

J.F.K. SENIOR CENTER BULLETIN

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Brochure on line at www.eastlakeohio.com

Hours: 7:30am - 4:00pm

FEBRUARY 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.**



**THE CENTER WILL BE CLOSED
MONDAY, FEBRUARY 17TH
IN HONOR OF PRESIDENTS DAY.**

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OUR THOUGHTS

GET WELL WISHES are extended to:

Andy Gruber Hope you are feeling better soon.

Sympathy is extended to the families of:

Sarah and Tom Burd in the passing of Tom's sister Marie and to

Mary Yeckley in the passing of her sister Nora.



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, February 5th & 19th

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 1:30pm- 4:00pm. Sign up in the office if you would like to speak to her.

DATE: Wednesday, February 12th

TIME:1:00pm – 4:00pm



HOSPICE IN NEED OF YARN

The Comfort Elves 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.

SIGN UP AND RENEW YOUR MEMBERSHIP

I know the bitter cold has kept a lot inside, so when the weather breaks come on in and renew your membership, so you can continue to participate in the activities. Don't forget your membership card when coming in to renew.

Thanks to everyone who came in here braving the cold to volunteer your time and help in that VERY COLD January we just experienced!

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.

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, we will celebrate with bowl of ice cream!

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

DATE: Monday, February 3rd TIME & PLACE: Late Morning in the Lobby

[illegible]

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: Friday, February 14th **TIME: 12:15pm – 1:30pm**

COST:\$2.00



2 Slices of French Toast, made with Texas Toast, accompanied with sausage and juice. Come and join your fellow Seniors for some comfort food and social time. SIGN UP IN THE OFFICE

DATE: Monday, February 24th **TIME: 9:15am – 11:00am**

COST: \$3.50

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

Tuesday, March 4th COST:\$3.50 TIME:In the Lobby after Lunch

All Trips Going Out Will Be Weather Permitting

HOME AND GARDEN SHOW

**Hop on the bus and enjoy a breath of fresh air and warmth,
stop and "Smell the Roses"**

Walk around and see the sites and gardens, relax enjoy lunch at one of the kiosks.

DATE:Wednesday, February 12th COST:\$13.00 TIME:10:15am – 2:15pm

[illegible]

HIKE/WALK

We are going to Chagrin River to hike. Bundle up, go for a brisk walk this month, and share some hot chocolate...let's try this again!

DATE: Tuesday, February 18th COST:\$3.00 TIME:10:00am-1:00pm

LUNCH BUNCH

The restaurant this month is the Market Street Family Restaurant in Mentor. Sign up in the office. Enjoy!

DATE: Wednesday, February 19th COST:\$3.00 TIME: 10:45am-1:00pm



RACINO TRIP

Super Senior Thursdays. Total Rewards members 55 or older receive special discounts as well as one free entry for a chance to win \$55 in Reel Rewards, just for swiping your card at the promotional kiosk.

Sign up in the office.

DATE: Thursday, February 20th COST:\$4.00 TIME:10:00am-3:00pm

HARD ROCK ROCKSINO

Last month's trip was canceled due to the weather, everyone that was scheduled for that trip will be able to attend on Tuesday the 25th.

(We are repeating the full trip).

DATE: Tuesday, February 25th COST:\$4.00 TIME: 9:30am-3:00pm

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 st 2 nd & 4 th WEDNESDAY	9:00 am – 11:00am
LINE DANCING	THURSDAY	1:00 pm
CRAFTY CROCHETERS	THIRD THURSDAY	9:00am-11:00am
LCR	4 th 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, February 6th "The Butler" (with Forest Whitaker, Oprah Winfrey, Drama)

Thursday, February 13th "Last Vegas"(with Michael Douglas, Robert Di Nero, Comedy)

Thursday, February 20th "Prisoners" (with Hugh Jackman, Action)

Thursday, February 27th "Captain Phillips (with Tom Hanks, Action)

Movie starts at 12:30pm

Check the day before the movie for any changes.

POPCORN INCLUDED!

