

# J.F.K. SENIOR CENTER BULLETIN



## APRIL 2018

**1580 East 332<sup>nd</sup> Street      Eastlake,      Ohio 44095      TEL440-975-4268**  
**Grace Giangiacomo, Senior Center Director      E-Mail: [gg@eastlakeohio.com](mailto:gg@eastlakeohio.com)**  
**Brochure on line at [www.eastlakeohio.com](http://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**



**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)**

<b>CERAMICS</b>	<b>MON. TUES. WED. FRI.</b>	<b>9:00 am to 2:00 pm</b>
<b>EXERCISE ROOM</b>	<b>MONDAY - FRIDAY</b>	<b>\$15.00* per year</b>
<b>WOODBURNING</b>	<b>TUESDAY</b>	<b>9.00 am</b>
<b>ART CLASS</b>	<b>TUESDAY</b>	<b>10.00 am</b>
<b>BINGO</b>	<b>TUESDAY &amp; FRIDAY</b>	<b>12:30-3:00 3¢ per card</b>
<b>COMFORT ELVES</b>	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> WEDNESDAY</b>	<b>9:00 am– 11:00 am</b>
<b>LINE DANCING</b>	<b>THURSDAY</b>	<b>1.00 pm</b>
<b>PINOCHLE</b>	<b>FRIDAY</b>	<b>12.30 pm</b>
<b>Chair Yoga with Kate</b>	<b>MONDAY,</b>	<b>9 :00 am</b>
<b>Low Impact Strength Training with Diane</b>	<b>MONDAY,</b>	<b>1.15 pm</b>
<b>Zumba (Low Impact)</b>	<b>WEDNESDAY,</b>	<b>10.00 am</b>
<b>EXERCISE WITH T.V.</b>	<b>TUESDAY,</b>	<b>9.00am</b>
<b>EXERCISE WITH DIANE</b>	<b>THURSDAY,</b>	<b>9.15 am and 10.00am</b>

**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: Frank Daniels, Rose Mc Intosh, Donna Krejsa, Sarah Burd, John Duka, Ed Pasternak, Brenda Simpson. Speedy recovery to all.

Condolences to the families of Josephine DeSanto, Jennie Sinkovec, Marge Peters, to Andrew Wells in the passing his wife Kathryn, Angie Ruggiero in the passing of her brother, and to Barb Sawicki, our Lunch Room Coordinator, in the passing of her mother Audrey.



## NATIONAL VOLUNTEER WEEK, APRIL 15-21 2018

It's time to recognize our volunteers and inspire and encourage others to also utilize their skills in making a difference. Some intangible benefits like pride, satisfaction, and accomplishment are all worthwhile reasons to serve at your Senior Center. While doing so you help keep your center a welcoming place by contributing to improve services, keep the center clean and organized. All while connecting to others who appreciate your willingness to offer a helping hand. So after participating in your favorite activity, come by and see what you can offer. There is no job too small to be appreciated. Don't forget to take a moment to thank the volunteers around here, either by writing a note or just a verbal Thank You will do!



## VOLUNTEER LUNCHEON

If you haven't checked into your status for the volunteer luncheon, please do so. You should have twenty five (25) hours or more in 2017, to attend the luncheon. Please stop by the office to RSVP. If unsure of your hours we will check for you. The Luncheon will be Friday, April 20<sup>th</sup> at 1:30pm in the Lunch Room.



## HAIR SALON

Hop into Spring and freshen up your hair with a hair cut and maybe a manicure!



## TOPS

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



## 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

The AARP Volunteers will be done on April 10<sup>th</sup> and once again kudos to them for all they do.



**SENIOR DAY AT THE MALL**

Don't forget to hold the date for Senior Day at the Mall, Tuesday, May 15<sup>th</sup> get your ticket and join us for a fun-filled day at the Mall.

