

J.F.K. SENIOR CENTER BULLETIN



FEBRUARY 2017

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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 CENTER WILL BE CLOSED



MONDAY, FEBRUARY 20TH IN HONOR OF PRESIDENTS DAY.

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

CENTER NEWS
OUR THOUGHTS

We extend GET WELL WISHES to: Mary Yeckley, Pat Hasset, Sam Santangelo, Trixee Moran, Juanita Cawley, Rita White, Irena Johansonas, Alice Smalley, Ona Labadie, Mary Ann Surtz, Janet Valentino, Janice Konte, and Nello Chiudioni.

Condolences to the families of Robert Perkins, Angela Zabjek, Connie Schulz, Anne Novince, James Kisela, and to Bill Perusek, in the passing of his wife Marion and to Woody and Marge Simpson, in the passing of Marge's sister Georgieanne.



HAIR SALON

Stop in the Salon for a manicure or hair cut. It helps support the Center.



SIGN UP ON WEDNESDAY

We are looking for a volunteer who would be willing to sign up new members on Wednesday evenings between 6-7pm. This would be a convenience for those that would like to join the Center and can't come before we normally close at 4:00pm.

Just call the office during the day to volunteer.



TOPS

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



WEDNESDAY NIGHTS

Just like to give a shout out to Harry and Brenda for always making sure Wednesday Nights is such a successful event. They both do a lot to plan parties and do different events year-round. They have never missed a Wednesday Night, in what will be their 8th year. As a matter of fact, St. Patrick's Day will be their 400th night. That is quite an accomplishment. So hats off to Brenda and Harry. Thank you for volunteering so much of your time to make this happen every week.



WHO HAS SOME "HISTORICAL INFO"
THEY WOULD LIKE TO SHARE

The Historical Society is looking for people with stories they are willing to share, so they are collecting information. Everyone has stories to tell. Memories from different sources have historical importance and present testimony about their experiences. The Historical Society would like to preserve those memories and their stories, because one day they will disappear forever. Anyone interested in participating, let us know at the Center and we will contact Marie at the Historical Society. Right now they are looking for information about

"Culps Bend". The Historical Society will have a different subject each month.

Hopefully someone will come to their aid.



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.



TAX AND AARP

AARP will be doing taxes every Tuesday from 9:30am- 3:00pm, starting Tuesday, February 7th through April 11th-Sign up in the office for an appointment.



Weatherization and Heating Help, Tuesday, February 14th, from 9:30-10:30, in the Lobby.



DAY TRIPS
ROCKSINO

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

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



TRINITY CATHEDRAL

Come and enjoy Valentine's Day with Cole Seaton.

DATE:Wednesday, February 15th COST:\$4.00 TIME:11:30am-1:30pm



MELANIE OUR TECH BUDDY

Melanie will be here for 20 minute one-on-one sessions, to give anyone help on their handheld devices. Set up an appointment and bring in your device and your questions. Whether it is a cell phone, ipad, iphone, or kindle. She will walk you through the unknown.
DATE: Wednesday, February 15th TIME:10:00am-1:00pm



LUNCH BUNCH

We will be going to Friday's (TGIF) in Mentor. Look forward to their pairing menu, along with a complimentary coffee, tea, or soft drink with your food order.
DATE: Thursday, February 16th COST: 3.00 TIME:11:00am – 1:15pm



BOTANICAL GARDENS

Think Spring and enjoy "Orchid Mania" at the Gardens. This will put some spring into your step. There are orchids everywhere. If it happens to be warm outside, you can check the orchids there! Afterwards, lunch will be on your own at Maria's in Euclid.
DATE:Tuesday, February 21st COST:\$11.00 TIME:9:45am-1:30pm



JACK THISTLEDOWN RACE TRACK

DATE: Wednesday, February 22nd COST:\$4.00 TIME: 9:30am-2:45pm



LUNCH & LEARN WITH SYMPHONY AT MENTOR

Karen will be here to talk about Hoarding. The lunch will be Pizza and Salad.
Sign up in the office.

DATE:Monday, February 27th TIME:12:15pm in the lunch room



MARDI GRAS

Hop on the bus for a smorgasbord lunch at Golden Corral. Always lots to eat.

DATE:Tuesday, February 28th COST:\$4.00 TIME:10:30am – 1:00pm



GREAT LAKES THEATER

Wait Until Dark, sign up for this unforgettable thriller. Come and see the thrills begin when the lights go out! Lunch on your on at Maria's Resturant in Euclid.

DATE: Wednesday, March 1st COST:22.00 TIME:9:15am – 1:30pm



LUNCH AND A SHOW FEATURING IRISH EYES SMILING

Come celebrate St. Patrick's Day at the Amish Country Theater! Along with live bluegrass music, a family-friendly comedy with an Irish twist on it! You won't want to miss this hilarious St. Patty's Day themed event of comedy and music.

