

J.F.K. SENIOR CENTER BULLETIN MAY 2018

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

| 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: Lulubell Brown & Juanita Gates, feel better soon. Condolences to the family of Joyce Livingston in the passing of Glenn, a long time member here, he called BINGO for us and put some beautiful puzzles together for our walls.

NEW EXERCISE CLASS

Diane is going to start up a new class. It will involve Aerobics and Cardio at a Senior level: Walking, Marching, Rhythmic Choreography & Balance/Core. It will be every Tuesday starting, Tuesday, May 8th starting at 10:30am-11:15am. <

REMINDER

Once you become a member of the Senior Center you can sign up and join the fitness center. There is a separate fee of \$15.00 a year for the fitness room, along with a signed note from your doctor giving you permission to exercise. The doctor note only applies for first time joining. If you are not a member of the center, you cannot use the exercise room. ~~~~~~~~~~~~~~~~~~~~~~~~

ANYONE INTERESTED IN GUITAR LESSONS?

Maybe you always wanted to learn how to play a guitar and never followed through...now is your chance. If interested, we will have "Fun with Guitar" with Bob Pattison. Sign up in the office and if there is enough interest we will start a class. \sim

HEALTH AND WELLNESS 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, May 8th TIME:9:30am In the Lobby <

HEALTH FAIR

Lake Health will be here conducting cholesterol, blood glucose, and blood pressure screenings. hChoices will be present to conduct BMI, pulse, and blood oxygen level screenings. There will also be other hosts present.

Sign up in the office.

TIME:9:00am-11:00am

DATE: Friday, May 11th

UNITED HEALTHCARE

Charles Jennings will be here to provide information on Medicare and Medicare Advantage Plans.

DATE: Tuesday, May 15th

TIME:9:30am-11:00am

NUTRITION COUNCIL

Please join Heather for information on nutrition classes and how to receive a \$10.00 voucher for the farmers summer market.

DATE:Friday May 25th

TIME:9:30am in the Lobby

FOOT DOCTOR

DATE: Wednesday May 30th & Wednesday, June 20th TIME:8:00am – 4:00pm \$15.00 donation (PRE-REGISTRATION IS REQUIRED)

DAY TRIPS **GREAT LAKES THEATER**

Come join in for this exuberant celebration of the female performers who made the '60s truly memorable. Sing along with these iconic songs. TIME:9:00am-1:00pm COST:\$22.00

DATE: Tuesday, May 8th

TRINITY CATHEDRAL

Willowick is joining us to see Three Divas Jazz, purchase their lunch for \$7 or downstairs at another restaurant.

DATE:Wednesday, May 9th

COST:\$4.00

TIME:11:00am-1:00pm

ROCKSINO

Incentive will be \$20.00. Grab a friend and go have fun. COST:\$4.00 DATE: Thursday, May 10^h TIME: 9:30am-2:45pm

HARTVILLE

We are back on for our monthly trips to Hartville. Grab a friend and hop on the bus. DATE:Monday, May 14th COST:\$5.00 TIME:8:15am-4:30pm

SENIOR DAY AT THE MALL

Don't forget to get your ticket and join us for a fun-filled day at the Mall. DATE:Tuesday, May 15th TICKET COST:\$1.00 TIME:9:00am-2:30pm

ROCKEFELLER GREEN HOUSE

Think Spring and enjoy all the beautiful spring time flowers at the Gardens. This will put some spring into your step. They will be having their annual spring time sale. They will accept cash or check. Lunch on your own afterward, TBD.

DATE:Friday, May 18th COST:\$4.00 TIME:9:30am-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, May 22nd COST:\$7.00 Time:9:30am-4:30pm

LUNCH BUNCH

We are heading to Elements in downtown Cleveland, menu will be in the office. DATE:Wednesday, May 23rd COST:\$4.00 TIME:10:30am-12:30pm

HEARTLAND OF MENTOR

Katey is planning a Hot Dog Bar at Heartland, sign up and hop on the bus to join them in this fun event. DATE: Thursday, May 24th COST:\$3.00 TIME: 11:00am-1:30pm

AKRON RUBBER DUCKS

Join the Willowick Senior Center as the go to the Akron Rubber Ducks Game & Mystery Lunch (on own).

COST:\$11.00

TIME:9:00am-?

DATE: Thursday, May 24th

EASTLAKE SENIOR CENTER IS FUNDED IN PART BY THE LAKE COUNTY SENIOR CITIZENS LEVY.

HISTORY MUSUEM

Come see the newest exhibition"Cleveland Starts Here" afterwards take a ride on the carousel. Lunch on own to TBD. DATE: Tuesday, May 29th COST:\$11.00 TIME:9:45am-2:00pm <

DENNISON RAILROAD DEPOT MUSUEM

Return to a time when America's Greatest Generation saw 1.3 million servicemen stop at the trackside canteen in Dennison, Ohio. Enjoy the museum, gift shop, theater and picnic area at this whistle stop. Lunch will be on your own at the remolded luncheon.

