

# J.F.K. SENIOR CENTER BULLETIN JANUARY 2019

1580 East 332<sup>nd</sup> StreetEastlake,Ohio 44095TEL440-975-4268Grace Giangiacomo, Senior Center DirectorE-Mail: gg@eastlakeohio.comBrochure on line at www.eastlakeohio.comHours: 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 on JANUARY 1<sup>st</sup> FOR NEW YEARS DAY

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.	9:00 am to 12:00 Noon
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	
Aerobics and Cardio	Tuesday, 10:30am	
Low Impact Strength Training w/Diane		Monday, 1:15pm
Zumba with Diane (Low Impact)	Wednesday,10:00 am	

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

# CENTER NEWS OUR THOUGHTS

We extend GET WELL WISHES to: Irena Johansonas, Dennis Anderson, and Sue Sorenson. Hope you are feeling better soon.

# THANK YOU

My Sincere Thanks to all for the Fabulous Christmas Gift I received from everyone at our Christmas Party. I was overwhelmed by your generosity.

As I have said before "I take great pride in our Senior Center" and will continue to make this place a "home-away-from-home".

DON'T FORGET THE CENTER WILL BE CLOSED TUESDAY, JANUARY 1<sup>ST.</sup> HAVE A SAFE AND HAPPY NEW YEAR. MY WISH TO ALL IS FOR PEACE AND GOOD HEALTH.

# HAIR SALON

She's back from her fabulous trip. Stop by for your manicure or hair cut or just to say hi and hear about her trip. Remember the Salon helps support the Center.

## <u>TOPS</u>

Taking Off Pounds Sensibly, meet every Wednesday Night between 5:00pm- 6:30pm.

## **IT'S THAT TIME OF THE YEAR AGAIN**

AARP will be doing taxes every Tuesday from 9:30am- 3:00pm, starting Tuesday, February 5<sup>th</sup> through Tuesday, April 9<sup>th</sup>. Sign up will start on Monday, January 14<sup>th</sup>

# FOOD BANK

Thank you to all who donated any food to the food bank and for all your donations and gifts for the kids. It helped a lot of families for Christmas.

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## **MARTIN LUTHER KING DAY**

Please make arrangements for lunch, as the Nutrition Site will be closed on Monday, January 21<sup>st</sup> in honor of Martin Luther King Jr. Day. (THE CENTER WILL BE OPEN)

#### **INCLEMENT WEATHER**

Just a reminder, when the Willoughby-Eastlake School System closes due to severe weather, the Nutrition Site <u>will remain open</u>. The Nutrition Site will determine when to cancel. Please watch Channels 3 & 5. Listen for <u>LAKE COUNTY EASTLAKE MEALS ON WHEELS</u> BEING CLOSED. That will determine if lunch will be served that day.

## **MEMBERSHIP SIGN UP**

Sign up is on an annual basis now, but for the most of you, your sign up will be in January. For the whole month, we will have this done in the library. Don't forget to sign up so you can continue to join all our free classes and go on our day trips.

# MITTEN TREE

Thanks to all who made the Mitten Tree so full of wonderful, warm and cozy mittens, hats, and scarfs for all the young children.

Thanks Brenda and Irene for making sure this all happened.

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# HEALTH AND WELLNESS

# <u>YOGA</u>

Don't forget we are here on Monday for Chair Yoga, we will now have a new teacher. Come by and meet Diane M. and remember Yoga does reduce stress. The class is not only for you to improve on your health, but it's a chance to meet people and socialize. We meet at 9:00am on Monday mornings. Hope to see you then.

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## FOOT DOCTOR

DATE:Wednesday, January 23<sup>rd</sup> & Wednesday February 20<sup>th</sup> TIME:8:00am – 4:00pm \$20.00 donation (PRE-REGISTRATION IS REQUIRED)

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# **ANTHEM SPECIAL NEEDS PLAN**

Lori Lipton will be stopping by with refreshments to welcome in the new year. Stop by and say hi. If anyone needs to contact her, she can be reached at (440) 358-1266. Thursday & Friday, January, 17 & 18<sup>th</sup> TIME:10:00am in the Lobby

# **INFO ON THE COMING MONTHS**

We will be having a few health clinics at the Center, along with some public speaking on different topics that may benefit you. If there is anything or anyone that you would like to hear from, just let me know and I will do my best to bring someone in on that topic. When the weather does warm up, we will continue with our regular happenings here at the

Center.

