

# **J.F.K. SENIOR CENTER BULLETIN** Page 1

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EASTLAKE, OHIO 44095  
(440) 975-4268**

**Grace Giangiacomo-Senior Coordinator**

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

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

**Hours: 7:30am - 4:00pm**

## **MARCH 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.**



## **THINK SPRING**

**March 9<sup>th</sup>. Don't forget to change your clocks.**

# SENIOR INFO PAGE

## OUR THOUGHTS

GET WELL WISHES are extended to: Bob Wilder

Hope you are feeling better soon.

Sympathy is extended to the families of: Dennis Locsei in the passing of his father Elmer, Lorraine Longo in the passing of her brother, John and to Mary Yeckley in the passing of her brother-in-law John and to the family of Helen Burdecki.



## 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, March 5<sup>th</sup> & 19<sup>th</sup>

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 1:00pm-4:00pm, she will be here the second Monday of every month.

Sign up in the office if you would like to speak to her.

DATE: Monday, March 10<sup>th</sup>

TIME: 1:00pm – 4:00pm



## HOSPICE IN NEED OF YARN

We are still 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.



## HAVE YOU RENEWED YOUR MEMBERSHIP?

The weather will be warming up soon. Come on in and renew your membership so you can continue to participate in the activities and day trips. Don't forget your membership card when coming in to renew.



## SPRING AHEAD

Daylight Savings Time, Sunday March 9<sup>th</sup>.

Don't forget to change your clocks.

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.



MARDI GRAS

Eat all you can before Lent starts...Stop by for some Paczki AKA "Punchki"  
and a bowl of Red Rice and Beans.

(PLEASE SIGN UP IN THE OFFICE)

Tuesday, March 4<sup>th</sup>

TIME: In the Lobby after Lunch

COST: \$3.50



ST. PATRICK DAY

Let's celebrate St. Patrick Day with Corned Beef Sandwich,  
Cabbage and a wee bit of Green Beer. Don't forget to wear your green!

(PLEASE SIGN UP IN THE OFFICE)

DATE: Monday, March 17<sup>th</sup>

TIME: 12:15pm-1:30pm

COST: \$4.00



BREAKFAST FROM BARB'S KITCHEN

Scrambled eggs, bacon, and toast.

Come and join your fellow Seniors for some comfort food and social time.

(PLEASE SIGN UP IN THE OFFICE)

DATE: Monday, March 31<sup>st</sup>

TIME: 9:15am - 11:00am

COST: \$3.50



FISH SANDWICH ON FRIDAY IN LOBBY

Fish Sandwich from area restaurants every Friday during Lent. Served  
after lunch. COST: \$2.50 SIGN UP IN THE OFFICE FOR OUR COUNT.



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 <sup>st</sup> 2 <sup>nd</sup> & 4 <sup>th</sup> WEDNESDAY	9:00 am – 11:00am
LINE DANCING	THURSDAY	1:00 pm
CRAFTY CROCHETERS	THIRD THURSDAY	9:00am-11:00am
LCR	4 <sup>th</sup> Thursday	12:30 pm
PINOCHLE	FRIDAY	12:30 pm

## A "BODY IN MOTION" IS A HEALTHY BODY

Exercise with Stephanie...all FREE programs

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

## THURSDAY AFTERNOONS AT THE MOVIES

Thursday, March 6<sup>th</sup> "Margaret " (with Matt Damon, Drama)

Thursday, March 13<sup>th</sup> "Enough Said "(with, James Gandolfini, Comedy)

Thursday, March 20<sup>th</sup> "A Case of You" (with Justin Long, Comedy, Romance)

Thursday, March 27<sup>th</sup> "Flight" (with, Denzel Washington, Drama)

Movie starts at 12:30pm

Check the day before the movie for any changes.

**POPCORN INCLUDED!**

**J F K BOUTIQUES AND FLEA MARKETS**

It's not easy with this winter weather to think about spring but, if we are going to do any events this year now is the time.

March already and Angela and myself started planning last month so here is an update so far. We will do a Spring Boutique Saturday April 12<sup>th</sup> and a Holiday Boutique Saturday November 15<sup>th</sup>.

These two Boutiques will be run a little different this year. Angela will have control of the whole lunch room for the boutique item tables and I will only do tables of miscellaneous items in the Lobby and South Hallway.

I have spoken to Maxine and she will do the Centers tables in the Library as before. I hope that Ceramics and Hospice will join us in the Hallway, I also hope to do the Bake Sale, Chinese Auction, and Concession Stand.