DIGITAL PHOTO FRAME

Just after Christmas two of our new members, (Theresa & Joseph) generously purchased and donated to the center a Digital Picture Frame. It is now set up and running on the secretary's desk in the office and showing pictures from our three Christmas Parties. I will change the pictures as often as possible, so check it out from time to time. Also, if you take pictures with a digital camera that uses a SD card and would like to share them with your friends you can use the frame to do this. Thank-you Guys



LETS HAVE A LAUGH

**Last night, my kids and I were sitting in the living room
and I said to them,
I never want to live in a vegetative state, dependent on some machine
and fluids from a bottle,
If that ever happens, just pull the plug.
They got up, unplugged the TV, and threw out my wine.**

WHAT IS A CALORIE

**A calorie is a little bug that lives in your closet
and sews all your clothes tighter at night.
I must have hundreds of the little buggers in mine.**

AND FINALLY

**Due to the present state of the economy
and the rising cost of electricity.
The light at the end of the tunnel has been turned OFF!**

NEED SOME HELP

**I need help with mac computers (E-MACS) running panther 10.3.
If anyone knows anything about these machines please contact me
(Harry) or tell someone in office.**

PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP for 2014

WEDNESDAY NITES

Well folk's our Wednesday Nite New Year's party is over. At eight o'clock our mascot the pig adorned with a hundred and fifty lights descended from the ceiling to a countdown to herald in the new year. I must say how pleasantly surprised I was to see seventy plus faithful Wednesday night revelers, plus a full group of musicians participating at the party. To brave the inclement weather was a great incentive for our team to keep

Wednesday Nite's alive and to continue to organize more parties.

So guy's our next big party will be Valentine's Day, (February the twelfth) this as you know is your chance to kiss our pig for a rose. We will try to celebrate Chinese New Year (Jan 29th) and Ground Hog Day (Feb 5th), so yo all keep on coming down and we will keep the lights on.

T	S	S	W	U	E	D	A	W	G	E	G	M	F	X	E
M	S	S	E	N	L	L	E	W	U	A	O	P	D	G	M
F	S	Q	W	U	B	Y	E	O	N	G	J	Z	E	R	O
F	A	B	O	Y	H	L	V	A	G	U	E	L	F	N	W
I	I	W	P	N	C	R	T	C	E	L	L	O	C	Y	A
E	M	S	N	O	E	U	N	I	F	O	R	G	O	N	E
A	T	G	M	N	R	Z	E	A	C	A	H	N	N	Y	S
S	S	E	A	A	A	T	L	N	Y	O	X	E	N	N	D
V	D	T	L	T	I	P	O	I	S	O	N	N	E	E	M
I	T	P	T	U	L	O	I	T	A	F	O	S	C	G	E
V	I	L	O	R	S	T	V	T	P	O	R	T	T	S	P
N	I	M	E	E	E	I	K	M	P	O	N	E	N	D	I
T	O	E	N	U	G	O	B	N	H	E	L	B	A	I	L
D	I	E	W	O	U	N	D	C	I	O	N	I	E	H	A
Y	M	Y	F	C	A	E	G	D	I	R	B	Y	T	T	M
T	E	T	E	O	N	R	A	V	B	U	B	N	A	E	I

Please find the following hidden words:

collect, college, vague, view, violent, violet, bridge,
brink, forgone, foray, nature, natural, welcome, wellness,
wound, would, liable, liar, horse, host, poison, potion,
polite, connect. words by Brenda

words by Brenda

FEBRUARY 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Soup Breckenridge Ground Hog Day	4 Blood Pressure Interium Healthcare AARP 9:30-2:30	5 Cleaning	6 Movie The Butler Salon 9:15-2:00	7 Salon 9:15-3:00 Veterans Meet
10	11 Blood Pressure Senior Independence AARP 9:30-2:30 Brd Meeting	12 Visiting Attorney Home & Garden	13 Movie Last Vegas Salon 9:15-2:00 Racino	14 Salon 9:15-3:00 Valentine Day
17	18 Hike AARP 9:30-2:30	19 Cleaning Lunch Bunch Foot Doctor	20 Racino Movie Prisoner Salon 9:15-2:00	21 Salon 9:15-3:00
24 Breakfast with Barb	25 Blood Pressure Embassy Homecare Rockcino AARP 9:30-2:30	26	27 Movie Captain Phillips Salon 9:15-2:00 LCR	28 Salon 9:15-3:00 Cleveland Sight Center

HAVE A GREAT MONTH

Collette Tours presents AMERICA'S MUSIC CITIES featuring New Orleans, Memphis and Nashville. Stop by and pick up a Flyer.

