

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: 8am - 4pm

JULY 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	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 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.

PLEASE NOTE: NO EXERCISE CLASS ON THURSDAY, JULY 8TH. STEPHANIE IS ON VACATION.

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REMINDER – CENTER WILL BE CLOSED ON MONDAY, JULY 5TH IN CELEBRATION OF THE FOURTH OF JULY

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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.

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, July 14th and 28th

BOARD AND LUNCH ROOM MEETINGS

The Board meeting will be Tuesday, July 13th at 9:30am with the Lunch Meeting at 11:00am.

ALL THURSDAYS ARE MOVIE DAYS!

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

July 1 st	The Spy Next Door
July 8 th	Dear John
July 15 th	Book of Eli
July 22 nd	Tooth Fairy
July 29 th	Leap Year

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 Clara Seese, Chet Dull, Ernie Lamanna, Marge Fairman, Casey Gablonski, Bernadette Gablonski, and John Chase.

Our sincere sympathy is extended to the family and friends of Gloria Ellis and Barbara Minton, and to Nancy Bryson on the death of her brother.

Information gathered by Edith DiRenzo

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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, July 26th

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.

PARADE

Last chance to become a celebrity! Be on the bus or walk the parade route, Register in the Office for this FREE activity. Meet at the Senior Center. Please note that the date of the 31st is correct.

DATE: Saturday, July 31st

TIME: 11-30 am – 2:30pm

COST **FREE**

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FLEA MARKET/ JULY 10th

The Center is hosting this event as a fundraiser! The Flea Market is open to ANYONE interested in selling new or used items, crafts, clothes, beer can collections...anything. Tables are available starting at \$10. We supply an 8 foot table that will be set up in the Dining Room and North Hallway, Doors open at 9am and close at 2pm. There will also be food, Chinese Auction, Classic Car Show and more. Applications are still available.

Help support our Center: get a table, come and shop, volunteer, see next article!

NEEDED FOR CHINESE AUCTION AND FLEA MARKET

We are in need of NEW AND UNUSED items for filling baskets and VOLUNTEERS to help make up and organize gift baskets for raffle at the Chinese Auction Bring items to the Office ,Madonna or Doris.

BAKERS NEEDED FOR FLEA MARKET BAKE SALE

If you would be willing to bake for the Flea Market sale. Please sign up in office, all proceeds are to benefit your center.

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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, July 7th and 21st

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, July 21st from 8:00am to 5:00pm

LOCATION: TV Room.

PRE-REGISTRATION IS REQUIRED

COST: \$15.00

MASSAGE THERAPY

DATE: Wednesday, July 14th

PRE-REGISTRATION IS REQUIRED

Massages begin at 9:00 am.

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: Wednesday, July 28th

TIME: 9:00am til 2:00pm

COST: Varied

SCHEDULE YOUR APPOINTMENT IN THE OFFICE

REMINDER

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

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PREVIEW OF TRIPS FOR 2010

July 21, 2010	Seneca Allegheny
August 17, 2010	Wheeling Downs Casino
September 7–11, 2010	Memphis
September 17–Oct. 1, 2010	Greece
September 20, 2010	The Meadows
October 8 – 11, 2010	New York
October 17 – 23, 2010	Great Trains & Grand Canyon
October 27, 2010	Greektown Casino
November 30, 2010	Oglebay Lights, Wheeling, WV
December 6 – 10, 2010	Smoky Mountains “Show Trip”
February 6 – 13, 2011	Eastern Caribbean Cruise

SENECA ALLEGHANY

This package includes round-trip to Seneca Alleghany in New York. Meet at the K-Mart parking lot. Casino Bonus: \$25.00 Slot Dollars and \$10.00 for food All passengers must have a driver's license or a state ID with them. Make checks payable to JFK Seniors.
DATE: July 21st TIME: Report at 7:30am-return at 9:00pm COST: \$34.00 includes driver's gratuity

WHEELING DOWNS CASINO

This package includes round-trip to Wheeling Downs Casino. Meet at the K-Mart parking lot. Casino Bonus: \$20.00 to play and \$5.00 for food. All passengers must have a driver's license or a state ID with them. Make checks payable to JFK Board.
DATE: Tuesday, August 17th TIME: 7:00am-7:30pm COST: \$22.00, includes driver gratuity

YANKEE PEDDLER

Step back into the colonial and pioneer world to experience an event that blends art, crafting, great food and entertainment. Tour includes transportation, entrance to all listed attractions, all taxes and gratuities, and tour escort.
DATE: Saturday, September 18th TIME: 8:00am – 6:00pm COST: \$25.00