If you are interested in participating in the Spring Boutique all spaces will be twenty dollars this includes a 6 x 8 area an 8 foot table and 2 chairs.

Spaces will be limited so don't delay if you want to reserve a table.

If you are selling Boutique items, Grace or me will put you in touch with Angela. If your goods are miscellaneous I will take care of you.

If you have anything to donate for the Center tables or to make baskets please see Maxine or Grace.

Remember it is events like this that add to the betterment of our Center and anything you can do to help is very much appreciated.

Harry



**A BIT OF INFO**

Some of you may have noticed that the T.V. in the Lobby now has an Antenna so you can now watch some local channels and catch up with the daily news on the morning show plus other shows and movies.

We have also started to put some things in the old Tech Wise room on the West hallway side, we have a console that plays Tapes, cd's, Radio and Records which we have lots of, so pop in sit and relax to some good old time music. There is also a T.V. that plays the old V.C.R. tapes and cd's movies. Later, we hope to bring back the ping-pong table and any other games or entertainment that we can find. Ralph West is setting up the room and will be pleased to help you with the equipment.



# MARCH 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p>	<p><b>4</b>            Blood Pressure            Interium Healthcare            AARP 9:30-2:30            Mardi Gras</p>	<p><b>5</b>            Cleaning</p>	<p><b>6</b>            Movie            Margaret            Salon            9:15-2:00</p>	<p><b>7</b> Fish Sandwich            Salon            9:15-3:00            Veterans Meet            Botanical Garden</p>
<p><b>10</b>            Visiting            Attorney            Hartville</p>	<p><b>11</b> Gold Gals            Blood Pressure            Senior Independence            AARP 9:30-2:30            Brd Meeting</p>	<p><b>12</b>            Craft Class            Foot Doctor</p>	<p><b>13</b>            Movie            Enough Said            Salon 9:15-2:00            Racino</p>	<p><b>14</b> Fish Sandwich            Salon            9:15-3:00            Quilt Show</p>
<p><b>17</b>            St. Patrick Day</p>	<p><b>18</b>            Hike              AARP 9:30-2:30</p>	<p><b>19</b>            Cleaning            Lunch Bunch</p>	<p><b>20</b>            Movie            A Case of You            Salon 9:15-2:00</p>	<p><b>21</b>            Salon 9:15-3:00            Fish Sandwich</p>
<p><b>24</b></p>	<p><b>25</b> MyCareOhio            Blood Pressure            Embassy Homecare            Rockcino            AARP 9:30-2:30</p>	<p><b>26</b>            Trinity            Cathedral</p>	<p><b>27</b>            Movie            Flight            Salon 9:15-2:00            LCR</p>	<p><b>28</b>            Salon            9:15-3:00            Fish Sandwich</p>
<p><b>31</b>            Breakfast with            Barb</p>				

THINK SPRING



**VETERANS CLUB**

Get a buddy to come and watch a movie with your fellow Veterans.  
Movie unknown at this time.

DATE: Friday, March 7<sup>th</sup>

TIME:9:30-11:00am



**BOARD AND LUNCH ROOM MEETINGS**

The Board Meeting will be Tuesday, March 11<sup>th</sup> at 9:00am with the  
Open Meeting at 11:20am.



**RED HAT PEARL BELLES**

We will be joining the Center for the St. Patrick Day Party on Monday,  
March 17<sup>th</sup>, please check Parties on Page 3 for more information.



**CRAFT CLASS**

We will be making Birdseed Ornaments to sell at our Boutique in April.

Anyone having cookie cutters roughly 4"x 4" please bring them in.

Everything else will be supplied.

(Meet in the Bingo Room)

DATE:Wednesday, March 12<sup>th</sup>

COST:\$1.00

TIME:9:30am-11:00am



**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, March 27<sup>th</sup>

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**

If anyone is interested in crocheting or knitting, please call the Center. If  
interested in crocheting or knitting at home just let the Center know and it  
will be passed on to the Comfort Elves.



**T.O.P.S.**

Come and see what we are all about, every Wednesday Night, 5pm-6:30pm

**BLOOD PRESSURE CHECK**

Sponsored by Interim Healthcare

DATE: Tuesday, March 4<sup>th</sup>

TIME: 10:00am – 11:30am



**BLOOD PRESSURE CHECK**

Sponsored by Senior Independence

DATE: Tuesday, March 11<sup>th</sup>

TIME: 10:00am – 11:30am



**FOOT DOCTOR**

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)

DATE: Wed., March 12<sup>th</sup> & April 30<sup>th</sup>

TIME: 8:00am – 4:00pm



**BLOOD PRESSURE CHECK**

Sponsored by Embassy Homecare

DATE: Tuesday, March 25<sup>th</sup>

TIME: 10:00am-11:00



**MY CARE OHIO**

Mycare Ohio is a new managed care program designed for individuals who receive both Medicaid and Medicare benefits. Come to this important presentation to find out more information.

