

ATTORNEY AVAILABLE

An attorney will be available for 20 minute free counseling sessions.

DATE: Monday, December 28 TIME: 1:30 -3:30 pm COST: FREE

PRE-REGISTRATION IN OFFICE REQUIRED

J.F.K. POLO STYLE SHIRTS

We will be selling brand new J.F.K. Shirts. Show your pride in the Center and buy one. They are in limited supply, so get one while they last. They would make great Christmas gifts for someone special. They are a 50% polyester, 50% cotton blend.

COST: \$10.00

NATURAL GAS INFORMATION

Bring in your gas bill and let the pros from MX Energy compare and tell you which company is the best and has the cheapest price for you.

DATE: Friday, December 4 TIME: 10:30 am. COST: FREE

DRIVERS ' ED

The AAA Club is hosting a free Drivers' Education Course for all seniors. Even the good drivers will appreciate this class. It will make you a better driver and that's important.

Pre-Register now!

DATE: Wednesday, December 2 TIME: 10:00 – 11:30 am COST: FREE

SENIOR HEALTH AND WELLNESS

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, December 9 and 23 TIME: 9:00 am.

FOOT DOCTOR

\$15.00 DONATION IS PAID AT APPOINTMENT. EXACT AMOUNT IS REQUIRED. CHANGE CANNOT BE MADE.

Dr. Coppers will be here Wednesday, December 16 from 8am to 5 pm. He will be in the TV Room. Pre-registration is required.

CLEVELAND SIGHT CENTER

This support group will meet on MONDAY, DECEMBER 14 at 9:30 am.

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

A trained counselor is available to help explain your health care (hospital and doctor) bills make the necessary calls to help you get answers. Call the Lake County Council on Aging at 205-8111 to set up an appointment. They will send someone to our Center.

WALKERS AVAILABLE

Thanks to “Medical Service Company” we have walkers. So, if you need one, don't hesitate to ask. Come to the office and look at our selection.

BLOOD PRESSURE CLINIC

Bayada Nurses will be here on Thursday, December 3, Senior Independence on Tuesday, December 8 and the Eastlake Fire Department Wednesday, December 16. All blood pressure clinics will begin at 10:30 am.

COST: FREE

LOCATION: TV Room

MASSAGE THERAPY

DATE: Wednesday, December 9 Massages begin at 9:00 am COST: \$10.00 for 15 minutes

SPA SERVICE AT JFK

Manicures, pedicures and mini-manicures are available. See the price list in the Office

DATE: Thursday, December 10 TIME: 1:00 – 4:00 pm. COST: Varied

Schedule your appointment in the Office.

MEMORY CLASS

Keep your mind sharp. You must continue to work your brain in order to thrive. Steps can be taken to improve brain function in the later years of life. Try it!

DATE: Tuesday, December 1 TIME: 10:30 am COST: FREE

HEALTH CARE REFORM AT LUNCH

United States Senator Sherrod Brown's senior aide, Max Blachman, will be here to discuss health care reform. Council on Aging CEO Renee Berry and others will join us for lunch at this time.

DATE: Tuesday, December 1

BASIC FITNESS FOR SENIORS

This program is sponsored by LakeHealth System. In this course we will discuss, through participation and demonstration, the active senior's needs to become physically fit. We will discuss the topics of safe exercise, increasing the core for stability and balance, and exercise prescription. For the best experience each participant should be prepared in comfortable clothing and tennis shoes for exercise.

DATE: Wednesday, December 9

TIME 10:30 am.

COST: FREE

PHYSICAL THERAPIST LECTURE

Bayada Nurses is sponsoring a short lecture with their own therapist, Lisa Campbell. She will talk about how to use a thermo-band.

DATE: Thursday, December 3

TIME: 10:00 am.

COST: FREE

MEMO TO ALL MEMBERS FROM FRANK DOBERDRUK

Are you going to make a New Year's Resolution about doing something new, or exercising, or just get out more? Well, here's your opportunity!

