

# J.F.K. SENIOR CENTER BULLETIN

1580 EAST 332 STREET  
EASTLAKE, OHIO 44095  
(440) 975-4268

Grace Giangiacomo-Senior Coordinator

E-Mail [gg@eastlakeohio.com](mailto:gg@eastlakeohio.com)

Brochure on line at [www.eastlakeohio.com](http://www.eastlakeohio.com)

Hours: 7:30am - 4:00pm

## OCTOBER 2013

The JFK Senior Center is open to the public every Wednesday Night.  
We have live country music, a concession stand and lots of fun.  
Pop in and join us, it's Free to all.



**THE NUTRITION SITE AS WELL AS LAKETRAN WILL BE  
CLOSED ON MONDAY OCTOBER 14<sup>TH</sup> IN OBSERVANCE OF  
COLUMBUS DAY.**

**PLEASE NOTE THE CENTER WILL BE OPEN ON THAT DAY.**

# SENIOR INFO PAGE

## OUR THOUGHTS

**GET WELL WISHES** are extended to:

Pete Palacia Hope you are feeling better soon.

**SYMPATHY** is extended to the families of: Pat Farrar in the passing of her daughter Becky, Jane Stern in the passing of her Nephew Richard, Connie Schulz in the passing of her husband Bob, and to Mike and Joann Yeckley in the passing of Joann's sister, Gloria Kopera.



## CLEANING THE CENTER

Our cleaning crew meets on every other Wednesday.

If anyone would like to give a hand in our lunchroom, that would be great!

**DATE:** Wednesday, October 9<sup>th</sup> & 23<sup>rd</sup>

**TIME:** After Lunch



## ZUMBA

Zumba Class was very well welcomed, so we will continue to do classes on Wednesday mornings between 10:00am and 11:00am. It is officially on our Weekly Programs. If interested please stop by and join your fellow seniors for this fun class. It is a low impact class and it is free of charge.



## BALANCE CLASS

Paul Wallace is now teaching a balance class once a week on Wednesday's from 2:30pm to 3:30pm. Come and try this relaxing class.

We all can use a little help with our balance.

There is no charge on this class, just come in.



## VISITING ATTORNEY

Please welcome Amy Pennza as our new visiting attorney, she has taken over for Frank Manning. She will be taking 15 minute appointments starting Wednesday, October 2<sup>nd</sup>, between 1:00pm- 2:30pm.

Sign up in the office if you would like to speak to her.



## CHRISTMAS IX SHOW

Save the date for Friday, November 22<sup>nd</sup>.

The cost will be \$12.00. Sign up in the office.



**FLU SHOTS**

Walgreens will be here to administer Flu Shots on Tuesday's throughout the month of October. Please bring all insurance cards, they will also have coffee and donuts, their way of saying thanks for staying healthy. Sign up in the office on the date you choose so Walgreens will have a count.

DATE: Tuesday, October 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, & 29<sup>th</sup> TIME: 9:30am – 11:30am



**BLOOD PRESSURE CHECK**

Sponsored by Interim Healthcare

DATE: Tuesday, October 1<sup>st</sup> TIME: 10:00am – 11:30am



**BLOOD PRESSURE CHECK**

Sponsored by Senior Independence

DATE: Tuesday, October 8<sup>th</sup> TIME: 10:00am – 11:30am



**FOOT DOCTOR**

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)

DATE: Wednesday, October 16<sup>th</sup> TIME: 8:00am – 4:00pm  
& Wednesday, November 6<sup>th</sup>



**BLOOD PRESSURE CHECK**

Sponsored by Embassy Homecare

DATE: Tuesday, October 29<sup>th</sup> TIME: 10:00am – 11:30am



**MEDICARE OPEN ENROLLMENT**

Alyea Barajas will be here for open enrollment. The presentation provides an overview of Medicare and discusses an individual's Medicare choices and the importance of open enrollment. It is appropriate for individuals currently on Medicare and those approaching 65.

DATE: Tuesday, October 29<sup>th</sup> TIME: 9:30am – 4:00pm

**THE JFK CENTER OFFERS MANY PROGRAMS** Page 5

CERAMICS: Mon., Tue., Wed., Fri., 9:00am-2:00pm  
EXERCISE ROOM: Monday-Friday, \$15.00 per year  
WOODBURNING: Tuesday, 9:00am  
BINGO: Tuesday & Friday, 12:30pm-3:00pm, 3¢ per card  
ZUMBA FOR SENIORS: Wednesday, 10:00am - 11:00am  
BALANCE CLASS: Wednesday, 2:30pm - 3:30pm  
COMFORT ELVES: 1<sup>st</sup> 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 9:00am-1:00am  
CRAFTY CROCHETERS: 1<sup>st</sup> & 3<sup>rd</sup> Thursday, 9:00am-11:00am  
LCR: 4<sup>th</sup> Thursday, 12:30 pm  
PINOCHLE: Friday, 12:30pm



