#### J.F.K. SENIOR CENTER BULLETIN



## AUGUST 2017

1580 East 332<sup>nd</sup> Street Eastlake, Ohio 44095 TEL440-975-4268 Grace Giangiacomo, Senior Center Director E-Mail: gg@eastlakeohio.com

Brochure on line at 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)

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	1st & 3rd 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:Jackie Jaskiewicz, Betty Tripplet.

Condolences to the family of Kathy Rogers, to our Eastlake Police Chief, Larry Reik, in the passing of his father Donald Reik, Thomas & Gerry Stabb, in the passing their son Mark, and to our Dear Nellie Hartly, who started our Comfort Elves Program in 1996.

## HEALTH AND WELLNESS FOOT DOCTOR

#### 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, August 8<sup>th</sup>

TIME:9:30am In the Lobby

#### **BREAKFAST WITH GRAND POINTE**

Lynda is joining us again in the Lobby, she will be here with muffins and yogurt. Be sure to sign-up in the office by August 7<sup>th</sup>.

DATE: Tuesday, August 8<sup>th</sup> TIME:9:30am

#### **LUNCH & LEARN WITH SYMPHONY AT MENTOR**

Valerie Armstrong from Home Instead will be here to talk about "How to talk to your Doctor". Sign up in the office by Thursday, August 17<sup>th</sup> for the count.

DATE:Monday, August 21<sup>st</sup> TIME:12:15pm in the lunch room

#### **HEALTH FAIR** (Please sign up in the office.)

Sign-up in the office for Cholesterol, Blood Pressure, Glucose screening, and pulse all given by the Nurses from Lake Hospital, along with several vendors.

DATE:Tuesday, August 22<sup>nd</sup> TIME:9:00am-Noon

### PANCAKES IN THE PARK

Enjoy a free pancake breakfast in the new shelter at Environmental Learning Center.

Take a hike or a trail car ride after your breakfast. Sixteen tickets are available.

DATE:Wednesday, August 23<sup>rd</sup>

TIME:9:00am-12:00pm

## HOLLY HEARING

Stephanie from Holly Hearing will be in the Library for free hearing tests. Sign-up. DATE: Wednesday, August 30<sup>th</sup> TIME:9:00am-11:00am

### **AUGUST 2<sup>ND</sup> NATIONAL COLORING BOOK DAY**

You will notice crayons and coloring pages on the door by the office. Relax, Recharge, and Renew. Take a page and start coloring. It can even lower your blood pressure.

#### FROM YOUR YOGA INSTRUCTOR

Numerous studies have shown that a regular practice of yoga and positive mindfulness can decrease stress and promote general well-being

Come, relax and enjoy chair yoga

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## PARTIES AND GET-TOGETHERS NATIONAL CREAMSICLE DAY

Sign up for a creamsicle. After lunch in the Lobby; Monday, August 14th COST:\$1.00

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#### NATIONAL EAT OUTSIDE DAY

A Picnic it is. In the Pavilion at Noon. Choose a Hot Dog, Hamburger, or Sausage Sandwich.

Bring a side dish if you wish. Thursday, August 31<sup>st</sup> COST:\$5.00

#### THANK YOU FOR BEING THERE

Thanks to our regular team who pitched in to help at the Helping Hand Flea Market.

There were many items that needed to be separated, cleaned and priced.

There was set up, staffing the tables, take down and clean up, along with selling of raffle tickets to help the Comfort Elves. We thank you for helping "Your Center".

It was very successful.

Come support your Senior Center by stopping by at the Beauty Salon. Open Thurs/Fri.

#### **DIANE'S EXERCISE**

Just a reminder to mark your calendar. Diane will be taking some time off starting August 28<sup>th</sup> through Sept 4<sup>th</sup>. She will be back on Tuesday, September 5<sup>th</sup>.

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#### **JFK BOARD**

Keep your eyes and ears open...we will be looking for nominees to run for our Board Offices!
There are two members sitting on the Board now that are looking for an additional 7
interested Senior Members to oversee the day-to-day happenings of our Center.
So think about making a difference by giving a helping hand.
The Board meets the second Tuesday of every month, as well as being available to participate in other events throughout the year.

