

J.F.K. SENIOR CENTER BULLETIN

**1580 EAST 332 STREET
EASTLAKE, OHIO 44095
(440) 975-4268**

Grace Giangiacomo-Senior Coordinator

E-Mail gg@eastlakeohio.com

Brochure on line at "www.eastlakeohio.com"

Hours: 7:30am – 4:00pm

June 2011



**The JFK Senior Center is open to the public ever Wednesday Night.
We have live country music, a concession stand and lots of fun.
Pop in and join us, it's Free to all.**

SIGNING IN:

It is very important that EVERYONE sign in EVERYTIME they come to the Center. This is very important because WE receive funding from the Lake County Senior Citizens Services Levy each year based on these numbers. So if you are here, we want to make sure we get that credit.

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)

CERAMICS	MON. TUES. WED. FRI.	\$12/12 Week Session
EXERCISE ROOM	MONDAY - FRIDAY	\$12.00 per year
WOODBURNING	TUESDAY	9:00 AM
BINGO*	TUES. & FRI.	12:30am-3:00pm \$0.03 per card
TAI CHI	WEDNESDAY	8:30 AM
LINE DANCING	THURSDAY	1:00 PM
LCR DICE GAME	4th THURSDAY	12:30 PM
CRAFTY CROCHETERS	FIRST & THIRD THURSDAY	9:00am-11:00am
PINOCHLE (Refresher at 10:30 with Lorraine Longo)	THURSDAY & FRIDAY	12:30pm

***THEY STILL NEED A BINGO CALLER ON FRIDAY!**

A "BODY IN MOTION" IS A HEALTHY BODY

Exercise with Stephanie...all FREE programs

Sit Down Exercise	Monday, 12:45pm	Thursday, 9:15am
Low Impact Aerobics	Monday, 1:30pm	Thursday, 10:00am
Stretch & Tone	Tuesday, 9:15am	

VOLUNTEER NAME BADGES:

Some time ago the center furnished all active Volunteers with name badges. Since that time we have been fortunate enough to enlist the services of more members in volunteer positions. If you are an Active Volunteer and have not received a name tag, please give your name to the office secretary so that we can order one for you and keep our records updated. Thanks from Irene.

OUR THOUGHTS

GET WELL WISHES are extended to: John Margheret, Gloria Brock, Marylou Hillyer, Carol Lamanna, Ruth McCord.

Thanks to Edith Di Renzo our Sunshine Girl, for all our updates.
Please help us keep her updated.

CLEANING THE CENTER

**Our Volunteer Cleaning Group Meets in the Lunch Room after lunch.
Wednesday, June 8th and 22nd**

ARE YOU INTERESTED IN EASTLAKE HISTORY

We are looking for people to join The Eastlake Historical Society.

**We meet on Thursdays at 3:00pm at Eastlake City Hall,
come and give us some input, we'd love to hear from you.
Call John Olwert at (440) 946-7909 with your questions or any info.**

VISITING ATTORNEY

**Frank will be moving his office, so he will be canceling his appointments
for June, July, and August. He will be back in September.**

OSHIIP

**The Ohio Senior Health Insurance Information Program is a powerful
resource. Ken Selander will be in the main office, in a private room.**

DATE: Thursdays, June 2nd 16th and 30th

TIME: 10:00am til 12:00pm

COST: FREE

SENIOR HEALTH AND WELLNESS

SENIOR INDEPENDENCE / GATEWAY

BLOOD PRESSURE CHECK

DATE: Tuesday, June 14th

TIME: 10:30-11:30am

COST: FREE

**Followed by Summer Safety
with Nicole and Carol**

With a Snack after lunch sponsored by Senior Independence and Gateway

All this happening in the Lunch Room between 12:00 noon and 12:30.

(None of this will interrupt your lunch)

FOOT DOCTOR

Dr. Coppers will be in the TV ROOM

\$15.00 donation is to be paid at time of the appointment.

EXACT amount is required. (Change cannot be made.)

PRE-REGISTRATION IS REQUIRED

DATE: Wednesday, June 15th

TIME: 8:00am to

4:30pm

COST: \$15.00

TOM STRONG

**As we age, 90% of Americans are at risk for high blood pressure. Join us
for an informative talk as medical lecturer, Tom Strong explains non-
medical strategies to help reduce and manage blood pressure.**

DATE: Tuesday, June 21st

TIME: 1:00pm

COST: FREE

SPA SERVICE AT JFK

Manicures, pedicures and mini-manicures are available.

DATE: Wednesday, June 22nd

TIME: 9:00am to 2:00pm

SCHEDULE YOUR APPOINTMENT IN THE OFFICE

COST: VARIES

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

A Concession stand with coffee, donuts, pizza and other items are available for purchase.

ICE CREAM SOCIAL

Is being sponsored by Karen from "Continuum Home Health Care". We will be doing the social after lunch in the lunch room.

PRE-REGISTRATION IS REQUIRED

DATE: Wednesday, June 8th

TIME: 12:00pm

COST: FREE

PANCAKE BREAKFAST

Come and join us for another Delicious Breakfast, we'll be eating outside under the pavilion weather permitting.

