

# J.F.K. SENIOR CENTER BULLETIN

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EASTLAKE, OHIO 44095  
(440) 975-4268

Grace Giangiacomo-Senior Coordinator

E-Mail [gg@eastlakeohio.com](mailto:gg@eastlakeohio.com)

Hours: 7:30am - 4pm

Brochure on line at "[www.eastlakeohio.com](http://www.eastlakeohio.com)"

## **May 2011**

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	08:30 AM
WOODBURNING	TUESDAY	09:00 AM
WATER COLOR	THURSDAY	10:00 AM
SENIOR SINGERS	MONDAY	10:00 AM
LINE DANCING	THURSDAY	01:00 PM
LCR DICE GAME	4 <sup>th</sup> THURSDAY	12:30 PM
EXERCISE ROOM	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 \$.03 per card
PINOCHLE (Refresher at 10:30 with Lorraine Longo)	THURSDAY & FRIDAY	12:30pm

### **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

### **EVERY THURSDAY IS MOVIE DAY**

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

May 5<sup>th</sup> Life As We Know It

May 12<sup>th</sup> Morning Glory

May 19<sup>st</sup> It's Complicated

May 26<sup>th</sup> Knight and Day

**Movies and Popcorn are FREE so come and ENJOY!**

### **BOARD AND LUNCH ROOM MEETINGS**

The Board Meeting will be Tuesday, May 17<sup>th</sup> at 9:00am

Open Meeting will be at 11:00am

### **CLEANING THE CENTER**

Our Volunteer Cleaning Group Meets in the Lunch Room after lunch.

Wednesdays, May 11<sup>th</sup> and 25<sup>th</sup>

**CENTER CLOSED MONDAY MAY 30<sup>th</sup>**

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**OUR THOUGHTS**

**GET WELL WISHES** are extended to: Joan Roman, Rita Mzik, Dorothy Mance, Nick Kovacevic, Clarence Svoboda, Fred Furman, John Margheret.

**WE OFFER OUR SYMPATHY** to: Karen Kolish on the death of her father; to Eileen Wilde on the death of her sister-in-law; and to Phil Mattingly on the death of his wife Jean; and to the friends and family of Joseph Kaison.

This section is reserved for our members who are ill. Please help us keep it updated.

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**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 you may have.

**ATTORNEY AVAILABLE**

Frank Manning, a local attorney, is offering free 20-minute appointments.  
Times are: 1:30; 1:50; 2:10; 2:30; 2:50; & 3:10 pm.  
(PRE-REGISTRATION IN OFFICE REQUIRED)

**DATE: Monday, May 23<sup>rd</sup>** **COST: FREE**

**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, May 5<sup>th</sup> and 19<sup>th</sup>** **TIME: 10:00am til 12noon** **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: Wednesdays, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>** **TIME: 9:00am**

**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.  
These classes will be held on Wednesdays.  
There will be a series of three classes, you will be registering for all three.  
The topics are as follows:

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

**DATE: Wednesday, May 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup>**

**LOCATION: JFK Center** **TIME: 6:00pm til 8:00pm** **COST: FREE**

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

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**SENIOR HEALTH AND WELLNESS**  
**FOOT DOCTOR**

Dr. Coppers will be here Wednesday, May 18<sup>th</sup> from 8:00am to 4:30pm  
\$15.00 donation is to be paid at time of the appointment.  
EXACT amount is required. (Change cannot be made.)  
**PRE-REGISTRATION IS REQUIRED**

LOCATION: TV Room

COST: \$15.00

**MASSAGE THERAPY**

Jennifer Woo will perform arm chair massage therapy.  
This is truly a feel good activity and promotes good health.  
**PRE-REGISTRATION IS REQUIRED**

DATE: Wednesday, May 26<sup>th</sup>

TIME: 9:30am til 11:00am

COST: \$1.00 PER MINUTE

**SPA SERVICE AT JFK**

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

DATE: Wednesday, May 26<sup>th</sup>

TIME: 9:00am to 1:00pm

COST: VARIES

**SCHEDULE YOUR APPOINTMENT IN THE OFFICE**

**SENIOR INDEPENDENCE/GATEWAY**

**BLOOD PRESSURE CHECK**

DATE: Tuesday, May 10<sup>th</sup>

TIME: 10:30-11:30am

COST: FREE

Followed by Memory in May  
Memory Fitness 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)

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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.

**PANCAKE BREAKFAST**

Come and join us all for this year's first pancake breakfast, we will eat out in the pavilion if the  
weather is good or we eat inside if the weather is bad.

Two pancakes, two sausage, juice, coffee and good company.

Wednesday May 25<sup>th</sup>

Time 9.30am

COST ONLY \$2.00

**SIGN UP IN OFFICE**

**LUNCH SERENADE**

Washington Elementary 4<sup>th</sup> grade chorus class will be coming in to display their talents by  
singing some songs to us, they will be accompanied by their wonderful music teacher Lois  
Davis.

DATE: Thursday, May 12<sup>th</sup>

TIME: 11:45 to 12:15

COST: FREE



**CASINO TRIPS AND VACATION TRIPS 2011**

**Thank You**

After 19 years of volunteering, doing and planning trips for the JFK Seniors, I have decided to retire as of February 28, 2011. I'd like to take this time to thank everyone for going on these trips and giving me the support that was needed. Without your support there would not have been any trips. The new travel committee is Tom and Jan Fritsch. Please give them the support that you have given me. I will be around and doing some volunteering in other ways. Hope to join you on our JFK Bus Trips.