But, first kick start the New Year off with a bang. Register for the New Year's Eve Party. It is just \$25.00 per person.

Secondly, to change your life and improve yourself both physically and mentally, you must exercise. Research has found that Ballroom Dancing is the best physical activity to give the greatest benefit in reducing the risk for Alzheimer's disease and dementia. We will be conducting two sets of monthly classes, starting in January.

Also, learn how to use that digital camera that you got for Christmas.

Finally, membership renewal – our low, low prices will remain, just \$1.00 for Eastlake residents and \$2.00 for all others.

BALLROOM & LATIN DANCE CLASS

The benefits of dance class are great... improve cardiovascular function, muscle tone and mental and emotional health. Don't worry if you have never tried ballroom or Latin dancing. Everyone has to start somewhere. So join the FUN!

DAY SESSIONS: Tuesdays, January 5, 12, 19, 26 TIME: 1:00 – 2:15 pm.

EVENING SESSIONS: Thursdays, January 7, 14, 21, 28 TIME: 6:30 – 7:45 pm.

COST: \$20/person or \$30/couple

CASINO TRIPS

When signing up for casino trips, it is very important that you provide your player card number if you have one. This is needed by the motor coach company so they can provide the manifest requested by the casinos. Another piece of information that is needed is your birth date. We're not being nosy; this is currently required by the casinos. If you do not provide this information when you sign up, it means extra work and phone calls by our trip volunteers and you may not get your trip incentives.

VACATION TRIPS

A NOTE ON MOTOR COACH TRIPS

If you are interested in any announced trip, please let Doris know as early as possible, even if you can't make a deposit at the time. If we know there is interest, we can hold off canceling trips. If you need to cancel a motor coach trip, call Doris at home at 951-9210 or cell phone 478-1802.

2010 CASINO TRIPS

In the plans are: Rivers Casino, Meadows Casino, Presque Isle and Seneca Allegany.

PREVIEW OF TRIPS FOR 2010

Feb. 27 – Mar. 2, 2010

Bahamas & Florida Spring Getaway Cruise

April 23-26, 2010

Nashville

May 27 – June 4, 2010

Rockies Highlights by Train

June 22-24, 2010

Mt. Airy Casino in Pennsylvania

Sept. 7 – 11, 2010

Memphis

Sept. 17 – Oct. 1, 2010

Greece

Oct. 8 – 11, 2010

New York

Oct. 17 – 24, 2010

Great Trains & Grand Canyon

Dec. 6 – 10, 2010

Smoky Mountains

TRIP MEETINGS

There will be a trip meeting on the October 2010 "Great Trains & Grand Canyon" trip on Monday, December 7 at 10:30 am. A meeting on the April 2010 Nashville trip will be held on Wednesday, December 16 at 10:30 am.

Over all trip meeting for 2010 will be February 23, 2010 at 12:30 P.M.

DAY TRIPS AND OUTINGS

LUNCH BUNCH

We will be going to Pickwick & Frolic in downtown Cleveland this month.

DATE: Monday, December 21 TIME: 11:00 am. - 2:00 pm. COST: \$2.00

TRINITY BROWN BAG LUNCH TRIP

Enjoy the annual Messiah Sing, conducted by Horst Buchholz and performed by the Trinity Chamber Orchestra. A box lunch is included in the trip.

DATE: Wednesday, December 16 TIME: 11:00 am. - 2:00 pm.

COST: \$3.00 (includes transportation and box lunch)

HIKE

We will be hiking in Chagrin River Park in Willoughby. Afterward, we will stop for lunch "on you" at Panini's Grille.

DATE: Tuesday, December 22 TIME: 10:00 A.M.-2:00 P.M. COST: \$2.00

AMISH CHRISTMAS TRIP

Travel with Sharon from Ridgeview Country Tours as she takes us through a day of Christmas shopping and a Christmas style dinner at Rachael's Amish home. We will be shopping at Catherine's Christmas Shop, Whitehouse Chocolates, Mary Yoder's Bakery, Hershberger's Houseware and Sunrise Farm & Gift Shop.

