

# J.F.K. SENIOR CENTER BULLETIN

1580 EAST 332 STREET

EASTLAKE, OHIO 44095

(440) 975-4268

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Brochure on line at "www.eastlakeohio.com"

Hours: 8am - 4pm

## JUNE 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	12:30pm

(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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### PLEASE NOTE!

The Board has approved the Center to receive CASH for any trip or event up to \$20.00.  
We would appreciate your help in paying cash for these kind of events. Thank you.

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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 on Wednesdays.  
DATE: June 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup>

### BOARD AND LUNCH ROOM MEETINGS

The Board meeting will be Tuesday, June 8<sup>th</sup> at 9:30am with the Lunch Meeting at 11:00am.

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### ALL THURSDAYS ARE MOVIE DAYS!

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

June 3 <sup>rd</sup>	Old Dogs
June 10 <sup>th</sup>	Extraordinary Measures
June 17 <sup>th</sup>	The Lovely Bones
June 24 <sup>th</sup>	The Spy Next Door

All Movies are FREE! Popcorn included.



DAY TRIPS AND OUTINGSPROGRAMMING NOTE FOR JFK BUS TRIPS

The first two days are reserved for volunteers; then others can sign up.

BASEBALL IN EASTLAKE

The Lake County Captains have 30 seats with our name on them. Enjoy the great game of baseball in Eastlake. Hot dog, chips and soft drink all for just \$12.00. You can't beat it.

DATE: Thursday, June 3<sup>rd</sup> TIME: 11-00am-3:00pm COST: \$12.00 includes lunch No transportation.

STATION DINNER THEATRE

“Caught In The Net”. John Smith is back, except now he not only has two wives, he also has two children who have found each other on the internet and want to date. This hysterical comedy is sure to sell out quickly, so register now for this.

DATE: Tuesday, June 8<sup>th</sup> TIME: 9:45am to 4:00pm COST: \$38.00  
Everyone needs to try The Station Dinner Theater at least once.

Just to let you know, on July 27<sup>th</sup> we'll be going to a Speak Easy in Chicago. A crooked DA and Elliot Nesster look a lot alike. Are they twins? Journey back in time to the 1920's. Complete with gangsters and flappers. DA Dolls and DE Mugs entertain in this musical comedy.

MIDDLEFIELD FLEA MARKET

We are headed out to the country. Middlefield is the destination. Strawberry plants, potatoes plus more. Deals and steals will be available. After the market, lunch will be at Mary Yoder's on your own.

DATE: Monday, June 28<sup>th</sup> TIME: 8:30am to 2:00pm COST: \$2.00 for transportation

CANOE OR KAYAK THE CHAGRIN RIVER

We are going up the river with a paddle. The Chagrin River is calling you. I think you'll like it. It's fun! A quick lesson on land is the first order of the day, then a safety vest, in your canoe or kayak (your choice). Lunch at Trader Jacks. You don't need any experience!

DATE: Tuesday, June 29<sup>th</sup> TIME: 10:00am to 1:30pm COST: \$12.00

MEET OUR AMISH FRIENDS

Travel in Amish country on our bus and leave the driving to us! First stop is in Mesopotamia to Ridgeview Farm for a quart of free strawberries. Second stop is for free coffee and sweet treats at an Amish bakery. The on to the original cheese co-op for free samples. Lunch at 12:30pm will be held in an Amish house. This meal is called “Wedding Feast”. Tour an Amish School House, then a trip to an old fashioned general stored called “End of the Commons”.

DATE: Friday, June 25<sup>th</sup> TIME: 8:45am to 5:00pm COST: \$37.00

WEST SIDE MARKET.

We will bus you to the historical West Side Market. The market has produce (fruits and vegetables) and inside, desserts, cheeses, fish, meats and unique ethnic foods.

DATE: Wednesday, June 16<sup>th</sup> TIME: 9:00am to 11:30am COST: \$2.00 for transportation

METRO PARKS WAGON RIDE

Our bus is set for Chapin Forest, located in Kirtland. We are going on the wagon ride through the park, up and down the hilly terrain. At the highest point in the park, you'll be able to see Lake Erie and downtown Cleveland. Snacks and beverages will be provided by Metro Parks.

DATE: Thursday, June 17<sup>th</sup> TIME: 10:00am to 12:30pm COST: \$4.00

LUNCH BUNCH

Repeat!!! Back by popular demand “China Buffet”. All you can eat. Shrimp, clams, fried squid, sushi bar, desserts and much more. (No MSG). Price includes transportation, lunch, beverage and tip.

DATE: Friday, June 18<sup>th</sup> TIME: 11:00am to 1:30pm COST: \$8.00

HARTVILLE FLEA MARKET

Shopping, plus lunch equals a GREAT TIME.

DATE: Monday, June 14<sup>th</sup> TIME: 8:15am to 3:30pm COST: \$2.00 for transportation

SENIOR OLYMPICS

Fun games, track and field events, ping pong, basketball, canoeing, bocce and more.

Applications are available at the center.

DATE: Monday, June 7<sup>th</sup> thru 11<sup>th</sup> COST: Varies







# JUNE OUR PAGE

The sun shone today  
And boy is that OK  
Enough of the rain and wind and chill  
When we feel some warmth  
It works like a pill  
So goodbye winter  
And hello at last spring  
It feels so good  
I may just sing.

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## Spotlight On TECH WISE LLC

This month took me in a very different direction, across the building to the other side, to meet Bill and Bob who run the Tech Wise business. We are very fortunate to have such a high tech business in our senior center.

