



**J.F.K. SENIOR CENTER BULLETIN**  
**JULY 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 CENTER WILL BE CLOSED**  
**WEDNESDAY, JULY 4<sup>TH</sup> IN HONOR OF 4TH OF JULY.**



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
BINGO	TUESDAY & FRIDAY	12:30-2:30 3¢ per card
COMFORT ELVES	1 <sup>st</sup> & 3 <sup>rd</sup> WEDNESDAY	9:00 am – 11:00 am
LINE DANCING	THURSDAY (Experienced Dancers)	1:00 pm (\$2.00 per class)
PINOCHLE	FRIDAY	12:30 pm

Chair Yoga with Kate	Monday, 9:00 am	
Low Impact Strength Training w/Diane		Monday, 1:15pm
Aerobics and Cardio w/Diane	Tuesday, 10:30am	

Zumba with Diane (Low Impact)	Wednesday, 10:00 am
-------------------------------	---------------------

Exercise with Diane Thurs., 9:15am	Core & Strength Class w/Diane Thurs. 10:00am
------------------------------------	--

**EASTLAKE SENIOR CENTER IS FUNDED BY THE CITY OF EASTLAKE  
 AND THE LAKE COUNTY SENIOR CITIZENS LEVY.**

## CENTER NEWS

### OUR THOUGHTS

We extend GET WELL WISHES to: Iona Fish, Ray Syzmanski, & Brenda Simpson hope you're feeling well soon. Condolences to the families of Maria Middleton in the passing of her sister Maryann and to Ray Syzmanski in the passing of his sister Sofie.



### DAY TRIPS

#### OUTDOOR MARKETS

Whole Foods, Trader Joe's & off to Miles Market in Solon, you can shop and then enjoy lunch, on your own. Either at their Bistro or the Outdoor Grill.

DATE: Friday, July 6<sup>th</sup>                      COST: \$4.00                      TIME: 10:00am – 3:00pm



### HARTVILLE

DATE: Monday, July 9<sup>th</sup>                      COST: \$5.00                      TIME: 8:15am-3:30pm



### PUT-IN-BAY

Jet Express to and from the Island, and a one hour Tram Tour of the Island (your choice).

DATE: Wednesday, July 11<sup>th</sup>                      COST: \$43.00                      TIME: 7:45am



### ROCKSINO

DATE: Thursday, July 12<sup>th</sup>                      COST: \$4.00                      TIME: 9:30am-2:45pm



### LUNCH BUNCH

Going to Lembo's in Akron. Pizza, Pasta, Salad Buffet or order off the menu.

DATE: Tuesday, July 17<sup>th</sup>                      COST: 4.00                      TIME: 10:15am – 1:15pm



### MAIZE VALLEY WINERY

Winery has a market, produce shop, as well as a gift shop. Sign up by July 16<sup>th</sup>

DATE: Friday, July 20<sup>th</sup>                      COST: \$4.00                      TIME: 10:00am-3:00pm



### STATION THEATER

We are hoping on board with Willowick to see The Chicago Speakeasy.

DATE: Tuesday, July 24<sup>th</sup>                      COST: \$42.00                      TIME: 10:00am



### PANCAKES IN THE PARK

Enjoy a free pancake breakfast at Fairport Harbor. Then head to the water for a boating experience. Sixteen tickets are available, your serving is scheduled for 10:00am.

DATE: Wednesday, July 25<sup>th</sup>                      TIME: 8:45am-12:00pm



**BEACH PICNIC FAIRPORT HARBOR TRIP**

Our annual picnic, roasting hot dogs, with all the fixings! Don't forget the ice cream.  
DATE: Thursday, July 26<sup>th</sup> COST:\$5.00 TIME:11:15am-2:00pm



**LAKE COUNTY FAIR**

It is Senior Day at the Fair. Free Boxed Lunch Tickets to the first 200 at the gate.  
DATE:Friday, July 27<sup>th</sup> COST:\$3.00 TIME:10:00am-1:30pm



**PRESQUE ISLE**

DATE:Tuesday, July 31<sup>st</sup> COST:\$7.00 TIME:9:15am-4:30pm



**RABBIT RUN THEATER SHOWING EVITA**

We are joining Willowick and Wickliffe Centers for this story of the most powerful woman in Latin America. Come see EVITA  
DATE:Friday, August 10<sup>th</sup> COST:\$25.00 TIME:6:00pm



**HOSPICE**

All Comfort Elves. Just a reminder that you will meet the last two weeks of July (Not the first and third) because of vacations. Thanks for all you do, you ladies are the best.



