



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

1580 East 332nd Street Eastlake, Ohio 44095 TEL440-975-4268
Grace Giangiacomo, Senior Center Director E-Mail: gg@eastlakeohio.com
Brochure on line at 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	1st & 3rd 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.**

BLOOD PRESSURE

Manor Care will be here for Blood Pressure readings. Fri. August 2nd @ 9:am

FOOT DOCTOR

DATE: Wednesday August 28th (TIME:9:00am – ?) Wednesday, September 25th
\$20.00 donation (PRE-REGISTRATION IS REQUIRED)

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: Tuesday, August 27th

TIME:Starting at 8:30am

OUR THOUGHTS

**We extend GET WELL WISHES to: Robert Fleming, Pete Palicia, Tina Sherrick,
& Carmen Schembre, get well wishes to you.**

Condolences to the family's of Ann Schembre & Arlene Wagemaker in their passing and to Woody Simpson and his family in the passing of his dear wife and our great Thursday morning secretary Marge.



HAIR SALON

Make sure you stop at our Hair Salon to support the center.

NATIONAL SENIOR CITIZENS DAY

In 1988 Ronald Reagan declared August 21st to be National Senior Citizens Day. This observance was established in honor of senior citizens in the US who made positive contributions in their communities.

The day was also created to bring awareness of social, health, and economic issues that affect senior citizens.

Let's honor ourselves on this day.

SENIOR MARKET

Eastlake's Senior Market will be the third Wednesday of the month, (Wednesday, August 21st) from 11:00am-12:00pm. Please bring ID & bags for produce.

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

100 BOMBER GROUP

The VA group is enjoying a trip for lunch at this great restaurant. Hop on the bus to join them. Menu in the office.

DATE: Thursday, August 22nd

COST\$5.00

TIME:11:00am-2:30pm

[illegible]

HARTVILLE

DATE: Friday, August 23rd

COST:\$5.00

TIME: 8:15am-3:30pm

LUNCH BUNCH

The Golden Corral in Aurora is the place for lunch this month. This is a buffet so pick and choose your lunch.

DATE: Thursday, August 29th

COST: 5.00

TIME:10:30am – 1:15pm

SENIOR SAFARI AT THE CLEVELAND ZOO

The animals can't wait to see us! Get your sun screen, comfortable shoes and hop on the bus for our annual trip to the Cleveland Zoo. Sign-up open now.

DATE: Wednesday, September 4TH

COST:\$5.00

TIME:9:30am- 1:30pm

INDIANS GAME

Sign up in the office for tickets to see Indians vs White Sox. Grab a little lunch on your own before the 1:10 start. Sign-up by August 9th.

DATE: Thursday, September 5TH

COST:\$31.00

TIME:12:00pm

PARTIES AND GET-TOGETHERS

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 7th

COST:\$10.00

TIME:11:00-1:30pm

PANCAKES IN THE PARK

Enjoy a free breakfast at Hidden Lake. Afterward, enjoy a trail cart tour or a kayak ride.

Twelve tickets are available. Sign up by Friday, August 9th.

DATE:Wednesday, August 14th

TIME:8:15am-11:00pm

FAIRPORT HARBOR TRIP

To the Beach again, with a twist. We are having a pot luck picnic, we will still roast hot dogs with all the fixings! So if you can, bring a side dish. When you sign-in let us know what you will bring. Don't forget your sunscreen!

DATE: Thursday, August 15th

COST:\$5.00

TIME:11:15am-2:00pm

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Salon 9:15–2:00	2 Blood Pressure Salon 9:15–3:00
5	6	7 Comfort Elves Perry Picnic	8 Salon 9:15–2:00	9 Salon 9:15–3:00
12 Attorney	13 Racino COA Board Meeting	14 Put-n-Bay Pancake in Park	15 Picnic at Beach Salon 9:15–2:00	16 Winery Salon 9:15–3:00
19	20 Presque Isle	21 Senior Market Comfort Elves	22 Garage Saling VA Trip Salon 9:15–2:00	23 Hartville Salon 9:15–3:00
26	27 Summer Heap	28 Foot Doctor	29 Lunch Bunch Salon 9:15–2:00	30 Rabbit Run Salon 9:15–3:00

BETWEEN THE SUN AND THE RAINDROPS IT HAS MADE SOME VERY HUMID WEATHER.



