

J.F.K. SENIOR CENTER

1580 EAST 332 STREET
EASTLAKE, OHIO 44095
440 - 975 - 4268
frankdoberdruk@yahoo.com
Frank Doberdruk-Senior Coordinator
Hours: 8 a.m. - 4 p.m.

AUGUST 2008

You can find this brochure on line at "www.eastlakeohio.com"

PROGRAMS

The JFK Center offers many programs that meet on a weekly basis. These activities are free and pre-registration is not required. (Unless noted below)

BINGO	MON-FRI	12:30—3:00 P.M.
	\$.03 per Card	
PINOCHLE	FRIDAY	12:30 P.M.
(BEGINNERS AT 10:30 AM WITH LORRAINE LONGO)		
LINE DANCING	TUES.	12:30 P.M.
"	THURS.	1:00 P.M.
TAI CHI	WEDS.	8:30 A.M.
LCR DICE GAME	4th THURS.	12:30 P.M.
CERAMICS	MON., TUES., WED, FRI.	
	\$12/12 WEEK SESSION	
WOODBURNING	TUES.	9:00 A.M.
SENIOR SINGERS	MON.	10:00 A.M.
CRAFTY KNITTERS	THURS.	9:00 A.M.

A BODY IN MOTION....
EXERCISE WITH STEPHANIE
SIT DOWN EXERCISE
Mondays 12:45 P.M. & Thursdays 9:15 A.M.
IMPACT AEROBICS
Mondays 1:30 P.M. & Thursdays 10:00 A.M.
STRETCH & TONE
Tuesdays 9:15 A.M. - 10:00 A.M.
FREE PROGRAMS
Stop in & try a class.

OUR THOUGHTS

This section is reserved for our members who are ill. Please help us keep it updated. Get well wishes are extended to Betty Azre, Dolores Bisbee, Bill Deaton, Sue Diliberto, Jean Esterhay, Gussie Finotti, Howard Hicks, Violet Locher, Margaret Svoboda, Ruth Werstat, Cecil Wright, and George Zadzora.

NEW CENTER POLICY:

ANYONE THAT SUBMITS A CHECK FOR DEPOSIT MUST HAVE THE MONEY IN THE BANK TO COVER THAT CHECK. NO EXCEPTIONS.

FRIENDLY VISITORS

We have approximately twenty trained volunteers who as a group, visit people in nursing homes. This is a very rewarding and fun-filled program. We are looking for more volunteers for a few hours a month. Call or stop in the office for more information.

Visit Days: Wednesday, August 6 and 20

Time: 9:00 a.m.

FOOT DOCTOR

Dr. Coppers will be here on **Wednesday, August 20 from 8:00 to 4:00 p.m.**
\$10.00 DONATION IS PAID AT APPOINTMENT.

TRIP MEETING

We will have a meeting on the **Vermont** trip on **Tuesday, September 16 at 1 p.m.**

ALL THURSDAYS ARE MOVIE DAY!

Enjoy our new 50" DHTV. All movies begin at **12:30 p.m.**

August 7 Wild Hogs

August 14 Stallone's Rambo (Men's action movie, rated R for strong, graphic violence)

August 21 The Bucket List

August 28 The Rookie

FREE! Popcorn included.

BOARD AND OPEN MEETINGS

Our Board meeting (8:30 AM) and Open meeting (11:00 AM) will take place on Tuesday, August 12.

“OSHIIP” (OHIO SENIOR’S HEALTH INSURANCE INFORMATION PROGRAM)

A trained counselor will be here at the Center on **Thursday, August 14 and 28 from 10:00 -11:30 a.m.** He'll help explain your health care (hospital and doctor) bills. He will also make the necessary calls to help you get answers. No appointment necessary.

LUNCH BUNCH

We'll be going to Mary Yoder's Restaurant this month.

Date: Wednesday, August 27

Time: 11:00 a.m.

Cost: \$2.00 (covers transportation; order from the menu on you)

CLEANING THE CENTER

Join the fun!! The August work parties are scheduled for **Wednesday, August 13 and 27.** Meet in the lunch room after lunch.

RED HAT PEARL BELLES

We will be meeting at the Center.

Date: Monday, August 18 Time: 12:30 p.m.

Any questions call Queen Pat @216-408-3464.

BLOOD PRESSURE: All BP Readings are 10:30-11:30 AM

In cooperation with Breckenridge Senior Independence, a nurse will be at the Center checking everyone's Blood Pressure on **Tuesday, August 12.** There will also be blood pressure checking on **Thursday, August 21.**

REVERSE MORTGAGE LECTURE

Learn about this method of borrowing money from your house.

