J.F.K. SENIOR CENTER BULLETIN

1580 EAST 332 STREET EASTLAKE, OHIO 44095 (440) 975-4268

Grace Giangiacomo-Senior Coordinator E-Mail gg@eastlakeohio.com Brochure on line at www.eastlakeohio.com

Hours: 7:30am - 4:00pm

AUGUST 2013

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.



SENIOR INFO PAGE OUR THOUGHTS

GET WELL WISHES are extended to: Barbara Sutton, Sue Estep,
Marie Daubenmire, and Goldye Cooper.
Hope you are feeling better soon.

Sympathy is extended to the families of: Goldye Cooper in the passing of her sister Shirley.

CLEANING THE CENTER

Our cleaning crew meets on every other Wednesday.

If anyone would like to give a hand in our lunchroom, that would be great!

DATE: Wednesday, August 14th & 28th TIME: After Lunch

CHARTER BANK

Stay after lunch to listen to Tyler and Ivana. They will be here to talk with you, and as always they have some interesting financial topics.

RECIPE BOOK

We have some Senior's here that are interested in putting a cook book together. We will need help in arranging this, so if anyone is interested please let the office know. So, to start we will need to begin collecting your favorite family recipe. Just remember it is a good way to leave a legacy to your loved ones. How fun would it be to see Grandma's recipe in our recipe book!

EXERCISE WITH STEPHANIE

Stephanie will <u>not</u> be having a class on Thursday, August 15th. Classes will be start as usual on Monday the following week.

GFS COUPONS

It would help the Center if anyone having GFS Coupons from the All Around Town Book, that have not used them or will not, could please donate them

CENTER NEWS

THE SALON HOURS

THURSDAY 9:15am-2:00pm & FRIDAY 9:15am-3:00pm

IT'S FINALLY SANDAL TIME! Ladies don't forget your nails! A Savings of \$2.00 each!

Pedicure now \$28.00/Shellac now \$23.00/Manicure now \$14.00 \$1.00 off Shampoo & Set now \$12.00 \$5.00 Lady Waxing, Eyebrows, Lip, & Chin. REDKIN CONDITIONER TREATMENT, NOW AVAILABLE...\$5.00 Men....Haircuts \$7.00

New Clients \$10.00 for Ladies Haircuts
Book your appointments early, they book up fast!

RECYCLE

Just a reminder that if you have any old Cell Phones, we do Recycle them to our Soldiers, the eye glasses go to the Lions Club, and the Pet Food Coupons go to a Rescue Shelter. So just bring them in and we do find a home for them! AND DON'T FORGET OUR PAPER RECYCLING!!

COMFORT ELVES

Hospice is in need of fabric and stuffing for pillows, if anyone has any they would appreciate it.

COURTYARD

Check our courtyard out, come out and sit and enjoy. The pump is now working, we have some nice herbs growing, the birds are chirping.

Grab a book and go out and sit and enjoy the surroundings.

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OUR BUS

The bus went in for a "check-up" and everything is fine. The air is working great, which means when it is cold the "heat" will be just fine! Let's continue to sign up for our trips early, so we ensure they are a go!

TIME: 8:00am - 4:00pm

BLOOD PRESSURE CHECK

Sponsored by Interim Healthcare

DATE: Tuesday, August 6th TIME: 10:00am – 11:30am

FOOT DOCTOR

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)

DATE: Wednesday, August 7th & Wednesday, September 4th

BLOOD PRESSURE CHECK

Sponsored by Senior Independence

DATE: Tuesday, August 13th TIME: 10:00am – 11:30am

WESTERN & SOUTHERN LIFE

Will be here on Tuesday's this month to answer any questions you may have regarding insurance.

Thank you to W&S for supplying free coffee to us on Tuesday for the past month.

DATE: Tuesday TIME:10:00am -11:00am -

BLOOD PRESSURE CHECK

Sponsored by Embassy Homecare

STEPHANIE HEARING

Stephanie will be by to check hearing for those who are interested.

She will be in the library.

