



**CENTER NEWS**  
**OUR THOUGHTS**

We extend GET WELL WISHES to: Don Miklick, Michael Yeckley, Angela Zabjek,  
and Feel better soon.

Condolences to the families of Donna Krejsa in the passing of her brother -in-law Bobby.



**FOOD BANK**

Thank you to all who donated any food to the food bank, it helped a lot of families.



**HAIR SALON**

The Salon will be back to there regular hours, thanks for the support all year long.



**CHRISTMAS FOR THE "KIDS"**

Thanks from the EPD, EFD, EPAL, & the Community for all your donations to the kids  
for Christmas.



**NEW EXERCISE CLASSES AT JFK**

Cardio, Dance, Calisthenics, Exercise. Tuesdays 4:30pm-5:15pm. \$3.00 Walk in Fee.  
Pay in advance/4 classes \$10.00. OPEN to the Public. FIRST CLASS NO CHARGE!  
COME CHECK IT OUT!



**LET'S DO IT ALL!**

Dancing is good for the body & soul! Thursdays, 3:30pm-4:15pm. \$3.00 Walk in fee. \$10.00  
Pay in advance/4 Classes. Open to the public, First Class no charge. This Class is structured  
for all fitness levels. Learn dances, such as Cha Cha, Disco Salsa, Merengue!  
Learn these steps and at the same time experience body tone, increase strength,  
focus & balance, as well as cardio potential!



**IT'S THAT TIME OF YEAR AGAIN TAXES**

AARP will once again be here starting in February.

We will be taking appointments at the end of January, as soon as I get their schedule.



**NUTRITION SITE CLOSED**

The Nutrition Site will be closed on Martin Luther King Jr. Day, Monday, January 16<sup>th</sup>  
Please make arrangement for lunch, as the kitchen will be closed.



**MEMBERSHIP SIGN UP**

Sign up is on an annual basis now, but for the most of you, your sign up is in January.  
We will continue to have sign up for the month of January in the library.  
Don't forget to sign up so you can continue to join our classes and go on our day trips.

**MITTEN TREE**

Thanks to all who made the Mitten Tree so full of wonderful, warm and cozy mittens, hats, and scarfs for all the young children.  
Thanks Brenda and Irene for making sure this all happened.



**TOPS**

Taking Off Pounds Sensibly, meet every Wednesday Night between 5:00pm– 6:30pm.



**DAY TRIPS**  
**ROCKSINO**

Incentive will be \$20.00, grab a friend and go have fun.

DATE: Thursday, January 12<sup>th</sup>                      COST:\$4.00                      TIME: 9:30am-2:45pm



**LUNCH BUNCH**

We will be going to Don Tequila in Eastlake.

DATE: Wednesday, January 18<sup>th</sup>                      COST:\$3.00                      TIME:10:45am – 1:00pm



**JACK THISTLEDOWN RACE TRACK**

DATE: Wednesday, January 25<sup>th</sup>                      COST:\$4.00                      TIME: 9:30am-2:45pm



**HOME & GARDEN SHOW**

Get a little taste of "Spring Time" visit the beautiful gardens, watch some cooking demo's or just visit all the different vendors.

Stroll at your leisure, and stop at one of their food stands for lunch.

(SIGN UP IN OFFICE BY JANUARY 31<sup>st</sup>)

DATE: Friday, February 10<sup>th</sup>                      Cost:\$14.00                      TIME:10:30am-3:00pm



**BUS TRIPS**

Bus Trips will start up more after the weather clears up. We will be having a few health clinics at the Center, along with some public speaking on different topics that may benefit you. If there is anything or anyone that you would like to hear from, just let me know and I will do my best to bring someone in on that topic.



**INCLEMENT WEATHER**

Just a reminder, if the Willoughby-Eastlake School System is closed due to severe weather, the Nutrition Kitchen is also closed.

THAT DOES NOT APPLY TO THE SENIOR CENTER, WE WILL REMAIN OPEN.



**REMINDER OF THE RULES FOR SIGN UP  
AND TRAVEL WITH JFK TRIPS**

While every effort to provide refunds is made, if a replacement cannot be found on a trip that has been paid in advance, 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, then the money will be refunded immediately. 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.



**HAPPY NEW YEAR**

I would like to give my Sincere Thanks for the wonderful Christmas Gift I received from everyone. I was overwhelmed by your generosity. I take great pride in our Senior Center and will continue to make this place a "home-away-from-home"

We will continue with our regular happenings here at the Center and hope you will look forward to new things to do and see. I will always welcome any suggestions from you, whether it is for a trip, or a get-together.

The bulletin will still come out the last day of the month, and if it is earlier, the rule is, sign-up is the first working day of each month. If there is a trip the first part of the new month, I will post it the previous month, so as you will have enough time to sign up.

