

J.F.K. SENIOR CENTER BULLETIN

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Brochure on line at www.eastlakeohio.com

Hours: 7:30am - 4:00pm

JANUARY 2014

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



**THE CENTER WILL BE CLOSED
WEDNESDAY, JANUARY 1ST
IN HONOR OF THE NEW YEAR.
HAVE A SAFE AND "HAPPY NEW YEAR."**

OUR THOUGHTS

GET WELL WISHES are extended to: Ray Szymanski, Marilyn Futkos, Somnuk Khaikean, Nancy Bernard, Karen Kolish, Sue Estep, and Theresa Phalen. Hope you are feeling better soon.

Sympathy is extended to the families of: Lucille Sitko, John Pavsek, and to Sandy and George Fischer is the passing of Sandy's sister Dawna Adie.



CLEANING THE CENTER

Our cleaning crew meets on every other Wednesday. If anyone would like to give a hand in our lunchroom, that would be great!
DATE: Wednesday, January 8th & 22nd TIME: After Lunch



VISITING ATTORNEY

Please welcome Deborah Loughner as our new visiting attorney. She is from the firm Hanahan & Hinton, LLC. She will be taking 30 minute appointments between 1:30pm- 4:00pm.
Sign up in the office if you would like to speak to her.

DATE: Wednesday, January 8th TIME: 1:00pm – 4:00pm



NUTRITION SITE AND LAKETRAN

Just a reminder that the Nutrition Site and Laketran will be closed Wednesday, January 1st for New Years Day and Monday, January 20th for MLK Day.



HOSPICE IN NEED OF YARN

The Comfort Elves are in need of yarn to make items for Hospice. Anyone having yarn they would like to donate, please bring it in to the Center and it will be given to our Seniors to make some much needed slippers, hats and lap robes.



Please let the office know if anyone has an interest in attending a 1:00pm Cavaliers game on Monday, January 20th, on MLK day.

WEDNESDAY COUNTRY NITE

Don't forget that the Center is open every
Wednesday until 8:30pm.

Live Country and Blue Grass Music will be performed by our band and
special guests (about 10-15 players) plus many theme parties.

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.



LUNCH ON MLK DAY

The Nutrition Site is closed this day, anyone wanting lunch on January
20th, please sign-up in the office. It will be soup and lasanga.

DATE: Monday, January 20th COST:\$2.00



BREAKFAST FROM BARB'S KITCHEN

We are having Eggs to order! With Sausage & and Hash Browns.
Come and join your fellow Seniors for some comfort food and social time.

It's a new year, let's all join in.

DATE: Monday, January 27th TIME:9:15am – 11:00am

COST: \$2.50

SIGN UP IN THE OFFICE



SOUP ON MONDAY

Every Monday we will have soup in the the Lobby, after lunch.

Eat it here or take it home.

Date: Monday, January, 6th, 13th, 20th, & 27th TIME: 12:15pm

COST: \$2.00



VALENTINES DAY

Let's celebrate Valentines day, bring a small treat to share with someone!

We will have punch and cookies and will play a game of LCR!

DATE: Friday, February 14th TIME:12:15pm – 1:30pm

COST:\$2.00

All Trips Going Out Will Be Weather Permitting

RACINO TRIP

Super Senior Thursdays. Total Rewards members 55 or older receive special discounts as well as one free entry for a chance to win \$55 in Reel Rewards, just for swiping your card at the promotional kiosk. Sign up in the office.

DATE: Thursday, January 16th

TIME:10:00am-3:00pm

COST:\$4.00



HIKE/WALK

We are going to Chagrin River to hike. Bundle up, go for a brisk walk this month, and share some hot chocolate.

DATE: Tuesday, January 21st

COST:\$3.00

TIME:10:00am-1:00pm



LUNCH BUNCH

The restaurant this month is the Mexican Restaurant in Mentor, El Rodeo. Sign up in the office. Enjoy!

DATE: Wednesday, January 22nd

TIME: 10:45am-1:00pm

COST:\$3.00



HARD ROCK ROCKSINO

The new casino at Northfield Park is offering \$10.00 in free play and \$5.00 Food Voucher for a four hour play. Check out the newest gambling site in Cleveland, sign up in the office.

