

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

1580 East 332<sup>nd</sup> Street Eastlake, Grace Giangiacomo, Senior Center Director Brochure on line at <u>www.eastlakeohio.com</u>

Ohio 44095 TEL440-975-4268

E-Mail: gg@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

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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.,	Core & Strength Class with Diane;Thur.,
9:15 am-10;15	10:15m-10;45am

## **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 Laketran's 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

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# **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

#### ETHNIC LUNCH

This is our last Ethnic Lunch. We will start with the Winery Trips in June. We have tried 4 different style foods since January. So it Fuji Restaurant in Mentor...your choice of food, all under one roof!

Thursday, May 16st

COST:\$5.00

TIME:11:00am-1:00pm

### **SENIOR DAY AT THE MALL**

Don't forget to get your ticket and join us for a fun-filled day at the Mall.

DATE:Tuesday, May 21<sup>st</sup> TICKET COST:\$1.00 TIME:9:00am-2:30pm

#### PRESQUE ISLE

We are on the road again...Presque Isle here we come! This will be back on the schedule once a month again, usually the last Tuesday of every month.

DATE: Tuesday, May 28<sup>th</sup>

COST:\$5.00

Time:9:15am-4:30pm

#### **READY TO GARAGE SALE**

The Willowick Senior Center is starting up again with garage sales. If interested, meet at the Willowick Center and enjoy this fun-filled day. Don't forget to bring some bags and name tags with you. Sign up in the office and I will let Kerri know for her count.

DATE:Thursday, May 30<sup>th</sup>

COST:\$3.00

Time:8:30am

### **RABBIT RUN THEATER**

We are joining Willowick for this production of Forever Plaid, sign up in the office. DATE:Friday, May 31<sup>st</sup> COST:\$27:00 TIME:6:00pm

# PARTIES AND GET-TOGETHERS BREAKFAST WITH GRANDE POINTE

Jason from Grande Pointe will be here with waffles again, "Let go of my Eggo" Please sign up in the office for our count.

DATE: Tuesday, May 14th

TIME:9:30am in the Lobby

## **FUTURE TRIPS**

The Winery Trips will start in June, they are scheduled for Friday's. Pancakes in the park will be June 19<sup>th</sup>, July 17<sup>th</sup> and August 14<sup>th.</sup> Our Beach Picnics will start in July, on Thursday's, Put-n-Bay will be Wednesday August 14<sup>th,</sup> Senior Day at the Zoo is Wednesday, September 4<sup>th</sup> The Indian's Game will be Thursday, September 5<sup>th</sup>, Our Clam Bake is schedule for Saturday, September 28<sup>th...</sup>

Check the kiosk in the lobby for future summer trips, and other trips and fun things to do.

Don't forget to mark your calendars.

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



# **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	hWilson	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	<b>Patricia</b>	Effland	26
Karen	Walker	6	Janet	Galgoczy	16	Bernice	Hicks	26
Dennis	Giangiacomo	7	Andrew	Rysko	16	John	Brewer	28
<b>Patricia</b>	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