## J.F.K. SENIOR CENTER BULLETIN



## MARCH 2018

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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

THE CENTER WILL BE CLOSED FRIDAY, MARCH 30<sup>TH</sup> IN HONOR OF GOOD FRIDAY.

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 <sup>st</sup> & 3 <sup>rd</sup> 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

The Eastlake Senior Center is funded in part by the Lake County Senior Citizens Levy.

## CENTER NEWS OUR THOUGHTS

We extend GET WELL WISHES to: Brenda Simpson, Amy Cirino and John Duka. Condolences to the families of Anthony Angelo in the passing of his brother David, Marcy Scott in the passing of her Mother-in-law Katie Mae Scott,

Gloria Dibbin in the passing of her son Edwin, Angie Ruggiero in the passing of her brother.

## HAIR SALON

Easter is soon, Hop in the Salon for a manicure or hair cut. It helps support the Center.

## **VOLUNTEER LUNCHEON**

Anyone who volunteered to benefit our Center twenty five (25) hours or more in 2017, is invited to our Luncheon. Please stop by the office to RSVP, starting <u>Monday, March 26<sup>th</sup></u>. If unsure of your hours we will check for you.

The Luncheon will be Friday, April 20<sup>th</sup> at 1:30pm.

## LUNCH & LEARN

We will be traveling with Eastlake to Heartland in Mentor for a lunch and an informative presentation on Health Maintenance as we age.

Sign up in the office for their count.

DATE:Wednesday, March 7<sup>th</sup>

TIME:11:00am-1:30pm

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## MARK YOUR CALENDAR

The Captains and Indians openers will be April 6<sup>th</sup> & 7<sup>th</sup> respectively. We will be celebrating here at the Center with Hot Dogs and Peanuts. Make sure you sign up by March 29<sup>th</sup> for our count. Don't forget to wear your Indians or Captains gear and support your home team.

DATE: Thurs., April 5<sup>th</sup> & Fri. April 6<sup>th</sup> COST:\$2.00 each day. TIME:Noon in the Lobby

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## PLEASE NOTE

The week of March 12<sup>th</sup> thru March 23<sup>rd</sup>, The Center will close at 3:00pm everyday, except for Wednesday, March 14<sup>th</sup> and March 21<sup>st</sup> will still be at the same time for Wednesday nights. The times will resume to the our ordinary times 7:30am – 4:00pm on March 26<sup>th</sup>.

## **HARTVILLE**

We will resume our monthly trips to Hartville starting the second Monday of April.

## **HEALTH FAIR**

Lake Health System and hChoices will be putting together a health fair on May 11<sup>th.</sup> Please watch for news on the Kiosk on the particulars. If there is anything that anyone would be interested in having at the health fair here, please let the office know.

## HEALTH AND WELLNESS LEGACY PLANNING WORKSHOP

Mark Fishwick will be here regarding Medical Expenses, Long-Term Care, Final Expenses, and Retirement Income.

DATE: Tuesday, March 13th

TIME:9:30am, In the Lobby

### **GRANDE POINTE**

Stephanie will be here with waffles, "Let go of my Eggo" Please sign up in the office for our count.

DATE: Tuesday, March 13th

TIME:9:30am, In the Lobby

FOOT DOCTOR

DATE: Wednesday, March 21<sup>st</sup> & Wednesday, April 18<sup>th</sup> TIME:8:00am – 4:00pm \$15.00 donation (PRE-REGISTRATION IS REQUIRED)

## **OPIOID DRUG PRESENTATION**

As you may know, overdose is now the leading cause of accidental death in Ohio.

We need grandparents, aunts, uncles, and other seniors to be in our army as we continue to battle this epidemic. Another key part of the message will be the importance of purging home medicine cabinets of any unused or expired medications, thus keeping them out of the hands of abusers and addicts. RSVP volunteers will be offering a limited amount of drug disposal bags to those who are present through the ADAMHS Board presentation.

Please help by attending this important meeting and learning about this overwhelming problem. Sign up in the office.

Date: Tuesday, March 27th

TIME:9:30am in the Library

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## **LAKETRAN**

Laketran will be here to talk about general ride information and also let you know about Seniors on the Go! Stop by their table to receive some information. DATE:Tuesday, April 3<sup>rd</sup> TIME:9:30am-10:30am

## <u>TOPS</u>

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

## **RECYCLE**

Please don't forget to bring in any pet food coupons, used eye glasses, or Cell Phones.

## <u>YOGA</u>

Spring is nature's way of saying "let's party". (Robin Williams) At The Eastlake Senior Center, we say"Let's Yoga!"Spring is a great time to have some fun, explore some poses and breathe! Come in and give it a try. Chair yoga, Monday's 9am

## <u>REIKI</u>

Marla Katz would like to continue with Reiki sessions here. If there is anyone still interested, please let the office know. \$15.00 (PRE-REGISTRATION IS REQUIRED) DATE:Wednesday, March 7<sup>th</sup> & 28<sup>th</sup> TIME:1:00pm- 2:30pm

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#### Don't forget to spring ahead March 11<sup>th</sup>

## DAY TRIPS FISH FRY DURING LENT

We will be going to different places on Fridays during lent. Please pick a date or join in on all! March 2<sup>nd</sup>, @ VFW Post 3863 in Eastlake, 11:30am, \$1.00 charge for bus; March 9<sup>th</sup> @ Firehouse Grill in Willoughby Hills, 11:00am, \$3.00 for bus; March 16<sup>th</sup> @ Pickles-n-Pints in Willoughby, 11:00am, \$3.00 for bus; March 23<sup>rd</sup> @ Kristy Tavern in Euclid 11:00am, \$3.00 for bus.