**A "BODY IN MOTION" IS A HEALTHY BODY**

**EXERCISE WITH STEPHANIE...ALL FREE PROGRAMS**

SIT DOWN EXERCISE: Monday: 12:45pm and Thursday 9:15am  
LOW IMPACT AEROBICS: Monday, 1:30pm and Thursday, 10:00am  
STRETCH & TONE: Tuesday, 9:15am



**THURSDAY AFTERNOONS AT THE MOVIES (at 12:30)**

Thursday, Oct. 3<sup>th</sup> "The Great Gatsby"(with Leonardo DiCaprio, Toby McGuire, Drama)  
Thursday, Oct. 10<sup>th</sup> "Heart of the Country"(with Anne Hathorne, Drama)  
Thursday, Oct. 17 "What Katy Did" (with Megan Fellows, Drama)  
Thursday, October 24<sup>th</sup> "What Maisie Knew" (with Julianne Moore, Drama)  
Thursday, October 31<sup>ST</sup> "Margaret" (with Matt Damon, Anna Paquin, Drama)



**RACINO**

DATE:Thursday, October 10<sup>th</sup> COST:\$4.00 TIME:10:00am – 3:00pm



**FISH FRY** (Please sign up in the office)

Chagrin River Salmon Association will be here for the annual fish fry.

DATE:Saturday, October 26<sup>th</sup> TIME:6:00pm



**SCIENCE CENTER**

The Titanic Exhibit is now showing at the Great Lakes Science Center.

DATE:Friday, October 18<sup>th</sup> COST:\$12.00 TIME:10:00am – 1:00pm

**LUNCH AND TOUR**

Take a trip to Youngstown and lunch at the Overture Restaurant  
with a tour of an old Warner Brothers Theater.

Date: Friday, October 11<sup>th</sup> COST:\$16.00 TIME:9:00am – 2:30pm

OCTOBER OUR PAGE

**HOLIDAY BOUTIQUE**

**SATURDAY, NOVEMBER 9<sup>TH</sup>**

**9:00am to 4:00pm**

**Eastlake Senior Center/"Taft" 1580 East 332<sup>nd</sup> Street.  
Eastlake, OH 44095**

**VENDORS WELCOME**

**Tel: 440-975-4268 e-mail: [ang5kids@gmail.com](mailto:ang5kids@gmail.com)**

**All Inside Will Be Held "Rain or Shine"**

**BOUTIQUE TABLES**

**CRAFT TABLES**

**MISCELLANEOUS ITEMS**

**PLUS**

**BAKE SALE, CHINESE AUCTION, CONCESSION STAND**

**HOT DOGS, CHILI DOGS & HAMBURGERS**

**BRING YOUR WHOLE FAMILY FIND UNUSUAL GIFTS AND TREASURES**

**PLUS GOOD FOOD AND GREAT PRICES.**

**Admission Free**

The JFK Senior Center is a non profit organization.

Any proceeds from this event will benefit the center. For information call 440-975-4268



*This is your chance folks to clean out the attic, basement, garage or junk room, your center is looking for items to sell at this event so if you have anything to donate please do it this month so that we can get things ready.*

*Or, if you prefer and want to make yourself a few dollars on your unwanted items, why not consider having a table of your own.*

*We also need bakers for the bake sale (see June Taylor for this), Items to make baskets for the Chinese Auction (see Maxine Hutchison or Grace for this).*

*And of course we always need volunteers to help set up, tear down and sales. If you can help in anyway or want a table or indeed have any questions, please see me (Harry) and I will be pleased to help you.*

*Remember any benefits from this event go to help all of you and the center.*

**PLEASE SHOW THIS FLYER OR TELL ALL YOUR FRIENDS ABOUT THIS EVENT.**



## OCTOBER BIRTHDAYS

Donna	Hoffman	1	Pamela	Vaccariello	11	Joan	Mastrangelo	22
Vicki	Joyce	1	Doris	Wright	12	Emily	Weiss	23
Anne	Lukanc	1	Victor	McIntire	14	Helen	Bergen	24
Margie	Mayne	1	Donna	Geer	16	June	Lesica	24
Bernard	Goodrich	2	Carol	Hotchkiss	16	Gert	Lowther	24
Theresa	Jancigar	3	Misty	McKain	16	Marie	Daubenmire	26
Thomas	Nason	3	Mary Ann	Moore	16	Jeanette	Irvin	26
Carol	Thobaben	3	Karen	Liming	17	Barbara	Sutton	26
Nita	Bunt	4	James	Russell	17	Thomas	Burd	27
Dorothy	Mance	6	Norma	Klug	18	Andy	Gruber	27
Arnold	Galati	7	Raymond	Kuhel	18	Mary	Sheplavy	29
Sam	Santangelo	7	Janice	Brewer	21	Michael	Gill	30
Michele	Slokar	7	Patricia A	Kremiller	21	Hubert (Bert)	Smith	30
Alice	Smalley	7	Jeanne	Maloney	21	Madonna	Kingsmill	31
Joyce	Creter	8	Marge	McNamara	21	Robert	Panella	31
Theodore	Taubert	9	Thomas	Adamson	22	Dorothy	Perkins	31
			Patricia	Burkey	22			

**PLEASE DON'T FORGET TO RENEW YOUR MEMBERSHIP**  
**IF YOUR BIRTHDAY IS NOT SHOWN ON THIS SHEET IT IS**  
**BECAUSE WE HAVE NO RECORD OF YOUR RENEWED**  
**MEMBERSHIP FOR 2013**

WISHING YOU ALL  
A GREAT DAY



**WEDNESDAY COUNTRY NITE**

Don't forget that the Center is open every  
Wednesday until 8:30pm.

