

J.F.K. SENIOR CENTER BULLETIN



JUNE 2016

1580 East 332nd Street Eastlake, Ohio 44095 TEL440-975-4268
 Grace Giangiacomo, Senior Center Director E-Mail: gg@eastlakeohio.com
 Brochure on line at www.eastlakeohio.com
 Hours: 7:30 a.m. - 4:00 p.m.

Monday, Tuesday, Thursday, Friday Wednesday, 7:30 a.m. - 8:30 p.m.

The JFK Senior Center is open to the public every Wednesday Night. Live Country and Blue Grass Music starts at 6:30 p.m. A concession stand and lots of fun.

Pop in and join us. It's Free to all



The JFK Center offers many programs that meet on a weekly basis. These activities are free and per-registration is not required. (Unless noted below)

CERAMICS	MON. TUES. WED. FRI.	9:00 am to 2:00 pm
EXERCISE ROOM	MONDAY - FRIDAY	\$15.00* per year
WOODBURNING	TUESDAY	9.00 am
ART CLASS	TUESDAY	10.00 am
BINGO	TUESDAY & FRIDAY	12:30-3:00 3¢ per card
COMFORT ELVES	1 st & 3 rd WEDNESDAY	9:00 am– 11:00 am
LINE DANCING	THURSDAY	1.00 pm
PINOCHLE	FRIDAY	12.30 pm
Chair Yoga with Kate	MONDAY,	10:00 am
Low Impact Strength Training with Diane	MONDAY,	1.15 pm
Zumba (Low Impact)	WEDNESDAY,	10.00 am
EXERCISE WITH T.V.	TUESDAY,	9.00am
EXERCISE WITH DIANE	THURSDAY,	9.15 am and 10.00am

OUR THOUGHTS

We extend GET WELL WISHES to: Irene Cudnik, hope to see you soon.
Condolences to the families of Nick Kovacevic also Diane Raggets in the passing
of her father Carl.



HEALTH AND WELLNESS

IDENTITY THEFT

Identity theft is the number one crime in America especially against children and senior
citizens. Please join us in the lobby on ways to protect your identity as well as your credit.

Presented by Fifth Third Bank”

DATE:Tuesday, June 7th

TIME:9:30am-11:30pm



FOOT DOCTOR

DATE:Wednesday, June 15th

(TIME:8:00am – 4:00pm)

Wednesday, July 6th

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)



HEALTH SCREENINGS

Staff from hChoices along with nurses from Lake Health will be available to conduct free
health screenings. The nurses will provide free glucose and cholesterol screenings. Staff
from hChoices will be available to help seniors learn how to use and create accounts in the
health and wellness station that is located in the lobby. Screenings available at the station
include blood pressure, pulse, oxygen, and weight. There will be other vendors TBA for you
to see. Please sign up in the office.

DATE:Tuesday, June 28TH

TIME:9:00am-11:00pm



REIKI

Reiki, it encourages relaxation, relieves stress, can reduce pain, improve balance,
strengthen one's immune system, improves sleep patterns and promotes an overall sense of
well being. Marla Katz will be here for 20 minute sessions. Please sign up in the office for
an appointment.

Wednesday, June 8th & 22nd

TIME:1:00pm-2:00pm

\$15.00 (PRE-REGISTRATION IS REQUIRED)



CAPTAINS GAME

Thank you Mayor Morley for the awesome seats and great day at Captains Senior Day.



PARK AVENUE WINERY

A new Winery that just opened in Ashtabula, let's try it. They have flatbread pizzas and cheese plates to pair with their wines. If you prefer, you can bring your own lunch and enjoy it with your wine there.

DATE:Friday, June 24th

COST:\$4.00

TIME:11:00am-3:00pm



PRESQUE ISLE

50+Club Members will receive \$5.00 off The Back Stretch Buffet good on Tuesday's only.
DATE: Tuesday, June 28th COST:\$7.00 TIME:9:15am- 4:30pm



BANK TOUR

We are going to visit the Federal Reserve Bank downtown followed by a visit to the Soldiers and Sailors Monument. Lunch TBD.

DATE:Thursday, June 30th

COST:\$4.00

TIME:9:30am-2:30pm



CENTURY VILLAGE

Join us for a look into the past with a 2-hour guided tour at Century Village in Burton. You can choose to view all the homes or sit along the way and take in the beautiful scenery.

After the tour we will venture over to Middlefield for lunch at Mary Yoders.