THE MEADOWS CASINO

This package includes round-trip transportation. Casino Bonus \$20.00 free play, subject to cancellation by casino. Driver's gratuity included. All passengers must have a driver's license or state ID. Checks payable to JFK Board.
DATES: Monday, September 20th TIME: 7:30am-9:30pm COST: \$29.00

APPLE BUTTER FESTIVAL

As we visit Historic Roscoe Village, you will experience a living history tour and shopping in very distinctive shops. Relax as you float aboard the Monticello III, an authentic canal boat drawn by horse, down a restored portion of the Ohio and Erie Canal. Enjoy a glimpse in the daily life of the craftsman in the 1800's, as they display their works of art. Enjoy lunch in a beautifully restored restaurant and visit the Historic Gardens. Tour includes transportation, Apple Butter Festival, Roscoe Village, Canal Boat Ride, tour escort and all taxes and gratuities.
DATE: Friday, October 15th COST: \$29.00

GREAT TRAINS & GRAND CANYONS

This is an amazing destination, wonderful scenery, unbelievable trip. Highlights include: two train journeys, Grand Canyon (South Rim), Black Bart's Steakhouse & Saloon, Chuck wagon Supper & Stage Show, Chapel of the Holy Cross, and much, much more.
DATES: October 17-22 (five nights, six days) COST: \$1,999.00 double \$575 single supplement
Deposit - \$300.00 (per person) Final payment is due 75 days prior to departure.
Last trip presentation will be held on July 20th at 9:30am.

GREEKTOWN CASINO

Traveling to the Greektown Casino. Casino Bonus \$15.00 Bonus Play. All passengers must have a driver's license or a State ID with them. Make checks payable to JFK Board. Meet at K-Mart parking lot.
DATE: Wednesday, October 27th TIME: 7:00am – 9:30pm COST: \$34.00 includes Driver's Gratuity

OGLEBAY LIGHTS

Traveling to the Wheeling, West Virginia to the Festival of Lights with step on guide. Meal stop (on own). Hilltop shops & Gardens (on own). Make checks payable to JFK Board. Meet at K-Mart parking lot.

DATE: Tuesday, November 30th TIME: 12:30pm – 11:30pm COST: \$34.00 includes Driver's Gratuity

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.

DATES: December 6th to 10th COST: \$459.00 per person, double occupancy
Deposit - \$75.00 (per person) Final payment is due on 09/30/10.

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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.

JULY BIRTHDAY PARTY

Attention July birthday people. We are having a party and you're invited. Anyone having a birthday in July 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, July 30th TIME: 12:30pm RSVP IN OFFICE TO REGISTER COST: FREE

ICE CREAM SOCIAL

Sponsored by Continuum Home Care. Enjoy the treat!
It's FREE and everyone is welcome.

DATE: Thursday, July 22nd TIME: 12:30pm COST: FREE
PRE-REGISTER. JUST CALL OR STOP IN THE OFFICE

DINNER DANCE

What's for dinner? It's pork roast, baked potato, salad, rolls and butter with ice cream for dessert. The dance will be held in the dining room and it's free. Also, a FREE dance lesson will be offered. The cost for the dinner is \$7.00.

DATE: Friday, July 23rd COST: \$7.00 (for dinner)
TIME: 5:00pm dinner; 6:00pm dance lesson; 6:30-8:30pm dancing

PANCAKES IN THE PAVILLION

Join us for 3 pancakes, 3 sausages and coffee!

DATE: Thursday, July 8th TIME: 9:00am COST: \$1.00

DAY TRIPS AND OUTINGS

HIKE

Attention all you beach bums! This is our annual hike at Fairport Harbor beach. Grilled hot dogs, potato salad, chips, ice cold water, and ice cream at the top of the Hill are waiting for you. (Ice cream on your own).

DATE: Tuesday, July 6th TIME: 10:00am-1:30pm COST: \$5.00 includes lunch and transportation.

STATION DINNER THEATRE

Join us at "The Chicago Speakeasy." A crooked DA and Eliot Nesster look a lot alike. Twins? Journey back in time to the 1920's...the Roaring 20's, complete with gangsters and flappers. Da dolls and da mugs entertain in this musical comedy. Menu includes homemade minestrone soup, salad & bread, Mama's pot roast & peppers, chicken marinara, vegetable medley, red potatoes and ice cream

DATE: Tuesday, July 27th TIME: 9:45am to 5:00pm COST: \$38.00
Price includes Tip, Transportation, Show and Dinner

HARTVILLE FLEA MARKET

Shopping plus lunch equals a GREAT TIME. Shop 'til you drop!

DATE: Monday, July 12th TIME: 8:15am to 3:30pm COST: \$2.00 for transportation

NAUTICA QUEEN

Experience the excitement of the Nautica Queen's unique adventure in lakefront and river cruise dining for seniors. A lavish buffet, two elegant heated and air-conditioned decks are available to us for our comfort. While aboard, you'll cruise under historic bridges and see the downtown skyline. The "Tall Ships" are in town as an added bonus.

