

J.F.K. SENIOR CENTER BULLETIN

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Grace Giangiacomo-Senior Coordinator

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Brochure on line at www.eastlakeohio.com

Hours: 7:30am - 4:00pm

July 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 ON
FRIDAY, JULY 4TH**

Enjoy and Fun and Safe Holiday.

OUR THOUGHTS

GET WELL WISHES are extended to : Kathern Wells, Nello Chiudioni,
Madonna Knaus, Irene Cudnik, and Carol Morgan.
Hope you are feeling better soon.

Sympathy is extended to the family of:

Goldie Cooper in the passing of her sister Norma.



COUNCIL ON AGING (COA)

Council on Aging will be here to talk about two benefit programs. The Medicare Savings Program and The Extra Help Program. If eligible these benefits could help you save money every month. Stop by their table, they will be there to answer any questions you may have.

DATE: Tuesday July 8th

TIME: 9:30am-10:30am



HEALTHSCREEN/MEDICATION CHECK

Is your medicine working for you? Are you on the right medicine at the right dose? HealthScreen, a health testing provider since 1996 will be providing a free health test. This test will let you and your doctor know if your medications are working for you. It will be a simple swab of your cheek that is completely painless and quick. It is NOT a blood test. The test is covered 100% by Medicare and Medicare HMO'S, no copay or balance bill. Results will be sent to you and your doctor. Please bring your photo ID, your insurance card, and a list of your medications.

SIGN UP IN THE OFFICE

DATE: Tuesday, July 15th

TIME: 9:30am



SUMMER HEAP

Looking for some relief on your summer cooling bill? The Summer Crisis Program is a special component of the Home Energy Assistance Program (HEAP) and provides cooling assistance for seniors and those with qualifying medical conditions with limited income. The program is to electric utilities only.

SIGN UP IN THE OFFICE

DATE: Thursday, July 31st

TIME: 8:30am-12:30am

PARTIES AND GET-TOGETHERS
WEDNESDAY COUNTRY NITE

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.



PANCAKES IN THE PARK

Pancakes in the Park sponsored by Lake Metroparks. Enjoy a pancake
breakfast at Fairport Harbor. Free boating experiences guided by Lake
Metroparks staff. Dress to get a litte wet if taking a boat out!

Transportation by Laketran.

SIGN UP IN THE OFFICE

DATE: Wednesday, July 16th

TIME:8:15am – 10:45am



CHRISTMAS IN JULY

Join us for some food, games, and prizes. We will practice for the real
thing in December. I'll ask Santa to wear his shorts!

We will be sponsored by Governor's Port.

SIGN UP IN THE OFFICE

DATE:Thursday, July 24th

COST:\$3.00

TIME:12:30



BREAKFAST IN THE PAVILION

Let's enjoy the pavilion again with French Toast and Sausage. Juice and
coffee will also be served. Enjoy.

SIGN UP IN THE OFFICE

DATE: Monday, July 28th

COST:\$3.00

TIME:9:30am



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, July 3rd "Home Run" (with Scott Elrod, Drama)

Thursday, July 10th "Her" (with, Joaquin Phoenix, Comedy)

Thursday, July 17th "Twice Born" (with, Penelope Cruz, Drama)

Thursday, July 24th "Inside Man" (with, Denzel Washington, Jody Foster, Drama)

Thursday, July 31st "The Heat" (with Sandra Bullock, Melissa McCarthy, Comedy)

Movie starts at 12:30pm

Check the day before the movie for any changes.

POPCORN INCLUDED!

OUR PAGE JULY SUMMER TIME

OK folks it's officially summer time, a time to enjoy the warm weather and get yourself outdoors in the fresh air. We have already started things off with the Eastlake Summerfest and the Parade. For all of you that participated in this, the Eastlake Alliance (helping hands) hope you had a great time. We hope that you will be back at the Captains Stadium July 4th for the fireworks starting at 7:00pm, with fun and games till dusk when the fireworks start, so don't procrastinate.

Now for the JFK Center, they have many programs, trips and cookouts for everyone. We will be going to beaches for cookouts, parks for walking next to nature, and Zoo's were all the animals are always pleased to see us. Don't forget the lunch trips and flea market trips, etc, etc,etc.