Remember signing up early assures that the trip will go out...

LET'S KEEP JFK A FUN PLACE TO BE!

*Grace*



**HEALTH AND WELLNESS**

**YOGA**

Don't forget we are here on Monday for Chair Yoga. Reduce your stress and don't forget it's a chance to meet people and socialize. We meet at 9:00am on Monday mornings.

Hope to see you then.



**REIKI**

Sign-up in the office with Marla Katz for a Reiki session. Check this out, you will like it!

Wednesday, January 11<sup>th</sup> & 25<sup>th</sup>

TIME:1:00pm-2:30pm

\$15.00 (PRE-REGISTRATION IS REQUIRED)



**FOOT DOCTOR**

DATE:Wednesday,

January 18<sup>th</sup> & Wednesday March 1<sup>st</sup>

TIME:8:00am – 4:00pm

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)



# PARTIES AND GET-TOGETHERS

## NATIONAL POPCORN DAY

Enjoy a box of popcorn today, on this very important National Day!

DATE: Thursday, January 19<sup>th</sup>



## NATIONAL PIE DAY

Enjoy a slice of pie today, on this, once again, very important National Day!

DATE: Monday, January 23<sup>rd</sup>

Cost: \$1:00

TIME: After Lunch in the Lobby



## DON'T FORGET WEDNESDAY NIGHTS

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 is here waiting for you.

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



## WORDS FROM ONE OF OUR SENIORS

YOUR DAY WAS WELL SPENT;

If you planted hope today in any hopeless heart. If someones' burden was lighter because you did your part. If you caused a laugh that chased a tear away. If tonight your name was mentioned when some kneels to pray. GOD BLESS YOUR DAY...



## COUNCIL ON AGING

The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, nutrition services, in-home safety, homemaker services, information and referral, and much more.

Please call (440) 205-8111 for more information or visit [www.lcco.org](http://www.lcco.org) .

Don't forget we are here for lunch everyday at 11:30. Join us for a hot, nutrition lunch.

<b>2</b> Closed Today HAPPY NEW YEAR	<b>3</b>	<b>4</b> Comfort Elves	<b>5</b>  Salon 9:15-2:00	<b>6</b>  Salon 9:15-3:00
<b>9</b> Attorney	<b>10</b> Art Class Celina w/COA Board Meeting	<b>11</b>  Reike	<b>12</b>  Rocksino Salon 9:15-2:00	<b>13</b>  Salon 9:15-3:00
<b>16</b> Martin Luther King Day	<b>17</b>	<b>18</b> Lunch Bunch Comfort Elves Foot Dr.	<b>19</b> National Popcorn Day Salon 9:15-2:00	<b>20</b>  Salon 9:15-3:00
<b>23</b> National Pie Day	<b>24</b> Art Class	<b>25</b> Jack Casino Reike	<b>26</b>  Salon 9:15-2:00	<b>27</b>  Closed Today Salon 9:15-3:00
<b>30</b>	<b>31</b>			

## JANUARY BIRTHDAYS

Ramona	Colvin	1	Nancy	Siefert	10	Frank	Jodlowski	22
Diane	Morony	2	Anna	Zadzora	10	Dennis	Locsei	22
Anthony	O'Brochta	4	Elizabeth	Kuhel	11	Sarah	Burd	23
Anthony	Vitolo	4	Barbara	Yarris	11	Marge	Gole	23
David T.	Wayner	4	Robert	Chesnes	12	Irene	Cudnik	24
Mary Ann	Yeckley	4	Sam	Kopacka	12	Richard	Duffy	24
Janet	Kovach	5	Cindy	McDaniel	12	Elaine	Riha	24
Joyce	Crease	6	Thurman	Cornwell	13	Barbara	Chester	25
Kenneth	Dombrowski	6	Rosemary A.	Lynch	13	Phyllis	Herringshaw	25
Allan	Rose	7	Beverly	Martin	14	Marion	Hanna	26
Patti	Hanley	8	Nancy	Rush	14	Anita	Matz	27
Elaine	Campbell	9	Eleanor	Ambrose	15	Rose	Holva	28
Carole	Czeck	9	Patricia	Jones	15	Levander	Cunningham	29
Curtis	Ewing	9	Terrill	Quirk	16	Julie	Milican	29
Barbara	Strickland	9	Elsie	Lowery	19	Gerry	Staab	29
Michael	Bunt	10	Diane	Turchetta	19	Ruth	Arbuckle	30
Elaine	Delzoppo	10	George	Fischer	20	Jean	McPherson	30
						Robert	Perkins	31

**HAPPY  
BIRTHDAY**

# READY FOR ANOTHER GREAT YEAR



Y'ALL COME ON AND JOIN US NOW

# THANKS FOR ANOTHER GREAT YEAR



HAPPY NEW YEAR 2017