DATE: Friday, July 9th TIME: 9:30am to 1:00pm COST: \$38.00

MALTZ MUSEUM & LUNCH

The Catholic Nun history is showcased at the Museum of Jewish Heritage. The Catholic Sisters Exhibit shows the story of how the nuns were immigrants, what they faced, when they came to the land and how they impacted history. It shows their lives starting in the 1800's up to present day. The sisters have done so much for this country and sometimes their accomplishments aren't known. After the museum, it's out to lunch at Corky's & Lenny's. Lunch consists of: ½ sandwich (turkey or corn beef); matzo ball soup and beverage.

DATE: Wednesday, July 21st TIME: 9:30am to 2:00pm COST: \$20.00

LAKE COUNTY CAPTAIN'S GAME

It's Senior Day at the Olde Ball Park. So come on down! Price includes: Food (Hamburger or Hot Dog), Chips and a Soft Drink.

DATE: Thursday, July 22nd TIME: 11:00am COST: \$12.00

LUNCH BUNCH

Baseball is in the air, so let's go to Progressive Field in Cleveland. But we are not going to watch the Indians lose. We are going to eat. Buffet lunch at the Terrace Club is a great treat. The restaurant overlooks the baseball field. The only all-star around the field is the food.

DATE: Friday, July 30th TIME: 11:30am to 2:00pm COST: \$13.00

ATTENTION: GOLFERS

Golfers join us on Thursdays from 9:30am – 3:00pm. Cost is \$10.

GROUPS AND CLUBS

ART CLASS

Judy Komyati is back for water color art classes. The time and date remain the same. The cost is just \$2.00 per class, with the fee for the class due on the day of the class.

Classes are on Thursdays TIME: 10:00am til 12:00 noon COST: \$2.00 per class

BALLROOM DANCE LESSONS FOR JULY

Increase your self-confidence and make that special person happy, relieve stress and just get out.

Sign up for ballroom dancing lessons at the Senior Center.!

Week 1	Waltz, Hustle and Merangue	Week 2	Foxtrot and ChaCha
Week 3	Rumba and Swing, Mambo/Salsa	Week 4	Tango and Samba

DATE: Tuesdays- 1:30pm til 2:30pm – July 6th, 13th, 20th and 27th

Thursdays – 6:30pm til 7:30pm – July 8th, 15th, 22nd and 29th

COST: \$20.00/per person or \$30.00 per couple for either the day or evening series.

Make checks payable to the instructor: Andy Calori.

RED HAT PEARL BELLES

Bus Trip, Monday July 19th. 12:00-2:30pm. Cost \$2.00. (Lunch on own). Lunch will be at Mary Yoders and then we will go to the Middlefield Cheese House. Call Millie or Co-Queen Sally.

All members from JFK Center are invited to join us. Phone number for above are in the office.

PINOCHLE CLASS

Pinochle players meet on Fridays at 12:30 pm. If you need a refresher before joining in the regular play, come at 10:30am for a practice session before lunch. This is a refresher course, not intended for beginners.

WEDNESDAY NIGHT PINOCHLE

Players meet at 6:00pm 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.

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! The \$5.00 will allow you to play 12 games.

DATES: Thursday, July 29th TIME: 12:30pm COST: \$5.00

JULY OUR PAGE

AN IDEA FROM CHET DULL "THREE SECONDS"

THAT'S ALL IT TAKES TO SAY. I LOVE YOU. OR GIVE ME A HUG.
I LOVE YOU TOO. HAVE A GREAT DAY. OR GOOD TO SEE YOU.
CAN MAKE SOMEONE SMILE. EVEN FOR A SHORT WHILE.
SUCH A SMALL THING. CAN MAKE SOMEONES DAY
AND IT'S SO VERY EASY TO SAY.

SO LET'S TAKE THE TIME TO SAY THE WORDS.
THREE SECONDS IS ALL TO ANSWER THIS CALL.

Nice thoughts, thank you Chet

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SPOTLIGHT ON THE BILLIARD ROOM

This week I took a short walk just passed the Courtyard to interview a great bunch of Guys. George has been playing pool here about six years, but he has fifty years of playing behind him, he say's it's because of the good company there and the food doesn't hurt either.

Sam say's he has been playing for about sixty five years, he likes the game because of it's strategy, which makes you think, but he also likes the company he plays in, plus the food.

Bill has been playing pool about ten years, he likes the people and the food.

Guerrino is the umpire and is the boss, they told me, when he makes some decisions he really gets it in the neck, but sometimes he makes them happy, he also like's the food.

Abdul has been playing for about twenty years, he like's the way it makes him think too, and say's they are all a good bunch of guys. He didn't mention the food.