DATE: Tuesday, January 28th

TIME:9:00am-3:00pm

COST:\$4.00



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.	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
ZUMBA (Low Impact)	WEDNESDAY	10:00am – 11:00am
BALANCE CLASS	WEDNESDAY	2:30 pm-3:30 pm
COMFORT ELVES	1 st 2 nd & 4 th WEDNESDAY	9:00 am – 11:00am
LINE DANCING	THURSDAY	1:00 pm
CRAFTY CROCHETERS	THIRD THURSDAY	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, 1.30pm	Thursday, 10.00am
Low Impact Aerobics	Monday, 12.45pm	Thursday, 9.15am
Stretch & Tone	Tuesday, 9:15am	

THURSDAY AFTERNOONS AT THE MOVIES

- Thursday, January 2nd "Man of Steel " (with Henry Cavill, May Adams, Action)
- Thursday, January 9th "Angels Sing "(with Connie Britton,Harry Connick, Jr. Family)
- Thursday, January 16th "Red 2" (with Bruce Willis, Anthony Hopkins, Action)
- Thursday, January 23rd "White House Down"(with Channing Tatum, Jamie Fox, Action)
- Thursday, January 30th "We're the Millers" (with Jennifer Aniston, Emma Roberts, Comedy)

Movie starts at 12:30pm

Check the day before the movie for any changes.

POPCORN INCLUDED!

By the time you will be reading this, Christmas 2013 will be over, I hope you and yours had a good time during the Holidays. This year the Center had three good Christmas Party's, the Exercise party, the Wednesday Nite Party and the Centers Party at the party center, which was a great success for the many members that attended. I was at all three and so was our new Wednesday Nite Santa who I am sure we all agree did a great job. Many thanks to Santa and all who helped put these good times together.



HAPPY NEW YEAR 2014

Yes folks it's a new year and my wish for you all is good health, peace and happiness for 2014.

But before we talk of the New Year I would like to thank all our members and our Wednesday Nite group for all the donations to our Christmas charities, this year we did very well and to all of you that gave so generously rest assured we did make a difference.

Now for 2014. We have a new Mayor for Eastlake and I am sure he will take a great interest in matters concerning our center. We have a new JFK Board (eight ladies and one man) and I look forward to them bringing new energy, ideas and inspirations to the members and the center.

For any of you that would like to help our board in their tasks to better our center there are many volunteer opportunities available to do all sorts of tasks just tell the board or Grace that you would like to help.



MEMBERSHIP 2014 CHANGE'S

Excerpts from the August & September 2013 board minutes

Dorothy proposed that Center membership be changed from a calendar year to a year from sign up. This would eliminate the complications with handling late year sign-ups and renewals. A vote was taken on the proposal to change the membership term beginning January 2014.

The proposal passed with a vote of 6 to 2.

Dues structure for 2014 was discussed. Gloria Brock proposed that the dues be set at \$2 for Eastlake residents and \$5 for non-residents.

The proposal passed with a vote of 6-0.

PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP for 2014

JANUARY 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Closed Happy New Year	2 Movie Man of Steel Salon	3 Salon Veterans Meet
6 Soup Breckenridge	7 Blood Pressure	8 Cleaning Visiting Attorney	9 Movie Angels Sing Salon	10 Salon
13 Soup	14 Blood Pressure Brd Meeting	15 Foot Doctor	16 Movie Red 2 Salon Racino	17 Salon
20 Soup Nutrition Site & Laketran Closed	21 Hike	22 Cleaning Lunch Bunch	23 Crafts Movie White House Down Salon LCR	24 Salon Cleveland Sight Center
27 Soup Breakfast with Barb	28 Blood Pressure Rockcino	29	30 Movie We're the Millers Salon	31 Salon

WISHING YOU ALL THE VERY BEST FOR THE

NEW YEAR 2014

VETERANS CLUB

Get a buddy to come and watch a movie with your fellow Veterans.

Movie unknown at this time.

DATE: Friday, January 3rd

TIME:9:30-11:00am



BOARD AND LUNCH ROOM MEETINGS

The Board Meeting will be Tuesday, January 14th at 9:00am with the Open Meeting at 11:20am.



RED HAT PEARL BELLES

There will no meeting this month. We wish all of you a Happy and Healthy New Year. Our next meeting will be at the Center.

We will be joining them for the Valentine Party on Friday, February 14th at 12:15 in the Lunch Room.



CRAFT CLASS

We will meet to discuss our future crafts for the the following months.

DATE: Thursday, January 23rd

TIME:9:30am



L.C.R.