Three pancakes, three sausage, juice, coffee and "good company".

SIGN UP IN THE OFFICE

Tuesday, June 28th

Time: 9.30am

COST: \$2.00

DAY TRIPS AND OUTINGS
HARTVILLE FLEA MARKET

DATE: Monday June 6th
SIGN UP IN THE OFFICE

TIME: 8:15am - 3:00pm
COST \$3.00 Trans..

LUNCH BUNCH

STANCATO'S IS THE PLACE This months' suggestion is from Eleese Gosselin, please keep them coming! This will be a buffet for \$7.99 and if you get a drink, the cost is \$2.50 extra. **DATE: Wednesday, June 15th**
DATE: Wednesday, June 15th **TIME: 11:15am - 2:30pm**
SIGN UP IN OFFICE **COST: \$3.00 Trans..**

LET'S TAKE A HIKE

We are traveling to the **THE HOLDEN ARBORETUM**, just in time for the gnome and garden exhibit. You can bring your own brown bag for lunch, there are picnic tables there we can use with complimentary coffee and tea. It will be a beautiful time of the year to see all the wonderful flowers that have been **HIDDEN** from us for so long!

SIGN UP IN THE OFFICE

DATE: Tuesday, June 21st

TIME: 11:00am - 1:30pm

COST: \$3.00

MIDDLEFIELD MARKET

It's time for some summer fun and shopping at the Middlefield Market, they have a new shop there to stop and see.

DATE: Monday, June 27th

TIME: 8:15am – 3:00am

SIGN UP IN THE OFFICE

COST: \$3.00

Ever noticed the sign on highways, (**DEER CROSSING**).
How do the deers know to cross there.

FREE COMPUTER CLASSES

The JFK Center and Tech Wise have partnered with Connect Ohio to bring "Every Citizen Online" training program to Lake County Seniors. There will be a series of three classes, you will be registering for all three.

- Understanding your Computer
- Understanding the Internet
- Understanding e-mail

DATE: Monday, June 6th, 13th and 20th

TIME: 9:30am til 11:30am

Register Now in the office or by phone. 440-975-4268

LOCATION: JFK Center

COST: FREE

EVERY THURSDAY IS MOVIE DAY

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

June 2nd, 9th, 16th, 23rd & 30th

Movie's will be announced later.

Movies and Popcorn are FREE so come and ENJOY!

BOARD AND LUNCH ROOM MEETINGS

The Board Meeting will be Tuesday, June 14th at 9:00am

The Open Meeting will be at 11:00am

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. Please help us make this program grow.

DATE: Every Wednesday, June 1,8,15,22, & 29

TIME: 9:00am

MASSAGE THERAPY

Jennifer Woo, a licensed massage therapist is doing chair massage for those who are interested, it consists of soft tissue manipulation which promotes the bodies own healing powers. It improves circulation, joint mobility, energy flow and encourages relaxation. If interested she will be here June 29th. Cost \$1 per minute.

GROUPS AND CLUBS

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.

SIGN UP IN THE OFFICE

DATE: Thursday, June 24th

TIME: 12:30pm

COST: \$5.00

“NEW CLUB STARTING”

**“Your” Stock Club..... Learn to invest in stocks
Members will be limited to 20.**

SIGN UP IN THE OFFICE OR CONTACT ROBERT SMALLEY

DATE: June 21st & 28th

TIME: 9:30am

COST: \$2.00 PER WEEK

RED HAT PEARL BELLES

The Red Hat Pearl Belles are going to Milano's on Vine Street for Lunch.
Call Queen Millie if you have any questions.

DATE: Tuesday, June 21st

TIME: 12:30pm

If they show a mirror on T.V. Why can't you see your face in it.

CASINO TRIPS AND VACATION TRIPS 2011

ALL TRIPS ARE FIRST COME BASIS

DATE	INFORMATION
July 13 th	THISTLEDOWN RACE TRACK, Warrensville Hts., Oh Cost \$19.00 which includes transportation with the JFK Bus. Chicken Cordon Blue Lunch...watch the races from the Club House. (Cut off date July 1 st .)
July 27 th	RAVENS GLEN WINERY, Tuscarawas River, Oh Cost \$70.00 which includes Motor Coach Transportation. It's a Progressive Wine Tour with Lunch and other goodies and a stop at Shearer Potato Chip Outlet.
August 15 th	Sorrowful Mother Shrine (Bellevue, Ohio)
August 25 th	Mountaineer Casino
September 7 th - 13 th	California Rail Trip
September 8 th	Popcorn Capital of World
September 17 th - 18 th	Frankenmuth in Michigan
October 3 rd - 6 th	Vermont Fall Foliage
November 18 th	Meadows Casino
November 28 th to December 1 st	Kalightscope Christmas (Louisville, KY)

Don't Forget We Have A Suggestion Box if anyone would like to share their ideas!

