

J.F.K. SENIOR CENTER BULLETIN FEBRUARY 2019

1580 East 332nd Street Eastlake, Grace Giangiacomo, Senior Center Director

Ohio 44095 TEL440-975-4268

E-Mail: gg@eastlakeohio.com Hours: 7:30 am. - 4:00 pm.

Brochure on line at www.eastlakeohio.com

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, FEBRUARY 18TH IN HONOR OF PRESIDENTS 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.	9:00 am to 12:00 pm	
EXERCISE ROOM	MONDAY - FRIDAY	\$15.00* per year	
WOODBURNING	TUESDAY	9:00 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 (Experienced Dancers)	1:00 pm (\$2.00 per class)	
PINOCHLE	FRIDAY	12:30 pm	

Chair Yoga with Diane Monaco	Monday, 9:00 am		
Low Impact Strength Training w/Diane N.	Mon., 1:15pm-2:00pm		
Cardio & Core with Diane Nichols	Tuesday, 10:30am – 11:15am		
Zumba Gold with Diane Nichols	Wednesday, 10:00 am – 10:45am		
Exercise with Diane; Thurs., 9:15am-10:15am	Stretch & Core;Thurs.10:15am -10:45am		

CENTER NEWSOUR THOUGHTS

We extend GET WELL WISHES to: Carol Symanski, hope you are feeling better soon. Condolences to the families of Donald Miklich, Joe Epperson in the passing of his wife Margaret, Tom Mospens in the passing of his father Paul, and George Futkos in the passing of his daughter Janice.

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MEDICINES/RECYCLE OLD CELL PHONES

Just a reminder, we no longer take expired medications. You can take them to the Eastlake Police Department and dispose of them in the container there.

We still are taking old cell phones. They are being sent to our troops overseas.

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TAX AND AARP

AARP will be doing taxes every Tuesday from 9:30am- 3:00pm, starting Tuesday, February 5th through April 9th. Sign up in the office for an appointment.

For those of you that have been here before, the AARP Tax Room will be located on other side of the Senior Center. Someone will be here to direct you. You can still park on the same side of the building as before, just use the opposite door.

PRESIDENTS DAY

Mark your calendar. We will be closed Monday, February 18th in honor of Presidents Day. See you Tuesday!

NATIONAL CANNED FOOD MONTH

Let's help the Food Bank with this cause. Bring any canned, unexpired food item to help Diane, who heads up the Food Bank here at the Center.

There will be a box in the office for you drop off can items. Thank You.

NEWS FROM (WRCDC)

If you live in Lake County and are 60 or older, you may be eligible for assistance with emergency home repairs or home modifications. The Western Reserve Community Development Corporation has received funding from the Lake County Senior Services Levy. This program may assist with critical emergency repairs and accessibility modifications such as hand rails, grab bars, carpentry, electrical, heating systems, hot water tanks, plumbing issues and kitchen and bathroom accessibility modifications. Please contact WRCDC at 440-357-4400 to see if you are eligible.

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.

Diane is here at 9:00am on Monday mornings. Hope to see you then.

LCCOA

Don't forget that Selena is here from The Lake County Council on Aging the second Tuesday of every month. LCCOA offers direct service programs for those 60 years of age and older including case management, food services, homemaker services, public benefits assistance, information or referral. If you have any questions or concerns talk with Selena or call (440) 205-8111 for more information or visit www.lccoa.org.

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HEALTH AND WELLNESS

FOOT DOCTOR

DATE: Wednesday February 27th & Wednesday, March 27st TIME:9:00am \$20.00 donation (PRE-REGISTRATION IS REQUIRED)

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BRAIN HEALTH

Emily from Heartland of Mentor will be here. Join her to talk about brain health and go over recommendations to keep you as sharp as always!

DATE:Friday, February 15th

TIME:9:30am in the Library

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HOLLY'S HEARING

They will be here Tuesday morning in the library. Sign up in the office.

DATE:Tuesday, February 19th

TIME:9:00am-11:00am

LORI LIPTON

She will be in the Library to answer any questions you may have regarding insurance. DATE:Friday, February 22nd TIME:10:00am-11:30am

BLOOD PRESSURE/HEARTLAND OF MENTOR

Annie will be here to take your blood pressure on the first Friday of every month. Stop by and see her between 9:00am-10:00am.

DATE:Friday, February 1st

TIME:9:00am-10:00am

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PARTIES AND GET-TOGETHERS VALENTINES DAY

Let's celebrate Valentines Day. Bring a small treat to share with someone, (a small candy bar or a cookie, or your own idea of a treat!).

We will have punch and cookies and will play a game of LCR!

DATE: Thursday, February 14th Cost:\$2.00 TIME:12:15pm – 1:30pm

NATIONAL CHILI DAY

Let's celebrate this day with a hot bowl of Chili. Meet in the lobby at 12 noon. Enjoy. DATE:Monday, February 25th COST:\$2.00 TIME:12 Noon

MARDI GRAS

Enjoy a Rice and Bean Lunch with Paczki for dessert and a game of chance with your beads.

Sponsored by Wickliffe Country Place.

DATE: Tuesday, March 5th COST: \$3.00 T

TIME:12:00am - 1:30pm

GRANDE POINTE

Jason from Grande Pointe will be here to some goodies.

Sign up in the office by February 8th for his count.

Look forward to some lunch and learns with Tom Strong, at Grande Pointe starting next month.

