

A wooden signpost stands in a grassy field. 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 is decorated with a planter box filled with pink and yellow flowers. In the background, there are large evergreen trees and a long, single-story building with many windows. The scene is brightly lit, suggesting a sunny day.

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.

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: Anita Jarvis, Maria Middleton, Alice Smalley, Bob Chesnes, Delores Sierputowski, and Millie Locke. Condolences to the families Carol Cederlund, and to June and Andrew Gruber, in the passing of their husband and father, Andy Gruber, and Mike and Joann Yeckley in the passing of their son-in-law Rick.



HAIR SALON

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

ART WORK

Calling all Artist, Handcrafters and Collectors: You are invited to become a part of the Lake County Fair by displaying your Artwork, Hand Crafted Items and Collections. The information and applications you will need to display your items is available in the office of your Senior Center. Sharing your talents and collections is part of the joy of creating and collecting. Stop by the office for your applications.

[illegible]

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.

FLEA MARKET

EPAL Community Center is having a Flea Market. The Center has been given an opportunity to have a table there at no charge. To take advantage of this offer, we will need volunteers to price and pack items, which we have available, and also to work the table on the day of the sale. For all others who would like to participate in this sale, it will be held inside and outside. Tables inside will cost \$15.00 and outside will be "Junk in your trunk" for \$10.00.

**Check with the office if interested, for either purchasing a table or for volunteering,
DATE: Saturday, July 29th TIME: 9:00am – 4:00pm**

FUTURE TRIPS

Remember these dates and mark your calendars if interested. Sign up will start the month of the trips:

Winery Trips: Fri., August 11th; Fri., September 8th; Fri. October 13th

Playhouse Tour; Monday July 24th

Summer Travel to Amish; Wed. July 26th

Indians Game; Thurs., July 27th

Island Hopping; Wed., August 23rd (Kelly's Island & Put-n-Bay (all day Trip)

Lake County Fair 2017, Senior Day; Fri., July 28th

Senior day at Cleveland Zoo; Wed., August 30th

Picnic at the Beaches: Thur. July 20th, Thur. August 17th

DATE: Wednesday, June 7th **COST:\$4.00** **TIME: 9:30am-2:45pm**

[illegible]

DATE:Monday, June 12th **COST:\$5.00** **TIME:8:15am-4:30pm**

[illegible]

We are traveling back to Don's Lighthouse on the West Side. Menu will be in the office. Sign-up by June 9th for the count.

DATE: Wednesday, June 14th **COST: \$4.00** **TIME: 11:00am – 1:30pm**

The first of three picnic' at the beach. Fairport Harbor is our first outing. Grab a friend and some sunscreen. A stop for ice cream on our way home.

DATE: Thursday, June 15th **COST: \$5.00** **TIME: 11:00am -2:00pm**

Enjoy a free pancake breakfast at this three-season shelter at Lake Erie Bluffs in Perry Township with a trail cart ride to scenic view points of the lake. Sixteen tickets are available.

Sponsored by Laketrان and Lake Metro Parks.

DATE:Wednesday, June 21st **TIME:8:30am-11:00am**

Here is the first of our Summer Winery Trips. Hop on the bus and enjoy their famous spaghetti dinner, with a glass of wine of course.

DATE: Thursday, June 22nd **COST: \$4.00** **TIME: 11:00am – 2:00pm**

Enjoy the Military Show at the IX Center. Anyone who is a WWII Buff, will enjoy all the different tanks, trucks, and memorabilia.

DATE: Friday, June 23rd **COST:\$16.00** **TIME:9:00am – 1:30pm**

DATE: Tuesday, June 27th **COST: \$7.00** **TIME: 9:15am-4:30pm**

NAUTICA CRUISE

Enjoy a delicious meal while cruising along Cleveland's waterfront. The cruise includes an unlimited buffet meal, coffee, tea or iced tea.

DATE: Thursday, June 29th

COST:\$30.00

TIME:10:30am – 2:30pm

[illegible]

OLD FIREHOUSE WINERY

We are going to Geneva for this winery trip, have some lunch, drink some wine, and have some extra time to walk the board walk if you'd like.

DATE:Friday, July 7th

COST:4.00

TIME:11:00am-2:30pm

[illegible]

RABBIT RUN THEATER

Rabbit Run Theater with Dinner TBA, the play is Peter & the Star Catchers.

DATE: Friday, July 21st

COST:\$46.00

TIME:3:45pm

HEALTH AND WELLNESS

UNITED HEALTHCARE

Charles will be here the first week of June. He is from United Healthcare and will be available to provide information on "Medicare" and "Medicare Advantage Plans."

Bring your questions and he will be happy to help you.

DATE: Tuesday, June 6th

TIME:9:30am-11:00am

A decorative border consisting of a series of black diamond shapes arranged in a horizontal line. Each diamond is oriented with its vertices pointing up, down, left, and right. The diamonds are closely spaced and repeat across the width of the page.

REIKI

Sign-up in the office with Marla Katz for a Reiki session. Check this out, you will like it!

DATE: Wednesday, June 7th 28th

TIME:1:00pm-2:30pm

\$15.00 (PRE-REGISTRATION IS REQUIRED)

GATEWAY HEALTH/HEART AND STROKE

Please join Beth Massaro from Gateway Health for information regarding Hypertension and managing blood pressure. There will be light snacks and give-aways so make sure to sign up in the office. Please meet the nurse in the Library. The next session in the health series will be in October regarding cancer information.