We hope you will look forward to new things to do and see. I will always welcome any suggestions from you, whether it is for a trip, or a get-together.

The bulletin will still come out the last day of the month. If it is earlier, the rule is, sign-up is the first working day of each month. If there is a trip the first part of the new month, I will post it the previous month, so as you will have enough time to sign up.

Remember signing up early assures that the trip will go out...

LET'S KEEP THE EASTLAKE SENIOR CENTER A FUN PLACE TO BE!

# LAKETRAN

There will be many changes with Laketran this coming year.

As most of you know, they will now be our transportation for our monthly bus trips. There will be some growing pains as we initiate this process. So be patient while this all takes place.

Sign-up will be the same as always, only there will be more room on the bus for trips. We will have access to a 12, 16, and 49 passenger bus.

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# **NEED A RIDE TO THE CENTER**

Problem solved, we can help with that. Just set up your ride with Laketran to and from the Center and your fare will be paid for from the Lake County Senior Citizen's Services Levy. All this made possible by the partnership between the Lake County Commissioners and LakeTran.

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SENIOR MARKET REMINDER (WEDNESDAY, JANUARY 16<sup>TH</sup>)

The Senior Market will be starting again. It will continue on the third Wednesday of every month at 11:00am.

The distribution will start at 11:00am with registration starting at 10:00am. Please bring proper ID with you. Once you sign in, you will be given a number for your place in line for the actual distribution.

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The Eastlake Senior Center is funded by the City of Eastlake and the Lake County Senior Citizen's Services Levy. Please continue to sign in, it helps with our share of levy funds.

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# **DAY TRIPS** LUNCH BUNCH

We are going to Mangia Mangia in Newberry for our January Lunch choice. DATE: Tuesday, January 15<sup>th</sup> COST:\$5.00 TIME:10:15am – 1:30pm

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#### ROCKSINO

Incentive will be \$20.00, grab a friend and go have fun. DATE: Thursday, January 17<sup>th</sup> COST:\$5.00 TIME: 9:30am-2:45pm

# OLÉ IT'S MEXICAN

We are going to a new place for us, El Patron in Chardon. Margarita anyone! DATE:Wednesday, January 23<sup>rd</sup> COST:\$5.00 TIME:11:30am-1:00pm

JACK THISTLEDOWN RACE TRACK

DATE: Tuesday, January 30<sup>th</sup> COST:\$5.00

TIME: 9:30am-2:45pm

# **HOME & GARDEN SHOW**

Get a little taste of "Spring Time" visit the beautiful gardens, watch some cooking demo's or just visit all the different vendors. Stroll at your leisure, and stop at one of their food stands for lunch. (SIGN UP IN OFFICE BY Friday, February 1<sup>st</sup>)

DATE: Friday, February 8<sup>th</sup> Cost:\$15.00 TIME:10:30am-3:00pm

## **CLEVELAND CAVS GAME**

Are you a CAVS fan? Sign-up for this fun time. It is open to all, so bring the grandkids. We are traveling on the CAVS FAN EXPRESS which is a wrapped motor coach with pick up & return. We will be joining the Willowick and Wickliffe Senior Centers. Our seats are in Section 100 in the lower bowl. The trip includes bus and game time ticket. Go CAVS! Watch the CAVS vs Portland Trailblazers. More information to follow. DATE:Monday, February 25<sup>th</sup> COST:\$45.00 TIME:7:00pm-11:00pm

# PARTIES AND GET-TOGETHERS

### JANUARY IS NATIONAL SOUP MONTH

We will have soup every Monday at 11:00am. Stop by and buy a bowl. Date:January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> COST:\$2.00 TIME: 11:00am in the Lobby