**Why do the three Musketeers carry swords and not muskets.
Why don't eggs taste like chicken.**

JUNE OUR PAGE

**If this rain doesn't stop soon
I'm going to be howling at the moon
For some sun I'd give everything I've got
The only thing is I ain't got a lot.**

@@@

SENIOR DAY AT THE MALL

This year all the ten Senior Centers of Lake County joined together, each center made two baskets for the raffle and sold tickets at their centers and at the mall. The proceeds from the above all go to support the Senior Levy this year the total money raised was \$1.181. Each Center nominated a Volunteer of the year and this year our center's Congratulations go to Celine Burger, not only a volunteer in many areas and projects but also the Center's Treasurer and very worthy of this honor.

OUR CENTER GARDENS

As most of you all know we have had no garden club for a couple of years or more So keeping up our centers outside appearance has become a problem, however so far this year we need to give our thanks to a few people who have stepped up to the plate to make our gardens look good.

Thank-you Gwen for pruning the roses, the girl scouts and their leaders plus Bob and Pete for clean up, weeding, grass cutting and mulch spreading etc.. And now what about all the flags, the truck load of mulch and hopefully coming soon, a memorial stone, plaques for the roses, and maybe even fish for the pond, these and more are the ideas and donations of Jim Strand, Thanks Jim.

All these people are not a club, they give what time they can, sometimes after center hours, sometimes on there own, sometimes as a group.

Anyone of you can do the same, the gardens belong to all of us, the appearance of the center should be the pride of all of us.

If interested check with Grace or Harry.

NEWS INFO FROM THE CENTER

THOUGHTS FROM GRACE: It has been six weeks since I have taken over this position at the Center. Everyone here has graciously welcomed me and has helped me move into this job with great ease. I want to thank you all for your help, understanding and patience during this transition. I learn something new everyday, so keep your thoughts, ideas and smiles coming my way...I just Love it here!

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L	A	R	E	T	A	L	L	O	C	O	T	O	R	P	P
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O	X	O	E	J	A	S	H	S	M	O	D	T	B	G	D

Please find the following hidden words:

communications, rally, marathon, lightning, machine, prosperous,
 divided, plentiful, cuisine, protocol, preference, momentarily,
 persuasion, apprentice, hygiene, candidate, collateral, alphabetical,
 nutrition, pedantic, international, munitions, designer, summarily,

words by Brenda puzzle by Harry

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Movie Day OSHIP	3
4 Computer Class Hartville Flea Market	7	8 Ice Cream Social Center Cleaning	9 Movie Day	10
13 Computer Class	14 Board Meeting Blood Pressure	15 Lunch Bunch Foot Doctor	16 Movie Day OSHIP	17
20 Computer Class	21 Hike Red Hats Tom Strong	22 Wanda's Spa Center Cleaning	23 Movie Day	24 LCR
25 Middlefield Flea Market	28 Pancake Breakfast	29 Massage Therapy	30 Movie Day OSHIP	

HOPING YOU ALL HAVE A GREAT MONTH

JUNE BIRTHDAYS

Carol	Ackerson	1	Frances	Starks	8	Dolores	Latine	19
Pauline	Holmes	1	Dorothy	Bradac	9	Lucille	Porten	19
William	Moster	1	Marie	Tomko	9	Roberta	Hufnagle	21
Betty	Triplett	1	Tom	Daly	10	Ellen	Miecznikowski	21
Jackie	Fisher	3	Janice	Konte	10	Michael	Vaccariello	22
Dorothy	Hartman	3	Edna	Parisi	10	Bernice	Zabroski	23
John	Karsnak	3	Doris	Sraj	11	Charles	Overberger	24
Prudence	Murphy	3	Betty	Nemeth	12	June	Taylor	24
June	Bliss	4	James	Ogrim	12	Fred	Grodell	25
Mary Ann	Jambor	4	Dorothy	Jankowski	13	Ronette	Strand	25
Denise	Massey	4	Beatrice	Meier	13	Tina	Sherrick	26
Ken	Selander	4	Anthony	Minardo	13	Robert	Creter	27
Doris	Hillstrom	5	Sadic	Nieszczur	13	Domenic	Talladino	27
Louise	Pennza	5	Geraldine	Rejkowski	14	Rose A.	Hanslik	28
Pat	Larner	6	Charles F	Rumble	14	Jean	Plesnicher	28
Julie A.	Newman	6	Roy	Page	15	Rosemary	Baranuskas	29
Bea	Royko	6	Carol	White	15	Marie	Gearhart	29
Dottie	Cvanciger	7	Dorothy	Phillips	16	Peg	Shea	29
Sandra	Fischer	7	Genevieve	Deleandro	17	Don	Veres	29
Charles S	Hogye	7	Leonard	Mullen	18	Phil	Zak	29
Millie	Huber	8	Idella	Kadlub	19	Nello	Chiudioni	30

**IF YOUR BIRTHDAY IS IN JUNE 2011 AND NOT ON THIS SHEET
IT IS BECAUSE WE HAVE NO RECORD OF YOUR RENEWED
MEMBERSHIP FOR 2011**

WISHING YOU ALL A GREAT DAY

J.F.K. CENTER IN PICTURES





COME AND JOIN US
PLEASE DON'T BE LEFT OUT THIS SUMMER