DATE: Tuesday, March 25<sup>th</sup>

TIME: 10:30am-11:30am



**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.



**HAIR SALON**

The Salon is offering St. Patrick Day savings of \$2.00 each!  
Pedicure now \$28.00/Shellac now \$23.00/Manicure now \$14.00  
Lady Waxing, Eyebrows, Lip, & Chin...\$5.00  
Men Haircuts...\$7.00  
Ladies Haircuts...New Clients \$10.00

If you haven't tried out the Centers' Salon...now is the time.

THE SALON HOURS: THURS 9:15am-2:00pm & FRIDAY 9:15am-3:00pm

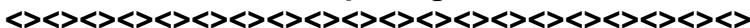
**LOST AND FOUND**

Don't forget if you have lost anything, please check with the office, we just might have it...a car charger, eye glasses, personal water bottles, keys...we have a lot!



**NEW BOARD RULE**

It has been determined by the board that anyone using the center needs to show a current membership card. Please cooperate with our volunteers, it just makes signing up for trips and things much easier for them; correct spelling of name etc.



**SIGN UP**

Just a reminder to sign in when you visit, as it helps in our funding. Also, remember that anyone renewing their membership in March will now renew the following March, as the new rule is, your membership is a 12 month period from the date you registered. Bring your membership card to make it easier for our volunteer secretaries to enter your information accurately. If you can't find your card, stop by the office and request a replacement. The membership cards were formerly yellow, if you receive a new one, it will now be white.



**VOLUNTEER LUNCHEON**

Anyone who volunteered to benefit our Center, twenty five (25) hours or more in 2013, will be invited to our Luncheon. Please stop by the office AFTER March 21<sup>st</sup> to check on this years invite.



**SPRING BOUTIQUE**

Mark your calendar for our Spring Boutique on Saturday, April 12<sup>th</sup> from 9am-4pm. We will be looking for volunteers to help with set up and tear down. Anyone interested, stop by the office to sign up.



**Recycle**

Don't forget to bring in your old eye glasses and cell phones for recycling. Also, any pet coupons for our Pet Angels who rescue abandoned animals.

## MARCH BIRTHDAYS

Stanley	Vitovich	1	Janice	Quinlivan	11	Somnuk	Khaikeaw	22
Jackie	McIntire	2	John	Cirino	12	Elaine	Koval	22
William	Perusek	2	Nancy	Goodrich	12	Mary Ann	Schindel	22
John F.	Barbato	4	Donna	Petkus	12	Clara	Seese	22
Ann	Larkin	5	Janet	Malloy	13	Shirley	Weiss	22
Phillip	Willoughby	5	Tillie	Merkun	13	Gloria	Dibbin	23
Carl	Adler	6	Mark	Smith	13	Lee	Bidlingmayer	24
Nancy	Gansey	6	Diane	Raggets	14	Bill	Bencina	25
Betty	Hupp	6	Mary Ann	Natran	15	Rosemary	Marn	25
Larry	Rush	6	Jill	Straus	15	Linda	Taylor	26
Ronald M.	Zabjek	6	Nancy	Stump	16	Nancy Carol	Zabjek	26
Kathy	Komaromy	7	Susan	Ciliberto	17	Joyce	Hall	27
Charlene	Zabivnik	7	Alfred	Klug	17	Edward	Pasternak	27
John	Dolce	9	Thomas	Wheaton	18	Irene P	Vitolo	27
Carol	Trimboli	9	Connie	Salem	19	Alice	Hadzinsky	28
Patricia	Herroon	10	Winnie	Rutherford	20	Walter	Schilling	28
Glenn	Livingston	10	William	Ruby	21	Stephen	Komarjanski	29
Sherry	Seeman	10	Robert	Yarker	21	Martha	Komarjanski	30
			Dorothy M	Hyder	22	Marie	Snodgrass	30

WISHING YOU ALL  
A GREAT DAY



# J.F.K. CENTER IN PICTURES



## WEDNESDAY NITE VALENTINE PARTY



Y'ALL COME AND JOIN US NOW