THE JFK CENTER OFFERS MANY PROGRAMS

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CERAMICS: Monday, Tuesday, Wednesday, Friday,

9:00am - 2:00pm

EXERCISE ROOM: Monday – Friday, \$15.00 per year

WOODBURNING: Tuesday 9:00 am

BINGO: Tuesday & Friday, 12:30pm-3:00pm 3¢ per card

TAI CHI: Wednesday, 8:30 am

COMFORT ELVES: 1st 2nd & 4th Wednesday, 9:00 am – 11:00am

CRAFTY CROCHETERS: 1st & 3rd Thursday, 9:00am-11:00am

LCR: 4th Thursday, 12:30 pm

PINOCHLE: Friday, 12:30 pm

A "BODY IN MOTION" IS A HEALTHY BODY

EXERCISE WITH STEPHANIE...ALL FREE PROGRAMS

SIT DOWN EXERCISE: Mon: 12:45pm and Thurs 9:15am LOW IMPACT AEROBICS: Mon, 1:30pm and Thurs, 10:00am

STRETCH & TONE: Tuesday, 9:15am

THURSDAY AFTERNOONS AT THE MOVIES

Thursday, August 1st Margaret Drama (with Matt Damon, Anna Paquin)
Thursday, August 8th "Incredible Burt Wonderstone "(with, Steve Carrell,
Manson Cook, Comedy)

Thursday, August 15th "Red" (with Bruce Willis, Helen Miren, Suspense)
Thursday, August 22nd "Guilt Trip" (with Barbara Streisand, Seth Rogan, Comedy)
Thursday, August 29th "Silver Lining Playbook" (with Bradely Cooper, Jennifer Lawrence, comedy)

Movie starts at 12:30

Check the day before the movie for any changes.



BALANCE CLASS

If anyone is interested in a balance class on Wednesday, 2:30pm-3:30pm please let the office know. If there is enough interest, Paul Wallace will teach the class.

AUGUST OUR PAGE HIKES

Many of you have said "I would like to go but I don't want to walk far". Well you need not walk at all, we are planning these trips just to enjoy the outdoors, so our bus drops us off near a pavilion or picnic area were you can just rest or take a short walk while others that like hiking can take off and explore the great outdoors.

We take our own picnic lunch (except for beach parties and zoo trips) and mostly all meet at the pavilion to eat together.

So give it a try and get out there, before the good weather ends.

Last month we went to Fairport Harbor and cooked hot dogs and fixings on the beach. The weather was very hot, but with the lake breeze that day...it was perfect. We all enjoyed it so much that after we stopped for ice cream on the way home we all decided that this month we will go to Mentor Headlands Beach. Check in the bulletin for the date and time.

Next month (September) we will be going to the Zoo and we always have a good time there, and the animals are always pleased to see us.



WEDNESDAY NITES

Over 100 people enjoyed the July Wednesday Nite free Ice Cream Social. Everybody made their own ice cream and float concoction from tables that included all sorts of fixings, plus cakes, cookies, and donuts. The high light of the evening seemed to be the soft ice cream machine donated for the night by Helen's Beauty Salon, the Salon is a great asset to our center, her price's are more than reasonable and the people that have visited the salon are all very pleased with Helen and her work. Thank you Helen.

Also in July Santa came to visit us as we celebrated Christmas in July with good food, good company and good down home country music by our very talented and much appreciated guy's and gal's.

Now for this month, (August) it's our annual Hawaiian Party on the 21st. Time to put on those grass skirts, coconut bras, and colorful shirt, then come on down and join us for a night of fun.

Wednesday Country Nites are always free to you and the public.

So what y'all waiting for.



SENIOR COMPUTER TIP

My memory is getting bad and I cannot always remember my password. So I changed it to (incorrect), now if you put in the wrong password it will tell you the right one.

OUR NEW FRONT COVER

If you did not notice it, go back and have a look. The picture on our past bulletins was a photo and after printing the first few pages it comes out very dark and the more we print the darker it gets, so a very talented person (Fred Grodell) was asked if he would volunteer his talents and draw a scene that would reflect our center on the bulletin cover. This original drawing will not only give our bulletin a new look but will

This original drawing will not only give our bulletin a new look but will save lots of ink in the printing. Fred's work can also be seen along with others in the wood-burning class.

Thank You Fred for your time and talent in enhancing our bulletin. The web and e-mail version of the bulletin will still continue to use color photos

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Please find the following hidden words:

obtuse. obscure, sweet, swatch, peruse. persuade, consult, conclude, label, council, include, liquor, plaque, liable, loyal, plural, curtain, curtail, applause, appeal. homage, homely. queer, queen, phase, phrase, Words by Brenda

NEW FRONT COVER FOR OUR PAPER BULLETIN

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Thank You Fred Grodell for this beautiful rendition of our Center.

AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Movie Margaret	2 Veterans Club
5 Craft Class	6 Blood Pressure Brd Meeting	7 Dr. Coppers	8 Movie Incredible Burt Garage Sale-ing	9
12	13	14	15 Movie	16
Hartville	Blood Pressure	Lunch Bunch	Red	Rabbit Run
			No Stephanie	Fair Grounds
			Today	Grandparent Day
19	20 Red Hat Stephanie Hearing Hike	21 Pancakes in Park	22 Movie Guilt Trip LCR Breakfast Bingo with Manor Care	23 Presque Isle
26	27	28	29 Movie	30
Breakfast with	Blood Pressure	Lakeview		Geauga Fair
with Jerry Girls	Stephanie Hearing	Cemetery		Charter Bank Talk
31				

HAVE A GREAT MONTH

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.

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GRANDPARENT'S DAY

Please join us with your grandchild, great grandchild, niece, or nephew for some fun, food, and games.

Please sign up in the office by August 12th.

DATE: Friday, August 16th

TIME:12:30pm

COST: \$3:00

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BREAKFAST BINGO WITH MANOR CARE

Hop on the bus and let's join Manor Care for a Breakfast Casserole and some games of Bingo. Home Instead Senior Care is sponsoring the event. SIGN UP IN THE OFFICE BY AUGUST 19[™].

DATE: Thursday, August 22nd

TIME:8:30am-11:30am

COST:\$3.00

BREAKFAST WITH JERRY'S GIRLS

The pavilion is the place to be!

Join us again for our annual Get-Together Breakfast with a bit of a twist!

BINGO, BOCCE, & BREAKFAST

SPONSORED BY EMBASSY HEALTHCARE

Pancakes, Sausage, and Juice.

Sign up in the office by August 21st

DATE: Monday, August 26th TIME:9:15am – 11:00am COST: \$3:00

VETERANS CLUB

Join the Veterans Group for movie morning, they're showing "Seven Men From Now".

DATE: Friday, August 2nd

TIME:9:30am

CRAFT CLASS

We will be learning to make bows, if you have wired ribbon please bring. DATE: Monday, August 5th COST:\$1.00 TIME:9:30am-11:30am

We will choose a craft to make for the following class.

BOARD AND LUNCH ROOM MEETINGS

The Board Meeting will be Tuesday, August 13th at 9:00am. The Open Meeting will be at 11:20am.

RED HAT PEARL BELLES

They will be going to TJ's on the Avenue in Mentor for lunch.

DATE: Tuesday, August 20th

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, August 22nd 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.

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TOPS: Taking Off Pounds Sensibly, meet every Wednesday Night.

DATE: Wednesday's Night

TIME:5:00pm - 6:30pm

GOLF:If interested meet at Briardale Golf Course in Euclid,

Tee Off Time is 9:30am.

GARAGE SALE EXCURSION(sign up in the office)

Willowick Center is garage sale-ing! If interested meet at their Center at 8:30am. Lunch will be along the way. (SIGN UP IN THE OFFICE)

DATE: Thursday, August 8th

TIME: 8:30am

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HARTVILLE

LUNCH BUNCH

Burton Family Restaurant, if you'd like you can shop a little on the square. DATE: Wednesday, August 14th COST \$4.00 TIME:11:15am-2:30pm

LAKE COUNTY FAIR

Hop on the Bus and enjoy Senior Day at the Fair Grounds with free Senior Activities and Games.

DATE: Friday, August 16th COST:\$3.00 TIME:11:00am-2:30pm

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HIKE/WALK

We are going to the beach again, this time at Mentor Headlines Beach. Take a stroll on the beach, enjoy Hot Dog, Chips, a Drink & Picnic Fixings. Will be stopping for ice cream on your own.