Date: Tuesday, August 5 Time: 10:00 a.m. Cost: Free

FALL PREVENTION CLINIC

The Cleveland Clinic's Outreach Coordinator, Donna Snider, will lecture on “falls.” As the saying goes, “If you slip, you break your hip.” So, don't slip or trip. Listen to this free lecture

Date: Thursday, August 7 Time: 10 a.m. FREE

CAROUSEL DINNER THEATRE

Join us for a delicious dinner and “The Wizard of Oz.” Come see the newest take on this classic.

Date: Wednesday, September 17

Time: 11 a.m. – 6 p.m.

Cost: \$44.00 (includes dinner, show and transportation)

HARTEVILLE FLEA MARKET

Back by popular demand. Join us for a day of shopping and dining in a country style

Date: Monday, August 11 Time: 8:15 a.m.-3:30 p.m. Cost: \$2.00

CANOE THE CHAGRIN RIVER

Come experience the beautiful, scenic Chagrin River in Eastlake. Enjoy a one hour guided tour. This trip is geared for seniors, very safe!! After the canoe trip, we will lunch on the River at Trader Jacks (ON YOU)

Date: Tuesday, August 12

Time: 9:30 a.m.-1:30 p.m.

Cost: \$8.00 (covers transportation and the canoe trip)

TAKE NOTICE! WII RELOCATION

The Senior Center has relocated the Wii Game to a new location to be called the Fun Center. It is located behind the Library.

PAVILION CLAM BAKE

Delight in an evening of Friends, Fun, Fine Food and Music in the new Pavilion. The food, provided by G.G. White, will include one dozen clams, chicken, baked sweet potato, corn on the cob, New England clam chowder, coleslaw, pasta salad, rolls and butter. Dinner will be from 5-6 p.m. Music, which follows dinner, will be provided by the Ron Stark Orchestra.

Date: Wednesday, September 24

Time: 5-8 p.m.

Cost: \$19.00 (or \$15.00 with no clams)

GEAUGA COUNTY FAIR

This trip is back, so join us as we travel to the oldest county fair in Burton, Ohio. But, first stop is at Mary Yoder's in Middlefield for lunch; then, it's off to the fair.

Date: Friday, August 29

Time: 10:30 a.m. – 4:00 p.m.

Cost: \$2.00

CLEVELAND SIGHT CENTER

This is a support group meeting for those with visual problems.

Date: Monday, August 11 Time: 10:30 a.m. Cost: FREE

NOTE: We have in the main lobby, a Merline Reader, a magnifying device to assist in reading small print, such as newspapers. This is on loan from the Cleveland Sight Center. Please take a look at this unit and try it out. It will be here for you to use, so use it!

PS: We will be planning a trip to the Sight Center in September. Watch for the announcement in next month's bulletin.

NEW COMER'S MEETING

Date: Thursday, August 14 Time: 10:30 a.m.

OLD FIREHOUSE WINERY

Take a trip to Geneva-on-the-Lake's Firehouse Winery. Enjoy lunch on the patio with a choice of chicken cordon blue, perch sandwich, or BBQ beef sandwich (menu details are available in the Office) plus dessert and beverage. The wine tasting will include seven wines.

Date: Friday, August 8

Time: 11:00 a.m.-3:00 p.m.

Cost: \$12.00 (includes transportation, meal and wine tasting)

MYSTERY TRIP

Hint: Think small and make tracks! Includes lunch for a song and a dance.

Date: Monday, August 18

Time: 9:30 a.m. – 1:30p.m.

Cost: \$10.00

STATION STREET DINNER THEATRE

This month's performance will be "The Broadway Melody Hour."

Date: Tuesday, August 26

Time: 10:30 a.m.

Cost: \$34.00

NEWS HERALD

Effective June 1, 2008, the cost to purchase the News Herald at the Center will be 25 cents per copy.

EARLY WARNING/MARK YOUR CALENDAR

Christmas Party ... Sunday, December 14 1:00 p.m.

New Year's Eve Party ... Wednesday, December 31 8:00 p.m

SENIOR SINGERS

The Senior Singers need music to help our group sing better. A volunteer who can play an instrument for one hour a week on Monday mornings from 10:00-11:00 a.m. is needed. Please see Marylou Hillyer or Sylvia MocarSKI for more details. Please join us! We want to make our Center proud of us!

VERMONT TOUR

We will be touring beautiful Vermont from October 6-11. Cost is \$635 per person based on double occupancy (\$275 single supplement). Included in this trip are five nights accommodations; four dinners (including Champlain Dinner Cruise); three continental breakfasts; admission to Morse Sugar Farm, Ben & Jerry's Ice Cream, Shelburne Museum, Vermont Teddy Bear Factory, UVM Morgan Horse Farm; visits to Trapp Family Lodge, Cold Hollow Cider Mill, Stowe village, Danforth Pewter, Lake Champlain Chocolate Factory, Middlebury; local guide with group while in Vermont, and baggage handling.

HIKE

Learn some history and catch a view worth \$1,000,000. We will visit "Indian Point Park" where you will learn how it got its name. A box lunch is included.

