

#### J.F.K. SENIOR CENTER BULLETIN JANUARY 2020

1580 East 332nd StreetEastlake,Ohio 44095TEL440-975-4268Grace Giangiacomo, Senior Center DirectorE-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

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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 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.

## **DAY TRIPS**

#### **MGM NORTHFIELD**

We will be going to the Casino once a month. In April we will start going to Presque as well. So find your friend and go have fun.

DATE: Thursday, January 9<sup>th</sup> CO

COST:\$5.00

TIME: 9:30am-1:45pm

#### **ORCHESTRA**

Enjoy another concert at the beautiful Severance Hall. Pre-concert lecture with muffins and coffee. (Cost is for Ticket & Bus Ride)

Date: Friday, January 10<sup>th</sup> Cost: \$32 per person Time: 9:15am-1:00pm

#### HARTVILLE

If you want to spend a day at Hartville, we will get a bus as long as we have 12 passengers, so get your friends together, and hop on the bus.

DATE: Monday, January 13<sup>th</sup> COST:\$5.00 TIME:8:15am-3:30pm

#### LUNCH BUNCH

We are going back to the 50's. Lunch at Big Boy's in Valley View. Get your Bobby Socks and off we go!

DATE: Tuesday, January 14<sup>th</sup>

COST: \$5.00

TIME:11:00am – 1:30pm

#### THIS MONTH'S ETHNIC LUNCH

Chinese New Year starts January 25<sup>th</sup> let's celebrate with our first ethnic lunch to China Buffet in Mentor, it has always been a favorite for many of you, so this is the place. DATE: Tuesday, January 28<sup>th</sup> COST\$5.00 TIME:11:00am-1:00pm

#### **HOME & GARDEN SHOW**

Get a little taste of "Spring Time" visit the beautiful gardens, watch some cooking demo's or<br/>just visit all the different vendors. (SIGN UP IN OFFICE BY JANUARY 27th)DATE: Friday, February 7thCost:\$14.00TIME:10:30am-3:00pm

#### **GREAT LAKES THEATER**

Enjoy this Tony winning play of the Slueth. DATE: Tuesday, February 18<sup>th</sup> COST:\$20.00 TIME:9:00am- 1:00pm

PARTIES AND GET-TOGETHERS JANUARY IS NATIONAL SOUP MONTH

We will have soup every Monday at 11:00am. Stop by and buy a bowl. Date:January 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>st</sup>, 27<sup>th</sup> COST:\$2.00 TIME: 11:00am in the Lobby

#### NATIONAL CROISSANT DAY

Hmm, what will I do with a croissant?! Sign up and see!! DATE:Thursday, January 30<sup>th</sup> Cost:\$2:00 TIME:12 Noon in the Lobby

#### VALENTINES DAY

Let's celebrate Valentines day, bring a small treat to share with someone, (a small candy bar or a cookie, or your own idea of a treat!). We will have punch and cookies and will play a game of LCR! DATE: Friday, February 14<sup>th</sup> Cost:\$2.00 TIME:12:15pm

## CENTER NEWS OUR THOUGHTS

We extend GET WELL WISHES to:Marlene Sorz, Rose Mchintosh, and Tony Minardo. Hope you are feeling better.

Condolences to the families of Wayne Williams, Gloria Gibbons, and to Harry and Brenda Simpson in the passing of Harry's brother Reg.

#### THANK YOU

My Sincere Thanks to all for the Fabulous Christmas Gift I received from everyone at our Christmas Party. I was overwhelmed by your generosity. As I have said before "I take great pride in our Senior Center" and will continue to make this place a "home-awayfrom-home".

### HAIR SALON

She's back, stop by for a manicure or hair cut or just to say hi. Remember the Salon helps support the Center.

#### <u>TOPS</u>

Taking Off Pounds Sensibly, meet every Wednesday Night between 5:00pm- 6:30pm.

#### IT'S THAT TIME OF THE YEAR AGAIN

AARP will be doing taxes every Tuesday from 9:30am- 3:00pm, starting Tuesday, February 4<sup>th</sup> through Tuesday, April 7<sup>th</sup>. Sign up will start on Monday, January 13<sup>th</sup>

#### FOOD BANK

Thank you to all who donated any food to the food bank and for all your donations and gifts for the kids. It helped a lot of families for Christmas.

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#### MARTIN LUTHER KING DAY

Please make arrangements for lunch, as the Nutrition Site will be closed on Monday, January 20<sup>th</sup> in honor of Martin Luther King Jr. Day. (THE CENTER WILL BE OPEN)

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#### **INCLEMENT WEATHER**

Just a reminder, when the Willoughby-Eastlake School System closes due to severe weather, the Nutrition Site <u>will remain open</u>. The Nutrition Site will determine when to cancel. Please watch Channels 3 & 5.

Listen for <u>LAKE COUNTY EASTLAKE MEALS ON WHEELS</u> BEING CLOSED. That will determine if lunch will be served that day.

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#### **MEMBERSHIP SIGN UP**

Sign up is on an annual basis now, but for the most of you, your sign up will be in January. Don't forget to sign up so you can continue to join all our free classes and go on our day trips.

#### MITTEN TREE

Thanks to all who made the Mitten Tree so full of wonderful, warm and cozy mittens, hats, and scarfs for all the young children.

Thanks Brenda and Irene for making sure this all happened.

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, when you enter the center and in all the rooms you participate in, in any given program.

