

# J.F.K. SENIOR CENTER BULLETIN



## NOVEMBER 2016

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

Hours: 7:30 a.m. - 4:00 p.m.

**Monday, Tuesday, Thursday, Friday Wednesday, 7:30 a.m. - 8:30 p.m.**

The JFK Senior Center is open to the public every Wednesday Night. Live Country and Blue Grass Music starts at 6:30 p.m. A concession stand and lots of fun.

Pop in and join us. It's Free to all



**THE CENTER WILL BE CLOSED ON NOVEMBER 24<sup>TH</sup> & 25<sup>TH</sup> IN HONOR OF THANKSGIVING.  
ENJOY YOUR DAY.**



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. FRI.	9:00 am to 2:00 pm
EXERCISE ROOM	MONDAY - FRIDAY	\$15.00* per year
WOODBURNING	TUESDAY	9.00 am
ART CLASS	TUESDAY	10.00 am
BINGO	TUESDAY & FRIDAY	12:30-3:00 3¢ per card
COMFORT ELVES	1 <sup>st</sup> & 3 <sup>rd</sup> WEDNESDAY	9:00 am– 11:00 am
LINE DANCING	THURSDAY	1.00 pm
PINOCHLE	FRIDAY	12.30 pm
Chair Yoga with Kate	MONDAY,	9 :00 am
Low Impact Strength Training with Diane	MONDAY,	1.15 pm
Zumba (Low Impact)	WEDNESDAY,	10.00 am
EXERCISE WITH T.V.	TUESDAY,	9.00am
EXERCISE WITH DIANE	THURSDAY,	9.15 am and 10.00am



**HAIR SALON**

The Holiday's are getting near, don't forget to make your appointments early.



**LAKE COUNTY COUNCIL ON AGING**

The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, nutrition services, in-home safety, homemaker services, information and referral, and much more. Please call (440) 205-8111 for more information or visit [www.lccoa.org](http://www.lccoa.org) . Don't forget we are here for lunch everyday at 11:30.

Join us for a hot, nutrition lunch.

LUNCH WILL BE SERVED IN ANOTHER ROOM ON VOTING DAY. INFO TO FOLLOW



**DAY TRIPS**

**LOLLY THE TROLLEY**

A look of Downtown and its surroundings, it will be a two hour tour. Pickup is here.

DATE: Thursday, November 9<sup>th</sup>      COST: \$27.00      TIME: 10:00am – 2:00pm



**ROCKSINO**

Incentive will be \$20.00, grab a friend and go have fun.

DATE: Thursday, November 10<sup>th</sup>      COST: \$4.00      TIME: 9:30am-3:00pm



**HARTVILLE**

Weather permitting. We will travel to Hartville.

DATE: Monday, November 14<sup>th</sup>      COST: \$5.00      TIME: 8:15am-3:30pm



**WEST SIDE MARKET**

Come and get some shopping done for Thanksgiving. We will also stop by Gallucci's and then have lunch on your own.

DATE: Tuesday, November 15<sup>th</sup>      COST: \$4.00      TIME: 10:30am-3:00pm



**JACK THISTLEDOWN RACE TRACK**

We are off to Thistledown this month, hop on the bus for some more Gambling Fun.

DATE: Wednesday, November 16<sup>th</sup>      COST: \$4.00      TIME: 9:30am–3:00pm



**CHAGRIN RIVER HIKE**

The "Self-Hike" at Chagrin River Park was successful and is on again!

Please meet on the Erie Road Entrance. Don't forget your water and if you'd like to pack a lunch, we will eat in the Pavilion when we hike over to Reeves Road.

DATE: Tuesday, October 18<sup>th</sup>      TIME: Meet at 10:00am on the Erie Rd Entrance

**LUNCH BUNCH**

We will be going to Smoke BBQ in Painesville for lunch.

DATE: Thursday, November 17<sup>th</sup>      COST:\$3.00      TIME:10:30am – 1:00pm



**CHRISTMAS CONNECTION**

Trip to the IX Center for the FUN Christmas show. Do some early Christmas Shopping.

DATE: Friday, November 18<sup>th</sup>      Cost:\$14.00      TIME:9:30am-3:00pm



**A CHRISTMAS CAROL**

My Fair Lady was great, how about trying  
"A Christmas Carol" preformed at the Ohio Theater.  
Sign up in the office and enjoy this great production.

DATE:Wednesday, November 30<sup>th</sup>      COST: \$22:00      TIME:9:15am-1:30pm



**Cleveland Orchestra**

Please sign up for a matinee featuring the George Balanchine's The Nut Cracker.

DATE:Friday, December 2<sup>nd</sup>      COST:\$30.00      TIME:10:00am-2:00pm



**TRINITY CATHEDRAL**

Enjoy Trinity's Brown Bag Concert with a A Ceremony of Carols by Benjamin Britten  
Wednesday, December 7<sup>th</sup>      COST:\$4.00      TIME:11:00am-1:30pm



**TURN YOUR CLOCK'S BACK**  
**Sunday, November 6<sup>th</sup>**



**BUSINESS SATURDAY,NOVEMBER 26<sup>TH</sup>**

We will be hosting Local Businesses this day, come and check it out. 9:00am-2:00pm



**REIKI**

Sign-up in the office with Marla Katz for a Reiki session. Check this out, you will like it!  
Wednesday, November 2<sup>nd</sup> & 16<sup>th</sup>      TIME:1:00pm-2:30pm  
\$15.00 (PRE-REGISTRATION IS REQUIRED)

# HEALTH AND WELLNESS

## YOGA

Don't forget we are here on Monday for Chair Yoga, reduce your stress and don't forget it's a chance to meet people and socialize. We meet at 9:00am on Monday mornings, hope to see you then.



