



**J.F.K. SENIOR CENTER BULLETIN**  
**MAY 2019**

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 Brochure on line at [www.eastlakeohio.com](http://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 CENTER WILL BE CLOSED**  
**MONDAY, May 27<sup>TH</sup> FOR MEMORIAL 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 Noon
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 <sup>st</sup> & 3 <sup>rd</sup> 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 M		Monday, 9:00 am
Aerobics and Cardio		Tuesday, 10:30am-11:15am
Low Impact Strength Training w/Diane		Monday, 1:15pm-2:00pm
Zumba with Diane (Low Impact)		Wednesday, 10:00 am-10:45am

Exercise with Diane; Thurs., 9:15 am-10:15	Core & Strength Class with Diane; Thur., 10:15m-10:45am
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# CENTER NEWS

## OUR THOUGHTS

We extend GET WELL WISHES to: Marge Simpson, Dorothy Mance, Charles Fields, Brenda Simpson and Trixee Moran. Hope you are feeling better soon. Condolences to Joanne Rees in the passing of her husband Charles, long time Eastlake Senior Center members.



## NUTRITION COUNCIL

Please join Heather for information on nutrition. Lifeline nutrition classes are offered to income eligible Lake Co. residents. You can earn \$10 in vouchers per class so a total of \$30 if you attend all 3 classes. Classes are June 7<sup>th</sup>, 14<sup>th</sup>, & 21<sup>st</sup>. Each class is between 60-90 minutes long. So Sign up for all three classes to receive \$30 in Vouchers.

DATE: All Listed Above

TIME: 9:30am in the Lobby



## REMINDER

Once you become a member of the Senior Center you can sign up and join the fitness center. There is a separate fee of \$15.00 a year for the fitness room, along with a signed note from your doctor giving you permission to exercise. The doctor note only applies for first time joining. If you are not a member of the center, you cannot use the exercise room.



## TIME CHANGE

The Senior Center will close at 3:30pm Monday, Tuesday, Thursday, and Friday. We will still remain open late on Wednesday Evenings for Country Nites. We are doing this to keep in order and time with the Service Department, as they will have to lock our doors on occasion.



## LAKETRAN

Please note for those of you that use Laketrans facility to go to and from the Center. Your pick up time has to be amended to the 2:30pm to 3:00pm time slot in order to be picked up to reflect the new time change with the Senior Center.



## HAIR SALON

Have you stopped by to see our Hair Salon. Don't forget it helps support the Center.



## TOPS

TOPS Taking Off Pounds Sensibly, meet every Wednesday Night. Come over and see what they are all about. They meet in the Comfort Elves room between 5:00- 6:30pm.



# HEALTH AND WELLNESS

## FOOT DOCTOR

DATE: Wednesday May 1<sup>st</sup> & Wednesday, May 22<sup>nd</sup> TIME: 9:00am – 2:00pm  
\$20.00 donation (PRE-REGISTRATION IS REQUIRED)



## HEARTLAND

Annie from Heartland will be here once again to check your blood pressure if you are interested.

DATE: Friday, May 3<sup>rd</sup> TIME: 9:00 in the Lobby



## CHARLES JENNINGS/UNITED HEALTH CARE

If you're over 65 and retiring, it's important to understand your health insurance options. If you're losing your current coverage, you may be eligible to sign up for Medicare coverage today. United Healthcare has a variety of plans designed to meet your needs. He will be in the lobby.

Date: Tuesday, June 4<sup>th</sup> TIME: 9:30am-11:30am



## DAY TRIPS

### GREAT LAKES THEATER

Come see Cleveland's Classic Company performing "Million Dollar Quartet" at the Hanna Theater, at Playhouse Square.

DATE: Tuesday, May 7<sup>th</sup> COST: \$25.00 TIME: 9:00am-12:00noon



### EUCLID CULINARY BISTRO

The Culinary end of the year buffet. Sign up in the office. We have the last seating at 12:30. The price is for the bus and meal.

DATE: Wednesday, May 8<sup>th</sup> COST: \$15.00 TIME: 12:10am-2:00pm



### MAHONING VALLEY CASINO

DATE: Thursday, May 9<sup>th</sup> COST: \$5.00 TIME: 9:15am-4:30pm



### CLEVELAND ORCHESTRA

Enrich your concert experience with a FREE Concert Preview beginning one hour before concert start time, while enjoying complimentary coffee, tea, and pastries!

DATE: Friday, May 10<sup>th</sup> COST: \$32.00 TIME: 9:30am-1:00pm



### HARTVILLE

We are back on for our monthly trips to Hartville. Grab a friend and hop on the bus.

DATE: Monday, May 13<sup>th</sup> COST: \$5.00 TIME: 8:15am-4:30pm





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.

## MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Comfort Elves  Foot Dr.	<b>2</b>  Salon 9:15–2:00	<b>3</b> BP w/Heartland  Salon 9:15–3:00
<b>6</b>	<b>7</b> Great Lakes Theater	<b>8</b>  Euclid Bistro	<b>9</b>  Youngstown Salon 9:15–2:00	<b>10</b> Orchestra  Salon 9:15–3:00
<b>13</b> Attorney Hartville	<b>14</b> Celina w/COA Board Meeting Grande Pointe	<b>15</b>  Comfort Elves	<b>16</b> Ethnic Lunch  Salon 9:15–2:00	<b>17</b>  Salon 9:15–3:00
<b>20</b>	<b>21</b> Senior Day at the Mall	<b>22</b> Foot Dr.	<b>23</b>  Salon 9:15–2:00	<b>24</b>  Salon 9:15–3:00
<b>27</b> Closed Today	<b>28</b> Presque Isle	<b>29</b>	<b>30</b> Willowick Garage Sale Salon 9:15–2:00	<b>31</b> Rabbit Run Salon 9:15–3:00



MAY WE NEVER FORGET

## MAY BIRTHDAYS

Carol	Buehner	1	Margery	Simpson	10	Sue	Golenberke	23
Beverly	Schultz	1	Connie	Morgan	12	Geraldine	Nemetz	24
Tammie	Reilly	2	Carol	Terranova	12	Patsy	Boggs	25
Raymond	Talladino	2	Diane	Coffman	13	Jeanette	Fabian	25
Joey (Joseph)	Wilson	3	Victoria	Rinaldi	13	Rosemary	McIntosh	25
Raymond	Vidrick	4	Martin	Rini	13	Elizabeth	McLoughlin	25
JoAnn	DiLuzio	5	Ludmila	Valentic	13	Joyce	McMahon	25
Orberdella	Samuel	5	Lorilee	Weier	13	George	Effinger	26
Bonnie	Schneider	6	Anita	Frantz	16	Patricia	Effland	26
Karen	Walker	6	Janet	Galgoczy	16	Bernice	Hicks	26
Dennis	Giangiacomo	7	Andrew	Rysko	16	John	Brewer	28
Patricia	Henry	8	Marlene	Sorz	17	Karen	Longert	28
Nancy	Loren	9	Dolores	Sierputowski	18	Janice	Valentino	28
Daniel	Matz	9	Kathleen	Simpson	18	Margaret	Murphy	29
James	Sifling	9	Georgene	Maurer	21	Marilyn	Coyne	30
David	Harrivel	10	Brenda	Mussig	21	Mary Ellen	Paolo	30
Rose Marie	Mullins	10	William	Reilly	21	Tim	Spahlinger	30

# HAPPY BIRTHDAY

# BUNNY HOP PARTY



WEDNESDAY NITES GREAT PARTYS

# BUNNY HOP WEDNESDAY NITE



Y'ALL COME ON DOWN AND JOIN US NOW