DATE: Thursday, December 3 TIME: 9:00 am. - 5:00 pm. COST: \$32.00

CLEVELAND CHRISTMAS LIGHT TOUR

Get into the holiday spirit and see the Christmas light displays in Cleveland and Nela Park area. After our sightings, we'll stop at Beef O' Brady's for a hot beverage and your choice of dessert.

DATE: Thursday, December 10 TIME: 6 - 8:30 pm.

COST: \$6.00 (includes bus, food, tax and tip)

HARTVILLE FLEA MARKET

Just in time for Christmas!

DATE: Monday, December 14 TIME: 8:15 am. - 3:30 pm. COST: \$2.00

2009 CHRISTMAS SPECTACULAR

This heartwarming, fast paced musical celebration of Christmas features The Swing City Orchestra. You will enjoy dazzling production numbers, superb musical arrangements, beautiful costumes and more. An appearance by Santa Claus adds to the festivity. And add in a great Croatian Lodge meal.

DATE: Wednesday, December 9 TIME: 11:00 am. - 1:30p.m.

COST: \$45.00 (includes lunch, show, tax, gratuity and transportation)

PARTIES AND COOKOUTS

WEDNESDAY NIGHTS AT THE CENTER

Don't forget that the Center will be open on Wednesdays until 8:30 pm.

Live country and blue grass music will be performed by an array of special guests (about 10-15 players) each and every Wednesday. All are welcome, so bring your friends, music starts at 6:30pm. We have a concession stand with coffee, donuts, pizza and other items available for purchase.

WEDNESDAY NIGHT PINOCHLE

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

JFK ANNUAL CHRISTMAS DINNER

Join in the celebration at our annual Christmas dinner. This year, the location will be at the Croatian Lodge in Eastlake, with musical entertainment by Frank Cardone and friend. The dinner will be served family style and consists of: Chicken Marsala, Wiener schnitzel, potatoes, vegetables, salad, bread and butter, coffee, and strudel for dessert.

DATE: Sunday, December 13 TIME: 12:30 - 3:30 pm. COST: \$18.00 per person

CHRISTMAS PARTY @ OUR CENTER

Celebrate at our Center for the holiday season. Join us as we welcome Bob Thomizselli, the Lake County Senior Idol, in his Christmas show. Christmas cookies and hot beverages will be served.
DATE: Friday, December 18 TIME: 12:30 – 2:30 pm. COST: \$2.00

X-MAS BINGO PARTY

We will be having a FREE bingo party, sponsored by Continuum Health Care. There will be great prizes for 5 games.
DATE: Wednesday, December 16 TIME: 5:00 pm. COST: FREE

NEW YEAR'S EVE PARTY

Celebrate 2010 with us! Join the party at our Center. It will be a night of dinner, dancing and fun. Dinner will be catered by G G White (they catered the clam bake). Menu includes chicken marsala and roast pork, potatoes, vegetables, tossed salad, rolls and butter, and dessert – all served on china. Entertainment will be provided by the Ron Stark Orchestra. So get a group together for a table and be part of the fun. Party hats/favors and a champagne toast at midnight are included.
TIME: Doors open 7:00 pm. Dinner served: 7:30 pm. COST: \$25.00 per person
DATE: Thursday, December 31

GROUPS AND CLUBS

RED HAT PEARL BELLES

The Red Hats will be meeting in the JFK meeting room on Tuesday, December 15th for our Christmas party. This is a special day for paid up members only. Time is 12:30 pm. The group will be furnishing deli meat, rolls and past, potato salad and beverages. You may bring a plate of cookies or other shareables for snacks.
Any questions, call Queen Pat at (440) 527-8019 or (216) 408-3464.

