

A wooden signpost stands in a grassy area. The sign is dark brown with a yellow border and contains the text "JFK SENIOR CITIZEN CENTER" in bold yellow letters, with a yellow arrow pointing to the right below it. The signpost has a decorative top and a horizontal wooden beam at the base, which holds a small planter box with pink and yellow flowers. In the background, there are large green trees and a long, single-story building with many windows. The sky is blue with some light clouds.

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 a.m. - 4:00 p.m.

**The JFK Senior Center is open to the public every Wednesday Night. Live Country and Blue Grass Music starts at 6:30 p.m. A concession stand and lots of fun.
Pop in and join us. It's Free to all**

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 st & 3 rd 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

We extend GET WELL WISHES to: Rose McIntosh, Juanita Cawley, Donna Geer & Lynda Hassett. Condolences to the families of John Cirino, Irene Cudnik, and Eleanor Davenport.

[illegible]

HAIR SALON

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

[illegible]

TOPS

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

[illegible]

RECYCLE

Please don't forget to bring in any pet food coupons, used eye glasses, or Cell Phones.

[illegible]

WHO HAS SOME “HISTORICAL INFO” THEY WOULD LIKE TO SHARE

The Historical Society is looking for people with stories they are willing to share, so they are collecting information. Everyone has stories to tell. Memories from different sources have historical importance and present testimony about their experiences. The Historical Society would like to preserve those memories and their stories, because one day they will disappear forever. Anyone interested in participating, let us know at the Center and we will contact Marie at the Historical Society. STILL LOOKING FOR SOME HISTORY, LET US KNOW IF YOU WOULD LIKE TO CONTRIBUTE.

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 7th through April 11th. Sign up in the office for an appointment.

VOLUNTEER LUNCHEON

Anyone who volunteered to benefit our Center, twenty five (25) hours or more in 2016, is invited to our Luncheon. Please stop by the office to RSVP, starting Monday, March 20th.

If unsure of your hours we will check for you.

The Luncheon will be Tuesday, April 25th at 1:30pm.

CALLING ALL VENDORS

Please mark your calendar for our 6TH ANNUAL SPRING BOUTIQUE, Saturday, April 1st
We are taking donations for our baskets to run the Chinese Auction.
Tell your family and friends to spread the word and help make this a great fund raiser.
There will be flyers in the office for you, so stop by and pick one up.

[illegible]

SIGN UP FOR FUTURE TRIP

The Spa Day at Symphony at Mentor is coming up, please sign up by April 12th
DATE:Wednesday, April 19th COST:\$3.00(Bus Trip) 9:30am -12:30pm

[illegible]

PARTIES AND GET-TOGETHERS

NATIONAL POTATO CHIP DAY

On August 24, 1853 an unhappy restaurant customer, complaining that his potatoes were too thick and soggy, kept sending them back. Chef George Crum decided to slice the potatoes as thin as possible, frying them until crisp and added extra salt. To the chef's surprise, the customer loved them and they soon became a regular item on the restaurant's menu under the name of "Saratoga Chips". Did you know that Potato Chip revenues are over \$15 billion a year worldwide! On this, once again, very important National Day, join us for some "Saratoga Chips"!

DATE: Tuesday, March 14th **Cost:** \$1:00 **TIME:** After Lunch in the Lobby

[illegible]

HOW TO ORGANIZE AND SIMPLIFY YOUR LIFE

MENTOR AT SYMPHONY are sponsoring another session on hoarding, part 2. Practical suggestions with a check list on how to minimize clutter in your home. They will be supplying a boxed dinner. Sign up in the office.

DATE: Tuesday, March 14th **TIME:** 12:00 Noon in the lunchroom

MEET & GREET WITH LUNCH

Marisa Cornachio is running for Willoughby Municipal Court Judge and will be here for a meet & greet. The lunch will be Pizza and Salad. Sign up in the office.

DATE: Tuesday, March 21st **TIME: 12:15pm in the lunch room**

HEALTH AND WELLNESS

REIKI

Sign-up in the office with Marla Katz for a Reiki session. Marla will do a small talk before her sessions on the 22nd to let everyone know what Reiki is about. Check this out, you will like it!
Wednesday, March 8th & 22nd TIME:1:00pm-2:30pm

\$15.00 (PRE-REGISTRATION IS REQUIRED)

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, March 14th

TIME:9:30am, In the Lobby

[illegible]

FOOT DOCTOR

DATE: Wednesday, March 29th & Wednesday, May 3rd

TIME:8:00am – 4:00pm

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)

CHAIR YOGA

A note from Kate. Yoga destresses your body by curbing your response for "stress cravings" and perhaps reducing your appetite. It tones your muscles which can increase your activity levels. It can stimulate your parasympathetic nervous system to boost your metabolism and in turn burn more calories. Kate is here on Mon. mornings.

[illegible]

UNITED HEALTHCARE

Charles Jennings will be here to provide information on Medicare and Medicare Advantage Plans.

DATE: Tuesday, April 4th

TIME:9:30am-11:00am

[illegible]

DAY TRIPS

GREAT LAKES THEATER

Wait Until Dark, sign up for this unforgettable thriller. Come and see the thrills begin when the lights go out! Lunch on your own at Maria's Restaurant in Euclid.