DATE:Wednesday, May 30th COST:\$10.00 TIME:8:00am-2:30pm

ETHNIC LUNCH

This is our last Ethnic Lunch, we will start with the Winery Trips in June. So it is Mexican, Olé, we are going to EL Palenque Mexican Restaurant. Thursday, May 31st COST:\$1.00 TIME:11:00am-1:00pm

READY TO GARAGE SALE

PAINESVILLE PARK TRIP

Check out this new feature on the lake, trip is going out with Willowick, unless we get a full bus, we will join them there. Lunch will be on your own at the concession stand. DATE:Monday, June 5th COST:\$3.00 TIME:10:30am-1:00pm

RABBIT RUN THEATER

FUTURE TRIPS

The Winery Trips will start in June, they are scheduled for Friday's. Our Beach Picnics will start in July, on Thursday's, Put-n-Bay will be sometime in July, the Indian's Game will be in August 30th,. Senior Day at the Zoo is August 29th. Our Clam Bake is schedule for Saturday, August 25^{th...} Check the kiosk for other trips and fun things to do. Check the kiosk in the lobby for future summer trips, so you can mark your calendars.

PARTIES AND GET-TOGETHERS

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

DATE: Tuesday, May 8th

TIME:9:30am in the Lobby

PICNIC UNDER THE PAVILION

Join us to start the summer out with a picnic outside. Entertainment "Bob's Beautiful Guitar Music" The dessert is sponsored by Wickliffe Country Place. Menu to follow. Sign up in the office.

DATE:Monday, May 21st

COST:\$4.00

TIME:Noon

Have you stopped by to see our Hair Salon. Don't forget it helps support the Center

MAY 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|--|--------------------------------|--|---|
| | 1 | 2 Comfort Elves | 3 | 4 BP w/Heartland |
| | | Euclid Bistro | Salon 9:15–2:00 | Salon 9:15–3:00 |
| 7 | 8 Beehive Legacy Planning Celina w/COA Board Meeting Grande Pointe | 9 Tribnity Cathedral | 10 Rocksino Salon 9:15–2:00 | 11 Health Fair Salon 9:15–3:00 |
| 14 Attorney Hartville | 15 United Healthcare Senior Day at the Mall | 16 Comfort Elves | 17 Salon 9:15–2:00 | 18 Greenhouse Sale Salon 9:15–3:00 |
| 21 Picnic | 22 Presque Isle | 23 Lunch Bunch | 24 Heartland Trip Salon 9:15–2:00 | 25 Nutrition Council Salon 9:15–3:00 |
| 28 Closed Today | 29 | 30 Foot Dr. Denison RR | 31 Ethnic Lunch Willowick Garage Sale | |

THE CENTER WILL BE CLOSED MONDAY, May 29TH



MEMORIAL DAY

MAY BIRTHDAYS

| Carol | Buehner | 1 | Carol | Pianecki | 10 | Brenda | Mussig | 21 |
|--------------|-----------|----|----------|--------------|----|-----------|-------------|----|
| Loretta | Motz | 2 | Margery | Simpson | 10 | William | Reilly | 21 |
| Joan | Parker | 2 | Richard | Bell | 11 | Patsy | Boggs | 25 |
| Shirley | Floyd | 3 | Connie | Morgan | 12 | Jeanette | Fabian | 25 |
| Mary | Gimellia | 3 | Paulette | Scharlott | 12 | Rosemary | McIntosh | 25 |
| Jeffrey | Mason | 3 | Diane | Coffman | 13 | Elizabeth | McLoughlin | 25 |
| Joey (Josepl | nWilson | 3 | Victoria | Rinaldi | 13 | Joyce | McMahon | 25 |
| Raymond | Vidrick | 4 | Ludmila | Valentic | 13 | Patricia | Effland | 26 |
| JoAnn | DiLuzio | 5 | Lorilee | Weier | 13 | Bernice | Hicks | 26 |
| Orberdella | Samuel | 5 | Anthony | Bartholomew | 14 | John | Brewer | 28 |
| Bonnie | Schneider | 6 | Theresa | Gagliardi | 15 | Karen | Longert | 28 |
| Karen | Walker | 6 | Janet | Galgoczy | 16 | Janice | Valentino | 28 |
| Patricia | Henry | 8 | Andrew | Rysko | 16 | Margaret | Murphy | 29 |
| Daniel | Matz | 9 | Donna | Bokal | 17 | Catherine | Romano | 29 |
| James | Sifling | 9 | James | Smith | 17 | Janet | Bartholomew | 30 |
| Douglas | Linger | 10 | Marlene | Sorz | 17 | Marilyn | Coyne | 30 |
| Rose Marie | Mullins | 10 | Dolores | Sierputowski | 18 | Tim | Spahlinger | 30 |
| | | | Kathleen | Simpson | 18 | | | |
| | | | Georgene | Maurer | 21 | | | |
| | | | | | | | | |

HAPPY BIRTHDAY

BUNNY HOP PARTY 2018









YA' ALL COME AND JOIN US NOW