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)

<table>
<thead>
<tr>
<th>Program</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>CERAMICS</td>
<td>MON. TUES. WED. FRI.</td>
<td>9:00 am to 2:00 pm</td>
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<tr>
<td>EXERCISE ROOM</td>
<td>MONDAY - FRIDAY</td>
<td>$15.00* per year</td>
</tr>
<tr>
<td>WOODBURNING</td>
<td>TUESDAY</td>
<td>9:00 am</td>
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<tr>
<td>BINGO</td>
<td>TUESDAY &amp; FRIDAY</td>
<td>12:30-2:30 3¢ per card</td>
</tr>
<tr>
<td>COMFORT ELVES</td>
<td>1st &amp; 3rd WEDNESDAY</td>
<td>9:00 am – 11:00 am</td>
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<tr>
<td>LINE DANCING</td>
<td>THURSDAY</td>
<td>1:00 pm ($2.00 per class)</td>
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<tr>
<td>PINOCHLE</td>
<td>FRIDAY</td>
<td>12:30 pm</td>
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</table>

- Chair Yoga with Kate: Monday, 9:00 am
- Low Impact Strength Training w/Diane: Monday, 1:15 pm
- Aerobics and Cardio w/Diane: Tuesday, 10:30 am
- Zumba with Diane (Low Impact): Wednesday, 10:00 am
- Exercise with Diane Thurs., 9:15am
- Core & Strength Class w/Diane Thurs. 10:00am
CENTER NEWS
OUR THOUGHTS
We extend GET WELL WISHES to: Iona Fish, Ray Syzmanski, & Brenda Simpson hope you're feeling well soon. Condolences to the families of Maria Middleton in the passing of her sister Maryann and to Ray Syzmanski in the passing of his sister Sofie.

DAYS TRIPS
OUTDOOR MARKETS
Whole Foods, Trader Joe's & off to Miles Market in Solon, you can shop and then enjoy lunch, on your own. Either at their Bistro or the Outdoor Grill.
DATE: Friday, July 6th
COST: $4.00
TIME: 10:00am – 3:00pm

HARTVILLE
DATE: Monday, July 9th
COST: $5.00
TIME: 8:15am-3:30pm

PUT-IN-BAY
Jet Express to and from the Island, and a one hour Tram Tour of the Island (your choice).
DATE: Wednesday, July 11th
COST: $43.00
TIME: 7:45am

ROCKSINO
DATE: Thursday, July 12th
COST: $4.00
TIME: 9:30am-2:45pm

LUNCH BUNCH
Going to Lembo's in Akron. Pizza, Pasta, Salad Buffet or order off the menu.
DATE: Tuesday, July 17th
COST: $4.00
TIME: 10:15am – 1:15pm

MAIZE VALLEY WINERY
Winery has a market, produce shop, as well as a gift shop. Sign up by July 16th
DATE: Friday, July 20th
COST: $4.00
TIME: 10:00am-3:00pm

STATION THEATER
We are hoping on board with Willowick to see The Chicago Speakeasy.
DATE: Tuesday, July 24th
COST: $42.00
TIME: 10:00am

PANCAKES IN THE PARK
Enjoy a free pancake breakfast at Fairport Harbor. Then head to the water for a boating experience. Sixteen tickets are available, your serving is scheduled for 10:00am.
DATE: Wednesday, July 25th
TIME: 8:45am-12:00pm
BEACH PICNIC FAIRPORT HARBOR TRIP
Our annual picnic, roasting hot dogs, with all the fixings! Don't forget the ice cream.
DATE: Thursday, July 26th  COST: $5.00  TIME: 11:15am-2:00pm

LAKE COUNTY FAIR
It is Senior Day at the Fair. Free Boxed Lunch Tickets to the first 200 at the gate.
DATE: Friday, July 27th  COST: $3.00  TIME: 10:00am-1:30pm

PRESQUE ISLE
DATE: Tuesday, July 31st  COST: $7.00  TIME: 9:15am-4:30pm

RABBIT RUN THEATER SHOWING EVITA
We are joining Willowick and Wickliffe Centers for this story of the most powerful woman in Latin America. Come see EVITA
DATE: Friday, August 10th  COST: $25.00  TIME: 6:00pm

HOSPICE
All Comfort Elves. Just a reminder that you will meet the last two weeks of July (Not the first and third) because of vacations. Thanks for all you do, you ladies are the best.

