

J.F.K. SENIOR CENTER BULLETIN

1580 EAST 332nd 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

JANUARY 2013

CERAMICS	MON. TUES. WED. FRI.	9:00am to 2:00pm
EXERCISE ROOM	MONDAY - FRIDAY	\$15.00* per year
WOODBURNING	TUESDAY	9:00 am
BINGO	TUES. & FRI.	12:30-3:00 3¢ per card
TAI CHI	WEDNESDAY	8:30 am
COMFORT ELVES	1 st 2 nd & 4 th WEDNESDAY	9:00 am – 11:00am
LINE DANCING	THURSDAY	1:00 pm
CRAFTY CROCHETERS	THIRD WEDNESDAY	9:00am-11:00am
LCR	4 th Thursday	12:30 pm
PINOCHLE	FRIDAY	12:30 pm

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	

THURSDAY AFTERNOONS AT THE MOVIES FOR JANUARY

DRAMA MOVIES THIS MONTH(Check the day before the movie for any changes).

January 3rd "Trouble with the Curve" (Clint Eastwood, Amy Adams, Drama)

January 10th "The Words" (With Dennis Quaid, Bradley Cooper, Drama)

January 17th "Arbitrage" (With Richard Gere, Susan Sarandon, Drama)

January 24th "The Vow" (With Rachel McAdams, Channing Tatum, Drama)

January 31st "The Forger" (With Josh Hutcherson, Lauren Becall, Drama)

DAY TRIPS AND OUTINGS

CLEVELAND ORCHESTRA

Matinee with the Cleveland Orchestra, with complimentary coffee, tea, and pastries with a Concert Preview before the Concert. All tickets are on the main floor.

DATE: Friday, January 11th

TIME: 9:30am-1:30pm

COST \$31.00



HARTVILLE

As long as the weather cooperates we will travel to Hartville!

DATE: Monday, January 14th

COST: \$4.00

TIME: 8:15am – 3:30pm



LUNCH BUNCH

Euclid Culinary Bistro, a fun favorite, join our lunch bunch group. Menu located in the office.

DATE: Wednesday, January 16th

TIME: 11:30am – 1:30pm

COST: \$3.00



HIKE

Let's try this again...Metro Park, Pete's Pond, is the place to hike this month, bundle up and join your fellow hikers and try this new trail by Wickliffe High School.

DATE: Tuesday, January 22nd

TIME: 10:30am – 1:30pm

COST: \$3.00



CLEVELAND IX CENTER

Home and Garden Show, get a little taste of “Spring Time” take time to smell the roses, visit the beautiful gardens, watch some cooking demonstrations, or visit the 4,000 sq. ft. designer home and 2,000 sq. ft. basement! Stroll at your leisure, pack a lunch or purchase food at the show.

(SIGN UP IN OFFICE BY JANUARY 30TH)

DATE: Wednesday, February 6th

TIME: 10:30am-3:00pm

COST \$15.00

SENIOR HEALTH AND WELLNESS

BLOOD PRESSURE CHECK

Sponsored by Senior Independence

DATE: Tuesday, January 8th

TIME: 10:00am – 11:30am



JEAN KING

Jean King, Resource Specialist with the Lake County Council on Aging, will be here this month if you would like to speak with her.

DATE: Tuesday, January 8th & 22nd

TIME: 10:00am-11:30am



OSHIIP

Ken Selander will be in the office to help you with any medical billing problems.

DATE: Thursday, January 10th & 24th

TIME: 10:00am - 12:00pm



HOME INSTEAD

Information on topic will be posted in the office.

DATE: Friday, January 11th

TIME: 9:30am-10:30am



BLOOD PRESSURE CHECK

Sponsored by Interim Healthcare

DATE: Tuesday, January 15th

TIME: 10:00am – 11:30am



BLOOD PRESSURE CHECK

Sponsored by Embassy Homecare

DATE: Tuesday, January 22nd

TIME: 10:00am-11:30am



FOOT DOCTOR

\$15.00 donation

DATE: Wednesday, January 30th

TIME: 8:00am - 4:00pm



PARTIES AND COOKOUTS
WEDNESDAY COUNTRY NITE:

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) every Wednesday. Music starts at 6:30pm. ALL ARE WELCOME, SO BRING YOUR FRIENDS. A Concession stand with coffee, donuts, and other items are available for purchase.



BREAKFAST WITH JERRY'S GIRLS

Enjoy Breakfast with your friends.
Waffle, Sausage Patty, Juice, & Coffee
SIGN UP IN THE OFFICE & PICK UP YOUR TICKET

DATE: Wednesday, January 23rd

TIME: 9:15am – 11:00am

COST: \$3.00



PAST PARTIES

I hope everyone enjoyed the parties and "get-togethers" we had in 2012. I want to thank everyone who helped make these fun times happen. The preparation in the planning, the shopping, the set up, the cooking, the serving, the break down...and on and on. It would not of happened without YOU. There is a "core" group of volunteers who are always there in need, offering their help or just showing up when things need to get done.

MY THANKS TO ALL OF YOU!

With everyone's support, I hope we can do the same in 2013, continuing with these get-togethers, whether big or small. We will continue with a breakfast once a month, theme parties for our different holiday's, and maybe a "just because" party!
Any ideas or suggestions are welcomed.

