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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: Betty Azre, Blanche Loomis and Pearl Huff.
We offer our sympathy to: Eleanor "Terry" Lors and Jackie Jaskiewicz.

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MESSAGE OF APPRECIATION

I would like to thank all of the people that sent get well cards then later sympathy cards during the illness and death of my husband Frank Sraj.

Your kindness and condolences were greatly appreciated. Doris Sraj

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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Please, NO outdated magazines or encyclopedias.

ARE YOU INTERESTED IN EASTLAKE HISTORY?

We are looking for people to join The Eastlake Historical Society. Our meetings are held on Thursdays at 3:00pm at Eastlake City Hall. We are currently planning our activities for this year. If you would like further information or have any questions, call John Olwert at (440) 946-7909.

LAKE TRAN TOKEN PROGRAM

LakeTran for years has charged \$1.00 for the "Dial-a-Call program. In 2009 they increased it to \$1.50 per ride and in 2010, the cost was \$2.50 per ride. The Center, in the past, paid the full amount for Eastlake members to ride to and from the Center. Unfortunately, we will not be able to pay the full amount. We have a new policy in place that will require riders to contribute \$1.00 for each ticket. Therefore, the cost of a ride ticket from LakeTran is \$2.50, the Center will pay \$1.50 and the rider pays \$1.00. As an example, 4 tickets equal 4 bus rides and will cost you \$4.00. Payment will be required at the time you receive your tickets. This is effective as of January 3, 2011.

These tickets are for rides to and from the Center ONLY

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 28th **COST: FREE**

AARP TAX APPOINTMENTS

Register now, by phone or walk-in. Appointments are on Tuesdays. First available date is March 22nd. Other dates are as follows: March 29th, April 5th and 12th. This is a free service, thanks to AARP and is open to all individuals. For more information, all 975-4268. **COST: FREE**

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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, March 16th from 8:00am to 4:30pm
LOCATION: TV Room. **PRE-REGISTRATION IS REQUIRED** **COST: \$15.00**

OSHIP

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, March 10th and 24th TIME: 10:00am **COST: FREE**

MASSAGE THERAPY

I would like you to welcome a new gal, Jennifer Woo. She will be our new Massage Therapist (Massotherapy). Her hours are as follows: 9:30am to 11:30am. Appointments are 10 minutes minimum. You pay a dollar a minute.
DATE: Wednesday, March 23rd **PRE-REGISTRATION IS REQUIRED**

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: Wednesdays, March 2nd, 16th and 30th **TIME: 9:00am**

HEALTH DISTRICT BALANCE CLASS

WOW! This is free and could save you from a serious problem. The program is a four week series of classes that will be meeting on Mondays and Wednesdays from 9:30am to 11:30am. The first class begins on March 14th and the final class will be April 16th. The class includes a combination of exercise and lecture. You work at your own level.

DATE: March 14th to April 16th TIME: 9:30 til 11:30am COST: **FREE**

SPA SERVICE AT JFK

Manicures, pedicures and mini-manicures are available. See the price list in the Office.

DATE: Wednesday, March 23rd TIME: 9:00am to 1:00pm COST:Varies

SCHEDULE YOUR APPOINTMENT IN THE OFFICE

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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.

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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 VOLUNTEERS 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.

GOLF COMPETITION AND LECTURE

Join Golf Pro, John Margtrite at our Center and see “who is a best putter in the Center”. Here's the lecture part of the program. It's called “How To Save My Tax Money”. This program is sponsored by Western & Southern Life Insurance, with free coffee and goodies.

DATE: Tuesday, March 8th TIME: 10:00am COST: FREE

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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.

WEDNESDAY NITE BINGO

It is back! BINGO with Karen, sponsored by Continuum Home Care, Inc. Five games for FREE with prizes. DATE: Wednesday, March 9th TIME: 5:00pm COST: FREE

ST. PATTY'S DAY PARTY

Enjoy and celebrate the wearin' of the green at the afternoon party. The green beer will be flowing when the bag pipes are a paying. Special guest entertaining are “The Forever Young Tap Dancers”. Back by popular demand. They will make you feel young again! DATE: Friday, March 18th TIME: 1:00pm COST: \$1.00

Sign up in office

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DAY TRIPS AND OUTINGS

THE FINE ARTS ASSOCIATION

Travel to the Willoughby School of Fine arts, on Mentor Avenue for a lunch and lecture by Dr. Ron Taddeo. His topic is titled “The Willoughby Medical College and the Resurrectionists”. Directly after the lecture is lunch held at the Fine Arts, prepared by the Kirtlander. DATE: Wednesday, March 9th TIME: 10:30am til 1:30pm COST: \$15.00

Sign up in office

EASTLAKE HISTORICAL SOCIETY TRIP

Take the bus and leave the driving to us...and enjoy some real local history. Learn about the City of Eastlake. Visit City Hall, all three of them. You'll be amazed of all the history around us. DATE: Friday, March 11th TIME: 12:30am til 2:00pm COST: \$2.00

