J.F.K. SENIOR CENTER BULLETIN

1580 EAST 332 STREET EASTLAKE, OHIO 44095 (440) 975-4268

Grace Giangiacomo-Senior Coordinator E-Mail gg@eastlakeohio.com Brochure on line at www.eastlakeohio.com Hours: 7:30am - 4:00pm

July 2014

The JFK Senior Center is open to the public every Wednesday Night. We have live country music, a concession stand and lots of fun.

Pop in and join us, it's Free to all.



THE CENTER WILL BE CLOSED ON FRIDAY, JULY 4TH Enjoy and Fun and Safe Holiday.

SENIOR INFO PAGE Page 2 OUR THOUGHTS

GET WELL WISHES are extended to : Kathern Wells, Nello Chiudioni, Madonna Knaus, Irene Cudnik, and Carol Morgan.

Hope you are feeling better soon.

Sympathy is extended to the family of:

Goldie Cooper in the passing of her sister Norma.

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COUNCIL ON AGING (COA)

Council on Aging will be here to talk about two benefit programs. The Medicare Savings Program and The Extra Help Program. If eligible these benefits could help you save money every month. Stop by their table, they will be there to answer any questions you may have.

DATE: Tuesday July 8th

TIME: 9:30am-10:30am

HEALTHSCREEN/MEDICATION CHECK

Is your medicine working for you? Are you on the right medicine at the right dose? HealthScreen, a health testing provider since 1996 will be providing a free health test. This test will let you and your doctor know if your medications are working for you. It will be a simple swab of your cheek that is completely painless and quick. It is NOT a blood test. The test is covered 100% by Medicare and Medicare HMO'S, no copay or balance bill. Results will be sent to you and your doctor. Please bring your photo ID, your insurance card, and a list of your medications.

SIGN UP IN THE OFFICE

DATE: Tuesday, July 15th

TIME:9:30am

SUMMER HEAP

Looking for some relief on your summer cooling bill? The Summer Crisis Program is a special component of the Home Energy Assistance Program (HEAP) and provides cooling assistance for seniors and those with qualifying medical conditions with limited income. The program is to electric utilities only.

SIGN UP IN THE OFFICE

DATE: Thursday, July 31st

TIME:8:30am-12:30am

PARTIES AND GET-TOGETHERS WEDNESDAY COUNTRY NITE

Don't forget that the Center is open every Wednesday until 8:30pm.

Live Country and Blue Grass Music will be performed by our band and special guests (about 10-15 players) plus many theme parties.

Music starts at 6:30pm.

ALL ARE WELCOME, SO BRING YOUR FRIENDS.

A Concession stand with coffee, donuts, and other items are available for purchase.

PANCAKES IN THE PARK

Pancakes in the Park sponsored by Lake Metroparks. Enjoy a pancake breakfast at Fairport Harbor. Free boating experiences guided by Lake Metroparks staff. Dress to get a litte wet if taking a boat out! Transportation by Laketran.

SIGN UP IN THE OFFICE

DATE: Wednesday, July 16th

TIME:8:15am - 10:45am

CHRISTMAS IN JULY

Join us for some food, games, and prizes. We will practice for the real thing in December. I'll ask Santa to wear his shorts! We will be sponsored by Governor's Port.

SIGN UP IN THE OFFICE

DATE:Thursday, July 24th

COST:\$3.00

TIME:12:30

BREAKFAST IN THE PAVILION

Let's enjoy the pavilion again with French Toast and Sausage. Juice and coffee will also be served. Enjoy.

SIGN UP IN THE OFFICE

DATE: Monday, July 28th COST:\$3.00

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TIME:9:30am

LUNCH BUNCH

The restaurant this month is Stancato's, Italian Buffet. Lunch on your own, Sign up in the office. Enjoy!