DATE: Tuesday, February 12th

TIME9:30am

The Eastlake Senior Center is funded by the City of Eastlake and the Lake County Senior Citizen's Services Levy. Please continue to sign in, it helps with our share of levy funds.

DAY TRIPS ROCKSINO

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

DATE: Thursday, February 7^h COST:\$5.00 TIME: 9:30am-1:45pm

HOME & GARDEN SHOW

Get a little taste of "Spring Time". Visit the beautiful gardens, watch some cooking demo's or just visit all the different vendors. Stroll at your leisure, and stop at one of their food stands for lunch. (There is a waiting list at this time).

DATE: Friday, February 8th Cost:\$15.00 TIME:10:30am-3:00pm

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THIS MONTH'S ETHNIC LUNCH

It is National Italian Day, so guess what our Ethnic Lunch is! Buon Appetito, we are going to Guido's in Chesterland. Delizioso!

DATE:Wednesday, February 13th COST:\$5.00 TIME:10:15am-2:00pm

LUNCH BUNCH

We are going back to the 50's. Lunch at Big Boy's in Brook Park.

Get your Bobby Socks and off we go!

DATE: Tuesday, February 19th COST: \$5.00 TIME:11:00am – 2:30pm

ROCKSINO

We are going to go twice this month! Yeah. Tell your friends, we have enough room on the bus.

DATE: Tuesday, February 26th COST:\$5.00 TIME: 9:30am-1:45pm

CLEVELAND CAVS GAME

Are you a CAVS fan? Sign-up for this fun time. It is open to all, so bring the grand kids. We are traveling on the CAVS FAN EXPRESS which is a wrapped motor coach with pick up & return. We will be joining the Willowick and Wickliffe Senior Centers. Our seats are in Section 100 in the lower bowl. The trip includes bus and game time ticket. Go CAVS! Watch the CAVS vs Portland Trailblazers.

DATE:Monday, February 25th

COST:\$45.00

TIME:5:15pm

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LAKETRAN

Don't forget to take advantage of Laketran door-to-door transportation. Just set up your ride with Laketran to and from any Center and your fare will be paid for from the Lake County Senior Citizen's Services Levy.

All this made possible by the partnership between the Lake County Commissioners and Laketran.

SENIOR MARKET REMINDER (WEDNESDAY, FEBRUARY 20TH)

The distribution will start at 11:00am with registration starting at 10:00am.

Please bring proper ID with you. Once you sign in, you will be given a number for your place in line for the actual distribution.

RAFFLE TICKETS

Don't forget to try your luck on the 3 beautiful baskets in the office. All worth at least \$50.00. The drawing will be on February 14th Valentines Day. Winner need not be present. May be a great gift for your loved one!

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FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Blood Pressure
				Salon 9:15–3:00
_		_		
4	5	6	7	8
		Comfort Elves	Rocksino	Home & Garden
			ROCKSITIO	
	AARP	$\overline{}$	Salon 9:15–2:00	Salon 9:15–3:00
11	12	13	14	15
Attorney	Celina w/COA	Ethnic Lunch	Valentine Party	Brain Health
	Grd Point			
	Board Meeting		0-1 0-45 0-00	0-1 0-45 0-00
$\overline{}$	AARP	-	Salon 9:15–2:00	Salon 9:15–3:00
18	19	20	21	22
Closed	Lunch Bunch	Senior Market		Lori Lipton
Today	Holly's Hearing AARP	Comfort Elves		
	AAIVI	Connort Lives	Salon 9:15–2:00	Salon 9:15–3:00
25	26	27	28	
Cavs Game	Rocksino	Foot Dr.		
	AARP			
			Salon 9:15–2:00	



MONDAY, FEBRUARY 18TH

FEBRUARY BIRTHDAYS

Ray	Szymanski	1	Beth	Block	10	Shirley	Parks	17
Greg	Estep	2	Mary Jane	Mascella	10	Kathy	Brown	19
June	Gruber	2	Donald	Cerne	11	John	Scott	19
Dolores	Morelli	2	Florence	Lunato	11	Marcia	Scott	19
Val	Vidmar	2	Bernice	Merhar	11	Peggy	Scott	19
Dolores	DePaul	3	Lisa	Scheer	12	Erwin	Mandau	21
Sandra K.	Gifford	3	Pat	Hassett	13	Judy	Franke	22
Ron	Giangiacomo	5	Jennie	Panella	14	Ann	King	22
Beatrice	Jerkich	5	Robert	Panella	14	Carmen	Schembre	22
Donna	Krejsa	5	Gary	King	15	Jeffrey	Strnad	22
David	Knight	6	Maddy	Bosley	16	Rose	Wolf	22
Nancy	Gross	9	Stan	Kollar	16	Dolores	Rady	23
Irena	Johansonas	9	Margaret	Abel	17	Gloria	Brock	27
Crystal	Mars	9	Frieda	Lorik	17	Beatrice	Schaefer	27
Robert	Smalley	9				Shirley	Strnad	28

HAPPY BIRTHDAY

NEW YEAR 2019













JUST ANOTHER GREAT PARTY

PIG DROP 2019





IN KEEPING WITH OUR TRADITION, OUR MASCOT THE PIG ADORNED WITH OVER 250 LIGHTS WAS DROPPED FROM THE CEILING TO A ROWDY COUNT DOWN AS WE WELCOMED 2019 AND OUR 10TH.



YEAR OF COUNTRY MUSIC ON WEDNESDAY NITES Y'ALL COME ON DOWN AND JOIN US NOW