

J.F.K. SENIOR CENTER BULLETIN JULY 2019

1580 East 332nd StreetEastlake,Ohio 44095TEL440-975-4268Grace Giangiacomo, Senior Center DirectorE-Mail: gg@eastlakeohio.comE-Mail: gg@eastlakeohio.comBrochure on line at www.eastlakeohio.comHours: 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 st & 3 rd 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. DATE: Monday, July 8th

DAY TRIPS HARTVILLE

STATION DINNER THEATER

COST:\$5.00

We are hoping on board with Willowick to see Dick Clarkson, a Jukebox Hop. A 50's & 60's Bandstand Musical.

DATE:Wednesday, July 10th

COST:\$43.00

TIME:10:00am

ROCKSINO

DATE: Thursday, July 11th

COST:\$5.00

TIME: 9:30am-2:45pm

TIME:8:15am-3:30pm

LUNCH BUNCH

Going to Compadres Mexican Grill in Painesville. highly recommended by a fellow Senior.

DATE: Wednesday, July 17th

COST: \$5.00

TIME:10:30am – 1:00pm

MAIZE VALLEY WINERY

The Winery is near Hartville, it has a market, produce shop, as well as a gift shop. So eat, shop, drink, and repeat! Sign up by July 17th DATE:Friday, July 19th COST:\$5.00 TIME:10:00am-3:00pm

GARAGE "SAILING" WITH WILLOWICK

Join the Willowick Center for a day of Garage Sales (Sign up here.) DATE: Thursday, July 25[™] COST:\$3.00 TIMF:8:30am

LAKE COUNTY FAIR

It is Senior Day at the Fair. Free Seniors Activities, Bingo by WINT Radio, Vendor Displays, and lunch for 200 Seniors provided by Lake County Council on Aging (receive lunch tickets at the tent, 1st come, 1st served at the lake County Farm Bureau Entertainment Tent) DATE: Friday, July 26th COST:\$5.00 TIME:10:00am-1:30pm

RABBIT RUN THEATER

We are joining Willowick be at the Willowick Center at 5:45 to see "Mama Mia" Sign-up by July 5th.

DATE:Friday, July 26th

COST:\$25:00

TIME:6:00pm

PRESQUE ISLE

DATE: Tuesday, July 30th

COST:\$5.00

TIME:9:15am-4:30pm

Sign-up in the office.

PUT-IN-BAY

Both Willowick and our Center our off to Put-in-bay. Jet Express will take us to and from the Island. There will be no island tram tour this year, they have canceled this service! So you are on your own to shop, eat and enjoy the lake views. The itinerary is not complete, but sign-up will start this month. DATE:Wednesday, August 14th COST:\$40.00 TIME:TBD

CENTER NEWS OUR THOUGHTS

We extend GET WELL WISHES to: Donna Hoffman, Carol Syzmanski, Marie Daubenmire, Joyce Creter, & Shirley Downs. Hope you're feeling well soon. Condolences to the families of Donna Komaromy, June Slapnik in the passing of her husband James, Mike and Joann Yeckley in the passing of his sister Jane, and to Ken Selander in the passing of his wonderful 112 year old Aunt Lona.

OUR BEAUTIFUL VEGETABLE GARDEN

Barb, the garden is looking fabulous. The crops will be coming up soon! Thanks for all the hard work. You do amazing work.

EASTLAKE FLEA MARKET

Visit the Eastlake and Willowick Senior Centers on Sat. July 13th during the Flea market for a chance to win \$50 cash. You will receive a card that is to be stamped at both places. Turn your card in at the last place you visit. The winner need not be present to win, The drawing will be held on Tuesday, July 16th. BE SURE TO PUT YOUR NAME AND NUMBER ON THE CARD.

FIREWORKS JULY 4TH

Come enjoy the Fourth of July Fireworks at the Lake County Captains Classic Park on Vine Street. DATE: Thursday, July 4th TIME: Doors open at 6:00pm with Fireworks at 9:30pm

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ANYONE FOR KAYAK LESSONS

Enjoy the Kayak program at Fairport Harbor and learn how to Kayak. Willowick will be driving. Lunch on your own afterwards. Sign-up in the office, there are 8 openings. COST:\$8.00

DATE: Tuesday, July23rd

TIME:9:30am

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SENIOR FARMER'S MARKET NUTRITION PROGRAM COUPONS

Applications will be available July 1st There will be a lottery with application being drawn on July 9th Applications will be available in the office on July 1st

PARTIES AND GET-TOGETHERS PANCAKES IN THE PARK

Enjoy a free pancake breakfast at Fairport Harbor. Then head to the water for a boating experience. Twenty tickets are available, your serving is scheduled for 9:15am. DATE:Wednesday, July 17th TIME:8:15am-12:30pm

SUMMER SHIN DIG AT PERRY SENIOR CENTER

Lunch includes a Burger, Baked Beans and Home-Made Potato Salad and of course
dessert. Our Renee and Bob from the Nutrition Site are grilling for us.Entertainment by Joe Scigliano. All this and we get to enjoy that beautiful lake view.
It will be a wonderful relaxing afternoon with good food, friends and entertainment.DATE:Wednesday, August 7thCOST:\$10.00TIME:11:00

HEALTH AND WELLNESS THURSDAY EXERCISE CLASS

Remember the Center is closed on Thursday, July 4th so no exercise class.