Bill told me he kind of grew into this business, as he always had computers in his life and was always fixing or teaching for about twenty years. Bill started Tech Wise in 2007 and it has grown and they plan to grow a whole lot more. As I'm sure you all know they teach computers to seniors, but I don't think everyone knows that they also repair them, install programs and remove viruses, you can bring in your computer to them. Or they will come to your home if need be, plus they also teach digital cameras, and I know how puzzling they can be.

They can also order new computers and will sit down and chat with you about what you want and expect, They will also come to your home and set everything up if needed, I think is a great service.

The nice thing I found talking to both of them is that they don't use fancy jargon and I had no trouble understanding what they told me.

They also can convert old V.C.R. Tapes to D.V.D. How great is that. They are also into memories that can be created on D.V.D. So that the grandchildren and even great grandchildren can share the memories you have, Isn't that something!! They are also into scanning documents, photos etc. so as you can tell Bill is a visionary.

Bob is the finance man for their business, but he told me he loves to teach and you can tell he really does. Bob came on board in 2008, he had been in charge of computers at his former firm, so this was a good progression for him

Bill and Bob are really good partners. From my talk with them I could see Bill bubbling with ideas and Bob saying "hold up a bit", which I think makes for a good relationship.

As I said they are growing all the time, they plan to do training for older workers, to help them in the work market and at the other end of the scale they would also like to teach children.

So as you can see with all the new things they have going on, how fortunate we are to have them right here in the center with us

So take a walk over there and say hi! To Bill and Bob you are certain to get a warm reception.

P.S. They are doing special class deals for our members, so take the leap and try a class.

Brenda

## WE CAME ! WE PLAYED ! WII CONQUERED !

On the first Tuesday in May, Painesville senior center held a WII bowling competition and four representatives went over there to show them how Eastlake J.F.K. does it. We had a great team.

Ann won a first place and never scored under 200.

Andy also won a first with a great score.

Junior came in second and bowled three of his games over 200.

Valerie also came in second with a really good score. One of her games was 250 wow!

All four of our people deserve to be very proud of themselves for doing so well for our center.

I was told that the games were very well organized and that food was was good too, thanks to Denise. I think we should all give them an extra pat on the back, because all the other game players belonged to a league, which we as yet we don't have.

Check out the photo of our winning team on the fireplace in the lobby.

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California vintners which primarily produce Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic. It is expected to reduce the number of trips older people have to make to the bathroom during the night. The new wine will be marketed as PINO MORE

Don't you all forget now, June 2<sup>nd</sup> is fancy costume nite, ( dress in any costume ) and come join the fun and forget your troubles for a few hours, great country music, good company, food and more. Also June 30<sup>th</sup> is Hawaiian Nite, here's your chance to wear those colorful shirts, grass skirts, and coconut bras, and the ladies you can wear what they want. Two great nites in one month and you can't afford to miss one of them because what happens on Wednesday Nite, stays on Wednesday nite.

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**JFK INDOOR FLEA MARKET AND CRAFT SHOW**

Yes folks this is your chance to get rid of all those items that you have not used for years, make some money and clutter up someone else's home. So here's the deal on Saturday the 10<sup>th</sup> of July we hope to have lots of people to buy your stuff, we will supply you with an 8 foot table for as little as \$10. from 9:00am to 2:00pm. We will also have many other Vendors, Bake sales, Concession stand, Chinese Auction and if possible a Classic car show all this and we will do all the advertizing to make sure the public shows up. Now it's up to you, have a look around and get your stuff together, we will have a sign-up sheet in the office and Frank or Harry can answer any questions you may have. Just one more thing DO-NOT think about it DO-IT tables will go fast, if you don't have enough stuff of your own or if \$10 is too much, then get a friend ( they do not need to be a member ) to do it with you. If you don't what to sell and make money, then at least plan on coming it's going to be a fun day.

**WHAT ARE YOU DOING ON JULY THE FOURTH**

OK I know that the 4<sup>th</sup> is on a Sunday and that lots of you will be at parties with your friends and family's but it is also the day of the Eastlake parade and for the past two years the JFK has joined the parade with a float and our bus, this year we would like to do the same, so a sign up sheet will be in the office for those of you that would like to join us in this fun event. This year our theme will be Hawaiian with grass skirts and colorful shirts we will decorate the float, have music and give out candy and flyers along the parade route. I need to know if you are interested early as it takes some time to get the float ready and things organized. We would all meet at the center, the parade starts at 1:00pm and you should be back at the center by about 2:30pm. Oh by the way last year we took the first place trophy, lets show them we can do it again. Your friends are welcome to join us in this event. Also on the 4<sup>th</sup> it's Eastlake Fireworks at the stadium, open at 7:00pm with entertainment till the fireworks start about 10:00pm.

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

Please find the following hidden words:

- |            |             |             |          |              |            |
|------------|-------------|-------------|----------|--------------|------------|
| honeymoon, | weddings,   | bridesmaid, | dresses, | photos,      | corsage,   |
| reception, | cake,       | gifts,      | garter,  | church,      | happiness, |
| bride,     | groom,      | parents,    | dancing, | decorations, | limousine, |
| confetti,  | flowergirl, | rings,      | toasts,  | nosegays,    | bouquets,  |

# **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 25<sup>th</sup> 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**

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



**HELPING HANDS AND RED HATS AT SPAGHETTI DINNER**



**TECH-WISE AT JFK**



**WEDNESDAY NITE FOOD DRIVE**



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