Don has been playing at the center for about a year, but he's played pool on and off for about forty years,. He like's it because it's different, and he meets a lot of interesting people.

I really enjoyed talking to these guys they were so much fun, they told me if Guerrino didn't show up they looked in the obituaries. also found out why they like the food so much (they even have shrimp) it's because they aren't allowed to drink so they eat. I was really impressed with the camaraderie in there and the laughter which is a wonderful thing, so keep on clicking those balls guys it's great.

Brenda

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CENTER PARKING WHEN GOING ON TRIPS

We asked all members that are going out on trips to please park down at the center entrance. This is because we are short on parking in the front of the center for our members that cannot walk too far. Dick will drop you off there on your return so you will not have to walk back to your car, It's such a small thing to ask and anyone who really needs to park near the door will appreciate it.

We would also like to thank all the people that already park down at the entrance.

Your JFK Board

DID YOU NOTICE ??

A group of volunteers in green shirts invaded our center at 8-30am in a day of caring.

They removed all the tables and chairs from the Bingo, Band and Hospice rooms, completely cleaned these rooms, furniture, and windows plus put two coats of wax on the floors. Also weeded all the gardens round the center and did an excellent job in the courtyard, add to this the moving of furniture in the office, the cleaning in the library and WII room and finally the vacuuming of the halls. They did all this with a smile on their faces and friendly words to all who spoke to them at 12-30pm all was done and they were served a lunch by June and her staff.

Lets all do our bit to keep our center clean and a pleasant place to spend our time in. If they can do all this for us. the least we can do is pick up that paper we dropped, clean up that spill we made and put back our chairs and tables and leave the rooms as we found them.

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A LITTLE REMINDER

Lots of things will be happening starting right now so read your Bulletin carefully so you don't miss out on these activities, time goes fast and summer will be over before you know it.

FRIDAY 25th JUNE Sock Hop dinner dance.....Hawaiian party WEDNESDAY NITE 30th JUNE.....
Fireworks at the Ball Bark 4th JULY..... Fourth of July Party WEDNESDAY NITE 6th JULY

JULY 10th JFK CENTER FLEA MARKET

Dinner Dance JULY 23rdEASTLAKE PARADE 31st JULY still room on bus to give out candy.....
AND MORE.....Golf.....Nautica Queen.....Flea Markets.....Station St. Theater.....Hikes.....
Motz Museum.....Captains Games.....Phantom of the Opera.....Lunch Bunch.....etcetc.....

CHECK THEM ALL OUT I DON'T WANT TO HEAR OH! I MISSED THAT

Have yourself a great summer Harry

JFK SENIOR CENTER
FLEA MARKET AND CRAFT SHOW
SATURDAY JULY 10th
9:00am. to 2:00pm.

1580 East 332st. Eastlake, Ohio. 44095

ALL INSIDE WILL BE HELD RAIN OR SHINE
MANY LOCAL VENDORS & TABLES
CONCESSION STAND IN FOOD COURT
HOT DOGS AND HAMBURGERS, BAKE SALE,
CHINESE AUCTION AND MORE

ALSO A CLASSIC CAR SHOW IN NORTH PARKING LOT
PLUS A COMPLETE AREA WITH HUNDREDS OF TOYS
THIS IS THE PLACE TO BRING YOUR WHOLE FAMILY
TOYS FOR THE KIDS. PLUS GOOD FOOD AND GREAT PRICES.

EIGHT FOOT TABLES ARE AVAILABLE AT 15 dollars FOR PRIME SPOTS and
10 dollars for general locations.

TO RESERVE A TABLE PLEASE CALL 440-975 4268 or stop in at the CENTER
DEADLINE IS JUNE 25th or until full.

The JFK Senior Center is a none profit organization. All proceeds from this event will benefit the center on
it's much needed repairs. For information call 440-975-4268

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OK FOLKS THIS IS IT! WE NEED VOLUNTEERS FOR THIS EVENT

This is the first time for this event and we hope to make it a great success, to
do this we need your help, many of you have already signed up for tables and
now we need volunteers to help run the event. Even if you have never been a
volunteer before please consider helping with this and show this page to your
all your friends All the benefits are for you at the center.

So please sign up in office or see Frank or Harry, A meeting of volunteers with
be held in lunch room Tuesday July 6th at 12-30

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

fireworks, music, parties, laughter, parades, flags, picnics, family, food,
dancing, sunshine, mosquitoes, marching, birthday, swimming, boating, white,
sunscreen, barbeques, cannons, capital, whitehouse, red, blue,

J.F.K. CENTER IN PICTURES



FRIDAY NIGHT DINNER DANCE



WEDNESDAY NITE FANCY DRESS PARTY



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