Sign up in office

QUILT SHOW

The Lake Farm Park is host to the annual Quilt Show with entries from New York, Wisconsin and more. We will be traveling to the park for the day. Lunch is on your own at the cafe. Special guided tour of the Quilt area. DATE: Tuesday, March 15th TIME: 10:00am til 2:00pm COST: \$7.00

Sign up in office

SEEKER'S CAFE

Celebrate on St. Patty's Day at Seekers! Flavored coffee will feature “Nutty Irishman” and “Irish Cream”. Turkey and Corned Beef Reuben's, Red-Skinned Potato Salad, “Green” Salad plus Scone Wedges for dessert. Irish music will be the theme for the entertainment. DATE: Thursday, March 17th TIME: 11:15am til 2:00pm COST: \$12.00

Sign up in office

HARTVILLE FLEA MARKET

Back by popular demand!!! DATE: Monday, March 21st TIME: 8:15am til 3:00pm COST: \$3.00 for transportation

Sign up in office

HIKE

We are heading out to Westwood Park, part of the Geauga Park District. You will enjoy a special program called “Celebrate Art in Everything Maple”. See maple-inspired art including paintings, photos and artwork made from metal sap buckets and the tree itself! After the show, we will hike(weather permitting). Then lunch at McDonald's. DATE: Tuesday, March 22nd TIME: 10:00am til 2:00pm COST: \$3.00

Sign up in office

LUNCH BUNCH

We'll be going to the "China Buffet" in Mentor-on-the-Lake.

DATE: Wednesday, March 23rd

TIME: 11:00am til 2:00pm

COST: \$2.00 for transportation

Sign up in office



GROUPS AND CLUBS

RED HAT PEARL BELLES

The Red Hat Pearl Belles will be meeting Tuesday, March 15th at 12:30pm for the St. Patrick Day Party. Wear what you want—your Red Hat Outfit or your favorite green attire. We will be making small red hats or bring in your own to decorate. Items for craft on sale by instructor Marge Noonan. Also, bring your bath/beauty item in office for our basket donation for the flea market.

DATE: Tuesday, March 15th

TIME: 12:30pm

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.

DATE: Thursday, March 24th

TIME: 12:30pm

COST: \$5.00

Sign up in office



A MESSAGE FOR ALL MEMBERS

It has been over 33 years of service to the City of Eastlake, and it is now time for me to close this chapter of the book. It is not easy to put into words but simply stated "I will retire from the JFK Senior Center on March 31, 2011." I feel honored to have been involved with such a great group of people. I want you to know how much I value each and everyone of you! It has been a difficult decision but life is full of changes.

Frank Doberdruk



OUR BEST WISHES TO FRANK ON HIS RETIREMENT

After 20 years as Senior Coordinator for J.F.K., Frank Doberdruk will be taking his well earned retirement. We will certainly miss him and all his wonderful ideas; but we wish him the best of luck, health, and enjoyment in his retirement.

Many of you have asked, What are we doing to honor Frank and his years of service to our Center? Here are the answers:

On Tuesday, March 29 at 5:00pm, we will be having a sit down spaghetti and meatball dinner at the Patrician Party Center on Lakeland Boulevard. Cost for what is sure to be a delicious meal is \$12 per person. This affair is open to all friends of Frank, so be sure to stop in the Office and make your reservation early.

For those of you who have asked about a group gift, donations will be accepted by Celine Burger in the Office and Donna Krejsa in the Ceramics Room. Be sure to sign your name clearly on the envelope so that we can accurately list them with the gift.

In addition, we have a very large card which we hope ALL of you will take a moment to sign and wish Frank well in his future endeavors. This card will be in what was once Frank's office, behind the secretarial office.



On Thursday, March 31, there will be a small party after lunch for those of you who want to extend your best wishes to Frank on his last day as J.F.K. Senior Coordinator.



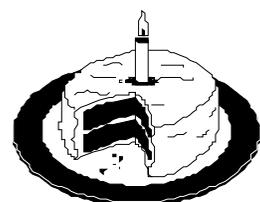
MARCH

BIRTHDAYS

Stanley	Vitovich	1	Janice	Quinlivan	11	Lee	Bidlingmayer	24
Lucinda	Barnhart	2	John	Cirino	12	Margaret	Fairman	24
Joseph	Geraci	2	Donna	Petkus	12	Darlene	Phillips	24
Jackie	McIntire	2	Janet	Malloy	13	Bill	Bencina	25
William	Perusek	2	Diane	Raggets	14	Rosemary	Marn	25
Rosemarie	Wise	3	Joseph	Glavan	15	Joan	Roman	26
Ann	Larkin	5	Susan	Ciliberto	17	Alice	Dragolich	27
Betty	Hupp	6	Alfred	Klug	17	Joyce	Hall	27
Sally	Velotta	7	Jerry	Polanz	18	Edward	Pasternak	27
John	Dolce	9	Thomas	Wheaton	18	Irene P	Vitolo	27
Ann	Pedry	9	Winnie	Rutherford	20	Virginia	Fuhrman	28
Carol	Trimboli	9	George	Whaley	20	Walter	Schilling	28
Glenn	Livingston	10	Robert	Yarker	21	Norman	Vicic	29
David	Dennick	11				Marie	Snodgrass	30

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

**WISHING YOU ALL
A GREAT DAY**



MARCH OUR PAGE

JAILS AND NURSING HOMES

Here is the way it should be:

Let's put all the seniors in jail and all the criminals in a nursing home.