PINOCHLE CLASS

Pinochle players meet on Fridays at 12:30 pm. If you need a refresher before joining in the regular play, come at 10:30 am, for a practice session before lunch. This is a refresher course, not intended for beginners.

DECEMBER BIRTHDAY PARTY

Attention December birthday people we are having a party and you're invited.
Date: Friday, December 18 Time: 12:30 Free!!!! RSVP in office to register.

L.C.R.

Summer's over and it's time to play L.C.R. (Left, Center, Right). Beginners are encouraged to join in the fun. And it's easy too!
DATES: Thursday, December 17 TIME: 12:30 pm. Cost \$5.

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COMPUTER CLASSES

Microsoft Word 2003 1 & 2

Prerequisite: Basic Computers or equivalent knowledge
These classes will provide hands on experience while you learn the basics of Microsoft Work. You will learn how to create new documents, edit your work, and more. Word will allow you to create letters, record important information, and write stories with greater ease than ever before. These classes will provide you with time for review and practice.
DATES: Monday, November 30 & December 7 TIME: 9:30 - 11:30 am. COST: \$39.

Digital Christmas Photos for Beginners

Whether you use a digital or a conventional camera, you'll want to take this course! Begin by learning what you need to know before you go out and purchase a digital camera. Then learn how to manage, edit and share photographs using your computer. Learn how to download pictures from a digital camera, touch-up photos for better images, use photos in e-mail, photo albums, flyers and more. You'll discover great tips and tricks for printing and preserving your precious memories while saving money!
DATES: Wednesday, December 2 & 9 TIME: 3:30 – 5:30 pm or 6:00 – 8:00 pm. COST: \$39.00

Microsoft Excel 2003 1 & 2

Whether it's balancing your check book, putting together the family budget or generating charts for work, Microsoft Excel is the program for you. Improve the way you turn your data into information using powerful tools to analyze, communicate and share your results. Microsoft Excel is a spreadsheet program that will enable students to track & manage data, addresses, financials, and more.
DATES: Monday, December 14 & 21 TIME: 9:30 – 11:30 am. COST: \$39.00

DECEMBER OUR PAGE

They Won't Be Home For Christmas - by Del "Abe" Jones

Another year, American Heroes Are fighting in a foreign land
But hopefully, with an end in sight To this part of life they hadn't planned.
They do their duty without question And they all stand proud and tall They are placed there in harm's
way As they answer, our Country's call.
They'll get by the best they can And improvise ingenious ways To find a way to celebrate
The meaning of the Holidays. Peace on Earth, good will towards men Is really, kinda hard to do
When all around, there are folks Whose only wish, is to kill you.
There are far too many families Who will never again know the joy That the Christmastime can bring
And cruel, wartime can destroy.
The lucky will return back home But lives will never be the same Forever changed in heart and mind
By humankind's unholy game. They won't be home for Christmas And sadly, some will never be
But all of them will share one thing That's the war Hero's legacy.
So as you gather 'round the tree With your loved ones by your side Think about those, ?over there?
While you enjoy, your Yuletide.

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EASTLAKE COMMUNITY CHRISTMAS

Christmas gifts for children in need and for the children of our deployed United States Armed Forces, are needed by the Eastlake police, fire department and City of Eastlake employees to give every child the opportunity to enjoy Christmas and for those whose mothers and fathers are deployed, this is a simple way to express our thanks and show our appreciation.
Our Wednesday night crowd have already started a collection of gifts a box will be put in the office for anyone who would like to put in a gift contribution to this worthy cause.
(unwrapped gifts ONLY up to fifty dollars), last day for collection December the eighteenth.
Thank You For Your Participation

Harry

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THIS MONTH IN THE SPOTLIGHT

Ellie and the Exercise Room

About four years ago Ellie volunteered to be in charge of the exercise room and she really enjoys it. She says they are all family in there.
There are about twenty plus people who use the equipment in there, and all the machines and weights are used on a regular basis, although the new rowing machine is the favorite at the moment.
Ellie also says that weight loss is not the prime motive for exercise in there, it's about being healthy and feeling good.
One lady who exercises in there and is an example to us all is Hazel , who was ninety one years old on the seventeenth of November. All I can say is more power to you Hazel.
We also have a lady who is on oxygen and a blind person that exercise on a regular basis.
If anyone is interested in doing this , take a walk down the hall and check it out. Oh! And say hi to Ellie and the family.

