



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

1580 East 332<sup>nd</sup> Street      Eastlake,      Ohio 44095      TEL440-975-4268  
 Grace Giangiacomo, Senior Center Director      E-Mail: [gg@eastlakeohio.com](mailto:gg@eastlakeohio.com)  
 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 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 (will return in Sept)	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)
LCR	THURSDAY	12:30 pm
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

**EASTLAKE SENIOR CENTER IS FUNDED BY THE CITY OF EASTLAKE AND THE LAKE COUNTY SENIOR CITIZENS LEVY.**

**CENTER NEWS**  
**OUR THOUGHTS**

We extend GET WELL WISHES to: Shirley Downs, hope you're feeling better soon. Our Condolences to the family of Janice Fritsch in the passing of her mother Dee Rady, and to Rosemary Glogovsky (who was Dee's sister) and also the passing of Rosemary husband James, to Vickie Raider in the passing of her sister Angela, to June Slapnik in the passing of her husband James, and to the family of Karen Walker, our Wednesday afternoon Secretary and long time Ceramic Member.



**HAIR SALON**

Spring into the salon and get a haircut or step into your sandals with a pedicure.



**YOGA**

Don't forget we are here on Monday for Chair Yoga. Stop by and see our new instructor Diane Monaco. Not only will this reduce your stress and but it's a chance to meet people and socialize. The class starts at 9:00am on Monday mornings. Hope to see you then.



**TOPS**

Taking Off Pounds Sensibly meet every Wednesday Night between 5:00PM-6:30PM



**RECYCLE OLD CELL PHONES**

Just a reminder, if you have an old cell phone to get rid of just bring it in. They are being sent to our troops overseas.



**SENIOR DAY AT THE MALL**

Thanks to all that attended the festivities at Senior Day. It was a good event and a good time was had by all. Don't forget to congratulate Ralph West as our 2018 Volunteer of the year.



**SENIOR MARKET**

Stop by the Eastlake Senior Center on the third Wednesday of every month for a fresh fruit and produce distribution. 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.

**DATE: Of Distribution Wednesday, June 19<sup>th</sup> TIME:11:00am**



**FLEA MARKET HERE AT THE CENTER**

Flea Market/Junk in your Trunk open to the public will be held rain or shine indoors/outdoors. Vendors welcome. \$20.00 for a table, \$5.00 extra for electricity and \$10.00 for a spot outdoors.

**DATE: Saturday, July 13<sup>th</sup>**

**TIME: 9:00am-3:00pm**



**PLEASE NOTE FOR THE FLEA MARKET**

Anyone having any items to donate, please bring to the Center. We will need volunteers to price items, and also to work the table on the day of the sale. For all others who would like to participate in this sale, it will be held inside and outside. Tables inside will cost \$20.00 and outside will be "Junk in your trunk" for \$10.00.

Check with the office if interested, for either purchasing a table or for volunteering,



**PARTIES AND GET-TOGETHERS**  
**GRANDE POINTE**

Jason will be here with bagels and yogurt. Please sign up in the office for our count.  
DATE: Tuesday, June 11<sup>th</sup> TIME: 9:30am, In the Lobby



**PANCAKES IN THE PARK**

Enjoy a free pancake breakfast at this three-season shelter at Lake Erie Bluffs in Perry Township with a trail cart ride to scenic view points of the lake.

If not interested in that, enjoy a hike on your own. Fifteen tickets are available.

Sponsored by Lake Metro Parks and Laketrans. Laketrans will pick up here at the Center between 8:30 & 9:00 for your Breakfast Serving between 9:30am- 10:00am

DATE: Wednesday, June 19<sup>th</sup> TIME: 8:30am-11:30am



**HEALTH AND WELLNESS**

**CHARLES JENNINGS/UNITED HEALTHCARE**

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 Health care has a variety of plans designed to meet your needs.

Get the Medicare coverage that meets your needs.

Date; Tuesday, June 4<sup>th</sup> TIME: 9:30am in the Lobby



**BLOOD PRESSURE/HEARTLAND**

DATE: Friday, June 7<sup>th</sup> TIME: 9:30am-10:30am



**FOOT DOCTOR**

(PRE-REGISTRATION IS REQUIRED)

DATE: Wednesday, June 26<sup>th</sup> & July 24<sup>th</sup> h TIME: 9:00am – 2:00pm

(\$20.00 donation)



**COMMUNITY OUTREACH SOCIAL WORKER**

The Lake County Council on Aging now has a Community Outreach Social Worker. Rachel Love, will be onsite to answers questions, provide information, and to make sure that your needs are being met. Should you have a concern or problem that you are facing, assistance is available to help you problem solve and come up with a solution. This could include information and assistance with: In-home care, Home Safety, Health Insurance, Prescription Assistance, Legal and Financial Issues, HEAP, Food Resources, Housing, Medicaid, Food Stamps, Mental Health, Hygiene, Health and Wellness, etc. Rachel will be here every Third Tuesday of the month from 10:00am to 11:30am, starting June 18th.

