

## A wooden sign for the JFK Senior Citizen Center stands in a grassy area. The sign is made of dark wood and features a yellow rectangular panel with the text "JFK SENIOR CITIZEN CENTER" in bold, black, sans-serif capital letters. Below the text is a yellow arrow pointing to the right. The sign is supported by two wooden posts. In the background, there are several large, mature trees and a long, low building with many windows. The scene is brightly lit, suggesting a sunny day.

**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.**



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 <sup>st</sup> & 3 <sup>rd</sup> 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

## OUR THOUGHTS

**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.**

[illegible]

## FOOT DOCTOR

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

[illegible]

# 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**

[illegible]

## **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**

[illegible]

## 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**





## FROM YOUR YOGA INSTRUCTOR

.

## PARTIES AND GET TOGETHERS



## NATIONAL EAT OUTSIDE DAY

[illegible]

## THANK YOU FOR BEING THERE

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

**It was very successful.**





## DIANE'S EXERCISE



## IEK BOARD

**So think about making a difference by giving a helping hand.**

A decorative horizontal line composed of approximately 20 small, black-outlined diamonds or chevrons pointing right.

**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.**

**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.**

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**

**DATE: Wednesday, August 9<sup>th</sup>**      **COST:\$4.00**      **TIME: 9:30am-2:45pm**

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

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

**DATE:Monday, August 14<sup>th</sup>**      **COST:\$5.00**      **TIME: 8:15am-3:30pm**

**Itinerary and lunch yet to be determined.**  
**DATE: Tuesday, August 15<sup>th</sup>      COST: \$5.00      TIME: 8:00am- 5:30pm**

**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**





# AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b> Comfort Elves Perry Picnic Foot Doctor Color Day	<b>3</b>  Salon 9:15–2:00	<b>4</b> Dubrovniks's  Salon 9:15–3:00
<b>7</b>	<b>8</b> Legacy Planning <b>Art Class</b> Grande Pointe <b>Board Meeting</b> Celina w/COA	<b>9</b> <b>Reike</b> Jack Casino	<b>10</b>  Salon 9:15–2:00	<b>11</b> Firehouse Winery  Salon 9:15–3:00
<b>14</b> <b>Attorney</b> Hartville Creamsicle	<b>15</b> Amish Trip	<b>16</b> <b>Lunch Bunch</b> Comfort Elves	<b>17</b> Picnic at Beach  Salon 9:15–2:00	<b>18</b>  Salon 9:15–3:00
<b>21</b> <b>National</b> <b>Senior Citizen</b> <b>Day</b> Symphony Mentor	<b>22</b> <b>Art Class</b> Lake Health	<b>23</b> Pancake in Park Island Hopping	<b>24</b>  Salon 9:15–2:00	<b>25</b> <b>West Side</b> <b>Market</b>  Salon 9:15–3:00
<b>28</b>  Lunch & Learn	<b>29</b> Presque Isle	<b>30</b> Holly Hearing  Cleveland Zoo	<b>31</b> Mather Steamship  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	Fitzsimmons	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	Smooley	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	Daniels	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