HAPPY NEW YEAR

SENIOR TRAVEL PAGE
CASINO AND VACATION TRIPS

DATE	INFORMATION
TBD	PLANS ARE BEING MADE FOR NEXT YEAR'S DAY TRIPS AND OVERNIGHT TRAVELS.

HERE IS A REMINDER OF THE RULES FOR SIGN UP AND TRAVEL WITH JFK TRIPS, ALONG WITH SOME CHANGES.

SIGN UP PROCEDURES FOR 2013:

Beginning in January 2013, there will be a few modifications in our procedures for signing up for Center trips.

During the first week after the monthly bulletin comes out, sign up will be restricted to Center MEMBERS only. If, after the first week, there are still open places, a member may sign up a non-member guest at the cost of the trip plus a \$1 one-day membership pass.

While every effort to provide refunds are made, if a replacement cannot be found, we will not be able to make a refund.

Additionally, you can't just be a no show, if possible a 24 hour notice is required.

No refunds are made until AFTER the trip has been completed. The only exception is if the trip is canceled by the Center. Once the trip is over, contact Celine Burger or Irene Vitolo about the possibility of a refund.

Please sign up early to assure Trips go out and are NOT CANCELLED. Also, please check with the office for any cancellations on trips, or if any partnered trips come up with other Centers

JANUARY BIRTHDAYS

Karl	Elbrecht	1	Elizabeth	Kuhel	11	George	Fischer	20
Joseph	Mekinda	1	Robert	Chesnes	12	Richard	Taylor	20
Diane	Morony	2	Sam	Kopacka	12	Sarah	Burd	23
Barbara	Vara	2	Cindy	McDaniel	12	Marge	Gole	23
Patricia A	Hoppert	3	Leslie	Miller	12	Sandie	Mahler	23
Dorothy	Sklenar	3	Patty	Watson	12	Irene	Cudnik	24
Ted	Scott	4	Judy Ann	Kozitko	14	Theresa	Perme	24
Anthony	Vitolo	4	Elsie	Lowery	14	Elaine	Riha	24
David T.	Wayner	4	Nancy	Rush	14	Susan	Bencina	25
Mary Ann	Yeckley	4	Margaret	Simpson	14	Barbara	Chester	25
Helen	Jacobs	5	Eleanor	Ambrose	15	Marion	Hanna	26
Janet	Kovach	5	Edith	Insana	15	Anita	Matz	27
Kurt	Schneider	5	Patricia	Jones	15	Barbara	Wright	27
Joyce	Crease	6	Robert	Pengal	15	Julie	Millican	29
Patti	Hanley	8	Leslie	Collins	16	Gerry	Staab	29
Barbara	Strickland	9	Mary	Glavic	16	Ruth	Arbuckle	30
Elaine	Delzoppo	10	Russell	Insana	18	Rose	Heidorn	31
Theresa	Safigan	10	Nikola (Nick)	Kovacevic	18	Robert	Perkins	31
Nancy	Siefert	10	Dolores	Dull	19	John	Simpson	31
Anna	Zadzora	10	Phyllis	Petkosek	19			

WISHING YOU ALL
A GREAT DAY



PLEASE DON'T FORGET TO RENEW YOUR MEMBERSHIP
IF YOUR BIRTHDAY IS NOT SHOWN ON THIS SHEET
IT IS BECAUSE WE HAVE NO RECORD OF YOUR RENEWED
MEMBERSHIP FOR 2013

JANUARY 2013

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1</p> <p>HAPPY NEW YEAR Closed Today... See you Tomorrow</p>	<p>2</p> <p>Cleaning</p>	<p>3</p> <p>Salon Open 9:15-2:00 Movie: Trouble with the Curve</p>	<p>4</p> <p>Veterans Club Meet Movie: Night Passage Salon Open 9:15-3:00</p>
<p>7</p>	<p>8</p> <p>Board Meeting Blood Pressure Jean King</p>	<p>9</p>	<p>10</p> <p>Salon Open 9:15-2:00 Movie: The Words OSHIP</p>	<p>11</p> <p>Cleveland Orchestra Home Instead Salon Open 9:15-3:00</p>
<p>14</p> <p>Hartville</p>	<p>15</p> <p>Blood Pressure</p>	<p>16</p> <p>Cleaning</p>	<p>17</p> <p>Salon Open 9:15-2:00 Movie: Arbitrage</p>	<p>18</p> <p>Salon Open 9:15-3:00</p>
<p>21</p>	<p>22</p> <p>Blood Pressure Jean King Hike</p>	<p>23</p> <p>Breakfast with Jerry's Girls</p>	<p>24</p> <p>Salon Open 9:15-2:00 Movie: The Vow OSHIP LCR</p>	<p>25</p> <p>Salon Open 9:15-3:00</p>
<p>28</p>	<p>29</p> <p>Tom Strong</p>	<p>30</p> <p>Cleaning Foot Doctor</p>	<p>31</p> <p>Salon Open 9:15-2:00 Movie: The Forger</p>	<p><u>Everyday Happenings!</u> Exercise Room M-F/Billiard Room M-F Ceramics M-T-W-F TV Room/Puzzle Room/Library Lobby, always for your comfort!</p>
		<p>02/06/12</p> <p>IX Center</p>		

J.F.K. CENTER IN PICTURES



EXERCISE PARTY



WED. TOY DRIVE



WEDNESDAY NITE CHRISTMAS PARTY



Y'ALL COME AND JOIN US NOW