



J.F.K. SENIOR CENTER BULLETIN
AUGUST 2018

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.

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 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
BINGO	TUESDAY & FRIDAY	12:30-2:30 3¢ per card
COMFORT ELVES	1 st & 3 rd WEDNESDAY	9:00 am – 11:00 am
LINE DANCING	THURSDAY (Experienced Dancers)	1:00 pm (\$2.00 per class)
PINOCHLE	FRIDAY	12:30 pm
Chair Yoga with Kate	Monday, 9:00 am	
Aerobics and Cardio	Tuesday, 10:30am	
Low Impact Strength Training w/Diane		Monday, 1:15pm
Zumba with Diane (Low Impact)	Wednesday, 10:00 am	

Exercise with Diane; Thurs., 9:15 am	Core & Strength Class w/Diane; Thur., 10:00am
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CENTER NEWS
OUR THOUGHTS

We extend GET WELL WISHES to: Ruth Arbuckle, Brenda Simpson, Lulu Brown, and Juanita Gates, hope you're feeling well soon. Condolences to the family Bob & Renee Sonnie, in the passing of Bob's mother Sandy.



HEALTH AND WELLNESS
BLOOD PRESSURE

Katey from Manor Care will be here for Blood Pressure readings. Fri. August 3rd @ 9:am



SUMMER HEAP/ 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.

DATE: Tuesday, August 7th and Thursday, August 9th



NORTHEAST OHIO HEARING CENTER

Sign up for a free hearing screening and/or cleaning of your current hearing instruments.
DATE: Thursday, August 9th TIME: 9:30am-11:30am



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, August 14th TIME: 9:30am In the Lobby



FOOT DOCTOR

DATE: Wednesday August 22nd (TIME: 9:00am - ?) Wednesday, September 26th
\$20.00 donation (PRE-REGISTRATION IS REQUIRED)



HAIR SALON

The Hair Salon will be closed on Thursday, August 30th and Friday August 31st Hours should resume as usual the following week.



NATIONAL SENIOR CITIZENS DAY

In 1988 Ronald Reagan declared August 21 to be National Senior Citizens Day. This observance was established in honor of senior citizens in the US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens. Let's honor ourselves on this day.



HARTVILLE

DATE:Friday, August 24th

COST:\$5.00

TIME: 8:15am-3:30pm



PRESQUE ISLE

DATE:Tuesday, August 28th

COST:\$7.00

TIME:9:15am-4:30pm



SENIOR SAFARI AT THE CLEVELAND ZOO

The animals can't wait to see us! Get your sun screen, comfortable shoes and hop on the bus for our annual trip to the Cleveland Zoo.

DATE: Wednesday, August 29TH

COST:\$4.00

TIME:9:15am- 1:30pm



INDIANS GAME

Sign up in the office for tickets to see Indians vs Minnesota Twins. Grab a little lunch on your own before the 1:10 start.

DATE:Thursday, August, 30th

COST:\$24.00

TIME:11:30am



MATHER STEAMSHIP

Come visit the Mather Steamship in Downtown Cleveland with lunch on your own afterward.
TBD.

DATE: Friday, August 31st

COST:\$10.00

TIME:10:30am-1:30pm



GARAGE SALING WITH WILLOWICK CENTER

Be at the Willowick Center at 9:00am. Friday, August 31st (Sign up here.)



PARTIES AND GET-TOGETHERS

PERRY PICNIC

Once again we will be venturing out to Perry to join Willowick, Wickliffe, and Painesville for a fun Luau themed picnic. Don't forget your Luau attire! Lunch and Entertainment by Uncle Duffy Band!

DATE:Wednesday, August 8th

COST:\$10:00

TIME: 10:15am-3:00pm



NATIONAL CREAMSICLE DAY

Sign up in the office for this refreshing treat. After lunch in the Lobby.

DATE: Monday, August 13th

COST:\$1.00



BREAKFAST WITH GRAND POINTE

Julie is joining us again in the Lobby, she will be here with muffins and yogurt. Be sure to sign-up in the office by August 10th.

DATE: Tuesday, August 14^h

TIME:9:30am



AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Comfort Elves Lunch and Learn	2 Salon 9:15–2:00	3 Salon 9:15–3:00
6	7 Summer Heap	8 Perry Picnic	9 Hearing Test Racino Salon 9:15–2:00	10 Rabbit Run Salon 9:15–3:00
13 Attorney Creamsicle Day	14 Grand Pointe CoA/ Mark Lunch Bunch	15 Senior Market Comfort Elves	16 Picnic at Beach Salon 9:15–2:00	17 Winery Salon 9:15–3:00
20 National Senior Citizen Day	21 Station Theater	22 Pancake in Park Foot Doctor Airport Tour	23 Salon 9:15–2:00	24 Hartville Salon 9:15–3:00
27 National Burger Day	28 Presque Isle	29 Cleveland Zoo	30 Indians Game	31 Mather

**TILL THE NEXT TIME STAY SAFE AND
KEEP COOL**

AUGUST BIRTHDAYS

John	Bielawski	1	Linda	Vilcheck	10	Audrey	Kilrain	23
Robert	Fleming	1	Caroline	Wheaton	10	Barbara	Zaharenwicz	23
Alice	Debauche	2	Nick	Lonesky	11	Dorothy	Jaklitsch	24
Connie	Fitzsimmons	2	Jerry	Sevilla	11	Mary Lou(SIG	Clark	25
Victoria	Hayes	2	Eileen	Wilder	12	Claudia	Cornwell	25
Mary Lou	Gomez	4	Richard	Foster	13	Lori	Faust	25
Ruth	Morel	4	Mary Ann	Acker	14	Margaret	Neroda	25
Patricia	Ozello	4	Shannon	Bickel	16	Lois	Smoley	25
Pamela	Anthony	7	Elizabeth	Small	16	Gloria	McFeely	26
Nancy	Bernard	7	Lester	Hoppert	17	Kim	Helmick	27
Karen	Dymanski	8	Paik Hua	Chuah	18	Emma	Walker	27
Hope	Kazek	8	Becky	Donathan	19	Kay	DeBold	28
Janet	Azusenis	9	Donna	Good	19	Reta	King	28
Edward	Dragar	9	Harry	Simpson	19	Kathleen	Lind	28
Sherry	Hartsock	9	Marilyn	Vidmar	19	Nancy	Schaefer	28
Mildred	McDaniel	9	Terry	Agnes	20	George	Kistner	29
Mary Ellen	Driscoll	10	Manny	Mallas	20	Bonnie	Averitt	30
Dorothy	Kilian	10	Frank	Mohoric	20	Angela	Ruggiero	30
Sharon	Knight	10	Frank G.	Parks	20	Charlene	Thomas	30
Betty	Monroe	10	Betty	McNeill	21	Frank	Daniels	31
Jelena	Radocaj	10	Michael	Yeckley	21	Darlene	Harris	31
Harry	Spencer	10	Harry	Clay Sr.	23	Brenda	Simpson	31

**HAPPY
BIRTHDAY**