

# 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](http://www.eastlakeohio.com)"

Hours: 8am - 4pm

## DECEMBER 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 <sup>th</sup> 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	TUES. WED.FRI.	12:30am-3:00pm \$0.03 per card
PINOCHLE	THURSDAY & FRIDAY	12:30am

(REFRESHER AT 10:30am with LORRAINE LONGO)

## A BODY IN MOTION

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

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REMINDER: The Center will be closed on December 23<sup>rd</sup> and Christmas Eve, December 24<sup>th</sup>. Hope all of you have a Very Merry Christmas and receive everything on your wish list.

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## 2011 MEMBERSHIP RENEWAL

Our volunteers will be available to collect your Membership Dues in January 2011. You will be asked to verify the information on you card, and you **MUST** have your membership card with you.

Membership fees will be \$5.00 for Eastlake residents and \$10.00 for non residents.  
Information on times and where to sign up will be posted later.

## SENIOR CENTER POLICY

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, December 1<sup>st</sup> and December 15<sup>th</sup>

## BOARD AND LUNCH ROOM MEETINGS

The Board meeting will be Tuesday, December 14<sup>th</sup> at 9:30am with an Open Meeting at 11:00am.

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## ALL THURSDAYS ARE MOVIE NIGHTS

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

December 2 <sup>nd</sup>	A Christmas Carol
December 9 <sup>th</sup>	The Last Airbender
December 16 <sup>th</sup>	Toy Story 3
December 23 <sup>rd</sup>	It's A Wonderful Life
December 30 <sup>th</sup>	Noel

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 Delores Chase, Doris Carter, Helen Burdecki, Carmella Nunes, Ida Minarich and Sam Santangelo. We offer our sympathy to Doris Sraj on the passing of her husband, Frank, Connie Fitzsimmon's for the death of her son and Gerry Gillespie for the death of her son-in-law.

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**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.

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**SENIOR HEALTH AND WELLNESS**

**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, December 15<sup>th</sup> from 8:00am to 4:30pm  
LOCATION: TV Room. **PRE-REGISTRATION IS REQUIRED** COST: \$15.00

**OSHIIP**

The Ohio Senior Health Insurance Information Program is a powerful resource.  
Ken Selander will be in the main office, in a private room on the following dates:  
DATE: Thursdays, December 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> TIME: 10:00am COST: **FREE**

**HEALTHY LIVING**

Visit and join Senior Independent's Nicole for more fun and games.  
Information you need to know, in order to stay in good health.  
DATE: Friday, December 17<sup>th</sup> TIME: 10:30am COST: **FREE**

**HEADSTART DONATIONS**

Anyone wishing to donate hats/or gloves for area children in the Lake County Headstart program, just bring them in to the office.

**BELTONE HEARING SCREENING**

Free hearing screening sponsored by the Beltone Company. **PRE-REGISTRATION IS REQUIRED.**  
DATE: Wednesday, December 1<sup>st</sup> TIME: 10:30am to noon COST: **FREE**

**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: Thursday, December 6<sup>th</sup> and 23<sup>rd</sup> TIME: 9:00am

**MEDICARE CHECK-UP**

The Lake County Council on Aging is hosting a free personal computer program of your health insurance needs. This is an annual decision that you must make and it could save hundreds of dollars.  
So make an educated choice with the help of the Council on Aging trained volunteers.  
DATE: Tuesday, December 7<sup>th</sup> TIME: 10:30am COST: **FREE**

**MASSAGE THERAPY**

Massages begin at 9:00am COST: \$10.00 for 15 minutes  
DATE: Wednesday, December 8<sup>th</sup> **PRE-REGISTRATION IS REQUIRED**

**GIFT WRAPPING**

Wellcare is offering a FREE gift wrapping service at our center, so bring in your gifts that you need to be wrapped and they will provide this service for free.  
DATE: Wednesday, December 15<sup>th</sup> TIME: 10:30am to 12:30pm COST: **FREE**

**SPA SERVICE AT JFK**

Manicures, pedicures and mini-manicures are available. See the price list in the Office.  
DATE: Wednesday, December 22<sup>nd</sup> TIME: 9:00am to 1:00pm COST: Varied

**SCHEDULE YOUR APPOINTMENT IN THE OFFICE**

**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, December 28<sup>th</sup>

**COST: FREE**

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**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.

**SPECIAL REMINDER**

**REMEMBER AND BE ADVISED:** It is a privilege to participate in the Center and the Bus Trips. Please don't abuse this privilege. When you are asked to return to the bus/motorcoach, be on time! We notify you when the bus will be leaving and the bus arrives at the departure point 15 minutes prior to that. We make every effort to locate you, but if after 15 minutes, you are still not there, we will leave for home. Then you will be responsible for your own return.

**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.

**REMINDER**

You may also bring a friend on these trips. They do not have to be a member of the Senior Center.

