

J.F.K. SENIOR CENTER BULLETIN



JANUARY 2018

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 Brochure on line at www.eastlakeohio.com

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

Monday, Tuesday, Thursday, Friday Wednesday, 7:30 am. - 8:30 pm.

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

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



CENTER CLOSED MONDAY, JANUARY 1ST



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,	9 :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

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.



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.



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. Kate.



REIKI

Marla is going to be here in January, please sign-up in the office for a Reiki session. Wednesday, January 10th & 24th TIME:1:00pm-2:30pm \$15.00 (PRE-REGISTRATION IS REQUIRED)



FOOT DOCTOR

DATE:Wednesday, January 17th & Wednesday February 7th TIME:8:00am – 4:00pm \$15.00 donation (PRE-REGISTRATION IS REQUIRED)



LEGACY PLANNING WORKSHOP

Look for Mark Fishwick to learn your rights and options regarding Medical Expenses, Long-Term Care, Final Expenses, and Retirement Income. DATE:Tuesday, January 9th TIME:9:30am In the Lobby



RECYCLE OLD CELL PHONES

Just a reminder, if you have an old cell phone to get rid of just bring it in. They are being sent to our troops overseas.



ANTHEM SPECIAL NEEDS PLAN

Lori Bellman from Anthem will be here to explain this special plan for those who may qualify.
Stop by and talk with her to check if this plan will apply to your circumstances.
Tuesday, January, 16th TIME:9:30 in the Lobby



INFO ON EASTLAKE BUS TRAVEL

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. When the weather does warm up, we will continue with our regular happenings here at the Center. We 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 THE EASTLAKE SENIOR CENTER A FUN PLACE TO BE!



OUR FOOD DONATIONS

Now that you stopped and thanked Giant Eagle, BJ's Wholesale Club, and Heinen's Market, for donating to us. Please remember to thank Harry for going out 3 times a week to pick up the donations. Without that pick-up, there would be no "goodie desserts".



DAY TRIPS ROCKSINO

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

DATE: Thursday, January 11th COST:\$4.00 TIME: 9:30am-2:45pm



LUNCH BUNCH

We are going to the Cabin of Willowick for our January Lunch choice.

DATE: Tuesday, January 16th COST:\$3.00 TIME:11:30am – 1:00pm



OLÉ IT'S MEXICAN

We are going to Don Tequila on Lakeshore. Margarita anyone!

DATE:Thursday, January 18th COST:\$3.00 TIME:11:30am-1:00pm



JACK THISTLEDOWN RACE TRACK

DATE: Tuesday, January 23rd 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 Friday, February 2nd)

DATE: Friday, February 9th Cost:\$14.00 TIME:10:30am-3:00pm



CLEVELAND CAVS GAME

Are you a CAVS fan? Sign-up for this fun time. It is open to all, so bring the grand kids. We are traveling on the CAVS FAN EXPRESS which is a wrapped motorcoach with pick up & return. We will be joining the Willowick and Wickliffe Senior Centers. The bus will depart at 5:30pm and return about 11pm. The trip includes bus and 7pm game time ticket. Go CAVS!

Watch the CAVS vs Detroit Pistons. Seats are Section 226 Center Court.

DATE:Monday, March 5th COST:\$35.00 TIME:7:00pm-11:00pm



PARTIES AND GET-TOGETHERS

NATIONAL CROISSANT DAY

Hmm, what will I do with a croissant?! Sign up and see!!

DATE:Tuesday, January 30th Cost:\$2:00 TIME:After Lunch in the Lobby



VALENTINES DAY

Let's celebrate Valentines day, bring a small treat to share with someone, (a small candy bar or a cookie, or your own idea of a treat!).

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

DATE: Wednesday, February 14th Cost:\$2.00 TIME:12:15pm – 1:30pm



QUILT SHOW AND THEATER

Begin your day at Lake Farmpark for their Annual Quilt Show, followed by dinner at Steele Mansion of Chicken Piccata, salad, potato, vegetable, and roll and butter.

Finish the day at Lake Erie College for Rabbit Run's production of Quilters.

Leaving from Willowick Center.

DATE:Friday, March 2nd COST:\$58.00 TIME:1:45pm10:00pm



JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed Today	2	3 Comfort Elves	4 Salon 9:15–2:00	5 Salon 9:15–3:00
8 Attorney	9 Celina w/COA Board Meeting Legacy Planning	10 Reike	11 Rocksino Salon 9:15–2:00	12 Salon 9:15–3:00
15	16 Lunch Bunch	17 Comfort Elves Foot Dr.	18 Mexican Salon 9:15–2:00	19 Salon 9:15–3:00
22	23 Jack Casino	24 Reike	25 Salon 9:15–2:00	26 Salon 9:15–3:00
29	30 National Croissant	31		

HAPPY NEW YEAR TO ALL. HERE'S TO ANOTHER GREAT YEAR AT
THE EASTLAKE SENIOR CENTER.
KEEP SMILING, IT'S THE BEST THERAPY!

The Eastlake Senior Center is funded by the City of Eastlake
and the Lake County Senior Citizen's Services Levy.

Please continue to sign in,
it helps with our share of levy funds.

JANUARY BIRTHDAYS

Ramona	Colvin	1	Nancy	Siefert	10	Sarah	Burd	23
Robert	Oliveri	1	Anna	Zadzora	10	Marge	Gole	23
Diane	Morony	2	Elizabeth	Kuhel	11	Richard	Duffy	24
Bob	Lockard	4	Barbara	Yarris	11	Dorothy	Laurence	24
Anthony	O'Brochta	4	Robert	Chesnes	12	Elaine	Riha	24
Anthony	Vitolo	4	Sam	Kopacka	12	Barbara	Chester	25
David T.	Wayner	4	Cindy	McDaniel	12	Phyllis	Herringshaw	25
Mary Ann	Yeckley	4	Theresa	Vaiksnoras	12	Marion	Hanna	26
Iona	Fish	5	Thurman	Cornwell	13	Anita	Matz	27
Janet	Kovach	5	Rosemary A.	Lynch	13	Rose	Holva	28
Joyce	Crease	6	Beverly	Martin	14	Susan	Howard	28
Kenneth	Dombrowski	6	Nancy	Rush	14	Richard	Lehman	28
Allan	Rose	7	Eleanor	Ambrose	15	John	Mason	28
Patti	Hanley	8	Patricia	Jones	15	Paul	Carani	29
Nadine	Pearson	8	Mary Ann	Glavic	16	Levander	Cunningham	29
Elaine	Campbell	9	Terrill	Quirk	16	Julie	Milican	29
Carole	Czeck	9	Elsie	Lowery	19	Gladys	Skubic	29
Curtis	Ewing	9	Diane	Turchetta	19	Geraldine	Staab	29
James	Kingzett	9	George	Fischer	20	Ruth	Arbuckle	30
Barbara	Strickland	9	Theresa	Perme	21	Jean	McPherson	30
Michael	Bunt	10	Frank	Jodlowski	22	Beverly Sue	Bartlebaugh	31
Elaine	Delzoppo	10	Dennis	Locsei	22	Dotty	Vitanza	31

**HAPPY
BIRTHDAY**

CHRISTMAS BOUTIQUE 2017



THANKS TO ALL THAT HELPED

HAPPY
NEW YEAR
2018



GOOD LUCK GOOD HEALTH AND HAPPINESS

THE JFK SENIOR CENTER
Y'ALL COME ON AND JOIN US NOW