

JFK SENIOR CENTER  
1580 EAST 332 STREET  
EASTLAKE, OHIO 44095  
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Frank Doberdruk-Senior Coordinator  
Hours: 8 a.m. - 4 p.m.

JULY 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.
WATERCOLOR CLASS	THURS.	10:00 A.M. -12 NOON

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, Kathy Bloor, Gussie Finotti, George Futkos, Pat Hassett, Ann Novince, Margaret Svoboda, and Ruth Werstat.

Our sincere sympathies are extended to the friends and families of Margaret Matulewicz and to Ann Polivchak on the death of her husband, James.

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, July 9 and 23      Time: 9:00 a.m.

#### FOOT DOCTOR

Dr. Coppers will be here on Wednesday, July 16 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.

July 3    Action/Adventure    Batman Begins

July 10    Comedy                    Caddyshack

July 17    New                         The Bucket List

July 24    Romance                  Officer and a Gentleman

          July 31    Classic                     Rain Man

FREE! Popcorn included.

#### BOARD AND OPEN MEETINGS

Our Board meeting (9:00 AM) and Open meeting (11:00 AM) will take place on Tuesday, July 8.

#### "OSHIIP" (OHIO SENIOR'S HEALTH INSURANCE INFORMATION PROGRAM)

A trained counselor will be here at the Center on Thursday, July 10 and 24 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

"The Lighthouse Grille" has the best deals...

Date: Wednesday, July 30      Time: 11:30 a.m.

Cost: \$1.00 (covers transportation; order from the menu on you)

#### CLEANING THE CENTER

Join the fun!! The April work parties are scheduled for Wednesday, July 9 and 23. Meet in the lunch room after lunch.

#### RED HAT PEARL BELLES

We will be enjoying a picnic lunch in the new Pavilion. Bring a side dish to share.

Date: Monday, July 21      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, July 8. There will also be blood pressure checking on Thursday, July 17.

#### HEARTBURN LECTURE

Tom Strong will be here, sponsored by Grande Pointe Healthcare Center. "Acid Reflux" can be an occasional nuisance, but frequent episodes can lead to serious health problems. This informative talk includes non-medical approaches, as well as various medications used in treating this condition.

Date: Tuesday, July 8 Time: 1:00 p.m. Cost: Free

#### FUN LECTURE

Join us for "It's Common Cents."

Date: Wednesday, July 16 Time: 10 a.m. FREE

#### CAROUSEL DINNER THEATRE

Join us for a delicious dinner and "Viaggio," spectacular entertainment in the style of Cirque du Soleil. Follow a young child on her journey to a world filled with colorful fantasy creatures and hauntingly beautiful music. Only 5 seats left.

Date: Wednesday, July 23 Time: 11 a.m. – 6 p.m.

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

#### GATEWAY CRAFT

If you enjoy creating personalized greeting cards, then join us at the Center.

Date: Thursday, July 17 Time: 10:00 a.m. Cost: FREE

Pre-registration required

#### BILLIARD COMPETITION

Fun competition between Madison's Senior Center and J.F.K. Center!

Madison seniors are coming here on Tuesday, July 15 for lunch and then the competition of 9 Ball. We will be going to Madison on Tuesday, July 29 for a pizza party and completion of the competition.

Please sign up in the Office.

#### GET OUT OF THE SUN AND HAVE SOME FUN IN OUR NEW PAVILION

Enjoy the great outdoors under the shelter of our new pavilion.

"Breakfast" on Wednesday, July 16 at 9 a.m.

We will be having pancakes and sausage. Cost: \$2.00

"Lunch" on Thursday, July 24 at 12 noon

We will be having chicken breast and baked potato. Cost: \$3.00

#### PARADISE MARKET

Shop on the West Side and enjoy the newest and largest Dollar Store called Dollar Paradise. You will find deals and great buys for shoppers. Our next stop will be the Westside Market for fruits, vegetables, fresh meats and more. Bring your own coolers with your name on them.

Date: Wednesday, July 9 Time: 8:45 a.m. – 1:00 p.m. Cost: \$2.00

Bus limit for this trip is 28. Lunch on your own at the Market.

#### CLEVELAND SIGHT CENTER

The Sight Center will be here on Monday, July 14 at 10:30 a.m. as a support group organization.

Several trained professionals will be here with an array of devices to aid in your sight.

FREE, snacks included.

### EASTLAKE'S PARADE

The J.F.K. Center is on the move and you are invited to join us on our bus. Sign up now to ride or walk the parade route.

Date: Saturday, July 12      Time: 11:30 a.m. – 2:00 p.m.

### COLORADO AND ITS SCENIC TRAINS

Sign up for this beautiful and exciting trip begins on October 1, 2007. This trip of 6 to 12 days (depending on the type of transportation you choose from here to Colorado) is for August of 2008.

Your choices are:

August 1-12, 2008 bus to and from Colorado

August 3-11, 2008 Amtrak to and from Colorado

August 4-9, 2008 plane to and from Colorado

Costs for options 1 and 2 are \$1395 per person, double; \$1650 per person, single; \$1315 per person, triple; \$1275 per person, quad. Costs for option 3 are \$1295 per person, double; \$1550 per person, single; \$1215 per person, triple; \$1175 per person, quad. Checks payable to: Tour of the Month.

Deposit: \$75.00 per person. Insurance: \$95.00 per person. Final payment is due June 15, 2008.

See flyers for additional information!