DATE: Wednesday, July 9th COST:\$4.00 TIME:11:00am-1:30pm

GARAGE SAILING

Willowick is sailing again, hop on the bus and find some good bargins. DATE: Thursday, July 10th COST:\$3.00 TIME:9:00am <><><>><>><>><>><>><>><>>

HARTVILLE

Get your friends together, hop on the bus and visit the outside vendors they are all back!

JULY'S WINERY TRIP

We are going to Emerine Estates Winery in Jefferson. Enjoy a nice lunch or sample some wine and cheese or just check out their Wine Shakes Dessert...YUMMY! After eating we will stop at a bulk store and do a little shopping.

DATE:Friday, July 18th COST:\$5.00 TIME:10:00am-2:30pm

HIKE/WALK

The Hike will be at Fairport Harbor, wear comfortable clothes, walk along the beach. We will have our annual hot dog roast, potato salad and bottle water, bring sunscreen! We will be stopping for ice cream afterward s, on your own.

DATE: Tuesday, July 22nd COST:\$5.00 TIME:10:00am-1:00pm

MYSTERY LUNCH

Are you ready to try another mystery ethinic lunch? Be adventurous again...Guten Tag!

DATE: Wednesday, July 30th COST:\$4.00 TIME:10:30am-2:00pm

The JFK Center offers many programs that meet on a weekly basis. These activities are free and pre-registration is not required.

(Unless noted below)

| CERAMICS | MON. TUES. WED. FRI. | 9:00am to 2:00pm |
|----------------------|--------------------------|------------------------|
| EXERCISE ROOM | MONDAY - FRIDAY | \$15.00* per year |
| WOODBURNING | TUESDAY | 9:00 am |
| BINGO | TUES. & FRI. | 12:30-3:00 3¢ per card |
| ZUMBA (Low Impact) | WEDNESDAY | 10:00am – 11:00am |
| BALANCE CLASS | WEDNESDAY | 2:30 pm-3:30 pm |
| COMFORT ELVES | 1st 2nd & 4th WEDNESDAY | 9:00 am – 11:00am |
| LINE DANCING | THURSDAY | 1:00 pm |
| CRAFTY CROCHETERS | THIRD THURSDAY | 9:00am-11:00am |
| LCR | 4 th Thursday | 12:30 pm |
| PINOCHLE | FRIDAY | 12:30 pm |
| | | |

A "BODY IN MOTION" IS A HEALTHY BODY

Exercise with Stephanie...all FREE programs

| Low Impact Aerobics | Monday, 12:45pm | Thursday, 9:15am |
|---------------------|-----------------|-------------------|
| Sit Down Exercise | Monday, 1:30pm | Thursday, 10:00am |
| Stretch & Tone | Tuesday, 9:15am | |

THURSDAY AFTERNOONS AT THE MOVIES

Thursday, July 3rd "Home Run" (with Scott Elrod, Drama) Thursday, July 10th "Her" (with, Joaquin Phoenix, Comedy) Thursday, July 17th "Twice Born" (with, Penelope Cruz, Drama)

Thursday, July 24th "Inside Man" (with, Denzel Washington, Jody Foster, Drama) Thursday, July 31st "The Heat" (with Sandra Bullock, Melissa McCarthy, Comedy) Movie starts at 12:30pm

Check the day before the movie for any changes.

POPCORN INCLUDED!

OUR PAGE JULY SUMMER TIME

OK folks it's officially summer time, a time to enjoy the warm weather and get yourself outdoors in the fresh air. We have already started things off with the Eastlake Summerfest and the Parade. For all of you that participated in this, the Eastlake Alliance (helping hands) hope you had a great time. We hope that you will be back at the Captains Stadium July 4th for the fireworks starting at 7:00pm, with fun and games till dusk when the fireworks start, so don't procrastinate.

Now for the JFK Center, they have many programs, trips and cookouts for everyone. We will be going to beaches for cookouts, parks for walking next to nature, and Zoo's were all the animals are always pleased to see us. Don't forget the lunch trips and flea market trips, etc, etc, etc. As for the after hours Center Activities, we have Zumba, Yoga, Table Tennis, Pinochle and of course the Wednesday Nite Country Music Program, which is still going strong! Here you can enjoy good company, great music, and many parties with free food.