If need be she can meet with you in a private room.

DATE: Tuesday, June 18<sup>th</sup>

TIME:10:00am-11:30am in the Lobby



**LIFELINE SUMMER NUTRITION CLASSES**

Registration is required. Lifeline Summer Nutrition Classes are for income eligible Lake County residents. Earn a \$10 voucher for the farmers market for each class you attend– up to \$30! Vouchers accepted at the following markets. Painesville Farmers Market Every Thursday 12 pm to 4 pm. Willoughby Outdoor Market every Saturday 8 am to 12 pm. The Classes are as follows respectively with the times and dates below; Nutrient Rich Eating, Shaking the Salt Habit with Herbs, & Ideas to Eat Smart on a Tight Budget.

DATES: Friday, June 7<sup>th</sup> Friday, June 14<sup>th</sup> Friday, June 21<sup>st</sup> TIME: 9:30-11:00AM



**DAY TRIPS**

**ROCKSINO**

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

DATE: Thursday, June 6<sup>th</sup>

COST:\$5.00

TIME: 9:30am-2:45pm



**CATTLE CALL**

This trip is with the Willowick Senior Center, if interested, please sign up now for the trip is this week. They are going to visit Radell's, Azman's and Rudy's butcher shops. Bring a cooler bag. Lunch is on your own. Meet at the Willowick Center at 9:45am.

DATE:Thursday, June 6<sup>th</sup>

COST:\$4.00

TIME:10:00am



**HARTVILLE**

DATE:Monday, June 10<sup>th</sup>

COST:\$5.00

TIME:8:15am-4:30pm



**LUNCH BUNCH**

Going to Strongsville to have lunch at The Rail.

Menu will be in the office.

DATE: Thursday, June 13<sup>th</sup>

COST: \$5.00

TIME:10:15am – 1:30pm





# JUNE 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>3</b>	<b>4</b> Charles Jennings United Healthcare	<b>5</b> <b>Comfort Elves</b>	<b>6</b> <b>Rocksino</b>  Salon 9:15–2:00	<b>7</b>  <b>Blood Pressure</b>  Salon 9:15–3:00
<b>10</b> <b>Attorney Hartville</b>	<b>11</b>  Celina w/COA  <b>Grande Pointe</b>	<b>12</b>	<b>13</b>  Lunch Bunch  Salon 9:15–2:00	<b>14</b>    Salon 9:15–3:00
<b>17</b>	<b>18</b>  Board Meeting	<b>19</b>  Pancakes in Park  <b>Comfort Elves</b>	<b>20</b>    Salon 9:15–2:00	<b>21</b>  Hundley Winery
<b>24</b> Bingo Hilltop Place	<b>25</b> BBI Presque Isle	<b>26</b> <b>Foot Doctor</b>	<b>27</b> Nautica Trip  Salon 9:15–2:00	<b>28</b> <b>Rabbit Run</b>  Salon 9:15–3:00

## JUNE BIRTHDAYS

Carol	Ackerson	1	Sue	Sorensen	8	Don	Winters	19
William	Moster	1	Dorothy	Bradac	9	Donald	Kishton	21
Betty	Triplett	1	Marie	Tomko	9	Carol	Morgan	21
Holden	Summers	2	Janice	Konte	10	Ruth	Papp	21
Jacquelyn	Fisher	3	Edna	Parisi	10	Steve	Adkins	22
Dorothy	Hartman	3	Linda	Davis	11	Jeffrey	Miller	22
June	Bliss	4	Valentine	Potocnik	11	Cheryl	Nicolosi	22
Linda	Jacobs	4	Mary Ann	Smith	11	Bernice	Zabroski	23
Mary Ann	Jambor	4	James	Ogrin	12	James	Poole	24
Alice	Kingzett	4	Lorand	Banda	13	Jeanette	Egan Hiller	25
Denise	Massey	4	Dorothy	Jankowski	13	Martha	Mandau	25
Ken	Selander	4	Thelma	Lawrence	13	Tina	Sherrick	26
Richard	Miecznikowski	5	Anthony	Minardo	13	Robert	Creter	27
Donita	Morley	6	Roy	Page	15	Cheryll	Whitney	27
Millie	Murphy	6	Anthony	Angelo	16	William	Crotser	28
Richard	Vargas	6	Alice	Ryan	16	Charles	Schroer	28
Sandra	Fischer	7	Carol A.	Zaorski	16	Rosemary	Baranauskas	29
Mary	Grcic	7	Thomas	McDaniel	17	Marie	Gearhart	29
Millie	Huber	8	Judith	Sabo	17	Marty	Hric	29
Jane T.	Mona	8	Leonard	Mullen	18	Linda	McCoy	29
			Michael	Becka	19	Christine	Morrison	29

**HAPPY  
BIRTHDAY**

# WEDNESDAY NITES MEMORIAL



Y'ALL COME ON DOWN AND JOIN US NOW