## Medicare Plans: Seasons Change & So Do Health Plans

Change is in the air for 2017 Medicare Plans...Independent Health Insurance Agent, Lori Lipton, will be here in the front lobby ready to answer any questions you may have regarding your current Medicare health plans and explain what to expect in 2017.

If you are not able to attend and want to set up an individual meeting with her, simply call 440-358-1266.

DATE: Monday, November 7<sup>th</sup> Thru Friday, November 11<sup>th</sup>

TIME:9:30am -10:30am



## FOOT DOCTOR

DATE:Wednesday, November 16<sup>th</sup> (TIME:8:00am – 4:00pm) Wednesday, December 21<sup>st</sup>  
\$15.00 donation (PRE-REGISTRATION IS REQUIRED)



## FLU SEASON (Some tips from the CDC:)

Most people with the flu have a mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. If, however, you have symptoms of the flu and are in a high risk group, are very sick or worried about your illness, contact your health care provider (doctor, physician's assistant, etc.). If you are sick, stay away from people for at least 24 hours and if you must go out, wear a face mask if you have one, cover coughs and sneezes with a tissue, and wash your hands frequently.



## PARTIES AND GET-TOGETHERS

### TURKEY BOWL

Enjoy a bowl of Turkey Soup and a slice of Pumpkin Pie, and afterward a Game of "Turkey Bowl"

DATE: Tuesday, November 22<sup>nd</sup>

Cost:\$3.00

TIME:12:30pm-2:00pm



## CHRISTMAS HOLIDAY PARTY

Please sign up for our Christmas Holiday Party at Dubrovnik Croatian Lodge in Eastlake. It will be a sit down Family Style Luncheon.

Sign-up in the office at your convenience, but no later than December 8<sup>th</sup>

DATE: Thursday, December 15<sup>th</sup>

COST:\$20.00pp

TIME:12:00pm-3:00pm



# NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Holly Hearing 10-12noon	2 Reike	3 Board Meeting  Salon 9:15-2:00	4  Salon 9:15-3:00
7 Lori Lipton	8 Lori Lipton Art Class Celina w/COA  Board Meeting	9 Comfort Elves Lolly the Trolley Lori Lipton	10 Lori Lipton Rocksino  Salon 9:15-2:00	11 Lori Lipton  Salon 9:15-3:00
14 Attorney Hartville	15 Lunch Bunch West Side Market  Self Hike	16 Foot Dr. Reike Jack Casino	17 Lunch bunch  Salon 9:15-2:00	18 Christmas Connection  Salon 9:15-3:00
21	22 Art Class Turkey Bowl	23  Comfort Elves	24 Happy Thanksgiving Closed Today Salon 9:15-2:00	25 Closed Today  Salon 9:15-3:00
28	29 Lucy Brown	30 Christmas Carol		



## **DON'T FORGET TO VOTE**

Don't forget to get out and vote, know all the issues and candidates before you vote.

**THIS IS AN IMPORTANT DAY.**



# NOVEMBER BIRTHDAYS

Marlene	Cameron	2	Elaine	Allen	11	Margaret	Ruff	19
Julia	Parker	2	Carol	Landis	11	Greg	Wolenski	19
Margene	Calvo	3	Hattie	Pizzi	11	Shirley	Markley	20
James	Sapio	3	Ida	Vallo	11	Bruce	Stevens	20
Paul	Castellano	4	Julie	Scheuer	12	Carmen	Tripepi	20
Rick	Lasko	4	James	Janosky	13	Joseph Franc	Kelz	21
Marie	Lubecky	4	Richard	Karlovec	13	Thomas	Fritsch	22
Dennis	Brandt	5	Barbara	Martin	13	Valeria	Korosec	22
Carol	Kothera	5	John	Vysnionis	13	Alice	Pierce	22
Ralph	Burd	6	Bernedette	Izzi	14	Wanda	Marcum	23
Rita	Clay	6	Vincent (Bud)	Clemence	15	June	Slapnik	23
Gay	Goden	6	Rosemary	Glogovsky	15	Jennie	Greenwald	24
James	Kisela	6	William	Socha	15	James	Albanese	25
Emilia	Kvasty	6	James	St. Clair	15	Barb	Arbuckle	25
Richard	Mook	6	Lulubell	Brown	16	John	Simpson	25
Marie	Habat	7	Barbara	Pickel	16	Linda	Battaia	26
Ann	Klingman	7	Carol	Szymanski	16	Rita	Mzik	26
Ron	Marchesano	7	Catherine	Thomas	16	Janet	Pintar	27
Judy	Bruss	8	Joe	Vaidean	16	Barbara	Vilk	27
Thomas	Mahovlich	8	Paula	Iseman	17	John J.	Duka	28
Diane	Rogazione	8	Rose	Margroff	17	Yvette	Ladiha	28
William	Wiles	9	Margaret	Mitch	17	James	Larkin	28
Celine	Burger	10	Agnes (Boots)	Stephen	17	Robert	Mohorcic	28
Sandra Ann	Jenda	10	Rosemarie	Kazar	18	Catherine (Ka	Minardo	29
Deborah	Jenkins	10	Martha	Pollizi	18	Arlene	Wagemaker	29
Marjorie	Vandestadt	10	Anthony	Tarantino	18	Bill	Franke	30
			Rita	Farley	19	Dorothy (Dotti	McCarthy	30

**HAPPY  
BIRTHDAY**

# HALLOWEEN PARTY 2016



GREAT PEOPLE GREAT PARTY

# FALL BOUTIQUE



Y'ALL COME ON AND JOIN US NOW