Remember, it always has and always will be free to you and the public. Now, for those of you that like to just stay and enjoy the center, we hope you will enjoy the many activities that we offer in and around the center. I am sure that you know what most of them are, we will keep you informed about any new ones. We also hope you will take a moment to check out the Roses in the Memorial Garden, sit for a while in the peace of the Courtyard, or spend a little time in the Pavilion.

Whatever you like, please make sure that you make the best of the summer weather because, as we all know, time goes fast and before you know it the weather will turn cooler and those snow flakes will be flying again and we will be back inside waiting for summer to come again.

WEDNEODAY NITEO

WEDNESDAY NITES

Our next big party is July 2nd a night of sharing, (bring a dish to share) and celebrate the 4th of July.

More parties are being planned, like the Hawaiian Party on August 6th However, due to changes in next months' bulletin, Wednesday Nite parties will be advertized at the Wednesday Nites festivities or in the Lobby, so make sure that you keep yourself informed. You don't want to miss a party.

Wednesday Nites is and always will be FREE to you and the public.

You will notice changes in the format and the size of your August bulletin. These changes are being made for lots of reasons, but mostly, less paper and ink will reduce costs. Also, less repeated information will save time and clutter and make it easier to read. Along with the new bulletin will be a Handbook for new members which will have most of the information on the centers' regular activities and programs that are now active. Any other information that you will need to enjoy the centers' activities will be on flyers posted in appropriate places in the Center.

So folks this is the last "OUR PAGE" Brenda and myself have put this page together for about the last five years and it's now time for a change. We would like to take this opportunity to thank all of you that read "OUR PAGE". I will continue to do the Web page and the e-mail version with the extra pages and photos. Brenda & Harry

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Please find the following hidden words:

weld, wield, going, gong, void, vote, lounge, loge, police, polite, groin, grow, grant, shut, shift, lose, lost, tart, taste, feat, feet, haze, haste, grand. words by Brenda

JULY 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|--|------------------------|---|---|
| | 1 Blood Pressure Interium Health | 2 Foot Dr. | 3 Salon 9:15-2:00 Movie Home Run | 4 Salon 9:15-3:00 Closed Happy 4 th |
| 7 | 8 COA Blood Pressure Senior Independence Board Meeting | 9 Lunch Bunch | 10 Garage-Sailing Salon 9:15-2:00 Movie Her Racino | 11 Salon 9:15-3:00 Vets Meeting |
| 14 Hartville Attorney | 15 Red Hats | 16 Pancakes in Park | 17 Salon 9:15-2:00 Movie Twice Born | 18 Salon 9:15-3:00 Winery |
| 21 | 22 Hike | 23 | 24 LCR Salon 9:15-2:00 Movie Inside Man Christmas In July | 25 Salon 9:15-3:00 Ye Olde Mill |
| 28 Breakfast with Barb | 29 Presque Isle | 30 Mystery Lunch | 31 Salon 9:15-2:00 Movie The Heat Summer Heap | |
| | | | | |

RACINO

Come and join in on the fun at the Racino this month.

PRESQUE ISLE

All 50+ Club members will receive 5X points from their play on Tuesdays. However, the points will not appear on their card until their next visit. Also, 50+ Club members will receive \$5 off the Backstretch Buffet good on Tuesdays only! Your incentive will be \$30.00.

DATE: Tuesday, July 29th COST:\$5.00 TIME:9:15am-4:30pm

YE OLDE MILL

Let's celebrate National Ice Cream month by visiting this old fashion Ice Cream Parlor. There will be a ½ tour of their ice cream factory. Then you can leisurely enjoy the grounds. There is a Museum, a Viewing Gallery, an Ice Cream Parlor, a walking trail with a fishing pond, and Restuarant where you can enjoy lunch on your own, the menu is in the office.