Live Country and Blue Grass Music will be performed by our band and  
special guests (about 10-15 players) plus many theme parties.

Music starts at 6:30pm.

**ALL ARE WELCOME, SO BRING YOUR FRIENDS.**

A Concession stand with coffee, donuts, and other items are  
available for purchase.



**HALLOWEEN PARTY**

Join us for a Halloween Party with special guest Brad the Magician. We  
are serving Soup and Wrap. Wear your costume for a prize, whether it be  
a costume, a crazy hat, a painted face. Just join in and have fun.

DATE: Thursday, October 31<sup>st</sup>    COST: \$4.00    TIME: 12:30-2:00pm



**BREAKFAST WITH JERRY'S GIRLS**

We will be serving a Waffles, Sausage, & Juice

DATE: Monday, October 28<sup>th</sup>    TIME: 9:15am – 11:00am

COST: \$3:00



**DON'T FORGET TO VOTE, TUESDAY, NOVEMBER 12<sup>TH</sup>**



Look for one of "our own" Sam Kopacka on Cash Explosion on  
Saturday, October 19<sup>th</sup> . Good Luck Sam!



Future Trip, Victorian House Tour and Christmas Lunch the week of  
November 11<sup>th</sup> . More info to follow, save the date.



Get an energy savings kit by calling 888-866-1629, the kit will help you  
reduce your energy use and save you money. You will need your account  
number when calling, it usually takes six weeks to receive, but you will be  
glad you called.

**VETERANS CLUB**

Join the Veterans Group for movie morning, they're showing "Battle for Tunisia". A World War II/History Movie.

DATE: Friday, October 4<sup>th</sup>

TIME:9:30am



**BOARD AND LUNCH ROOM MEETINGS**

The Board Meeting will be Tuesday, October 8<sup>th</sup> at 9:00am.

The Open Meeting will be at 11:20am.



**RED HAT PEARL BELLES**

They will be going to Hooley's in Mentor for lunch.

DATE: Tuesday, October 15<sup>th</sup>

TIME: 12:30pm



**CRAFT CLASS**

We will be making snowman cans to be filled with goodies, please bring a foam paint brush, a pair of scissors, and some old rags.

If you have any one pound coffee cans, please bring them in.

DATE: Wednesday, October 16<sup>th</sup>

COST:\$1.00

TIME:9:30am-11:30am

We will choose a craft to make for the following class.



**L.C.R.**

Join us to play a fun game of L.C.R. \$5.00 will allow you to play 6 games.

DATE: Thursday, October 24<sup>th</sup>

TIME:12:30pm



**WEDNESDAY NIGHTS PINOCHLE**

Players meet at 6:00pm in the card room. Must have some skills as a card player. All are welcome just show up or call the center for more info .



**TOPS:**Taking Off Pounds Sensibly, meet every Wednesday Night.

DATE: Wednesday's Night

TIME:5:00pm – 6:30pm







# OCTOBER 2013

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<b>1</b> BP Pressure Interim Healthcare Flu Shots Walgreens	<b>2</b>	<b>3</b> Salon 9:15-2:00 Movie The Great Gatsby	<b>4</b> Salon 9:15-3:00 Veterans Club
<b>7</b> Craft Class	<b>8</b> Brd Meeting BP Pressure Senior Independence Flu Shots Walgreens	<b>9</b> Cleaning Balance Class	<b>10</b> Salon 9:15-2:00 Movie Heart of the Country Racino	<b>11</b> Salon 9:15-3:00 Overture Restaurant
<b>14</b> Hartville	<b>15</b> Flu Shots Walgreens Red Hats	<b>16</b> Zumba Class Craft Class Foot Dr.	<b>18</b> Salon 9:15-2:00 Movie What Katy Did Euclid Culinary	<b>19</b> Salon 9:15-3:00 Science Center
<b>21</b>	<b>22</b> Hike BP Pressure Embassy Healthcare Flu Shots Walgreens	<b>23</b> Cleaning Lunch Bunch	<b>24</b> Salon 9:15-2:00 Movie What Maisie Knew LCR/Lolly Trolley	<b>25</b> Salon 9:15-3:00
<b>28</b> Breakfast with Jerry's Girls	<b>29</b> Flu Shots Walgreens Open Enrollment	<b>30</b> Trinity Cathedral	<b>31</b> Tri-C Movie Margaret Halloween	

**Mark Your Calendar for our  
 Holiday Boutique November 9<sup>th</sup>**

**J.F.K. CENTER IN PICTURES**



**SENIOR DAY AT THE ZOO**



**WHO'S LOOKING AT WHO ???**



**Y'ALL COME AND JOIN US NOW**