#### INFO TO SHARE

The Eastlake Senior Center is funded in part by the Lake County Senior Citizens Levy. The need for Senior Services is increasing. 22.4% of Lake County's population is 60 years and older. By 2030, this group's population share will increase to 33.9%, outnumbering youth 20 years and younger.

#### NATIONAL SENIOR CITIZENS DAY

In 1988 Ronald Reagan declared August 21 to be National Senior Citizens Day. This observance was established in honor of senior citizens in the US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens.

Let's honor ourselves on this day.

### **DAY TRIPS PERRY PICNIC**

Once again we will be venturing out to Perry to join Willowick, Wickliffe, Fairport, and Painesville for a fun picnic. Lunch and Entertainment.

DATE: Wednesday, August 2<sup>nd</sup>

COST:\$10:00

TIME: 10:15-3:00

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#### JACK THISTLEDOWN RACE TRACK

DATE: Wednesday, August 9th

COST:\$4.00 TIME: 9:30am-2:45pm

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#### **OLD FIREHOUSE WINERY**

Let's try this again. All that has signed up will be on this trip again. DATE:Friday, August 11th TIME:11:00am-3:00pm

Sign up for Winery Trip to Ferrante Winery, all inclusive, menu in office. Date: Friday, September 8th COST:\$18.00 TIME:11:00am-3:00pm

HARTVILLE COST:\$5.00 DATE: Monday, August 14th TIME: 8:15am-3:30pm

#### **AMISH TRIP**

Itinerary and lunch yet to be determined.

COST:\$5.00 DATE: Tuesday, August 15<sup>th</sup> TIME:8:00am-5:30pm

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#### **LUNCH BUNCH**

Lembo's in Akron! All that has signed up will be on this trip again.

DATE: Wednesday, August 16<sup>th</sup> COST: 4.00 TIME:10:15am - 1:15pm



#### **FAIRPORT HARBOR TRIP**

We are venturing to the Beach again. Wear comfortable clothes, walk along the beach.

We will be roasting hot dogs, with all the fixings! Don't forget your sunscreen!

DATE: Thursday, August 17<sup>th</sup> COST:\$5.00 TIME:10:15am-2:00pm

#### ISLAND HOPPING to KELLY'S ISLAND AND PUT-N-BAY

Enjoy a day away from home! We will ride the Goodtime I to Kelly's Island and Put-in-Bay. Lunch on own. Itinerary will be available closer to the day of trip.

DATE: Wednesday, August 23<sup>rd</sup> COST:\$28.00 TIME:7:30am-8:00pm

#### **WEST SIDE MARKET**

Hop on the bus to our annual "West Side" trip to do some shopping. Itinerary to follow. DATE:Friday August 25<sup>th</sup> COST:\$4.00 TIME:9:00am-1:00pm

#### **PRESQUE ISLE**

THIS TRIP REPLACES LAST MONTH'S CANCELED TRIP

DATE: Tuesday, August 29<sup>th</sup> COST:\$7.00 TIME:9:15am- 4:30pm

#### **SENIOR SAFARI AT THE CLEVELAND ZOO**

The animals can't wait to see us! Get your sun screen, comfortable shoes and hop on the bus for our annual trip to the Cleveland Zoo.

DATE: Wednesday, August 30<sup>™</sup> COST:\$4.00 TIME:9:15am- 4:30pm

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#### MATHER STEAMSHIP

Come visit the Mather Steamship in Downtown Cleveland and a trip to the Coast Guard DATE: Thursday, August 31st COST:\$4.00 TIME:11:00am-1:30pm

#### **GEAUGA FAIRGROUNDS**

Friday, September 1<sup>st</sup> Senior Day at the Geauga County Fairgrounds. Senior "Hang-Out" is between 9am-2pm in the Vernon Howard Pavilion or just walk around the fair, get some good fair food and have a good "old fashioned" time!

