteers as does Marge and Judy in the Meals On Wheels Kitchen and Hospice.

Paul as been doing this for about ten years also and as they will tell you he keeps a smile on everyone's face. His favorite thing is making angels for his wife . Julie was painting the morning I was there but she also loves doing everything, She has been doing this for thirteen years. Margarita has been painting for three years and really loves it. Winnie also loves the painting and has been doing it for two years. Pat also paints and say's she has enjoyed it all now for several years. Joyce who has been there for seven years helps and teaches plus is the fetcher of paint. Another lady named Donna has been in training for five months and is really enjoying herself. Fay I was told is the artist she draws and paints and has been doing this for nearly four years. Rose has been painting for two years and her favorite things to do are yard statues. Amelia say's she's been enjoying everything for three years now. Sandra has been painting for six months and really likes it, she also crochets. George has been doing everything for six months, he also volunteers in the center. Marge has an impressive time of twenty two years (WOW Marge) and she does everything but pour, she also volunteers in other areas. Judy is the lady who pours and enjoys doing everything. Judy also volunteers and say's she feels needed there.

Well I think you can see what good things are going on in the Ceramics Room plus they also donate to the center, it is a very diversified and creative group we have here, so if you have a few minutes to spare, pop in and see them hard at work creating their wonderful projects.

Brenda

A LITTLE SURVEY

For fifty weeks now I have watched people enjoying themselves at the Country Nite, so I thought it time to take a survey to find out what they liked about it. Check out these remarks. Most of them said they liked the music. For some it was their big night that didn't keep them out too late. Many others remarked that they liked to sing along, liked to dance, liked to eat and enjoyed the company. Some said they were looking for a man and some said they liked it because they could let themselves go and act silly plus have a little gamble on the fifty/ fifty. But all agreed they liked it because of the balloons and the last dance.

CHET DULL

LETS HAVE A LAUGH

A little old lady was walking up and down the halls in a nursing home. As she walked, she would flip up the hem of her nightgown and say, "Supersex!" She walked up to an elderly man in a wheelchair. Flipping her gown at him, she said, "Supersex!" He sat silently for a moment or two and finally answered, "I'll take the soup."

A senior citizen was driving down the freeway when his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!"

"Darn it" said Herman. "It's not just one car. It's hundreds of them!"

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FRIDAY NIGHT MARCH 26th

Like to dance, Then here's your chance, Yes Friday night from 6-00pm to 8-00pm it's dance time at the center. Ballroom dancing that is it's free to our members, and for the general public it will only cost you a buck, so bring your sweetie or bring your spouse or just come on your own your sure to find a partner, and it's sure to be a fun evening out.

So come join us, you know you want to.

J F K IN PICTURES



PIG KISSING AT VALENTINE PARTY



90 YEARS OLD BIRTHDAY PARTY FOR DOROTHY



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