BRENDA

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WANT TO TRACK SANTA AROUND THE WORLD www.noradsanta.org

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JFK CENTER BOARD VOTING

This years voting went very well, 122 members voted and we thank you all for your participation in the election of your new board to whom we give our congratulations.
The new board will pick its officers at it's first meeting in January.

YOUR 2010 BOARD MEMBERS ARE

JUNE TAYLOR.
MADONNA KNAUS
DICK SUYDAM

DORIS SRAJ.
CELINE BURGER.
HARRY SIMPSON

DOROTHY JANKOWSKI.
MARGE FAIRMAN.
GEORGE MC CLELLEN

WHAT TO DO WITH ALL THEM BUNS

BY RUIH

Use them in bread pudding, stuffing, bread crumbs, or here a a few suggestions.

Bruschetta. Cut Hot Dog Buns in half along the perforated edge, Brush with olive oil and pressed garlic, Bake at 350 until crispy and toasted, Top with diced tomatoes and fresh basil, and cut into thin strips.

Mini Homemade Pizzas. Cut Hamburger Buns in half, each half will be a pizza crust, Spread crust with pizza sauce and sprinkle with oregano, Top with shredded mozzarella cheese and bake at 350 until cheese is melted and crust is crispy.

French Toast Sticks. Cut Hot Dog Buns in half and then cut each piece in half, Whisk together 4 large eggs, 6 tablespoons of milk, 2/3 teaspoon pumpkin pie spice, and 2 teaspoons vanilla extract in a shallow dish. Dip bun pieces in egg mixture, allowing them to become saturated, and pan fry till golden.

OUR CENTER

You join the center, think your done NO! now is the time to have some fun
with classes, lectures, hikes and such you think you've never seen so much
But, you say my tables dirty and there's paper on the floor
I will do this because I belong here, so tell me how and I will do more CHET
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EVERY WEDNESDAY IS COUNTRY NITE

But Wednesday the 16th of December is our Christmas Party Nite, and I would not be surprised if Santa shows up, this will be the last night for our toy donations so lets hope we can fill that big bag. Bring your friends and your favorite snacks and lets party.
I would like to take this opportunity to wish you all a very Merry and Safe Christmas and to thank all the volunteers, the musicians, and you for making Wednesday Nites a great success.
So Remember our motto.
What Happens On Wednesday Nites, Stays On Wednesday Nites

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FOR SALE

TREADMILL, PRO FORM 770 EG, Has power incline, heart rate monitor, calorie counter, distance, laps, time controls, space saver and quiet cushion deck, excellent condition. Interested call Ruby at 440-951-1197 or 440-749-1197.

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S T O C K I N G S L R N I S Z R
N N T I S O L D E N E E M A V F
P W O R R W C P C L O G I N P J
U G N I F L H T M R A W N T C E
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N E G X A F C I V Z G I F T S E
S F H G R M R M A O P I A G G H

Please find the following hidden words:

- snowman, lights, parties, decorations, candles, fireplace,
- stockings, gifts, cards, sparkle, music, choirs,
- carols, children, tree, angel, trains, laughter,
- santa, reindeers, sleigh, jingle, chimney,

Words by Brenda.....Puzzle by Harry
MERRY CHRISTMAS TO ALL AND TO ALL A GOOD NIGHT

J.F.K. CENTER IN PICTURES



HALLOWEEN SPOOKY HOE DOWN



COUNTRY NITE PARTY



POP IN AND JOIN US OR CALL 440-975-4268