**PREVIEW OF TRIPS FOR 2010**

December 6 – 10, 2010

Smoky Mountains "Show Trip"

February 6 – 13, 2011

Eastern Caribbean Cruise

**SMOKY MOUNTAINS SHOW TRIP**

Trip includes Motorcoach transportation; 4 nights lodging; 8 meals; guided tour of the Great Smoky Mountains National Park; four evening shows; two morning shows; free time in Historic Downtown Gatlinburg and much more. Deposit - \$75.00 (per person) Final payment is due on 09/30/10.

DATES: December 6<sup>th</sup> to 10<sup>th</sup>

COST: \$459.00 per person, double occupancy

**PARTIES AND COOKOUTS**

**CENTER POLICY FOR TRIPS, PARTIES AND ACTIVITIES**

There has been a lot of confusion about the JFK policy on sign ups and refunds for trips, parties and activities. The following is not a new policy but a clarification of the policy we already have in force.

When a new monthly bulletin comes out, the first two days of registration are reserved for **VOLUNTEER** only. This does not include spouses or friends of volunteers.

On the third day registration is open to all JFK members.

We encourage you to check your schedules before signing up and paying for any JFK activities as a **REFUND** can be made only if both of the following conditions are met:

**YOU MUST GIVE AT LEAST 24 HOURS NOTICE, AND A REPLACEMENT MUST BE FOUND FOR YOUR PLACE.**

In the event that the Center cancels the activity, A **REFUND** will be automatic. Only the Center Treasurer can give a **REFUND** and this can take up to one week after the date of the activity.

You may ask an Office Secretary to take down your cancellation information and give it to the Treasurer for you or put it in the Treasurer's box.

Non-JFK activities ( such as motorcoach trips ) have their own rules for **REFUNDS** which may differ from these.

Any other decision on JFK activities **REFUNDS** can be made only by the Center's Coordinator after review.

**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.

**CHRISTMAS DINNER AT THE PATRICIAN**

“Eat, Dance and Party” at this holiday affair. Yes, you will enjoy yourself and it will be “An Affair To Remember.” Menu: Roast Beef, Chicken, Potato, Hot Vegetable, Salad, Rolls & Butter, Coffee, Tea and double chocolate Cake. The meal will be served family style. Musical entertainment is Tom Todd, a “One Man Band.”

DATE: Sunday, December 12<sup>th</sup>                      TIME: 12:30pm to 3:00pm                      COST: \$18.00

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**WEDDING CEREMONY/RECEPTION**

On September 5, 2010, Bryan Doberdruk married Jacqueline Hickerson in Columbus, Ohio and you're invited to view the ceremony and enjoy the reception through the magic of DVD...Wedding cupcakes will be enjoyed during the wedding reception. The cost of the wedding is just \$1.00 and the money will be used to help individuals who find financial difficulties with the 2011 rising costs of membership and center activities.

*The wedding will be held in the TV Room.*

DATE: Tuesday, December 14<sup>th</sup>                      TIME: 12:30pm to 1:30pm                      COST: \$1.00

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**CHRISTMAS LIGHT TOUR**

Get in to the spirit of the Season! Enjoy the lights of Willoughby, Eastlake, Mentor and the surrounding areas. After seeing the lights, then it's time for the stop at Baker's Square for a slice of “Heavenly Pie” and a Hot Chocolate.

DATE: Thursday, December 16<sup>th</sup>                      TIME: 5:30pm to 8:00pm                      COST: \$3.00

**CHRISTMAS PARTY AT THE CENTER**

Celebrate with your friends at the Center's Christmas Party. Christmas cookies, coffee or hot chocolate will be served. Get a candy cane from Santa Claus and enjoy great “live” Christmas music. Enjoy the music of Julie Slattery from Seekers and a special guest Bill Hach from The Cabin.

Line Dancers are welcome. So join the party. Don't be a Party Pooper.

DATE: Friday, December 17<sup>th</sup>                      TIME: 12:30pm to 2:30pm                      COST: \$2.00

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**DAY TRIPS AND OUTINGS**

**HIKE**

The last hike of the year will be the most unique hike of the year. We will travel to the Canalway Center. It is the start of the Ohio and Erie Canal. This part of the two paths was built in 1827 and is now paved. Christmas box lunches will be available for the trip and included in the price of the trip.

DATE: Tuesday, December 7<sup>th</sup>                      TIME: 10:00am til 1:30pm                      COST: \$4.00

**CHRISTMAS SHOW**

The Cleveland Play House has a show called “This Wonderful Life”. A visually stunning stage adaptation of the popular holiday film “It's A wonderful Life”. This one-man tour de force delivers a witty and moving story that is sure to capture your heart.