# NATIONAL CLAM CHOWDER SOUP DAY

Enjoy a hot bowl of Clam Chowder Soup, made by our Renee in the Kitchen...YUM,YUM DATE:Monday, January 21<sup>st</sup> COST:\$2.00 TIME:11:00am

## NATIONAL CROISSANT DAY

Hmm, what will I do with a croissant?! Sign up and see!! DATE:Wednesday, January 30<sup>th</sup> Cost:\$2:00 TIME:After Lunch in the Lobby

# **VALENTINES DAY**

Let's celebrate Valentines day, bring a small treat to share with someone, (a small candy bar or a cookie, or your own idea of a treat!). We will have punch and cookies and will play a game of LCR!

DATE: Thursday, February 14<sup>th</sup>

Cost:\$2.00

TIME:12:15pm – 1:30pm

# **JANUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>1</b> Closed Today	2 Comfort Elves	3	4	
			Salon 9:15–2:00	Salon 9:15–3:00	
7	8 Celina w/COA Board Meeting	9	10	11	
soup			Salon 9:15–2:00	Salon 9:15–3:00	
<b>14</b> soup	15 Lunch Bunch	<b>16</b> Senior Market	17	18	
Attorney		Comfort Elves	Rocksino		
			Salon 9:15–2:00	Salon 9:15–3:00	
21 Nutrition Site Closed Clam Chowder	22	<b>23</b> Foot Dr. Mexican	24 Salar 0:45, 2:00	25 Salar 0.45 2:00	
00	20	20	Salon 9:15–2:00	Salon 9:15–3:00	
<b>28</b> soup	29	<b>30</b> Jack Casino Croissant Day	31		

# HAPPY NEW YEAR TO ALL. HERE'S TO ANOTHER GREAT YEAR AT THE EASTLAKE SENIOR CENTER. KEEP SMILING, IT'S THE BEST THERAPY!

# Closed Tuesday, January 1<sup>st</sup>

# JANUARY BIRTHDAYS

Robert	Oliveri	1	Barbara	Yarris	11	Marge	Gole	23
Patricia	Goodrich	2	Robert	Chesnes	12	Dorothy	Laurence	24
Diane	Morony	2	Sam	Kopacka	12	Elaine	Riha	24
Sondra	Jordan	4	Cindy	McDaniel	12	Marieta	Velecina	24
Bob	Lockard	4	Timothy	Shaffer	12	Barbara	Chester	25
Anthony	O'Brochta	4	Theresa	Vaiksnoras	12	Pat	Pecjak	25
Anthony	Vitolo	4	Thurman	Cornwell	13	Marion	Hanna	26
David	Wayner	4	Eleanor	Ambrose	15	Anita	Matz	27
Mary Ann	Yeckley	4	Charles	Fields	15	Erna	Hammond	28
lona	Fish	5	Patricia	Jones	15	Richard	Lehman	28
Joyce	Crease	6	Mary Ann	Glavic	16	Paul	Carani	29
Patti	Hanley	8	Terrill	Quirk	16	Grace	Giangiacomo	29
Nadine	Pearson	8	Millie	Perrault	18	Donna	Kramasz	29
Carole	Czeck	9	Elsie	Lowery	19	Julie	Milican	29
James	Kingzett	9	Diane	Turchetta	19	Gladys	Skubic	29
Barbara	Strickland	9	George	Fischer	20	Geraldine	Staab	29
Elaine	Delzoppo	10	Colleen	Bish	21	Ruth	Arbuckle	30
Nancy	Siefert	10	Frank	Jodlowski	22	Jean	McPherson	30
Anna	Zadzora	10	Dennis	Locsei	22	Sue	Bartlebaugh	31
Elizabeth	Kuhel	11	Sarah	Burd	23	Janet	Bizay	31
Jack	Parks	11				Dotty	Vitanza	31

# HAPPY BIRTHDAY

# 10<sup>th</sup> COUNTRY CHRISTMAS





# JUST ANOTHER GREAT PARTY







# Y'ALL COME ON AND JOIN US NOW