YMCA/POWER HOUSE GYM/SILVER SNEAKERS
For your information, all Silver Sneakers Members, who are registered with the YMCA, can use that membership to use the pool at Houston Fisher at Jaske Park in Eastlake. The Silver Sneakers Members also can use the Power House Gym on Vine Street. So take advantage of your Silver Sneaker Membership and use the Power House Gym for exercise, and Jaske Pool (as long as you are a member of the YMCA) for exercise and relaxation.

HEALTH AND WELLNESS

YOGA
Please mark your calendar. Kate will be on vacation, so there is no Yoga on July 2nd.
Thur. July 6th @ 9:am Katey from Manor Care will be here to take your Blood Pressure.

FOOT DOCTOR
For your info, Dr. Coppers, our long-time Foot Doctor, has decided to retire. His replacement started in June and will continue to come here on the 4th Wednesday of every month. His start time is 9:00am and will take appointments throughout the day. So please welcome Dr. Ben Esraeilian to the Eastlake Senior Center.
DATE: Wednesday July 25th & Wednesday, August 22nd  TIME: 9:00am  $20.00 (PRE-REGISTRATION IS REQUIRED)
LEGACY PLANNING WORKSHOP
Look for Mark Fishwick regarding Medical Expenses, Long-Term Care, Final Expenses, and Retirement Income. DATE: Tuesday, July 10th TIME: 9:30am in the Lobby

REIKI ($15.00 (PRE-REGISTRATION IS REQUIRED)
Reiki session with Marla Katz. DATE: Wednesday, July 18th TIME: 12:30pm-2:30pm

SUMMER HEAP/TUESDAY, AUGUST 7th PLEASE SIGN UP.
Lifeline will be here to help anyone that needs to sign up for Summer Heap. You will need Driver’s License/State ID, SS Cards for all household members, proof of income for the past year including medical premiums paid out, and gas and electric bills, must be in the name of a household member.

LAKE COUNTY COUNCIL ON AGING
The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, food services, homemaker services, public benefits assistance, information and referral. Please call (440) 205-8111 for more information or visit www.lccoa.org

PARTIES AND GET-TOGETHERS
BREAKFAST WITH GRAND POINTE
Stephanie will be here with waffles and yogurt again. Please sign up in the office for our count.
DATE: Tuesday, July 10th TIME: 10:30am in the Lobby

GARAGE SALING WITH WILLOWICK CENTER
Be at the Willowick Center at 8:15am. They are going to Divine Word Church, leaving 8:30.
Friday, July 13th (Sign up here.)

NATIONAL HOT FUDGE SUNDAE DAY
On National Hot Fudge Sundae Day, we feast on this delicious ice cream dessert that combines hot and cold with a cherry on top. Celebrated on July 24th, this tasty treat has been served since 1906. Sign up in the office
DATE: Tuesday, July 24th COST: $2.00 TIME: After Lunch in the Lobby

LUNCH & LEARN WITH WESTERN & SOUTHERN LIFE
John Thompson & Reid Shockley will be here to talk about Medical Supplement Plans, Long Term Care, and how to handle Social Security Taxes. They will be serving lunch of sub sandwiches and a summer salad. Sign up in the office by Friday, July 27th for the count.
DATE: Wednesday, August 1st TIME: 12:15pm in the lunch room
SENIOR MARKET
For your information the Mentor and Eastlake Senior Centers will be having the Senior Market. Mentor's Senior Center will have the Senior Market on the third Monday of the month between 11:30am 12:30pm and Eastlake will be the third Wednesday of the month from 11:00am-12:00pm. The Eastlake Senior Center has some reusable grocery bags, but if you have any stronger bags you may bring them.