COST:\$4.00 TIME:9:30am to 1:30

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## **AUGUST 2017**

MONDAY	<b>TUESDAY</b>	WEDNESDAY	<b>THURSDAY</b>	FRIDAY
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	1	Comfort Elves Perry Picnic Foot Doctor Color Day	3 Salon 9:15–2:00	Dubrovniks's Salon 9:15–3:00
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7	8 Legacy Planning Art Class Grande Pointe Board Meeting	9 Reike Jack Casino	10	<b>11</b> Firehouse Winery
	Celina w/COA		Salon 9:15–2:00	Salon 9:15–3:00
14	15	16	17	18
Attorney	Amish Trip	Lunch Bunch	Picnic at Beach	
Hartville Creamsicle		Comfort Elves		
			Salon 9:15–2:00	Salon 9:15–3:00
21	22	23	24	25
National	Art Class	Pancake in Park		West Side
Senior Citizen	Lake Health	Island Hopping		Market
Day				
Symphony Mentor	-		Salon 9:15–2:00	Salon 9:15–3:00
28	29	30	31	
	Presque Isle	Holly Hearing	Mather Steamship	
Lunch & Learn		Cleveland Zoo	National Eat Out Day	

BETWEEN THE SUN AND THE RAINDROPS IT HAS MADE SOME VERY HUMID WEATHER.

MAKE SURE YOU DRINK PLENTY OF WATER.



I would like to thank Helping Hands for giving the JFK eight free tables also with helping us move the stuff back and fourth to the market, also a thank-you to the the JFK volunteers for cooking, serving in the kitchen, and traffic control.

Great job folks, Thanks.

## **AUGUST BIRTHDAYS**

John	Bielawski	1	Harry	Spencer	10	Audrey	Kilrain	23
Robert	Fleming	1	Joan	Spring	10	Barbara	Zaharenwicz	23
Janet	Greene	1	Linda	Vilcheck	10	Dorothy	Jaklitsch	24
Alice	Debauche	2	Caroline	Wheaton	10	Mary Lou	Clark	25
Connie	<b>Fitzsimmons</b>	2	Nick	Lonesky	11	Claudia	Cornwell	25
Victoria	Hayes	2	Jerry	Sevilla	11	Lori	Faust	25
Ann	Bove	3	Eileen	Wilder	12	Margaret	Neroda	25
Mary Lou	Gomez	4	Richard	Foster	13	Lois	Smoley	25
Ruth	Morelli	4	Sherri	Weaver	13	Connie	Trunkely	25
Patricia	Ozello	4	Mary Ann	Acker	14	Gloria	McFeely	26
Eleanor	Dombrowski	5	Shannon	Bickel	16	Kim	Helmick	27
Eleanor	Wiley	5	Elizabeth	Small	16	Emma	Walker	27
Nancy	Bernard	7	Lester	Hoppert	17	Kay	DeBold	28
Karen	Dymanski	8	Becky	Donathan	19	Reta	King	28
Hope	Kazek	8	Donna	Good	19	Kathleen	Lind	28
Leslie Jr.	Landis	8	Janet	Jodlowski	19	Nancy	Schaefer	28
Donna	Stanfield	8	Harry	Simpson	19	George	Kistner	29
Janet	Azusenis	9	Marilyn	Vidmar	19	Helene	Zgela	29
Sherry	Hartsock	9	Terry	Agnes	20	Bonnie	Averitt	30
Mildred	McDaniel	9	Frank G.	Parks	20	Angela	Ruggiero	30
Mary Ellen	Driscoll	10	Cathy	Krupka	21	Charlene	Thomas	30
Gary	Gaerttner	10	Betty	McNeill	21	Frank	<b>Daniels</b>	31
Dorothy	Kilian	10	Celeste	Myers	21	Darlene	Harris	31
Sharon	Knight	10	Michael	Yeckley	21	Lee	Schroer	31
Betty	Monroe	10	Harry	Clay Sr.	23	Brenda	Simpson	31
Jelena	Radocaj	10	-	-			-	

# HAPPY BIRTHDAY

## JULY 4th. PARTY













JUST ANOTHER GREAT PARTY

### JULY 4th. AT THE CAPTAINS













Y'ALL COME ON AND JOIN US NOW