Date: Tuesday, August 19

Time: 10:00 a.m.-1:30 p.m.

Cost: \$3.00

COLLINWOOD GROUP

Our regular meeting will be held **Thursday, August 21 at 12:30** in the Pavilion. Our picnic in July turned out so nicely, we want to repeat it in August. You are welcome to join us and bring your own lunch.

GARDEN CLUB

A great big THANK YOU to all our Garden Club members for your hard work. The court yard and pavilion look beautiful. Anyone who wants to help the Garden Club is welcome to join us on the second Monday of each month. See June with any questions.

RAISING FINANCIALLY RESPONSIBLE CHILDREN

This is a lecture for grandparents as well as the grandkids. The program is sponsored by New York Life Insurance Company. The emphasis is geared toward children saving money for their future. After the lecture, there will be an ice cream social for all that preregistered. Sign yourself and your grandkids up for this entertaining and educational program.

Date: Wednesday, August 20

Time: 10:00 a.m.

FREE

WHEELING ISLAND CASINO AND RACING

Join us for a busy day of gambling, eating and more. We will be going on Thursday, November 20, with the bus leaving at 8:15 a.m. and returning at 10:45 p.m. Cost is \$30 and includes a casino bonus of \$10 coin and live racing program, subject to casino policy and may change or cancel without notice. Included in this wonderful trip is the Festival of Lights tour with a step on guide at Oglebay Park of Lights. See flyer for additional information.

PIZZA AND BINGO PARTY

Join us for a fun afternoon of pizza and 15 games of bingo. Invite a friend, but you must preregister at the Center or call 975-4268. This activity has been organized to have fun and introduce JFK to potential new members. There will be over \$300 in prizes.

Date: Friday, August 22

Time: 12:30 p.m.

Cost: Future or new members FREE

Current members only \$1.00

MEADOWS CASINO & RACETRACK

We will be riding to Meadow Lands, PA on **Thursday, October 23**. The bus will be leaving at 8:00 a.m. and returning at 9:00 p.m. Cost is \$26 with a casino bonus of \$10 slot play and \$5 food, subject to casino policy and may change or cancel without notice. See flyer for further details.

MOUNTAINEER CASINO

Join us for a day of fun at Mountaineer Casino on **Tuesday, September 30**. We will be leaving at 8:00 a.m. and returning at 8:00 p.m. The cost is \$21 with a casino incentive of \$10.00 in coins, subject to casino policy and may change or cancel without notice. See flyer for additional information.

LAKE COUNTY SENIOR CENTERS PANCAKE BREAKFAST

Proceeds from this pancake breakfast benefit and support our Senior Levy Committee. The breakfast will be held at the Fairport Harbor Senior Center, 1380 East Street, Fairport, Ohio.

Date: Sunday, September 7

Time: 9:00 a.m.-12:00 noon

Cost: Advance tickets \$6.00 for adults, \$5.00 for seniors, \$2.00 for children ages 5-12 (under 5 FREE)

GOLF AT PEPPER RIDGE

Cost: \$11.00. Preregistration a must (16 minimum for trip to go)

Thursday, August 14 Time: 9:30 a.m. - 3:00 p.m.

THE BEST OF ALASKA AND THE YUKON

Ten nights land tour plus 4 nights on the Holland America's "The Zuiderdam" and post-cruise night in Vancouver. Explore Alaska by ship, comfortable McKinley Explorer railcars, historic narrow gauge railroad, and luxurious motor coach. Highlights include: extra day in Denali, 102 mile cruise on the Yukon Queen on the Yukon River, Dawson City, Glacier Bay with on-board Park Ranger, and more. Dates are June 25 – July 9, 2009.

CORN ROAST

Eat fresh corn on the cob and watermelon in our pavilion. Get your fruit and vegetable and stay healthy.

Date: Thursday, August 28

Time: 12:30 (after lunch)

Cost: \$1.00

SELF DEFENSE CLASS

This program is sponsored by the Eastlake Police Department. Learn what to do in case of an attack..How to prevent identity theft...How to report a scam and more. Pepper spray will be available for purchase.

Date: Wednesday, August 13

Time: 10:30 a.m.

FREE

GRANDPARENT'S DAY

Maybe this event should be called Grandkids Day, but it is a day for young and old to celebrate and have a good time. "Flowers the Clown" will kick the party off at 10:30 a.m. with balloon animals and magic tricks. A free BBQ lunch will be served for the children and grandparents, followed by games for children of all ages.

Cost: FREE

Date: Friday, August 15

Time: 10:00 a.m.

Children's ages: 3 years – 11 years

Preregistration is required

INSIGHT EYE CENTER/DR. ROM

There will be FREE eye screenings and FREE giveaways, as well as information on your eye health.

Date: Monday, August 11

Time: 10:00-11:30 a.m.

FREE