Please help us in doing so, as it helps with our share of levy funds.

## CENTER NEWS CONTINUED INFO ON THE COMING MONTHS

We will be having a few health clinics at the Center, along with some public speaking on different topics that may benefit you. If there is anything or anyone that you would like to hear from, just let me know and I will do my best to bring someone in on that topic. When the weather does warm up, we will continue with our regular happenings here at the Center. We hope you will look forward to new things to do and see. I will always welcome any suggestions from you, whether it is for a trip, or a get-together. The bulletin will still come out the last day of the month. If it is earlier, the rule is, sign-up is the first working day of each month. If there is a trip the first part of the new month, I will post it the previous month, so as you will have enough time to sign up. Remember signing up early assures that the trip will go out...LET'S KEEP THE EASTLAKE SENIOR CENTER A FUN PLACE TO BE!

## **NEED A RIDE TO THE CENTER**

We can help with that. Just set up your ride with Laketran to and from the Center and your fare will be paid for from the Lake County Senior Citizen's Services Levy. All this made possible by the partnership between the Lake County Commissioners and Laketran.

## SENIOR MARKET REMINDER (WEDNESDAY, JANUARY 15<sup>TH</sup>)

It will continue on the third Wednesday of every month at 11:00am. 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.

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#### **CHRISTMAS HOLIDAY PARTY/VOTE**

I would like to take a vote on where you would like to have our Christmas Party for 2020. We have three choices: Dubrovnik in Eastlake, Patrician in Eastlake and Pine ridge in Willoughby.

The most votes will be the place. Let the office know. Thank you.

## HEALTH AND WELLNESS

#### <u>YOGA</u>

We want to Thank Diane for a great year with her in her YOGA Classes. Good Luck in your new chapter of life. We will miss you.

We will be having a new teacher, not sure if it will be the same day and time.

Remember Yoga does reduce stress.

The class is not only for you to improve on your health, but it's a chance to meet people and socialize. Stayed tuned for news on the new class.

#### FOOT DOCTOR

DATE:Wednesday, January 22<sup>nd</sup> & Wednesday February 26<sup>th</sup> TIME:9:00am – 2:00pm \$20.00 donation (PRE-REGISTRATION IS REQUIRED)

### ANTHEM SPECIAL NEEDS PLAN

Lori Lipton will be stopping by with refreshments to welcome in the new year. Stop by and say hi. If anyone needs to contact her, she can be reached at (440) 358-1266.

Thursday & Friday, January, 16 & 17<sup>th</sup> TIME:10:00am in the Lobby

# **JANUARY 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 2 Comfort Elves		3	
			Salon 9:15–2:00	Salon 9:15–3:00	
6	7	8	9 MGM	10	
soup			Salon 9:15–2:00	Salon 9:15–3:00	
13	14	15	16	17	
soup Attorney HARTVILLE	Lunch Bunch Board Meeting Celina w/COA	Senior Market Comfort Elves			
			Salon 9:15–2:00	Salon 9:15–3:00	
20 Nutrition Site Closed	21	22 Foot Dr.	23	24	
soup			Salon 9:15–2:00	Salon 9:15–3:00	
27 soup Last day to sign	28	29 Ethnic Lunch	30 Croissant Day	31	
Home & Show	-				

HAPPY NEW YEAR TO ALL. HERE'S TO ANOTHER GREAT YEAR AT THE EASTLAKE SENIOR CENTER. KEEP SMILING, IT'S THE BEST *THERAPY!* 

## JANUARY BIRTHDAYS

Patricia	Goodrich	2	Sam	Kopacka	12	Elaine	Riha	24
Diane	Morony	2	Cindy	McDaniel	12	Marieta	Velecina	24
Cynthia	Debenedictis	4	Timothy	Shaffer	12	Barbara	Chester	25
Sondra	Jordan	4	Theresa	Vaiksnoras	12	Pat	Pecjak	25
Bob	Lockard	4	Thurman	Cornwell	13	Marion	Hanna	26
Anthony	O'Brochta	4	Margaret	Moore	13	Robert	Meiser	26
Anthony	Vitolo	4	Eleanor	Ambrose	15	Lynn Susan	Sestak	26
David	Wayner	4	Charles	Fields	15	Anita	Matz	27
Mary Ann	Yeckley	4	Mary Ann	Glavic	16	Erna	Hammond	28
Patti	Hanley	8	Terrill	Quirk	16	Richard	Lehman	28
Elaine	Campbell	9	Annamarie	Sakach	16	Paul	Carani	29
Carole	Czeck	9	Millie	Perrault	18	Grace	Giangiacomo	29
James	Kingzett	9	Elsie	Lowery	19	Donna	Kramasz	29
Barbara	Strickland	9	Diane	Turchetta	19	Geraldine	Staab	29
Nancy	Siefert	10	George	Fischer	20	Ruth	Arbuckle	30
Anna	Zadzora	10	Colleen	Bish	21	Jean	McPherson	30
Jack	Parks	11	Sarah	Burd	23	Sue	Bartlebaugh	31
Robert	Chesnes	12	Clare	Lane	23	Janet	Bizay	31

# HAPPY BIRTHDAY

# **COUNTRY CHRISTMAS 2019**













# **MERRY CHRISTMAS TO ALL**

# AND TO ALL A GOOD NIGHT













# Y'ALL COME ON DOWN AND JOIN US NOW