DATE: Tuesday, August, 20th COST:\$5.00 TIME: 9:30am-2:00pm

LAKEVIEW CEMETARY

Tour at Lakeview Cemetery with lunch on your own at Barle Soup and Sandwich. Cost:\$9.00 (Tour and Transportation)

DATE:Wednesday, August 28th TIME:10:00am- 2:00pm

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GEAUGA FAIR COUNTY FAIR

Come on and see the fair, it has been a while since we have gone! DATE: Friday, August 30th COST:\$4.00 TIME:11:00am-2:30pm

PANCAKES IN THE PARK

Trip to Gully Brook Park for Pancakes. Transportation by Laketran. DATE:Wednesday, August 21st COST:FREE TIME:8:45am-11:00am

PRESQUE ISLE TRIP

DATE: Friday, August 23rd COST:\$5.00 TIME:10:00am - 3:00pm

SIGN UP IN THE OFFICE

\$35.00 Free Play, \$5.00 Food Coupon

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Saturday, October 5-13, 2013

COST:1,420.00

John Roberts Travel: 8-Day Cruise to Bermuda. Flyers are posted.

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November 30th-December 8th 2013

COST:\$995.00

John Roberts Travel: Bahamas & Florida Cruise. Flyers are posted.

SAVE THE DATE

- 1. Senior Safari at the Cleveland Zoo, September 6th
- 2. Indians Baseball Game, September 11th
- 3. Senior Day Lake Farmpark, September 12th
- 4. The Science Center to see the Titanic Exhibit, September 20th
- 5. Trip to Sugar Creek, September 26th
- 6. Progressive Wine Tour, September 18th, COST:\$50.00

WHEN SIGNING UP

To facilitate sign-up and help our volunteer secretaries enter your information accurately, you will need to show your membership card each time you sign up for any trip or activity at the JFK Senior Center. As you know, you must be a current member to participate in any activities at the Center other than motor coach trips, the lunch program (sponsored by the Lake County Council on Aging) and Wednesday country music nights (which are free and open to the public). Now is the time to hunt up your card and keep it in a convenient place. If you can't find your card, stop by the office and request a replacement. If you have forgotten to renew for 2013, it's never too late. Membership at JFK is a real bargain, less than 10 cents per week for Eastlake residents and less than 20 cents per week for non residents.

AUGUST BIRTHDAYS

Robert	Fleming	1	Nick	Lonesky	11	Marilyn	Myers	20
Betty	Holbrook	2	Mardell	Monreal	11	Cathy	Krupka	21
Rose Marie	Torok	2	Eileen	Wilder	12	Betty	McNeill	21
Mary Lou	Gomez	4	Richard	Foster	13	Billie	Simmons	21
Corinne	Alexander	5	Sherri	Weaver	13	Michael	Yeckley	21
Anna	O'Grady	5	Rose	Koss	16	Harry	Clay Sr.	23
Eleanor	Wiley	5	Dorothy	Moran	17	Phyllis	Druckenbrod	23
Patricia	Rumble	6	Marlene	Pedder	17	Audrey	Kilrain	23
Nancy	Bernard	7	Debra	Russell	17	Edward	Nowakowski	23
Christine	Fiorello	7	John	Buchanan	18	Dorothy	Jaklitsch	24
Phyliss	Delzoppo	8	Calvin	Foreman	18	Carl	Stump	27
Philip	Mattingly	8	Stella	Korecko	18	Chester	Cutshall	28
Kathy	Rodgers	8	Loretta	Adamson	19	Nancy	Schaefer	28
Janet	Azusenis	9	Donna	Good	19	George	Kistner	29
Richard	Suydam	9	Janet	Jodlowski	19	Angela	Ruggiero	30
Dorothy	Kilian	10	Harry	Simpson	19	Charlene	Thomas	30
Yelena	Radocaj	10	Marilyn	Vidmar	19	Frank	Daniels	31
Harry	Spencer	10	Terry	Agnes	20	Brenda	Simpson	31
Caroline	Wheaton	10				Barbara	Tamblyn	31

PLEASE DON'T FORGET TO RENEW YOUR MEMBERSHIP
IF YOUR BIRTHDAY IS NOT SHOWN ON THIS SHEET IT IS
BECAUSE WE HAVE NO RECORD OF YOUR RENEWED
MEMBERSHIP FOR 2013

WISHING YOU ALL A GREAT DAY





JFK IN PICTURES





JFK WEDNESDAY NITE 4th JULY ICE CREAM SOCIAL





HIKE AND PICNIC AT FAIRPORT HARBOR





Y'ALL COME AND JOIN US NOW