Barb, the garden is looking fabulous.
The crops will be coming up soon! Thanks for all the hard work.

FUTURE TRAVELS
THE FOLLOWING ARE SOME OF OUR TRAVELS TO LOOK FORWARD TO, NO DEFINITE DATES.
- Cleveland Airport Tour
- Senior Day at the Zoo
- Indians Game
- West Side Market
- Amish Travel
- Fall Travel
- End of the Summer Picnic
- Shrek the Musical
- Wine Hop
- Horse & Buggy Dinners
- Cleveland Grays Armory
- Mather Ship

THE CENTER WILL BE CLOSED
WEDNESDAY, JULY 4TH IN HONOR OF 4TH OF JULY.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>Closed for July 4th</td>
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<td>Market Shopping Blood Pressure Salon 9:15–3:00</td>
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<td>10</td>
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<td>Attorney Hartville</td>
<td>Grande Pointe Celina w/COA Board Meeting Legacy Planning</td>
<td>Put n Bay</td>
<td>Rocksino</td>
<td>Garage Saling Salon 9:15–3:00</td>
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<td>16</td>
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<td></td>
<td>Lunch Bunch</td>
<td>Reiki Comfort Elves Senior Market</td>
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<td>Winery Salon 9:15–3:00</td>
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<td>23</td>
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<td>Comfort Elves Pancakes in Park Foot Doctor</td>
<td>Picnic Fairport</td>
<td>Senior Day Lake County Fair Grounds Salon 9:15–3:00</td>
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**HOPE YOU AND YOURS HAVE A SAFE AND HAPPY 4th. OF JULY**
**ENJOY YOUR PICNICS**
**ENJOY THE WEATHER**
JULY BIRTHDAYS

Richard Foxen  1  MaryAnn Jurick  12  Anna Nevulis  22  
Dorothy Schamp  1  Ralph West  12  Marge Toth  22  
Betty (Mary) Armelli  2  Richard Ancell  13  Thomas Mospens  24  
Andrew StevRysko  2  Bonita Boyd  13  Susan Filion  25  
Barbara Dvorak  3  Deborah Dragar  14  Frances Klein  25  
Judith M Daykin  5  Audry Baucco  16  Tom Staab  25  
Sandra Winter  5  Nick Lombardo  16  Barbara Henry  26  
Juanita Cawley  6  Easter Kopacka  17  Arleen Engle  27  
Maureene Beauregard  7  Brenda Pintar  17  Joseph Gagliardi  27  
Cristieann Sifling  7  Goldie Tenerove  17  Ona Labadie  27  
Jeanne Cross  8  Louise Winland  18  Joanne Rees  28  
William Dauenhauer  8  Otis Morony  20  James Reese  28  
Georgeanne Picu  8  Beatrice Oliveri  20  Anthony Sorensen  28  
Elaine J. Emser  9  Walter Strickland  20  Paul Cudnik  30  
Patricia Farrar  10  Anita Brice Mason  21  Ronald Howard  31  
Pat Nolan  11  Anne Herpak  21  Jane Page  31  
Magdalene Wellborn  11  Anita Mason  21  Charles Rees  31  
Nancy Arico  12  Regina Whittington  21  Phyllis Spallone  31  
Lynda Hassett  12  Guerrino Battaia  22  

HAPPY BIRTHDAY

IF YOU WOULD LIKE TO BUY A ROSE BRUSH OR HAVE A NAME PUT ON 
A STONE TO REMEMBER A LOVED ONE 
PLEASE SEE GRACE
REMEMBER WHEN

MANY THANKS TO ALL THE VOLUNTEERS THAT HELPED PUT THE GARDENS TOGETHER
YA' ALL COME AND JOIN US NOW