DATE:Friday, July 8th

COST:\$12.00

TIME:9:00am-3:00pm



Don't forget to check the kiosk in the Lobby for any changes in the bulletin or news we would like you to be informed about.



ART CLASS

Please note, starting June 7th the Art Class will be meeting every other Tuesday for the summer. It looks like we have quite the artists here, I have seen some of the work that has been done. Great Job!



HIKE

If there is anyone interested in meeting at the Chagrin River Park to have a nice walk through this beautiful park, let the office know. If there is enough that would like to participate, we will set up a date and time. Please let us know.

JUNE 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Comfort Elves	2 Salon 9:15–2:00	3 Vets Meeting Garage Sailing Salon 9:15–3:00
6	7 Art Class Fifth Third Bank Ice Cream	8 Reiki Amish Wedding	9 Salon 9:15–2:00	10 Rabbit Run Salon 9:15–3:00
13 Hartville Attorney Deb	14 Board Meeting Weatherzation	15 Foot Dr. Comfort Elves	16 Salon 9:15–2:00	17 Salon 9:15–3:00
20 National Ice Cream Soda Day	21 Stan Hewitt Art Class	22 United Care Day Reiki Key Bank Help	23 Covered Bridges Salon 9:15–2:00	24 Winery Trip Salon 9:15–3:00
27	28 Presque Isle Health Screening	29	30 Bank Tour	



BUS DRIVER

For those of you that don't know, Tony our Bus Driver is taking some vacation time. We hope he has nice relaxation, some good scenery, and a much deserved time off. See you in a couple of weeks.

**ENJOY THE WARM WEATHER...
AND HAVE A GREAT MONTH**

JUNE BIRTHDAYS

Carol	Ackerson	1	James	Ogrin	12	Roberta	Hufnagle	21
Steve	Martin	1	Lorand	Banda	13	Donald	Kishton	21
William	Moster	1	Ed	Humberson	13	Ellen	Miecznikowski	21
Betty	Triplett	1	Dorothy	Jankowski	13	Carol	Morgan	21
Janet	Bernstein	2	Anthony	Minardo	13	Jeffrey	Miller	22
Jackie	Fisher	3	Charles F	Rumble	14	Michael	Vaccariello	22
Dorothy	Hartman	3	Corie	Hildebrant	15	Sally	Vasilovich	23
Rose	Leaf	3	Roy	Page	15	Katherine	Kirsh	24
June	Bliss	4	Anna	Pavisich	15	Charles	Overberger	24
Kathleen	DeFrank	4	Carol	White	15	June	Taylor	24
Alice	Kingzett	4	Anthony	Angelo	16	Fred	Grodell	25
Denise	Massey	4	Carol	Dillard	16	Martha	Mandau	25
Ken	Selander	4	Wayne	Kraft	16	Ronette	Strand	25
Richard	Miecznikowski	5	Alice	Ryan	16	Paul	Zorko	25
Louise	Pennza	5	Carol A.	Zaorski	16	Tina	Sherrick	26
Sandra	Fischer	7	Genevieve	Deleandro	17	Mary Ann	Boos	27
Rosalie	Bonelli	8	Thomas	McDaniel	17	Robert	Creter	27
Millie	Huber	8	Judith	Sabo	17	Joanne	Grisanti	27
Sue	Sorensen	8	Leonard	Mullen	18	Lucille	Myotte	28
Frances	Starks	8	Marilyn	Barber	19	Charles	Schroer	28
Dorothy	Bradac	9	Michael	Becka	19	Rosemary	Baranauskas	29
Tom	Daly	10	Judith	Humberson	19	Marie	Gearhart	29
Janice	Konte	10	Lucille	Porten	19	Marty	Hric	29
Edna	Parisi	10	Joyce	Lutz	20	Christine	Morrison	29
Linda	Davis	11	Susan	Roth	20	Nello	Chiudioni	30
Betty	Nemeth	12	Jack	Adams	21	Arlene	Hull	30

**HAPPY
BIRTHDAY**

JFK MEMORIAL GARDEN

MANY THANKS TO KEY BANK VOLUNTEERS AND OUR ONE JFK VOLUNTEER FOR MAKING OUR CENTER LOOK CARED FOR.



READY FOR THE ROSES TO BLOOM

WEDNESDAY NITE MEMORIAL SERVICE 2016



NEVER FORGET GOD BLESS THEM ALL
GOD BLESS THE U.S.A.

WEDNESDAY NITE MEMORIAL SERVICE 2016



**WEDNESDAY NITE'S ARE OPEN TO EVERYONE
YA/ALL COME ON AND JOIN US NOW.**