COST:\$2,429pp(Double Occupancy)



AARP will be doing taxes every Tuesday from 9:30am- -2:30pm, starting Tuesday, February 4th through April 8th.

Sign up in the office for an appointment.

If anyone has any ideas or requests for a trip, write them down and leave it in the office. I will be listing the trips I will have going in next months' bulletin.

If you have not received your energy kit yet, don't forget to order one. There is no cost to you, the kit includes 9 light bulbs, 2 LED nightlights, and a "wonderful" surge protector power strip. Just call 1.877.639.0218 to receive your kit, make sure you have your account number ready.

Some tips from the CDC:

Most people with the flu have a mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. If, however, you have symptoms of the flu and are in a high risk group, are very sick or worried about your illness, contact your health care provider (doctor, physician's assistant, etc.). If you are sick, stay away from people for at least 24 hours and if you must go out, wear a face mask if you have one, cover coughs and sneezes with a tissue, and wash your hands frequently.

[illegible]

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TIME: 10:00am – 11:30am

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.

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THURSDAY 9:15am-2:00pm

& FRIDAY 9:15am-3:00pm

Pedicure now \$28.00/Shellac now \$23.00/Manicure now \$14.00

\$5.00 Lady Waxing, Eyebrows, Lip, & Chin.

Men....Haircuts \$7.00

New Clients \$10.00 for Ladies Haircuts

[illegible]

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!

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 and etc.



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.

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Just a reminder to sign in when you visit, as it helps in our funding. Also, remember that anyone renewing their membership in February will now renew the following February, 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 formally yellow, if you receive a new one, it will now be white.

FEBRUARY BIRTHDAYS

Irene	Barrera	1	Irena	Johansonas	9	Margaret	Abel	17
Amelia	Cirino	1	Robert	Smalley	9	Dorothy	Nemura	18
Harry	Mathews	1	Bruno	Lesica	10	Judith	Schilling	18
Ray	Szymanski	1	Dolores	Brinizer	11	Jennie	Sinkovec	19
Paul	Brummett	2	Donald	Cerne	11	Judy	Conrad	20
June	Gruber	2	Florence	Lunato	11	Bernetta	Schutz	20
Somma	Rama	2	Bernice	Merhar	11	Monika	Smart	21
Helen	Reed	2	Mario	Matijasic	12	Kay	Ventura	21
Jack	Wyland	2	Martha J	Anderson	13	Ann	King	22
Dolores	DePaul	3	Pat	Hassett	13	Carmen	Schembre	22
William	Papineau	3	Kathryn	Wells	13	Rose	Wolf	22
Ann	Layman	4	Edgar	Jenkins	14	Donna	Hudelson	23
Beatrice	Jerkich	5	Jennie	Panella	14	Katharine	Peck	24
Jolanda	King	5	Mary	Renner	14	Paul	Weiss	24
Donna	Krejsa	5	Ruth	Pickett	15	Douglas	Moses	26
Ronald	Thomas	7	Marilyn	Smith	15	Gloria	Brock	27
Margaret	Epperson	8	Mildred (Mae)	Urban	15	Beatrice	Schaefer	27
Rita	White	8	Maddy	Bosley	16	Dragan	Skrtic	27
Nancy	Gross	9	Stan	Kollar	16	Ted	Bamber	28

WISHING YOU ALL
A GREAT DAY



**PLEASE DON'T FORGET TO RENEW YOUR
MEMBERSHIP**

J.F.K. CENTER IN PICTURES



PIG DROP WEDNESDAY NITE NEW YEAR PARTY



HAPPY NEW YEAR 2014



Y'ALL COME AND JOIN US NOW