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



### MAY 2017

1580 East 332<sup>nd</sup> 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 MONDAY, MAY 29<sup>th</sup> FOR MEMORIAL 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

# PARTIES AND GET-TOGETHERS BREAKFAST WITH GRAND POINTE

Come and enjoy a Egg Frittata with Lynda who is new at Grande Pointe.

She is going to be doing something for every month and would like to get to know you. She will be in the lobby for you to come for a meet and greet.

Please sign up in the office for her count by May 5<sup>th</sup>.

DATE: Tuesday, May 9<sup>th</sup> TIME:9:30am

#### SYMPHONY AT MENTOR

Karen will be here with Valerie for the second half of the hoarding presentation.

They will be supplying lunch in the lunch room, so sign up in the office for their count.

DATE:Monday, May 15<sup>th</sup>

TIME:12:15pm

#### **BREAKFAST WITH YOUR FRIENDS**

Sign up for breakfast in the lunch room. Enjoy a Farmers Casserole and French Toast with coffee, tea, and fruit.

DATE: Friday, May 26<sup>th</sup> COST:\$3.00 TIME:9:30am

#### PICNIC UNDER THE PAVILION

Join us to start the summer out with a picnic outside. Menu to follow.

Sign up in the office.

DATE:Monday, May 22<sup>nd</sup> COST:\$3.00 TIME:Noon

#### **HEALTH AND WELLNESS**

#### **REIKI**

Marla Katz would like to continue with Reiki sessions here. If there is anyone still interested, please let the office know. \$15.00 (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.

#### FOOT DOCTOR

DATE: Wednesday May 3<sup>rd</sup> & 31<sup>st</sup> & Wednesday, July 5<sup>th</sup> TIME:8:00am – 4:00pm \$15.00 donation (PRE-REGISTRATION IS REQUIRED)

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#### **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, May 9<sup>th</sup> TIME:9:30am In the Lobby

#### **CROSSROADS ARE GOING SKIN DEEP**

As we age, the skin, like every other organ in our body, begins to decline. We can't reverse this aging process, but we can boost its functioning and help prevent skin issues, a major complication in many seniors. A healthy lunch to promote healthy skin will be provided by Crystal from Crossroads Hospice & Palliative Care.

DATE:Tuesday, May 23<sup>rd</sup> (Venue TBD) TIME:12:15pm

# **CENTER NEWS**OUR THOUGHTS

We extend GET WELL WISHES to: Mary Patrick, Jan Berstein, and Ray Szymanzki. Condolences to the familes of Jean Ann Esterhay, Ailene Meintel, Joanne Suydam in the passing of Richard (Dick), our former Bus Driver, to Jennie Panella in the passing of her brother Steven and to Pat Farrar in the passing of her mother Iona.



#### HAIR SALON

Stop in the Salon for a manicure or hair cut. Don't forget it helps support the Center.



#### REMINDER

Once you become a member of the Senior Center you can sign up and join the fitness center. There is a separate fee of \$15.00 a year for the fitness room, along with a signed note from your doctor giving you permission to exercise. The doctor note only applies for first time joining. If you are not a member of the center, you cannot use the exercise room.



#### **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.

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#### LAKETRAN

The Seniors on the Go program is designed to educate seniors and their caregivers about Laketran's services and how Laketran can make a difference in their lives. Kerry will be here to tell you about reduced fares, veteran programs, and scheduling tips.

Date:Tuesday, May 2<sup>nd</sup> TIME:9:30am

# DAY TRIPS LUNCH BUNCH

EUCLID CULINARY BISTRO, The Culinary end of the year buffet. Sign up in the office. DATE: Wednesday May 3<sup>rd</sup> COST: \$3.00 TIME: 10:45am-12:30pm Bus is already filled, you may drive, but still need to sign up for their count.

#### **HARTVILLE**

We are back on for our monthly trips to Hartville. Grab a friend and hop on the bus. DATE:Monday, May 8<sup>th</sup> COST:\$5.00 TIME:8:15am-4:30pm

#### LAKE COUNTY CAPTAINS

The Mayor has given his lodge seats for some day games during the season. Dates: Tuesday, May 9<sup>th</sup> & Wednesday, May 10<sup>th</sup> TIME:Both Games are at 11:00am

#### **GREAT LAKES THEATER**

Come and sign up for this fun musical, Forever Plaid. We have 9 seats left. DATE: Wednesday, May 10<sup>th</sup> COST:22.00 TIME:12:30-4:30pm

#### **ROCKSINO**

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

DATE: Thursday, May 11<sup>h</sup> COST:\$4.00 TIME: 9:30am-2:45pm

#### **SENIOR DAY AT THE MALL**

Don't forget to get your ticket and join us for a fun-filled day at the Mall.

DATE:Tuesday, May 16<sup>th</sup> TICKET COST:\$1.00 TIME:9:00am-2:30pm

#### FRESH THYME FARMERS MARKET

We are going shopping! How about the new store in Mayfield. Organic, bulk, and fresh produce among other good buys. Lunch on your own at Five Guys.

Don't forget your cooler.