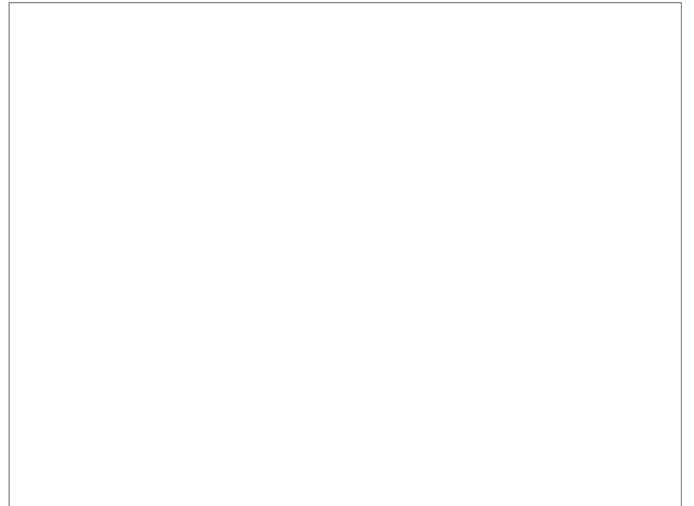
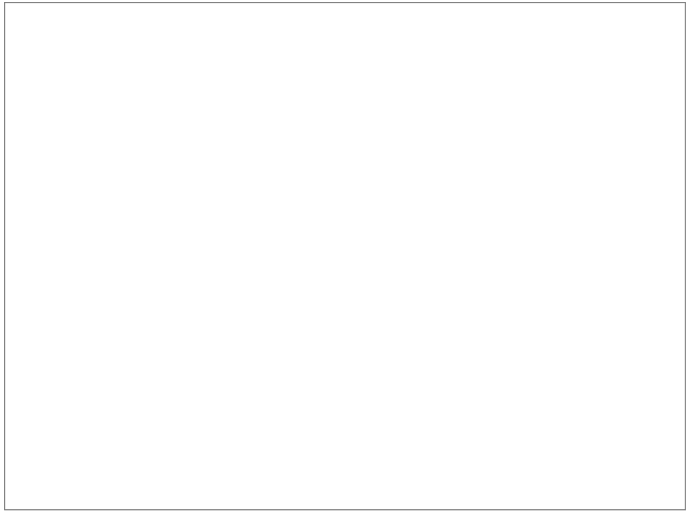
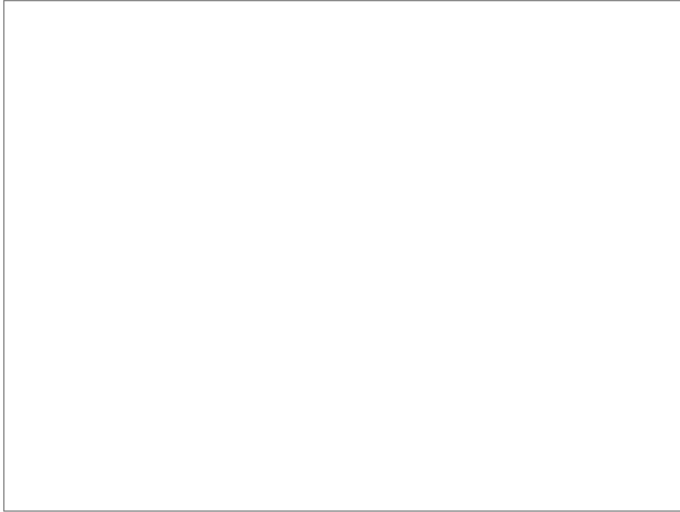
MAKE SURE YOU DRINK PLENTY OF WATER

AUGUST BIRTHDAYS

John	Bielawski	1	Linda	Vilcheck	10	Betty	McNeill	21
Robert	Fleming	1	Caroline	Wheaton	10	Maria L.	Petterson	21
Diane	Rodgers	1	Nick	Lonesky	11	Michael	Yeckley	21
Mary	Rupnow	1	Jerry	Sevilla	11	Harry	Clay Sr.	23
Alice	Debauche	2	Donna	Martin	12	Audrey	Kilrain	23
Connie	Fitzsimmons	2	Eileen	Wilder	12	Barbara	Zaharenwicz	23
Kenneth	Sray	2	Richard	Foster	13	Sue	Meeker	24
Ruth	Morel	4	David	Shoenfelt	14	Mary Lou	Clark	25
Patricia	Ozello	4	Frank	Valencic	14	Claudia	Cornwell	25
Lawrence	Sterk	4	Elizabeth	Hossman	15	Lori	Faust	25
Nancy	Bernard	7	Robert	Steven	15	Lois	Smoley	25
Karen	Dymanski	8	Shannon	Bickel	16	Kim	Helmick	27
Hope	Kazek	8	Barbara	Green	16	Reta	King	28
Janet	Azusenis	9	Elizabeth	Small	16	Kathleen	Lind	28
Edward	Dragar	9	Lester	Hoppert	17	Nancy	Schaefer	28
Roseann	Garrison	9	Paik Hua	Chuah	18	George	Kistner	29
Sherry	Hartsock	9	Harry	Simpson	19	Bonnie	Averitt	30
Mildred	McDaniel	9	Marilyn	Vidmar	19	Sheila	Kelly	30
Sharon	Knight	10	Terry	Agnes	20	Angela	Ruggiero	30
Betty	Monroe	10	Frank	Mohoric	20	Andrew	Stawicki	30
Jelena	Radocaj	10	Frank G.	Parks	20	Charlene	Thomas	30
Harry	Spencer	10	Cathy	Krupka	21	Brenda	Simpson	31

**HAPPY
BIRTHDAY**

JULY 4th . PARTY



WEDNESDAY NITES GREAT PARTYS

JULY 4TH.



Y'ALL COME ON DOWN AND JOIN US NOW