This would correct two things with one motion.

Seniors would have access to showers, hobbies and walks.

They would receive unlimited free prescription, dental, medical treatment and wheel chairs etc. plus receive money instead of paying it out.

They would have constant video monitoring so they would be helped instantly if they fell or needed assistance.

Bedding washed twice a week and all clothing would be ironed and returned to them,

A guard would check on them every twenty minutes,

All meals and snacks would be brought to them and family visits in a suite built for them,

They would have access to a library, weight and fitness room, spiritual counseling, a pool, free education and free admission to in-house concerts plus simple clothing, shoes, slippers, pj's and free legal aid all on request.

They would have private secure rooms, outdoor exercise in a yard complete with gardens.

Each senior would have a computer, T.V. Phone and radio in their rooms at no cost.

A board of directors would hear there complaints and the ACLU would fight for there rights.

The guards would have a code of conduct to be strictly adhered to, with attorneys available at no charge to protect them and their family's from abuse and neglect.

As for the criminals in the nursing homes. They would receive cold food, left alone and unsupervised. They would get showers once a week, live in tiny rooms for which they would pay \$5000 per month and they would have no hope of ever getting out.

Sounds like justice to me.

Sent in by HELEN SIMON

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WANTED TO BUY

VITANTONIO RAVIOLI MAKER.

Please call Celine Burger at 440-944-4168

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DID YOU EVER WONDER

Why do people say they slept like a baby, when a baby mostly wakes up every two hours.

Can you cry under water.

If a deaf person goes to court, is it still called a hearing.

Why do people go up tall buildings then put money in binoculars to look down at the ground

Why do doctors leave the room while you change, they are going to see you naked anyway.

If corn oil is made from corn and vegetable oil is made from vegetables, what is baby oil made from.

What disease did cured ham actually have.

How important do you have to be, to be considered assassinated and not murdered.

Had enough yet, one more.

If Jimmy cracked corn and nobody cared, why did they write a stupid song about him.

Sorry folks but Chet sent them to me.

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WEDNESDAY NITES 6-00pm to 8-30pm

MARCH 16th ST. PATTY'S DAY PARTY

Everybody's Irish on St. Patty's day, so wear your green bring yourself lots of food, (or buy from our concession stand) and LETS PARTY!

Who knows just maybe we can find some green beer.

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JFK FLEA MARKET FAYRE

On the other side of this page is is a poster for this event, please do your bit and show it to your friends and neighbors ask them to support us by coming to the Flea Market or if they or you would like a table here just tell the office or let me know.

We also need stuff to sell, bakers for the bake sale, baskets for the Chinese auction and a few good volunteers to help with set up and tear down plus to help at the market.

Remember any proceeds made from this event benefit you and our center.

So please help in any way you can.

JFK SENIOR CENTER

FLEA MARKET FAYRE

SATURDAY MARCH. 19th OPEN 9am to 3pm.

1580 East 332st. Eastlake, Ohio. 44095

PHONE 440-975-4268

ALL INSIDE, WILL BE HELD RAIN OR SHINE

MANY LOCAL VENDORS & TABLES

CONCESSION STAND IN FOOD COURT

CHINESE AUCTION

BAKE SALE

AND MORE

PLUS

HOT DOGS, HAMBURGERS AND CHILI

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THIS IS THE PLACE TO BRING YOUR WHOLE FAMILY

FIND UNUSUAL GIFTS AND TREASURES

PLUS GOOD FOOD AND GREAT PRICES.

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**TO RESERVE A SPACE PLEASE CALL 440-975 4268 or stop in at the CENTER
DEADLINE IS MARCH 16th, or until full.**

THE JFK SENIOR CENTER IS A NONE PROFIT ORGANIZATION.

PROCEEDS FROM THIS EVENT WILL BENEFIT THE CENTER AND IT'S MEMBERS.

FOR INFORMATION CALL 440-975-4268.

OR E-MAIL jeannie162002-shop@yahoo.com

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

Please find the following hidden words:

- jubilation, inquiry, submit, rainbow, transient, foliage,
- gravitate, pollution, fertilizer, excursion, promiscuity, arrangement
- particular, celebration, triumph, precious, homecoming, substantial,
- precarious, presumptuous, gaiety, quality, festivities, breathtaking,

J.F.K. CENTER IN PICTURES



HAPPY BIRTHDAY MAY



GIRLS FROM TROOP 70768



HELP OUT AT WEDNESDAY NITE VALENTINES PARTY



07/31/2008

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