DATE: Wednesday, May 17<sup>th</sup> COST:\$4.00 TIME:10:00am-2:00pm

#### **ROCKEFELLER GREEN HOUSE**

Think Spring and enjoy all the beautiful spring time flowers at the Gardens.

This will put some spring into your step.

They will be having their annual spring time sale. They will accept cash or check. Lunch on your own afterward, TBD.

DATE:Thursday, May 18<sup>th</sup> COST:\$4.00 TIME:9:30am-1:30pm

#### ORCHESTRA AT SEVERANCE HALL

We still have seats for this performance. A lite snack and introduction of the performance will be provided.

Date:Friday, May 19<sup>th</sup> COST:30.00 TIME: 10:00am-2:00pm

#### **MUSEUM OF DIVINE STATUES**

Join us for beautiful tour of this amazing museum followed by lunch at My Friends Restaurant in Lakewood.

DATE: Wednesday, May 24<sup>th</sup> COST: \$18.00 TIME: 9:15am-1:30pm

#### **LIBERTY MUSEUM**

**Explore this Aviation Museum in Port Clinton.** 

Enjoy lunch on your own, on grounds at the Tin Goose.

DATE:Thursday, May 25<sup>th</sup> COST:\$13.00 TIME:8:00am-3:30pm

#### PRESQUE ISLE

We are on the road again...presque isle here we come! This will be back on the schedule once a month again, usually the last Tuesday of every month.

DATE: Tuesday, May 30<sup>th</sup> COST:\$5.00 Time:9:30am-4:30pm

#### **INFORMATION**

The Eastlake Senior Center is funded in part by the Lake County Senior Citizens Levy.

#### **RABBIT RUN THEATER**

We are joining Willowick for this production of Guys & Dolls, sign up in the office. DATE:Friday, June  $9^{\rm th}$  COST:24:00 TIME:6:30pm

Check the kiosk in the lobby for future summer trips, so you can mark your calendars.

THE CENTER WILL BE CLOSED MONDAY, May 29<sup>™</sup> IN HONOR OF

**Memorial Day** 



## **MAY 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	<b>2</b> Art Class	3 Comfort Elves Lunch Bunch Foot Dr.	4	5	
$\overline{}$			Salon 9:15-2:00	Salon 9:15-3:00	
8	9 Lake Captains	10	11	12	
Attorney Hartville	Legacy Planning Celina w/COA Board Meeting	Lake Captains Forever Plaid	Rocksino		
_	Grande Pointe	-	Salon 9:15–2:00	Salon 9:15–3:00	
15	16	17	18	19	
Hoarding Part II	Art Class senior Day at the Mall	Fresh Thyme Market Comfort Elves	Rockefeller Green House Salon 9:15–2:00	Orchestra  Salon 9:15–3:00	
22	23	24	25	26	
Picnic	Crossroads Skin Care with	Museum of Divine Statues	Liberty Museum	Breakfast	
	Lunch	Otatues	Salon 9:15–2:00	Salon 9:15–3:00	
29	30	31			
Closed		Foot Dr.			
Today	Presque Isle				
I	Art Class				

### **MAY BIRTHDAYS**

Carol	Buehner	1	Douglas	Linger	10	Kathleen	Simpson	18
Denise	Kapel	1	Carol	Pianecki	10	Deloris	Torrence	20
Loretta	Motz	2	Margery	Simpson	10	Marianna	McDonald	21
Joan	Parker	2	Richard	Terensky	10	Brenda	Mussig	21
Raymond	Talladino	2	Richard	Bell	11	Patsy	Boggs	25
Shirley	Floyd	3	Donna	Clark	12	Jeanette	Fabian	25
Mary	Gimellia	3	Connie	Morgan	12	Rosemary	McIntosh	25
Jeffrey	Mason	3	<b>Paulette</b>	Scharlott	12	Elizabeth	McLoughlin	25
Joey (Joseph	hWilson	3	Diane	Coffman	13	Joyce	McMahon	25
Raymond	Vidrick	4	Victoria	Rinaldi	13	George	Effinger	26
JoAnn	DiLuzio	5	Ludmila	Valentic	13	Patricia	Effland	26
Orberdella	Samuel	5	David	Angelo	15	Bernice	Hicks	26
Bonnie	Schneider	6	Theresa	Gagliardi	15	John W	Brewer	28
Karen	Walker	6	Janet	Galgoczy	16	Karen	Longert	28
Lannie	Perry	7	Andrew	Rysko	16	Janice	Valentino	28
<b>Patricia</b>	Henry	8	Donna	Bokal	17	Margaret	Murphy	29
Effie	Reis	8	James	Smith	17	Catherine	Romano	29
Daniel	Matz	9	Marlene	Sorz	17	Pat	Groves	30
James	Sifling	9	Robert	Degidio	18	Tim	Spahlinger	30
			Dolores	Sierputowski	18			

# HAPPY BIRTHDAY

### **WEDNESDAY NITES BUNNY HOP PARTY**













**MUSIC FOOD AND GREAT COMPANY** 

### **6<sup>TH</sup> ANNUAL SPRING BOUTIQUE**













Y'ALL COME ON AND JOIN US NOW