**YMCA/POWER HOUSE GYM/SILVER SNEAKERS**

For your information, all Silver Sneakers Members, who are registered with the YMCA, can use that membership to use the pool at Houston Fisher at Jaske Park in Eastlake. The Silver Sneakers Members also can use the Power House Gym on Vine Street. So take advantage of your Silver Sneaker Membership and use the Power House Gym for exercise, and Jaske Pool (as long as you are a member of the YMCA) for exercise and relaxation.



**HEALTH AND WELLNESS**

**YOGA**

Please mark your calendar. Kate will be on vacation, so there is no Yoga on July 2<sup>nd</sup>.



Thur. July 6<sup>th</sup> @ 9:am Katey from Manor Care will be here to take your Blood Pressure.



**FOOT DOCTOR**

For your info, Dr. Coppers, our long-time Foot Doctor, has decided to retire. His replacement started in June and will continue to come here on the 4<sup>th</sup> Wednesday of every month. His start time is 9:00am and will take appointments throughout the day. So please welcome Dr. Ben Esraelian to the Eastlake Senior Center.

DATE: Wednesday July 25<sup>th</sup> & Wednesday, August 22<sup>nd</sup> TIME:9:00am  
\$20.00 (PRE-REGISTRATION IS REQUIRED)



**LEGACY PLANNING WORKSHOP**

Look for Mark Fishwick regarding Medical Expenses, Long-Term Care, Final Expenses, and Retirement Income. DATE:Tuesday, July 10<sup>th</sup> TIME:9:30am In the Lobby



**REIKI (\$15.00 (PRE-REGISTRATION IS REQUIRED))**

Reiki session with Marla Katz. DATE:Wednesday, July 18<sup>th</sup> TIME:12:30pm-2:30pm



**SUMMER HEAP/TUESDAY, AUGUST 7<sup>th</sup> · PLEASE SIGN UP.**

Lifeline will be here to help anyone that needs to sign up for Summer Heap. You will need Driver's License/State ID, SS Cards for all household members, proof of income for the past year including medical premiums paid out, and gas and electric bills, must be in the name of a household member.



**LAKE COUNTY COUNCIL ON AGING**

The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, food services, homemaker services, public benefits assistance, information and referral. Please call (440) 205-8111 for more information or visit [www.lcco.org](http://www.lcco.org)



**PARTIES AND GET-TOGETHERS**  
**BREAKFAST WITH GRAND POINTE**

Stephanie will be here with waffles and yogurt again.  
Please sign up in the office for our count.

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



**GARAGE SALING WITH WILLOWICK CENTER**

Be at the Willowick Center at 8:15am. They are going to Divine Word Church, leaving 8:30.  
Friday, July 13<sup>th</sup> (Sign up here.)



**NATIONAL HOT FUDGE SUNDAE DAY**

On National Hot Fudge Sundae Day, we feast on this delicious ice cream dessert that combines hot and cold with a cherry on top. Celebrated on July 24<sup>th</sup>, this tasty treat has been served since 1906. Sign up in the office

DATE:Tuesday, July 24<sup>th</sup> COST:\$2.00 TIME:After Lunch in the Lobby



**LUNCH & LEARN WITH WESTERN & SOUTHERN LIFE**

John Thompson & Reid Shockley will be here to talk about Medical Supplement Plans, Long Term Care, and how to handle Social Security Taxes. They will be serving lunch of sub sandwiches and a summer salad. Sign up in the office by Friday, July 27<sup>th</sup> for the count.

DATE:Wednesday, August 1<sup>st</sup> TIME:12:15pm in the lunch room



## **SENIOR MARKET**

For your information the Mentor and Eastlake Senior Centers will be having the Senior Market. Mentor's Senior Center will have the Senior Market on the third Monday of the month between 11:30am 12:30pm and Eastlake will be the third Wednesday of the month from 11:00am-12:00pm. The Eastlake Senior Center has some reusable grocery bags, but if you have any stronger bags you may bring them.