DATE: Thursday, December 9<sup>th</sup>                      TIME: 12:30pm til 4:30pm                      COST: \$38.00 per person

**LUNCH BUNCH**

This month we are staying close to home and making this a unique lunch at the Diner in Kirtland, called the Kirtland Diner. Order off the menu.

DATE: Friday, December 10<sup>th</sup>                      TIME: 11:00am to 1:30pm                      COST: \$3.00 for transportation



# DECEMBER BIRTHDAYS

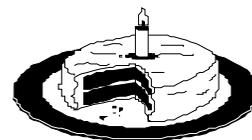
Michael	Sbrocco	1	Vivian	Balester	10	Joseph	Hooper	21
Rosemary	Wynne	1	Steve	Bolas	10	Louis (Ben)	Komaromy	21
Joan	Gezann	2	Chester	Dull	10	Dorothy M	Repar	21
Tim	Glowacki	2	Judy	Globokar	10	Carol	Tilocco	21
Veda	Repko	2	Betty	Kacholek	10	Sally	Fritsch	22
Ardelle	Thomas	2	Maureen	Podlogar	10	Casimir	Jablonski	23
John	Vencius	2	Alice	Resetic	10	Donna	Vitnois	23
John	Vitale	2	Dorothy	Urbancic	10	Sylvia	Zwaszko	23
Ross	Armelli	3	Richard	Kelso	11	Ben	Krawulski	24
Pauline	Fredriks	3	Ann	Ginevra	12	Vicky	Raider	24
Connie	Roznik	3	Frank	Green	12	Vernon	Collins	25
Bertie	Allen	4	Robert	Mahler	12	Janice	Martz	25
Amelia	Locke	4	Ruth	Deike	13	Joe	Stehulak	25
Frances	Morris	4	Christa	Mandau	13	Carol	Straska	25
Henry	Sutton	4	Nancy	Ferguson	14	Nancy	Vitovich	25
Hilda M	Aucelli	5	Betty	Strauss	14	Louise	Wayner	26
Carlos	Garcia	5	Diana	Barr	15	Marilyn	Futkos	27
Mary	Miller	5	Goldye	Cooper	15	Gerrie	Smith	27
Carmella	Nunes	5	Judith	Selander	15	Dolly	Ward	27
Mary	Parks	5	Patrich	Osborne	17	Ahmed	Fellague	28
Donald	Lynn	6	Fred	Sheridan	17	Dorothy	Ferguson	28
Adeline	Grum	7	Richard	Bliss	18	Mary Ann	St. Clair	28
Patricia	Newyear	8	Deborah	Eubank	18	Barbara	Caddell	29
Kenneth	Strah	8	Darlene	Herbert	19	Kathleen	Lynn	29
Doris	Thompson	8	Charles	Vandestad	19	Joan	Collins	30
Raymond	Balester	9	Ann	Dus	20	Karen	Buss	31
Jeane	Foit	9	Audrey	Kramer	20	Gerry	Glowacki	31
Rusel	Maher	9	Robert	Suydam	20			

Patricia Bartok 22<sup>nd</sup>

Karleen Powalie 11<sup>th</sup>

IF YOUR BIRTHDAY IS IN DECEMBER 2010  
AND IS NOT ON THIS SHEET  
IT IS BECAUSE WE HAVE NO RECORD OF YOUR RENEWED  
MEMBERSHIP FOR 2010

WISHING YOU ALL  
A GREAT DAY





**A NEW JFK PROGRAM**

Your board members are currently working on a program to start in January 2011. This program will be designed to help members that find it financially difficult to keep up with the rising cost of our Centers membership dues and cost increases in some of our activities and trips etc.

Any member that thinks they should qualify for any aid should contact ONLY the Center coordinator, ( Frank ) for more information on this program.

Funding for this program will be acquired from donations made by Center members and special events.

If you would like to contribute, please contact a board member or Frank.

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**GRANDPA AND GRANDMA'S STORIES**

Share your life, anecdotes and stories with your family. All presented in a professional half hour DVD that they will cherish forever. Grandpa and grandma's stories allows you to record and preserve your precious moments and future generations to enjoy.

This a unique memorable gift to give to your loved one's.

Call 440-942-7853 for more information or to schedule your appointment.

All done by Tech Wise right here in the center.

2010 Special only \$25 through December, book by 17<sup>th</sup> December for this great offer.

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

Please find the following hidden words:

- christmas, glitter, snow, gifts, bows, wrapping,
- tree, ornaments, decorations, parties, buffets, ham,
- snowmen, santa, cookies, milk, chimney, lights,
- wreaths, poinsettias, elves, laughter, gatherings, peptobismal,

Puzzle By Brenda

A MERRY CHRISTMAS TO ALL AND TO ALL A GOOD NIGHT.

**J.F.K. CENTER IN PICTURES**



**ALL MADE FROM BALLOONS**



**HIKE AT LAKE FARM PARKS**



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