BLOOD PRESSURE

Friday. July 5th @ 9:am <u>Manor Care</u> will be here to take your <u>Blood Pressure</u>.

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. Sign up in the office.

DATE: Thursday, July 11th

TIME:8:30am-1:45pm

COMMUNITY OUTREACH SOCIAL WORKER

Rachel Love will be here to assist you with any problems, she will be your problem solver and come up with a solution. Rachel is here the third Tuesday of the month. DATE:Tuesday, July 16th TIME:10:00am-11:30am

HOLLY'S HEARING

If you are worried about your hearing, make sure you sign up, as someone from Holly's Hearing will be here to check your hearing. She will be set up in the Library. Sign up in the office.

DATE: Tuesday, July 23rd

TIME:9:00am-11:00am

FOOT DOCTOR (PRE-REGISTRATION IS REQUIRED)

DATE: Wednesday, July24th & August 28th

TIME:9:00am – 2:00pm

(\$20.00 donation)

The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, food services, homemaker services, public benefits assistance, information and referral. Please call (440) 205-8111 for more information or visit www.lccoa.org

HELP...HELP...HELP...PLEASE...PLEASE...PLEASE

To have a successful sale and raise money for our Center, we need your help. Our Flea Market is this month.

We will need baked goods for our bake sale, bring your goods in the day before. On Friday, July 12th we will need help setting up tables and putting out our goods to sell. On Saturday, we will most definitely need help with the sale and then there is the clean up. Make sure to stop in the office and sign up for what you would like to volunteer for.

TRIPS/BUS RIDES/SEATING

Please be considerate when going on trips to please park in the first lot. This allows parking for the Seniors who are coming for lunch and various activities. Also, please remember that you sit in the same seat going and returning on all given trips. It helps the escort in taking her count and making sure everyone is back on the bus before leaving for home.

THE CENTER WILL BE CLOSED THURSDAY, JULY 4^{TH} IN HONOR OF 4TH OF JULY.



JULY BIRTHDAYS

Dorothy	Schamp	1	Robert	Dunmire	16	Shirley	Vandervort	23
Betty (Mary)	Armelli	2	Nick	Lombardo	16	Thomas	Mospens	24
Andrew Stev(Rysko		2	Easter	Kopacka	17	Jean (pr.Jo	hrEeckhout	25
Barbara	Dvorak	3	John	Marn	17	Susan	Filion	25
Debbie	Bratys	4	Brennda	Pintar	17	Barbara	Henry	26
Judith M	Daykin	5	Goldie	Tenerove	17	Arleen	Engle	27
Sandra	Winter	5	Otis	Morony	20	Ona	Labadie	27
Juanita	Cawley	6	Beatrice	Oliveri	20	Vonda	Melton	28
Cristieann	Sifling	7	Walter	Strickland	20	Joanne	Rees	28
Georgeanne	e Picu	8	Anne	Herpak	21	James	Reese	28
Patricia	Farrar	10	Anita	Mason	21	Anthony	Sorensen	28
Magdalene	Wellborn	11	Regina	Whittington	21	Freddyan	Bender	30
Lynda	Hassett	12	Guerrino	Battaia	22	Paul	Cudnik	30
Ralph	West	12	Anna	Nevulis	22	Ronald	Howard	31
Bonita	Boyd	13	Marge	Toth	22	Jane	Page	31
Deborah	Dragar	14	Ŭ			Phyllis	Spallone	31

HAPPY BIRTHDAY

JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
			Closed for July 4 th	
			oury 4	Blood Pressure
			Salon 9:15–2:00	Salon 9:15–3:00
8	9	10	11	12
Attorney		Station Theater	Summer Heap	
Hartville	Celina w/COA		Rocksino	
	Board Meeting		Salon 9:15–2:00	Salon 9:15–3:00
15	16	17	18	19
		Senior Market		10/
	Social Worker	Comfort Elves		Winery
		Lunch Bunch Pancakes in Park	Salon 9:15–2:00	Salon 9:15–3:00
20	00			
22	23	24	25	26 Rabbit Run
	Holly Hearing Kayak Lessons	Comfort Elves	Garage Saling	Senior Day Lake County
		Foot Doctor		Fair Grounds
			Salon 9:15–2:00	Salon 9:15–3:00
29	30	31		
	Presque Isle			

HAVE YOURSELF A GREAT JULY 4TH. ENJOY THE FIREWORKS AND STAY SAFE

FLEA MARKET/JUNK IN YOUR TRUNK

EASTLAKE SENIOR CENTER 1580 East 332nd Street Eastlake, OH 44095

> SATURDAY, JULY 13TH 9:00am – 2:00pm ADMISSION FREE ENJOY A BAKE SALE CONCESSION STAND 50/50 RAFFLE



CALL 440-975-4268

When Stopping at the Eastlake and Willowick Senior Centers to shop today, Don't forget to get your free ticket for a chance to win a \$50.00 Gift Card.

The

Eastlake Senior Center is a non profit organization.

THANK-YOU FOR THE NEW FLAG POLE



AND THANK-YOU OTIS FOR YOUR WORK KEEPING UP A JFK TRADITION



Y'ALL COME ON DOWN AND JOIN US NOW