DATE: Tuesday, May 15<sup>th</sup>                      TICKET COST: \$1.00                      TIME: 9:00am-2:30pm



**CRIME LAB**

Join LeAnne Suchanek and Karen Zavarella as they let us know how and why the Crime Lab works for Lake County.

DATE: Tuesday, April 17<sup>th</sup>                      TIME: 9:30am-11:00am



**HEALTH AND WELLNESS**  
**SENIORS ON THE GO**

Travel with confidence using safe, reliable transportation. Laketrans gets you where you need to go. Learn about all the affordable travel options Laketrans have to offer in the choice of a group setting or the convenience of your own home.

DATE: Tuesday, April 3<sup>rd</sup>                      TIME: 9:30am in the Lobby



**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, April 10<sup>th</sup>                      TIME: 9:30am In the Lobby



**GRANDE POINTE**

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

DATE: Tuesday, April 10<sup>th</sup>                      TIME: 9:30am in the Lobby



**REIKI**

Sign-up in the office with Marla Katz for a Reiki session. Check this out, you will like it!  
Wednesday, April 11<sup>h</sup>                      TIME: 1:00pm-2:30pm

\$15.00 (PRE-REGISTRATION IS REQUIRED)



**FOOT DOCTOR**

Dr. Copper will be here Wednesday, April 18<sup>th</sup> & Wednesday May 30<sup>th</sup>  
TIME: 8:00am – 4:00pm                      \$15.00 donation (PRE-REGISTRATION IS REQUIRED)



**HOLLY'S HEARING AID CENTER**

Hearing loss is not just an ear issue, it is also a quality of life issue, a health issue, and safety issue. Adults with untreated hearing loss are more likely to develop dementia.

Please sign up for hearing test.

DATE: Wednesday, April 18<sup>th</sup>                      TIME: 9:00am-11:00am

**CLEVELAND SIGHT CENTER**

Desmond Kennedy along with Alicia from the Cleveland Sight Center will be here to give you tips and tools about aging eyes.

Date: Monday, April 23<sup>rd</sup> in the Library

TIME:10:30am-11:30am



**LORI BELLMAN/ANTHEM**

Lori will be here to help anyone with issues or concern with insurance.

DATE:Wednesday, April 25<sup>th</sup>

TIME:10:0am-11:00am



**PARTIES AND GET-TOGETHERS**

The Captains and Indians openers will be April 5<sup>th</sup> & 6<sup>th</sup> respectively. We will be celebrating here at the Center with Hot Dogs and Peanuts. Make sure you sign for our count.

Don't forget to wear your Indians or Captains gear and support your home team.

Sponsored by Lori Bellman from Anthem Blue Cross.

DATE: Thursday, April 6<sup>th</sup>

COST:\$2.00

TIME:Noon in the Lobby



**DAY TRIPS**

**HARTVILLE**

Back on the road again! Grab your shopping buddy and enjoy.

DATE:Monday, April 9<sup>th</sup>

COST:\$5.00

TIME:8:15am-4:30pm



**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 11<sup>th</sup>

COST:\$37.00

TIME:10:00am-4:00pm



**ROCKSINO**

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

DATE: Thursday, April 12<sup>th</sup>

COST:\$4.00

TIME: 9:30am-2:45pm



**CLEVELAND ORCHESTRA**

What could be better than a morning 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



**LUNCH BUNCH**

We are going to DiCillo Tavern in Mayfield. Menu will be in the office.

DATE:Wednesday, April 18<sup>th</sup> COST:\$4.00 TIME:11:10am-1:30pm



**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, April 24<sup>th</sup> COST:\$7.00 Time:9:15am-4:30pm



**100<sup>TH</sup> BOMB GROUP RESTAURANT**

Take a trip back in time and enjoy a good ol' American cuisine. Menu is in the office.

DATE:Wednesday, April 25<sup>th</sup> COST:\$4.00 TIME:10:45-2:00pm



**GRAND RIVER CELLARS**

Enjoy their famous spaghetti dinner or order off the menu, when your done eating you will play a game of Bingo!