This trip will be listed with June's events.

Trip is in Utica, 2½hr. away

RABBIT RUN THEATER

Next Rabbit Run Trip will be The Odd Couple on Friday, August 29th

FUTURE TRIPS IN AUGUST

Sugarcreek Trip (Changed to August)
Lake County Fair, Friday, August 15th
Cleveland Indians, Thursday, August 21st
Geauga Fair, Friday, August 29th
West Side Market/Grandparents Day/Historical Tour at Lakeview Cemetery, Cleveland Zoo, Thursday, September

VETERANS CLUB

The Veterans Club will see a movie every other month and the off month there will be a meeting. Tell your fellow Vets and join in.

Surprise movie this month.

DATE: Friday, July 11th

TIME:9:30-11:00am

VISITING ATTORNEY

Deborah Loughner, from the firm Hanahan & Hinton, LLC will be taking 30 minute appointments between 1:00pm-4:00pm, the second Monday of every month. Sign up in the office if you would like to speak to her.

DATE: Monday, July 14th

TIME:1:00pm - 4:00pm

RED HAT PEARL BELLES

They will be having their annual picnic in the JFK Pavilion. Please bring a dish to share, the club will supply the main course. Call Queen Millie if you have any questions.

DATE: Tuesday, July 15th

TIME: 12:30pm

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L.C.R.

Join us to play a fun game of L.C.R. \$5.00 will allow you to play 6 games.

DATE: Thursday, July 24th

TIME:12:30pm

WEDNESDAY NIGHTS PINOCHLE

Players meet at 6:00pm in the card room. Must have some skills as a card player. All are welcome just show up or call the center for more info.

<u>T.O.P.S.</u>

The members meet every Wednesday Night, from 5:00pm-6:30pm. Stop by and see them, they meet in the Comfort Elves Room.

SENIOR HEALTH AND WELLNESS

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BLOOD PRESSURE CHECK

Sponsored by Interim Healthcare

DATE: Tuesday, July 3rd TIME: 10:00am – 11:30am

BLOOD PRESSURE CHECK

Sponsored by Senior Independence

DATE: Tuesday, July 8th TIME:10:00am – 11:30am

FOOT DOCTOR

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)

ZUMBA and BALANCE CLASS

Don't forget to come in on Wed. mornings 10:00am-11:00am for Zumba and Wed. afternoons 2:30pm-3:30pm for the Balance Class. No Charge.

ZUMBA AND YOGA

Come and join our New Summer Evening Zumba Classes here at the JFK Center, along with YOGA Classes with Diane Monaco. The Classes will begin June 3^{rd.} Diane Nichols, who teaches our day classes will be teaching the evening Zumba class as well. A flyer will be posted, so please tell all your friends and relatives about these fun and energetic classes. All classes will be open to the public. The charge for the Zumba Class is \$5.00 and the class hours are Tuesdays 6:30pm to 7:15pm. The YOGA class charge is \$8.00 and the class hours are also Tuesday 6:30 – 7:15pm. Advertise for your Center.

ARE YOU LETTING YOUR FAMILY AND FRIENDS KNOW ABOUT ZUMBA AND YOGA?

This is not just for Seniors!

JULY 4TH

The Eastlake Senior Citizens will have a table at the Stadium selling raffle tickets for a basket, stop by and say Hi. Then stay and watch the Fireworks!

CENTER NEWS HAIR SALON

Stop by and see the newly painted Salon.

Summer is here! ARE YOUR FEET READY FOR SANDAL WEAR?

Pedicure \$28.00/Shellac \$23.00/Manicure \$14.00

Lady Waxing, Eyebrows, Lip, & Chin...\$5.00

Men Haircuts...\$7.00

Ladies Haircuts...New Clients \$10.00

THURS 9:15am-2:00pm & FRIDAY 9:15am-3:00pm?