### GOODTIME III RIVER CRUISE

Enjoy a hot buffet lunch and narrated cruise on the Cuyahoga River. There is very little walking which makes this a great trip for older seniors (who ever they are). Menu includes: breast of chicken/apricot sauce, thin slices of round of beef au jus, au gratin potatoes, green beans and carrot medley, mixed greens salad, rolls and butter and cookies for dessert.

Date: Tuesday, July 15      Time: 10:30 a.m. – 3:00 p.m. Cost: \$29.00

### TERRACE CLUB BUFFET

Repeat trip, back by popular demand. Join us for a lunch buffet at Progressive Field.

Date: Friday, July 18      Time: 11:30 a.m. – 2:00 p.m. Cost: \$13.00

### 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. A bowling league will begin in July. So get a team together and join us for some fun.

### 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.

### FAIRGROUNDS GAMING & RACEWAY

Join us for a day of fun at Hamburg, New York on Wednesday, July 9. We will be leaving at 7:30 a.m. and returning at 9:30 p.m. The price is \$29, with a casino bonus of \$10 gaming voucher and \$5 food coupon (subject to casino policy & may change or cancel without notice).

### VOLUNTEERS NEEDED

The J.F.K. Center has been asked to make bird feeders to fill a final wish from Hospice.

Date: Monday, July 21      Time: 10:00 a.m.  
All material will be supplied. Please pre-register.

#### 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.

#### HIKES

Two great hikes will be shared by two senior centers so we can fill the bus.

Tuesday, July 8 we will be having a hike and BBQ at Fairport Harbor Beach. Food includes hot dogs, macaroni salad and more. The cost is \$5.00.

Tuesday, July 22 we will be going to Concord Woods. There we will tour the Administrative Facility of MetroParks, meet a park ranger and enjoy a box lunch. Cost will be \$2.00.

#### COLLINWOOD GROUP

Our regular meeting will be held in the Pavilion at 12:30 p.m. If you plan on attending please bring your own lunch.

Date: Thursday, July 17      Time: 12:30 p.m.

#### ICE CREAM SOCIAL AND FUN

Join us for a Children's Dance Demo (thank you Savelli Dance) and the ice cream social sponsored by Wellcare.

Date: Friday, July 18      Time: 12:00 noon      FREE

Pre-register now!

#### THE 5 MYTHS OF CRUISING LECTURE

Learn how to choose the right cruise for you. Learn how to get the best price and a great destination.

Date: Tuesday, July 29      Time: 10:30 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.

#### CAPTAIN'S GAME

Enjoy baseball in the Minor League on Thursday, July 10th as our Captains play an 11 a.m. game. Some tickets are still available. The bus will leave the Center at 10:30 a.m. Cost of \$8 includes ticket and transportation. P.S. Bring a kid to the park!

#### 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.

#### GOOD OLD DAYS

This trip has been re-scheduled. We will visit the largest private collection of World War II memorabilia, including 60 restored and operating vehicles. President McKinley's birthplace, home and memorial library will be on our agenda, along with a behind the scenes tour and sample at Handel's Homemade Ice Cream Store. Lunch will be a buffet at Vernon's Italian Restaurant. Our step on guide will be Sharon of Ridgeview Country Tours.

Date: Friday, July 11 Time: 8:30 a.m.-5:00 p.m.

Cost: \$38 (covers tour, lunch and tip)

#### GOLF AT PEPPER RIDGE

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

Thursday, July 17 (money due by July 14)

Thursday, July 31 (money due by July 28)

#### 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.

#### VATICAN SPLENDORS

Experience 2000 years of Vatican art and history with this once in a lifetime opportunity. This fascinating exhibit includes many items that have never before been on public view. You will have two hours at the Western Reserve Historical Society to spend between the exhibit, the rest of the Historical Society and the Crawford Auto and Aviation Museum.

Date: Wednesday, August 6 Time: 12:30 – 3:30 p.m. Cost: \$20.00

#### LUNCH AND LECTURE ON THE TELEVISION CONVERTER PROGRAM

Special guest speaker, State Senator Tim Grendell, will explain the television converter boxes and the government \$40 coupon program.

Date: Thursday, July 10

Time: Lecture at 11:00 a.m. Lunch at 11:30 a.m.

Cost: Donation of \$1.25

Must register by Tuesday, July 1

#### GRANDPARENT'S DAY

We will be hosting a picnic with lots of fun and games for you and your grandchildren. Enjoy simple fun activities such as balloon toss, egg and spoon walk, mummy rap, bubble blowing competition. We will be featuring Flowers the Clown who will perform with balloons and magic. Lunch will be a BBQ with hot dogs, chips and macaroni salad and ice cream for dessert. Pre-registration is a must.

Cost: FREE

Date: Friday, August 15

Time: 10:30 a.m.

Children's ages: 3 years – 12 years

**EASY STRETCHES AND EXERCISES FOR ANYTIME AND ANYWHERE**

A FREE 45 minute program will be presented by a licensed Physical Therapist and a licensed Personal Trainer from Universal Therapy Dynamics on Wednesday, July 23 at 10:30 a.m. The exercises taught can be done sitting or standing; by all age and physical fitness levels; at home, anywhere or anytime you have 5 minutes! Theraband and written exercise sheets will be given out to use both during the class and to take home. Come join us for some fun, laughter (good for the stomach muscles), and learn! There will be a drawing for door prizes, including a free ½ hour massage. Pre-register in the Office.