**Barb, the garden is looking fabulous.  
The crops will be coming up soon! Thanks for all the hard work.**



## **FUTURE TRAVELS**

**THE FOLLOWING ARE SOME OF OUR TRAVELS TO LOOK FOWARD TO, NO  
DEFINITE DATES.**

- Cleveland Airport Tour
- Senior Day at the Zoo
- Indians Game
- West Side Market
- Amish Travel
- Fall Travel
- End of the Summer Picnic
- Shrek the Musical
- Wine Hop
- Horse & Buggy Dinners
- Cleveland Grays Armory
- Mather Ship



**THE CENTER WILL BE CLOSED  
WEDNESDAY, JULY 4<sup>TH</sup> IN HONOR OF 4TH OF JULY.**



# JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Closed for July 4 <sup>th</sup>	5 Salon 9:15–2:00	6 Market Shopping Blood Pressure Salon 9:15–3:00
9 Attorney Hartville	10 Grande Pointe Celina w/COA Board Meeting Legacy Planning	11 Put n Bay	12 Rocksino Salon 9:15–2:00	13 Garage Saling Salon 9:15–3:00
16	17 Lunch Bunch	18 Reiki Comfort Elves Senior Market	19 Salon 9:15–2:00	20 Winery Salon 9:15–3:00
23	24 Station Theater Hot Fudge Sundae	25 Comfort Elves Pancakes in Park Foot Doctor	26 Picnic Fairport Salon 9:15–2:00	27 Senior Day Lake County Fair Grounds Salon 9:15–3:00
30	31 Presque Isle			

HOPE YOU AND YOURS HAVE A SAFE AND HAPPY  
 4<sup>th</sup>. OF JULY  
 ENJOY YOUR PICNICS  
 ENJOY THE WEATHER

## JULY BIRTHDAYS

Richard	Foxen	1	MaryAnn	Jurick	12	Anna	Nevulis	22
Dorothy	Schamp	1	Ralph	West	12	Marge	Toth	22
Betty (Mary)	Armelli	2	Richard	Ancell	13	Thomas	Mospens	24
Andrew Steve	Rysko	2	Bonita	Boyd	13	Susan	Filion	25
Barbara	Dvorak	3	Deborah	Dragar	14	Frances	Klein	25
Judith M	Daykin	5	Audry	Baucco	16	Tom	Staab	25
Sandra	Winter	5	Nick	Lombardo	16	Barbara	Henry	26
Juanita	Cawley	6	Easter	Kopacka	17	Arleen	Engle	27
Maureene	Beauregard	7	Brenda	Pintar	17	Joseph	Gagliardi	27
Cristieann	Sifling	7	Goldie	Tenerove	17	Ona	Labadie	27
Jeanne	Cross	8	Louise	Winland	18	Joanne	Rees	28
William	Dauenhauer	8	Otis	Morony	20	James	Reese	28
Georgeanne	Picu	8	Beatrice	Oliveri	20	Anthony	Sorensen	28
Elaine J.	Emser	9	Walter	Strickland	20	Paul	Cudnik	30
Patricia	Farrar	10	Anita	Brice Mason	21	Ronald	Howard	31
Pat	Nolan	11	Anne	Herpak	21	Jane	Page	31
Magdalene	Wellborn	11	Anita	Mason	21	Charles	Rees	31
Nancy	Arico	12	Regina	Whittington	21	Phyllis	Spallone	31
Lynda	Hassett	12	Guerrino	Battaia	22			

# HAPPY BIRTHDAY

IF YOU WOULD LIKE TO BUY A ROSE BRUSH OR HAVE A NAME PUT ON  
A STONE TO REMEMBER A LOVED ONE  
PLEASE SEE GRACE



# REMEMBER WHEN



**MANY THANKS TO ALL THE VOLUNTEERS THAT HELPED PUT THE  
GARDENS TOGETHER  
YA' ALL COME AND JOIN US NOW**