Please make sure to check the kiosk and bulletin for more info from Gateway.

DATE:Wednesday, June 7th

TIME:9:30am

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, June 13th

TIME:9:30am In the Lobby

BREAKFAST WITH GRAND POINTE

Lynda is coming back and will be here with another Egg Frittata. She will be in the lobby again for another meet and greet. For those of you that haven't met Lynda, please come by.

Be sure to sign-up in the office for her count by June 8th.

DATE: Tuesday, June 13th

TIME:9:30am

SYMPHONY AT MENTOR

Karen will be here with Valerie for Summer Safety Lunch & Learn. We are having Pizza and Salad. Sign up in the office for their count.

DATE:Monday, June 19th

TIME:12:15pm

FOOT DOCTOR

DATE: Wednesday, July 5th & August 2nd **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.

[illegible]

PARTIES AND GET-TOGETHERS

NATIONAL ICE CREAM SODA DAY

Once again, a very important National Day! Sign up in the office for a count

DATE: Tuesday, June 20th

Cost:\$1:00

TIME:After Lunch in the Lobby



**SUMMER IS ALMOST HERE!
DON'T FORGET YOUR SUNCREEN.**

JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Salon 9:15–2:00	2 Salon 9:15–3:00
5	6 United Health	7 Reiki Comfort Elves Gateway Health Jack Casino	8 Salon 9:15–2:00	9 Rabbit Run Salon 9:15–3:00
12 Attorney Hartville	13 Legacy Celina w/COA Board Meeting Art Class Grande Pointe	14 Lunch Bunch	15 Picnic at Beach Salon 9:15–2:00	16 Salon 9:15–3:00
19 Symphony of Mentor	20 Ice Cream Soda	21 Pancakes in Park Comfort Elves	22 Grand River Winery Salon 9:15–2:00	23 Military Show Salon 9:15–3:00
26	27 Art Class Presque Isle	28 Reiki	29 Nautica Cruise	30

LOTS OF GOOD STUFF TO SEE AND DO
THIS MONTH
SO GET OFF THAT CHAIR
GET OUT AND SMELL THE ROSES

JUNE BIRTHDAYS

Carol	Ackerson	1	Tom	Daly	10	Donald	Kishton	21
William	Moster	1	Janice	Konte	10	Ellen	Miecznikowski	21
Betty	Triplett	1	Edna	Parisi	10	Carol	Morgan	21
Janet	Bernstein	2	Linda	Davis	11	Cheryl	Nicolosi	22
Holden	Summers	2	James	Ogrin	12	David	Harchar	23
Dorothy	Hartman	3	Lorand	Banda	13	Sally	Vasilovich	23
Bob	Acker	4	Dorothy	Jankowski	13	Bernice	Zabroski	23
June	Bliss	4	Anthony	Minardo	13	Katherine	Kirsh	24
Kathleen	DeFrank	4	Charles F	Rumble	14	Charles	Overberger	24
Linda	Jacobs	4	Corie	Hildebrant	15	June	Taylor	24
Mary Ann	Jambor	4	Roy	Page	15	Martha	Mandau	25
Alice	Kingzett	4	Anna	Pavisich	15	Ronette	Strand	25
Denise	Massey	4	Anthony	Angelo	16	Barbara	Vargo	25
Ken	Selander	4	Carol	Dillard	16	Paul	Zorko	25
Richard	Miecznikowski	5	Wayne	Kraft	16	Tina	Sherrick	26
Louise	Pennza	5	Alice	Ryan	16	Mary Ann	Boos	27
Dorothy	Smrtnik	5	Carol A.	Zaorski	16	Robert	Creter	27
Sandra	Fischer	7	Thomas	McDaniel	17	William	Crotser	28
Mary	Grcic	7	Judith	Sabo	17	Charles	Schroer	28
Rosalie	Bonelli	8	Leonard	Mullen	18	Rosemary	Baranauskas	29
Millie	Huber	8	Marilyn	Barber	19	Marie	Gearhart	29
Sue	Sorensen	8	Michael	Becka	19	Marty	Hric	29
Frances	Starks	8	Jack	Adams	21	Christine	Morrison	29
Dorothy	Bradac	9				Arlene	Hull	30

**HAPPY
BIRTHDAY**



INDOOR FLEA MARKET

And Car Boot Sale **(Junk in the Trunk)**

SATURDAY JULY 29
EPAL COMMUNITY CENTER
600 EAST 349TH STREET
EASTLAKE, OHIO 44095

9:00am to 4:00pm

Vendors Welcome
\$15 per Indoor spot
\$10 Outdoor spot
Only 50 tables available!

INDOOR FLEA MARKET
CAR BOOT SALE (Junk in the Trunk)
PLUS
CHINESE AUCTION
CONCESSION STAND

FUN FOR THE WHOLE FAMILY
FIND UNUSUAL GIFTS AND TREASURES
PLUS GOOD FOOD AND GREAT PRICES!

ADMISSION IS FREE

Sponsored by Helping Hands Eastlake Alliance.

Any questions or concerns, please contact

Bonnie Mason (440) 749-1940

Christine Humberson (216) 278-8408

HelpingHandsEA@gmail.com

WEDNESDAY NITES MEMORIAL TRIBUTE



MAY WE NEVER FORGET

MEMORIAL TRIBUTE



05/24/2017



05/28/2017



05/28/2017



05/24/2017

THANKS YOU ALL FOR PARTICIPATING
Y'ALL COME ON AND JOIN US NOW