DATE:Thursday, March 16th COST:44.00 TIME:11:00am-5:00pm



PARTIES AND GET-TOGETHERS

GROUNDHOG DAY

Will he see his shadow? If so we will have a bowl of soup. If he doesn't see his shadow, yeah! Spring is near and we will celebrate with bowl of ice cream!

COST:\$1.25 Soup/ \$1.00 Ice Cream

DATE: Thursday, February 2nd TIME & PLACE: Late Morning in the Lobby



NATIONAL PIZZA DAY

Did you know that Americans consume over 23 pounds of pizza a year. Be part of that count and enjoy a slice of pizza, on this, once again, very important National Day!

DATE:Thursday, February 9th Cost:\$1:00 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: Tuesday, February 14th Cost:\$2.00 TIME:12:15pm – 1:30pm





HEALTH AND WELLNESS

REIKI

Sign-up in the office with Marla Katz for a Reiki session. Check this out, you will like it!
Wednesday, February 1st 8th & 22nd TIME:1:00pm-2:30pm
\$15.00 (PRE-REGISTRATION IS REQUIRED)



DIABETES TALK

Please join Beth Massaro from Gateway Health for information regarding Diabetes.
Please join her in the Library. Make sure to sign up in the office. There will be light snacks
and give aways. Beth will be here periodically with information sessions.
Please make sure to check the kiosk and bulletin for her talks.
DATE:Monday, February 13th TIME:9:30am



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, February 21st TIME:9:30am In the Lobby



FOOT DOCTOR

DATE: Wednesday March 1st & Wednesday, March 29th TIME:8:00am – 4:00pm
\$15.00 donation (PRE-REGISTRATION IS REQUIRED)



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.



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.

FEBUARY BIRTHDAYS

Amelia	Cirino	1	Irena	Johansonas	9	Kathy	Brown	19
Thomas J.	Fyfe	1	Crystal	Mars	9	Evelyn	Cekorich	19
Ray	Szymanski	1	Robert	Smalley	9	Jennie	Sinkovec	19
Greg	Estep	2	Loretta	Harper-Picou	10	Judy	Conrad	20
June	Gruber	2	Mary Jane	Mascella	10	Bernetta	Schutz	20
Dolores	Morelli	2	Donald	Cerne	11	Erwin	Mandau	21
Somma	Rama	2	Florence	Lunato	11	Patricia	Bartok	22
Dolores	DePaul	3	Bernice	Merhar	11	Judy	Franke	22
Sandra K.	Gifford	3	Pat	Hassett	13	Ann	King	22
Beatrice	Jerkich	5	Edgar	Jenkins	14	Carmen	Schembre	22
Donna	Krejsa	5	Patricia	Marrone	14	Jeffrey	Strnad	22
Helen	Burwell	6	Jennie	Panella	14	Rose	Wolf	22
David	Knight	6	Gary	King	15	Donna	Hudelson	23
Roger	Meister	6	Marilyn	Smith	15	Gayle	Logan	26
Jacki	Aplis	7	Maddy	Bosley	16	Gloria	Brock	27
Patricia	Neely	7	Stan	Kollar	16	Beatrice	Schaefer	27
Joanne	Pucci	8	Margaret	Abel	17	Ted	Bamber	28
Rita	White	8	Shirley	Parks	17	George	Merritt	28
Nancy	Gross	9	Judith	Schilling	18	Shirley	Strnad	28

**HAPPY
BIRTHDAY**

FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Comfort Elves Reike	2 GroundHog Day Salon 9:15–2:00	3 Salon 9:15–3:00
6	7 Art Class AARP	8 Reike	9 National Pizza Day Rocksino Salon 9:15–2:00	10 Home & Flower Salon 9:15–3:00
13 Attorney Diabetes Talk	14 Celina w/COA Valentines Day Board Meeting AARP	15 Trinity Cathedral Comfort Elves Foot Dr. Melanie Tech	16 Lunch Bunch Salon 9:15–2:00	17 Salon 9:15–3:00
20 Closed Today	21 Art Class Botanical Garden AARP Legacy Planning	22 Jack Casino Reike	23 Salon 9:15–2:00	24 Salon 9:15–3:00
27 Lunch & Learn	28 Mardi Gras Lunch at Golden Coral AARP			

**HOPE YOU ALL HAVE A GREAT MONTH
AND ARE LOOKING FORWARD TO SPRING**

WEDNESDAY NITES NEW YEAR PARTY



10 -9-8-7-6-5-4-3-2-1

NEW YEAR PIG DROP



THE WEDNESDAY NITE'S TEAM
WISH YOU ALL A HAPPY, HEALTHY 2017
Y'ALL COME ON AND JOIN US NOW