Join us to play a fun game of L.C.R. \$5.00 will allow you to play 6 games.

DATE: Thursday, January 23rd

TIME:12:30pm



WEDNESDAY NIGHTS PINOCHLE

Players meet at 6:00pm in the card room. Must have some skills as a card player. All are welcome just show up or call the center for more info .



CRAFTY CROCHETERS

The Crafty Crocheters are back at it again. They are crocheting "like crazy" - what a beautiful job they are doing. If anyone is interested please join in. They will be meeting on the Third Thursday starting in January. Just show up if you like, or if interested in crocheting at home just let the ladies in the Comfort Elves Room know.

BRECKENRIDGE

Vinod from Breckenridge's Veale Wellness & Aquatic Center will be here to talk about their new Wellness Center. He also would like to set up a trip to the Aquatic Center on February 11th to have a tour of the facility and also a demonstration of their Balance Machine. Stop by and see what he has to say, while you are there make sure to thank him for sponsoring us for our Thanksgiving Pumpkin Pies and also for the Placemats the lunchroom uses everyday.

DATE: Friday, January 6th TIME: 9:30am-10:30am



BLOOD PRESSURE CHECK

Sponsored by Interim Healthcare

DATE: Tuesday, January 7th TIME: 10:00am – 11:30am



BLOOD PRESSURE CHECK

Sponsored by Senior Independence

DATE: Tuesday, January 14th TIME: 10:00am – 11:30am



FOOT DOCTOR

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)

DATE: Wednesday, January 15th TIME: 8:00am – 4:00pm



CLEVELAND SIGHT CENTER

Tom Sawyer from the Cleveland Sight Center will be here to talk to anyone interested in Electric Magnifiers vs Traditional Magnifiers.

DATE: Friday, January 24th TIME: 10:00am -11:00am



BLOOD PRESSURE CHECK

Sponsored by Embassy Homecare

DATE: Tuesday, January 28th TIME: 10:00am-11:00



ZUMBA and BALANCE CLASS

Don't forget to come in on Wed. mornings 10:00am-11:00am for Zumba and Wed. afternoons 2:30pm- 3:30pm for the Balance Class. No Charge.

JANUARY BIRTHDAYS

Karl	Elbrecht	1	Elaine	Delzoppo	10	Joanne	Berenson	21
Joseph	Mekinda	1	Gloria	Insana	10	Frank	Jodlowski	22
Diane	Morony	2	Nancy	Siefert	10	Dennis	Locsei	22
Barbara	Vara	2	Anna	Zadzora	10	Sarah	Burd	23
Patricia A	Hoppert	3	Elizabeth	Kuhel	11	Marge	Gole	23
Dorothy	Sklenar	3	Robert	Chesnes	12	Sandie	Mahler	23
Mary Ellen	Gudic	4	Sam	Kopacka	12	Irene	Cudnik	24
Anthony	O'Brochta	4	Cindy	McDaniel	12	Elaine	Riha	24
Anthony	Vitolo	4	Judy Ann	Kozitko	14	Susan	Bencina	25
David T.	Wayner	4	Elsie	Lowery	14	Barbara	Chester	25
Mary Ann	Yeckley	4	Nancy	Rush	14	Marion	Hanna	26
Janet	Kovach	5	Eleanor	Ambrose	15	Anita	Matz	27
Willard (Shor)	Morris	5	Edith	Insana	15	Erna	Hammond	28
Joyce	Crease	6	Patricia	Jones	15	Rose	Holva	28
Patti	Hanley	8	Mary	Glavic	16	Jack	Mason	28
Elaine	Campbell	9	Russell	Insana	18	Gerry	Staab	29
James	Kingzett	9	Nikola (Nick)	Kovacevic	18	Ruth	Arbuckle	30
Barbara	Strickland	9	Dolores	Dull	19	Robert	Perkins	31
Michael	Bunt	10	George	Fischer	20	Dotty	Vitanza	31
			Richard	Taylor	20			

WISHING YOU ALL
A GREAT DAY



**PLEASE DON'T FORGET TO RENEW YOUR
MEMBERSHIP**

J.F.K. CENTER IN PICTURES



CHRISTMAS 2013 EXERCISE PARTY



WEDNESDAY NITE CHRISTMAS 2013





JFK CHRISTMAS AT PARTY CENTER



Y'ALL COME AND JOIN US NOW