DATE: Wednesday, March 1st

COST:22.00

TIME:9:15am – 1:30pm

FISH FRY'S DURING LENT

We will be going to different places on Friday's during lent.

Please pick a date or join in on all! March 3rd, VFW Post 3863 in Eastlake 11:00am, no charge for bus, March 10th Firehouse Grill in Willoughby Hills 11:00am, \$3.00 for bus, March 17th Willowick Tavern in Willowick 11:00am, \$3.00 for bus, March 24th Kristy Tavern in Euclid 11:00am, \$3.00 for bus, March 31st Nicky & Smitty's in Aurora 11:00am, \$4.00 for bus. Sign up for one or all. The cost listed above is for Bus Ride only. Enjoy.

[illegible]

LUNCH BUNCH

Save your appetite, we will be going to Chinese Buffet in Mentor.

DATE: Wednesday, March 8th

COST: 4.00

TIME:11:00am – 1:15pm

[illegible]

ROCKSINO

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

DATE: Thursday, March 9th & 23rd

COST:\$4.00

TIME: 9:30am-2:45pm

Please join in on this trip, which is open to all.

DATE:Wednesday, March 15th COST:\$4.00 TIME:10:45am-2:30pm

St. Patty's Day themed event of comedy and music.

DATE:Thursday, March 16th **COST:44.00** **TIME:11:00am-5:00pm**

H Choices is sponsoring us, so they will provide a dessert and water.

DATE:Wednesday, March 22nd COST:\$7.00 TIME:10:00am-12:15pm

Come and enjoy 3 Diva's Jazz Concert.

DATE:Wednesday, March 29th **COST:\$4.00** **TIME:11:30am-1:30pm**

Join us for a Spring Luncheon sponsored by Riverview Church in Novelty.

They will be serving Corned Beef and Cabbage. Dessert and Beverage will be included.

Please sign up in the office by March 24th.

DATE:Thursday, March 30th **COST:\$4.00** **TIME:10:15am-1:30pm**



MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Comfort Elves Reike Wait unit Dark	2 Salon 9:15–2:00	3 Fish Fry Salon 9:15–3:00
6	7 Art Class Board Meeting AARP	8 Reike Lunch Bunch	9 Rocksino Salon 9:15–2:00	10 Fish Fry Salon 9:15–3:00
13 Attorney	14 Hoarding II Celina w/COA Legacy Planning AARP/nat'l chip day	15 Comfort Elves Foot Dr. Bomber Lunch	16 Irish Eyes Smiling Salon 9:15–2:00	17 Fish Fry Salon 9:15–3:00
20 Sign up for Volunteer Starts Spring has Arrived	21 Art Class Meet & Greet AARP	22 Garfield Home Reike	23 Rocksino Salon 9:15–2:00	24 Fish Fry Salon 9:15–3:00
27 Lunch & Learn	28 AARP	29 Trinity Cathedral Foot Dr.	30 Spring Luncheon	31 Fish Fry

Don't forget to



ahead

MARCH BIRTHDAYS

Stanley	Vitovich	1	Alberta	Fisher	12	Somnuk	Khaikeaw	22
Lucinda	Barnhart	2	Nancy	Goodrich	12	Mary Ann	Schindel	22
William	Perusek	2	Donna	Petkus	12	Jill	Edgell	23
John F.	Barbato	4	Al	Toth	12	Andrew	Gruber, Jr.	23
Ann	Larkin	5	Samuel	Vitanza	12	Rick	Taylor	23
Nancy	Gansey	6	Wayne	Williams	12	John	Biacofsy	24
Sharon	Gargiulo	6	Mary Ann	Hauber	13	Lee	Bidlingmayer	24
Larry	Rush	6	Janet	Malloy	13	David S.	Broda	24
Carolyn	Violi	6	Leslie	Pernus	14	Darwin (Bud)	Edelman	24
Joanne	Mohorcic	7	Diane	Raggets	14	Rosemary	Marn	25
Steve	Powell	7	Mary Ann	Natran	15	Annamarie	Paris	25
Lynda	Valletto	7	Diane	Keenan	16	Gayle	Gutkowski	26
Carol	Cederlund	8	Susan	Ciliberto	17	Patricia	Kavalich	26
Marge	Dipre	8	Joyce	McGough	17	Nancy Carol	Zabjek	26
John	Dolce	9	Angel	Biacofsy	18	Edward	Pasternak	27
William	Smith	9	Alice	D'Angelo	18	Mary Ann	Slattery	27
Carol	Trimboli	9	Mary	Patrick	18	Irene P	Vitolo	27
Glenn	Livingston	10	Jozefina	Pavic	18	Janice	Fritsch	28
Perry	Pennza	10	Thomas	Wheaton	18	Walter	Schilling	28
Sherry	Seeman	10	Carol	Clark	20	Margaret	Reese	29
Janice	Quinlivan	11	Kathleen	Glick	21	Marie	Snodgrass	30
Carol-Ann	Schindel	11	William	Ruby	21	Veronica	Harris	31
			Dorothy M	Hyder	22			

**HAPPY
BIRTHDAY**

WEDNESDAY NITES VALENTINES PARTY



MUSIC FOOD AND GREAT COMPANY

ROSES FROM OUR MASCOT



Y'ALL COME ON AND JOIN US NOW