DATE:Thursday, April 26<sup>th</sup> COST:\$4:00 TIME:11:15am-3:00pm



**ETHNIC LUNCH**

Italian it is. Stancato's is the place. Hop on the bus...buon appetito

DATE:Friday, April 27<sup>th</sup> COST\$4.00 TIME:11:00am-1:30pm



**EUCLID CULINARY BISTRO**

The Culinary end of the year buffet. Sign up in the office.

DATE:Wednesday May 2<sup>ND</sup> COST:\$3.00 TIME:10:45am-12:30pm



**From Brenda**

I cannot even begin to thank everyone for their Kindness, Prayers and Generosity. The Cards, Gifts & most of all the Love and Support you all have given me for which I will never forget. All my Love and Thanks to you all. I'm blessed to be a member of the JFK.



# APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b> Lake Tran	<b>4</b> Comfort Elves	<b>5</b> Hot Dog for Baseball opening day Salon 9:15–2:00	<b>6</b>  Salon 9:15–3:00
<b>9</b> <b>Attorney</b> Hartville	<b>10</b> <b>Celina w/COA</b> Brd Meeting Grande Pointe Legacy Planning	<b>11</b> <b>Reike</b> <b>Station Theatre</b>	<b>12</b> Rocksino  Salon 9:15–2:00	<b>13</b> <b>Orchestra</b>  Salon 9:15–3:00
<b>16</b>	<b>17</b> <b>Crime Lab</b>	<b>18</b> Comfort Elves Holly's Hearing <b>Lunch Bunch</b> Foot Doctor	<b>19</b>  Salon 9:15–2:00	<b>20</b> <b>Volunteer</b> Luncheon  Salon 9:15–3:00
<b>23</b> <b>Sight Center</b>	<b>24</b> <b>Presque Isle</b>	<b>25</b> <b>100 Bomb Group</b>  Anthem	<b>26</b> <b>Grand River</b>  Salon 9:15–2:00	<b>27</b>  Ethnic Lunch  Salon 9:15–3:00
<b>30</b>				

**HAVE A SAFE AND**

**HAPPY EASTER TO YOU ALL**

## APRIL BIRTHDAYS

Wilma Jean	Cooper	1	Sharen	McDivitt	14	Jerry	Carr	23
Lorraine	Longo	1	Irvin	Taylor	14	James	Lucas	23
Michael	Misch	1	Richard	Galaida	15	Lee	Niebauer	23
Cheryl	Wardega	1	James	Christian	16	Dennis	Anderson	24
Marian	Thompson	2	Louis	Stromsky	16	Sharon	Hannan	24
Emiko	Stidd	3	Doris	Hayes	17	Peter	Palicia	25
Judith	Komyati	4	Kim	Nobles	17	Yvonne	Sanger	25
Sally	Cellini	5	Florence	Edelman	18	Joann	Yeckley	25
Florence	Lovas	5	Virginia (Jean)	Lynn	19	Theresa	Phalen	26
Linda	Abate	7	Jacqueline	Murphy	20	Robert	Apicello	27
Gerry	Gillespie	7	Beverly	Yando	20	Mary Ann	Thomas	27
Candace	Kalstrom	7	Beverly	Ellis	21	Linda	Davis	28
Jack	Godinich	8	Joan E	Reba	21	Karen	Dawson	28
Donna	Komaromy	8	Richard	Sabo	21	Daniel	Just	28
Mary	Buhner	9	Malise (Pixie)	Wiles	21	David	Lumadue	28
Shirley	Downs	9	Michael	Galgoczy	22	Jean	Zukowski	28
Leo	Ivec	10	Kathleen	Ogrin	22	Mary	Hradesky	29

# HAPPY BIRTHDAY

# ST. PATRICKS DAY PARTY 2018



# OUR 450<sup>th</sup> WEDNESDAY NITE