Sign up for one or all. The cost listed above is for Bus Ride only. Enjoy.

## **CLEVELAND CAVS GAME**

OK, for those of you who have signed up for the Game, get your Fan Gear together, the time is here. Meet at the Willowick Senior Center. The bus will depart at 5:30pm and return about 11pm. Enjoy CAVS vs Detroit Pistons.

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### **TRINITY CATHEDRAL**

Come and enjoy Guys with Guitars. Willowick will be driving their bus. DATE:Wednesday, March 7<sup>th</sup> COST:\$4.00 TIME:11:30am-1:30pm

## **ROCKSINO**

Incentive will be \$20.00. Grab a friend and go have fun. DATE: Thursday, March 8<sup>th</sup> COST:\$4.00 TIME: 9:30am-2:45pm

### ETHNIC LUNCH

Cafe Europa, European food at it's best. Menu is in the office, check it out. DATE: Wednesday, March 21<sup>st</sup> COST: 4.00 TIME:11:15am – 1:15pm

## PRESQUE ISLE

We are on the road again...Presque Isle here we come! This will be back on the schedule once a month again, usually the last Tuesday of every month. DATE: Tuesday, March 27<sup>th</sup> COST:\$5.00 Time:9:30am-4:30pm

## LUNCH BUNCH

We are trying a Tri-C new Culinary School in Cleveland. Cost is for lunch and bus. DATE: Thursday, March 29<sup>th</sup> COST:\$14.00 TIME:10:30am-12:30pm

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## TRIP WITH WILLOWICK CENTER TO STATION THEATER

Hop on board and join the Willowick Center for a trip to Station Dinner Theater enjoy a luncheon and see "Till Beth Do Us Part", which is a comedy. DATE:Wednesday, April 11th TIME:10:00am-4:00pm COST:\$47.00

## **CLEVELAND ORCHESTRA**

What could be better than mornings of music? Start your day with free coffee and muffins followed by an incredible concert – featuring Beethoven's "Heroic" Third Symphony, and the Prelude and Liebestod (Love-Death) from Tristan & Isolde, which comprise the beginning and ending of Wagner's extraordinarily passionate, world-changing opera. DATE:Friday, April 13<sup>th</sup>

COST: \$31.00

TIME:9:15am – 1:00pm

## Don't forget to spring ahead March 11<sup>th</sup>



## **MARCH 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Don't forget	March 17 <sup>th</sup>		1	<b>2</b> Fish Fry <b>Blood Pressure</b>
March 11 <sup>th</sup>			Salon 9:15–2:00	Salon 9:15–3:00
<b>5</b> Cav's Game	<b>6</b> AARP	<b>7</b> Trinity Cathedral Lunch & Learn <b>Comfort Elves</b>	8 Rocksino Salon 9:15–2:00	9 Fish Fry Salon 9:15–3:00
12 Attorney	13 Celina w/COA Legacy Planning Grande Pointe AARP	14	15 Salon 9:15–2:00	<b>16</b> Fish Fry Salon 9:15–3:00
19	<b>20</b> AARP Spring has arrived	21 Ethnic Lunch Comfort Elves Foot Dr.	22 Salon 9:15–2:00	23 Fish Fry Salon 9:15–3:00
<b>26</b> Sign up for Volunteer lunch <b>Starts today</b>	<b>27</b> Presque Isle Opiad Drug AARP	28	29 Lunch Bunch Tri-C	30 Closed Good Friday

## MARCH BIRTHDAYS

Mary A.	Dietz	1	Sherry	Seeman	10	Dorothy M	Hyder	22
Stanley	Vitovich	1	Carol-Ann	Schindel	11	Somnuk	Khaikeaw	22
William	Perusek	2	Nancy	Goodrich	12	Shirlly	Markiewicz	22
Joanne	Sorci	2	Deborah	lvans	12	Rita	Young	22
Nghia (Tom)	То	2	Donna	Petkus	12	Andrew	Gruber, Jr.	23
John F.	Barbato	4	Samuel	Vitanza	12	Lee	Bidlingmayer	24
Ann	Larkin	5	Wayne	Williams	12	David S.	Broda	24
Eleanor (Elli	eSisko	5	Zoe	Haas	13	Darwin (Bud)	Edelman	24
Nancy	Gansey	6	Mary Ann	Hauber	13	Georgeann	Krause	24
Sharon	Gargiulo	6	Leslie	Pernus	14	Annamarie	Paris	25
Joanne	Mohorcic	7	Diane	Raggets	14	Theodore	Jenda	26
Steve	Powell	7	Carl	Bartlebaugh	15	Patricia	Kavalich	26
Lynda	Valletto	7	Sandra	Beard	15	Nancy Carol	Zabjek	26
John	Zaharenwicz	7	Mary Ann	Natran	15	Edward	Pasternak	27
Marge	Dipre	8	Susan	Ciliberto	17	Mary Ann	Slattery	27
Jerome	Golenskie	8	Mary	Betarie	18	Irene P	Vitolo	27
Mate	Kovacevic	8	Mary	Patrick	18	James	Bousquet	28
William	Smith	9	Jozefina	Pavic	18	Janice	Fritsch	28
Carol	Trimboli	9	Thomas L.	Wheaton	18	Walter	Schilling	28
Glenn	Livingston	10	Carol	Clark	20			

# HAPPY BIRTHDAY

## VALENTINES PARTY 2018







## **ROSES CHOCOLATES & FOOD**