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REMEMBER THE CENTER WILL BE CLOSED FRIDAY, JULY 4TH ALONG WITH LAKETRAN AND THE NUTRITION SITE.

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EASTLAKE SUMMER FEST

Thanks to all who helped out at the Summerfest. The support you give for your Senior Center is fantastic, everyone is always there to offer your help. Kudos to all!

GREAT TEA

Thanks to all for attending the Tea Party, and making it the success it was.

We will do it again next year!

UNITED WAY CARING DAY

Our extreme thanks to Avery Dennison and Meister Media for adopting "Our Center" for Caring Day. They did a fabulous job on painting our rooms, washing windows, and generally spurcing up Our Center.

A BIG THANK YOU TO ALL 23 VOLUNTEERS

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COURTYARD

Have you checked out the Courtyard? The pond is now gone and is replaced by a beautiful flower garden. The herb garden is growing wonderfully. How about grabbing a book, go out and sit and read, or just go out and enjoy the surroundings. See what a wonderful job your fellow senior's have done to make a beautiful place to sit and relax.

THANKS FOR A JOB WELL DONE.

JULY BIRTHDAYS

| | | _ | | | | | | |
|------------|------------|----|-----------|-------------|-----------|------------|------------|----|
| Richard | Foxen | 1 | Ralph | West | 12 | Thomas | Mospens | 24 |
| Frances | Kozitko | 1 | Richard | Ancell | 13 | Lena | Worlledge | 24 |
| Betty | Armelli | 2 | Catherine | David | 13 | Tom | Staab | 25 |
| Barbara | Dvorak | 3 | Albert | Schucker | 13 | Marian | Perusek | 26 |
| Eloise | Hunt | 3 | Vincent | Krawulski | 14 | Arleen | Engle | 27 |
| Carolyn B | Chesnes | 5 | Helen | Simon | 15 Joseph | | Gagliardi | 27 |
| Judith M | Daykin | 5 | Mary Anne | Ursic | 15 | Jacqueline | Jaskiewicz | 27 |
| Sandra | Winter | 5 | Kenneth | h Ward | | Ona | Labadie | 27 |
| Juanita | Cawley | 6 | Audry | Baucco | 16 | L. June | Smith | 27 |
| Frank | Doberdruk | 6 | Easter | Kopacka | 17 | Martha | Westrom | 27 |
| Robert | Howiler | 6 | Goldie | Tenerove | 17 | Joanne | Rees | 28 |
| Dennis | Burwell | 7 | Otis | Morony | 20 | Brad | Brinizer | 29 |
| William | Dauenhauer | 8 | Beatrice | Oliveri | 20 | Harold | Gearhart | 29 |
| Georgeanne | Picu | 8 | Walter | Strickland | 20 | Leo | King | 29 |
| Patricia | Farrar | 10 | Anita | Brice | 21 | Paul | Cudnik | 30 |
| Richard | Joranko | 10 | Regina | Whittington | 21 | William | Hufnagle | 30 |
| Ronney | Legan | 10 | Guerrino | Battaia | 22 | Freddyan | Socha | 30 |
| Pat | Nolan | 11 | Shirley | Golden | 22 | Ronald | Howard | 31 |
| Magdalene | Wellborn | 11 | Bruce | Leicher | 22 | Dolores | Hrusch | 31 |
| Lynda | Hassett | 12 | Lucy | Morris | 22 | Jane | Page | 31 |
| MaryAnn | Jurick | 12 | Shirley | Vandervort | 23 | Charles | Rees | 31 |
| Helen | Leske | 12 | Glen | Hensley | 24 | Phyllis | Spallone | 31 |
| | | | Marlene | Kolencik | 24 | | | |
| | | | | | | | | |

WISHING YOU ALL A GREAT DAY





PLEASE DON'T FORGET TO RENEW YOUR MEMBERSHIP

J.F.K. CENTER IN PICTURES





TEA PARTY 2014









JFK MEMORIAL ROSE GARDEN



Y'ALL COME AND JOIN US NOW