As for the after hours Center Activities, we have Zumba, Yoga, Table Tennis, Pinochle and of course the Wednesday Nite Country Music Program, which is still going strong! Here you can enjoy good company, great music, and many parties with free food.

Remember, it always has and always will be free to you and the public. Now, for those of you that like to just stay and enjoy the center, we hope you will enjoy the many activities that we offer in and around the center. I am sure that you know what most of them are, we will keep you informed about any new ones. We also hope you will take a moment to check out the Roses in the Memorial Garden, sit for a while in the peace of the Courtyard, or spend a little time in the Pavilion.

Whatever you like, please make sure that you make the best of the summer weather because, as we all know, time goes fast and before you know it the weather will turn cooler and those snow flakes will be flying again and we will be back inside waiting for summer to come again.



WEDNESDAY NITES

Our next big party is July 2nd a night of sharing, (bring a dish to share) and celebrate the 4th of July.

More parties are being planned, like the Hawaiian Party on August 6th However, due to changes in next months' bulletin, Wednesday Nite parties will be advertized at the Wednesday Nites festivities or in the Lobby, so make sure that you keep yourself informed. You don't want to miss a party.

Wednesday Nites is and always will be FREE to you and the public.

JULY 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Blood Pressure Interium Health	2 Foot Dr.	3 Salon 9:15-2:00 Movie Home Run	4 Salon 9:15-3:00 Closed Happy 4 th
7	8 COA Blood Pressure Senior Independence Board Meeting	9 Lunch Bunch	10 Garage-Sailing Salon 9:15-2:00 Movie Her Racino	11 Salon 9:15-3:00 Vets Meeting
14 Hartville Attorney	15 Red Hats	16 Pancakes in Park	17 Salon 9:15-2:00 Movie Twice Born	18 Salon 9:15-3:00 Winery
21	22 Hike	23	24 LCR Salon 9:15-2:00 Movie Inside Man Christmas In July	25 Salon 9:15-3:00 Ye Olde Mill
28 Breakfast with Barb	29 Presque Isle	30 Mystery Lunch	31 Salon 9:15-2:00 Movie The Heat Summer Heap	

RACINO

Come and join in on the fun at the Racino this month.

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



PRESQUE ISLE

All 50+ Club members will receive 5X points from their play on Tuesdays.

However, the points will not appear on their card until their next visit.

Also, 50+ Club members will receive \$5 off the Backstretch Buffet good on Tuesdays only! Your incentive will be \$30.00.

DATE: Tuesday, July 29th COST:\$5.00 TIME:9:15am-4:30pm



YE OLDE MILL

Let's celebrate National Ice Cream month by visiting this old fashion Ice Cream Parlor. There will be a 1/2 tour of their ice cream factory. Then you can leisurely enjoy the grounds. There is a Museum, a Viewing Gallery, an Ice Cream Parlor, a walking trail with a fishing pond, and Restuarant where you can enjoy lunch on your own, the menu is in the office.

This trip will be listed with June's events.

Trip is in Utica, 2 1/2hr. away

DATE:Friday, July 25th COST:\$5.00 TIME:8:00am-4:30pm



RABBIT RUN THEATER

Next Rabbit Run Trip will be The Odd Couple on Friday, August 29th

COST:\$23.00 TIME:6:00pm- 9:00pm



FUTURE TRIPS IN AUGUST

Sugarcreek Trip (Changed to August)

Lake County Fair, Friday, August 15th

Cleveland Indians, Thursday, August 21st

Geauga Fair, Friday, August 29th

West Side Market/Grandparents Day/Historical Tour at Lakeview Cemetery, Cleveland Zoo, Thursday,September

VETERANS CLUB

The Veterans Club will see a movie every other month and the off month there will be a meeting. Tell your fellow Vets and join in.

Surprise movie this month.

DATE: Friday, July 11th

TIME:9:30-11:00am



VISITING ATTORNEY

Deborah Loughner, from the firm Hanahan & Hinton, LLC will be taking 30 minute appointments between 1:00pm-4:00pm, the second Monday of every month. Sign up in the office if you would like to speak to her.

DATE: Monday, July 14th

TIME:1:00pm – 4:00pm



RED HAT PEARL BELLES

They will be having their annual picnic in the JFK Pavilion . Please bring a dish to share, the club will supply the main course. Call Queen Millie if you have any questions.

