



J.F.K. SENIOR CENTER BULLETIN
JANUARY 2019

1580 East 332nd 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 Center will be CLOSED on JANUARY 1st
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 st & 3 rd 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
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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 1ST. 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.



TOPS

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 5th through Tuesday, April 9th. Sign up will start on Monday, January 14th



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.



MARTIN LUTHER KING DAY

Please make arrangements for lunch, as the Nutrition Site will be closed on Monday, January 21st 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 will remain open. The Nutrition Site will determine when to cancel. Please watch Channels 3 & 5. Listen for LAKE COUNTY EASTLAKE MEALS ON WHEELS 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.



HEALTH AND WELLNESS

YOGA

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.



FOOT DOCTOR

DATE: Wednesday, January 23rd & Wednesday February 20th

TIME: 8:00am – 4:00pm

\$20.00 donation (PRE-REGISTRATION IS REQUIRED)



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 & 18th

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!



JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Closed Today	2 Comfort Elves	3 Salon 9:15–2:00	4 Salon 9:15–3:00
7 soup	8 Celina w/COA Board Meeting	9	10 Salon 9:15–2:00	11 Salon 9:15–3:00
14 soup Attorney	15 Lunch Bunch	16 Senior Market Comfort Elves	17 Rocksino Salon 9:15–2:00	18 Salon 9:15–3:00
21 Nutrition Site Closed Clam Chowder	22	23 Foot Dr. Mexican	24 Salon 9:15–2:00	25 Salon 9:15–3:00
28 soup	29	30 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 1st

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	Vevecina	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
Iona	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	Giangiaco	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

10th COUNTRY CHRISTMAS



JUST ANOTHER GREAT PARTY



Y'ALL COME ON AND JOIN US NOW