Thanks Again,  
Doris Sraj

**REMINDER**

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

**Travel, Trips and Fun**

DATE	INFORMATION
May 2 <sup>nd</sup>	Heaven and Hell, Mansfield, OH, Cost \$58.00 which includes Transportation, Family Style Meal, and Admission to all listed attractions on the flier. Escort is Frank Doberdruk.
May 17 <sup>th</sup>	Rivers Casino, Pittsburgh, PA, Cost \$27.00 which includes Motor Coach Travel, \$15.00 free Play & \$5.00 Food Coupon.
May 20 <sup>th</sup>	Legends of Country Music, Yankee Lake, OH, Cost \$49.00 which includes Motor Coach Travel, Meal, and Show Ticket.
June 14 <sup>th</sup> – 16	Mt Pleasant Soaring Eagle Casino
August 15	Sorrowful Mother shrine (Bellevue, Ohio)
August 25 <sup>th</sup>	Mountaineer Casino
September 7 <sup>th</sup> - 13 <sup>th</sup>	California Rail Trip
September 8th	Popcorn Capital of World
September 17 <sup>th</sup> - 18 <sup>th</sup>	Frankenmuth in Michigan
October 3 <sup>rd</sup> - 6 <sup>th</sup>	Vermont Fall Foliage
November 18 <sup>th</sup>	Meadows Casino
November 28 <sup>th</sup> to December 1 <sup>st</sup>	Kalightscope Christmas (Louisville,KY)

**CASINO 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:**

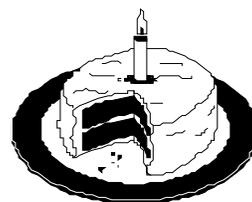
It is a privilege to participate in the Center and the Bus Trips. Please don't abuse this privilege. When you are asked to return to the bus/motorcoach, be on time! We notify you when the bus will be leaving and the bus arrives at the departure point 15 minutes prior to that. We make every effort to 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.

# MAY BIRTHDAYS

John	Hunt	2	Arthur	Uhas	9	Mary	Sands	19
Barbara	Krawulski	2	Rose Marie	Mullins	10	Bernadine	Jablonski	20
Joan	Parker	2	Lee	Terrell	11	Richard	Latine	20
Susan	Seese	2	Tillie	Aumann	12	Vera	Hart	21
Bearl	Simmons	4	Christine	Bock	12	Brenda	Mussig	21
Helen	Sosic	5	Diane	Coffman	13	Marjorie	Lukas	24
Bonnie	Schneider	6	Victoria	Rinaldi	13	Patricia	Rover	24
Karen	Walker	6	Tom	Wells	13	Patsy	Boggs	25
Tere	Baisel	7	Susan	Morrison	14	Rosemary	Keenan	25
Julian	Fisher	7	Reggie	Morrison, Jr.	14	Elizabeth E	McLoughlin	25
Lela Jean	Roniger	7	Dolores	Zingale	15	Patricia	Effland	26
Chester	Worledge	7	Janet	Galgoczy	16	Bernice	Hicks	26
Patricia	Henry	8	Rosemarie	Patrick	16	Joan	Kadun	27
Lucy	Losee	8	Donna	Bokal	17	John W	Brewer	28
Eleanor	McNabb	8	Theresa	Gamber	17	Karen	Longert	28
Joseph	Tilocco	8	John	Margheret	17	Katie	Potts	28
Lavone	Yahraus	8	Margaret	Peters	17	Jean	Legat	29
James	Sifling	9	James	Smith	17	Margaret	Murphy	29
Nancy A	Sydenstricker	9	Mary	Phillips	18	Joan	Nowakowski	30

**IF YOUR BIRTHDAY IS IN MAY 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**





**A FEW THINGS TO THINK ABOUT**

Do not argue with an idiot. They will drag you down to Their level and beat you with experience.

Light travels faster than sound. This is why some people appear bright until you hear them speak.

Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.

Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad..

Some cause happiness wherever they go. Others whenever they go.

I used to be indecisive. Now I'm not sure.

You're never too old to learn something stupid.

A clear conscience is usually the sign of a bad memory.

The voices in my head may not be real, but they have some good ideas!

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**A MESSAGE FROM CHAYA**

Harry told me that a lot of you have been asking about me and how I doing, Well this retirement thing takes a bit of getting used to, I like that I don't have to get up so early in a morning, I can go out anytime I want or I can just stay in and sleep, I don't have to follow Harry around all day (hope he doesn't get lost without me). It also has its down side, I miss you all and the treats so sometimes I feel a bit lonely but Frank is taking good care of me; he has even found a way to give me a dry bath and make me smell good, so I guess all in all I am enjoying life, by the way I am on vacation for a week with Brenda, Harry and their dog Sophie so I might just get a trip to see you all.

Wags and woofs Chaya.

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

Please find the following hidden words:

- annoying,
- closure,
- happiness,
- growth,
- opinion,
- decisive,
- peaceful,
- dedicated,
- prolific,
- agenda,
- wanton,
- deluge,
- appointee,
- byte,
- aggressive,
- pointless,
- promotion,
- luncheon,
- agreement,
- collective,
- luscious,
- gaiety,
- meeting,
- decision,

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



**100<sup>th</sup> WEDNESDAY NITE PARTY**



**EASTER BUNNY HOP PARTY**



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