DATE: Tuesday, July 15th

TIME: 12:30pm



L.C.R.

Join us to play a fun game of L.C.R. \$5.00 will allow you to play 6 games.

DATE: Thursday, July 24th

TIME:12:30pm



WEDNESDAY NIGHTS PINOCHLE

Players meet at 6:00pm in the card room. Must have some skills as a card player. All are welcome just show up or call the center for more info .



T.O.P.S.

The members meet every Wednesday Night, from 5:00pm-6:30pm. Stop by and see them, they meet in the Comfort Elves Room.

BLOOD PRESSURE CHECK

Sponsored by Interim Healthcare

DATE: Tuesday, July 3rd TIME: 10:00am – 11:30am



BLOOD PRESSURE CHECK

Sponsored by Senior Independence

DATE: Tuesday, July 8th TIME: 10:00am – 11:30am



FOOT DOCTOR

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)

DATE: Wednesday July 2nd TIME: 8:00am – 4:00pm



ZUMBA and BALANCE CLASS

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.



ZUMBA AND YOGA

Come and join our New Summer Evening Zumba Classes here at the JFK Center, along with YOGA Classes with Diane Monaco. The Classes will begin June 3rd. Diane Nichols, who teaches our day classes will be teaching the evening Zumba class as well. A flyer will be posted, so please tell all your friends and relatives about these fun and energetic classes. All classes will be open to the public. The charge for the Zumba Class is \$5.00 and the class hours are Tuesdays 6:30pm to 7:15pm. The YOGA class charge is \$8.00 and the class hours are also Tuesday 6:30 – 7:15pm. Advertise for your Center.

**ARE YOU LETTING YOUR FAMILY AND FRIENDS KNOW ABOUT
ZUMBA AND YOGA?**

This is not just for Seniors!



JULY 4TH

The Eastlake Senior Citizens will have a table at the Stadium selling raffle tickets for a basket, stop by and say Hi. Then stay and watch the Fireworks!

JULY BIRTHDAYS

Richard	Foxen	1	Ralph	West	12	Thomas	Mospens	24
Frances	Kozitko	1	Richard	Ancell	13	Lena	Worlledge	24
Betty	Armelli	2	Catherine	David	13	Tom	Staab	25
Barbara	Dvorak	3	Albert	Schucker	13	Marian	Perusek	26
Eloise	Hunt	3	Vincent	Krawulski	14	Arleen	Engle	27
Carolyn B	Chesnes	5	Helen	Simon	15	Joseph	Gagliardi	27
Judith M	Daykin	5	Mary Anne	Ursic	15	Jacqueline	Jaskiewicz	27
Sandra	Winter	5	Kenneth	Ward	15	Ona	Labadie	27
Juanita	Cawley	6	Audry	Baucco	16	L. June	Smith	27
Frank	Doberdruk	6	Easter	Kopacka	17	Martha	Westrom	27
Robert	Howiler	6	Goldie	Tenerove	17	Joanne	Rees	28
Dennis	Burwell	7	Otis	Morony	20	Brad	Brinizer	29
William	Dauenhauer	8	Beatrice	Oliveri	20	Harold	Gearhart	29
Georgeanne	Picu	8	Walter	Strickland	20	Leo	King	29
Patricia	Farrar	10	Anita	Brice	21	Paul	Cudnik	30
Richard	Joranko	10	Regina	Whittington	21	William	Hufnagle	30
Ronney	Legan	10	Guerrino	Battaia	22	Freddyan	Socha	30
Pat	Nolan	11	Shirley	Golden	22	Ronald	Howard	31
Magdalene	Wellborn	11	Bruce	Leicher	22	Dolores	Hrusch	31
Lynda	Hassett	12	Lucy	Morris	22	Jane	Page	31
MaryAnn	Jurick	12	Shirley	Vandervort	23	Charles	Rees	31
Helen	Leske	12	Glen	Hensley	24	Phyllis	Spallone	31
			Marlene	Kolencik	24			

WISHING YOU ALL
A GREAT DAY



PLEASE DON'T FORGET TO RENEW YOUR MEMBERSHIP

J.F.K. CENTER IN PICTURES



TEA PARTY 2014



JFK MEMORIAL ROSE GARDEN



Y'ALL COME AND JOIN US NOW