

# J.F.K. SENIOR CENTER BULLETIN



## FEBRUARY 2018

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.

**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  
MONDAY, FEBRUARY 20<sup>TH</sup> IN HONOR OF PRESIDENTS 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. 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

**CENTER NEWS**  
**OUR THOUGHTS**

We extend GET WELL WISHES to: Marge Peters, George Livingston, Juanita Cawley. Condolences to the families of Geno Battaia in the passing of his wife Linda, to Joyce and Bob Creter in the passing of Bob's daughter Barbara.



**HAIR SALON**

Stop in the Salon for a manicure or hair cut. It helps support the Center.



**TOPS**

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



**RECYCLE OLD CELL PHONES**

Just a reminder, if you have an old cell phone to get rid of just bring it in. They are being sent to our troops overseas.



**TAX AND AARP**

AARP will be doing taxes every Tuesday from 9:30am- 3:00pm, starting Tuesday, February 6<sup>th</sup> through April 10<sup>th</sup>-Sign up in the office for an appointment.



**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, February 13<sup>th</sup>

TIME:9:30am In the Lobby



**INCLEMENT WEATHER**

Just a reminder, if the Willoughby-Eastlake School System is closed due to severe weather, the Nutrition Kitchen is also closed. THAT DOES NOT APPLY TO THE SENIOR CENTER, WE WILL REMAIN OPEN.



**CORE & STRENGTH CLASS**

Diane's class on Thursday morning at 10:00am, will now incorporate, working on your Core. It will be toning and strength along with balance and posture.



**Blood Pressure**

We will be having someone here to take your blood pressure on the first Friday of every month starting March 2<sup>nd</sup> between 9:00am-10:00am.





**HEALTH AWARENESS SERIES TALK**

Please join Beth Massaro from Gateway Health for information regarding Physical Fitness. Please join her in the Library. Make sure to sign up in the office. There will be a light snack, a refreshment and a giveaway pertaining to this month's talk. Beth will be here periodically with informative sessions. Please make sure to check the kiosk and bulletin for her talks.

Sign up in the office by February 19, for her count.

DATE: Thursday, February 22<sup>nd</sup>

TIME: 10:00am



**FOOT DOCTOR**

DATE: Wednesday February 7<sup>th</sup> & Wednesday, March 21<sup>st</sup> TIME: 8:00am – 4:00pm  
\$15.00 donation (PRE-REGISTRATION IS REQUIRED)



**YOGA**

Don't forget we are here on Monday for Chair Yoga. Reduce your stress and don't forget it's a chance to meet people and socialize. We meet at 9:00am on Monday mornings. Hope to see you then.



**DAY TRIPS**  
**ROCKSINO**

Incentive will be \$20.00. Grab a friend and go have fun.

DATE: Thursday, February 8<sup>th</sup>

COST: \$4.00

TIME: 9:30am-3:00pm



**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. If you haven't signed up yet, please do so.

(SIGN UP IN OFFICE BY Tuesday, February 6<sup>th</sup>)

DATE: Friday, February 9<sup>th</sup>

COST: \$14.00

TIME: 10:30am-3:00pm



**FIRST LENTEN LUNCH**

We are starting our annual Friday Lunches for Lent. Ash Wednesday is the first. We will be going to the Willowick Tavern.

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

COST: \$3.00

TIME: 10:45am – 12:30pm





# FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Salon 9:15-2:00	2 Salon 9:15-3:00
5	6 AARP	7 Comfort Elves Foot Dr.	8 Rocksino Salon 9:15-2:00	9 Home & Garden National Pizza Day Salon 9:15-3:00
12 Attorney	13 <b>Mardi Gras</b> Celina w/COA Legacy Planning <b>Board Meeting</b> AARP / Grd Point	14 Lenten Lunch <b>Valentines Day</b>	15 Salon 9:15-2:00	16 Salon 9:15-3:00
19 Closed Today	20 <b>Botanical Garden</b> AARP	21 Ethnic Lunch Comfort Elves	22 Fitness Talk Salon 9:15-2:00	23 Garfield Mansion Salon 9:15-3:00
26 Lunch & Learn	27 Jack Casino AARP	28 Lunch Bunch		



## FEBRUARY BIRTHDAYS

Amelia	Cirino	1	Irena	Johansonas	9	Judith	Schilling	18
Rosemarie	Luksic	1	Crystal	Mars	9	Kathy	Brown	19
Ray	Szymanski	1	Robert	Smalley	9	John	Scott	19
Greg	Estep	2	Mary Jane	Mascella	10	Peggy	Scott	19
Dolores	Morelli	2	Donald	Cerne	11	Judy	Conrad	20
Somma	Rama	2	Florence	Lunato	11	Donna	Vaughn	20
Val	Vidmar	2	Bernice	Merhar	11	Erwin	Mandau	21
Sandra K.	Gifford	3	Pat	Hassett	13	Ann	King	22
Karen	Wittlinger	3	Gary	King	15	Carmen	Schembre	22
Ron	Giangiacomo	5	Marilyn	Smith	15	Jeffrey	Strnad	22
Beatrice	Jerkich	5	Maddy	Bosley	16	Rose	Wolf	22
Donna	Krejsa	5	Mary	Harrington	16	Gloria	Brock	27
Patricia	Neely	7	Stan	Kollar	16	Beatrice	Schaefer	27
Donna	Gliha	8	Margaret	Abel	17	George	Merritt	28
Nancy	Gross	9	Shirley	Parks	17	Shirley	Strnad	28

**HAPPY  
BIRTHDAY**

# CHRISTMAS 2017



THANKS FOR A GREAT YEAR 2017

# HAPPY NEW YEAR 2018



Y'ALL COME ON AND JOIN US NOW  
GOOD LUCK GOOD HEALTH AND HAPPINESS