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OUR THOUGHTS

This section is reserved for our members who are ill. Please help us keep it updated.
Get well wishes are extended to Sally and Tom Fritsch's Mom, Gwen Fritsch, Carol Trimboli, Jane Stern, Donna Krejsa, Marlene Roach, Sue Gearity.

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JFK LIBRARY

We are now looking for donations of books. We ask that the books are new or slightly used.
Please, NO outdated magazines or encyclopedias.

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SENIOR HEALTH AND WELLNESS

FOOT DOCTOR

\$15.00 donation is to be paid at the appointment. EXACT amount is required. Change cannot be made.
Dr. Coppers will be here Wednesday, November 3rd from 8:00am to 4:30pm
LOCATION: TV Room. **PRE-REGISTRATION IS REQUIRED** COST: \$15.00

OSHIP

The Ohio Senior Health Insurance Information Program is a powerful resource. Ken Selander will be here on the following dates.
DATE: Thursday, November 4th and 18th TIME: 10:00am to 12:00noon COST: FREE

BLOOD PRESSURE SCREENING

Have your blood pressure checked.
DATE: Tuesday, November 9th TIME: 10:30am COST: FREE

MASSAGE THERAPY

Massages begin at 9:00am COST: \$10.00 for 15 minutes
DATE: Wednesday, November 10th **PRE-REGISTRATION IS REQUIRED**

LECTURE: "ORGANIZING YOUR FINANCIAL LIFE"

Do you know where all of your critical documents are located? If a death in the family were to occur, could you locate the will, bank documents, insurance policies and investment documents? Getting organized not only helps you identify what you have, it will help you r financial professional to identify what you need and help you bridge any gaps in your financial strategy.
DATE: Wednesday, November 10th TIME: 10:30aam COST: FREE

FRIENDLY VISITORS

We have 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, November 11th and 25th TIME: 9:00am

COUNCIL ON AGING/MEDICARE CHECK-UP

Personalized attention. (One-on-one). Question and Answer. Open registration begins November 15th.
DATE: Friday, November 12th TIME: 12:00noon COST: FREE

REIKI LEVEL I CLASS

Training Class: You will receive an attunement opening you to receive, hold and send Reiki Energy that lasts for life.
Learn hand positions to use from the Usui Reiki Tradition.
Learn the history and principles of Reiki.
Learn to give Reiki treatments to yourself, others, plants and animals.

DATE: Monday, November 15th TIME: 10:30am to 3:30pm COST: \$60.00

IDENTITY THEFT

Charter One Bank is offering a lecture on Identity Theft, a current issue that is a serious problem. This issue has cost people like you millions. Learn how to protect your assets.
DATE: Wednesday, November 17th TIME: 10:30am COST: FREE

SENIOR INDEPENDENCE

Healthy for Life!!!

DATE: Friday, November 19th

TIME: 10:30am

COST: FREE

FLU SHOT CLINIC

Sponsored by The Lake County Health District.

DATE: Tuesday, November 23rd

TIME: 1:30pm to 3:00pm

COST: FREE for Medicare Part B

Private Insurance -\$22.00

INSURANCE CARD OR MEDICARE CARD MUST BE PRESENTED

SPA SERVICE AT JFK

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

DATE: Wednesday, November 24th

TIME: 9:00am to 1:00pm

COST: Varied

SCHEDULE YOUR APPOINTMENT IN THE OFFICE

ATTORNEY AVAILABLE

Frank Manning, a local attorney, is offering free 20-minute appointments. Appointments are at

1:30, 1:50, 2:10, 2:30, 2:50, and 3:10 pm.

PRE-REGISTRATION IN OFFICE REQUIRED

DATE: Monday, November 29th

COST: FREE

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CASINO TRIPS AND VACATION 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.

SPECIAL REMINDER

REMEMBER AND BE ADVISED: It is a privilege to participate in the Center and the Bus Trips. Please don't abuse this privilege. When you are asked to return to the bus/motorcoach, be on time! We notify you when the bus will be leaving and the bus arrives at the departure point 15 minutes prior to that. We make every effort to locate you, but if after 15 minutes, you are still not there, we will leave for home. Then you will be responsible for your own return.

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.

REMINDER

You may also bring a friend on these trips. They do not have to be a member of the Senior Center.

PREVIEW OF TRIPS FOR 2010

November 30, 2010
December 6 – 10, 2010
February 6 – 13, 2011

Oglebay Lights, Wheeling, WV
Smoky Mountains "Show Trip"
Eastern Caribbean Cruise

OGLEBAY LIGHTS

Traveling to the Wheeling, West Virginia to the Festival of Lights with step on guide. Meal stop (on own). Hilltop shops & Gardens (on own). Make checks payable to JFK Board. Meet at K-Mart parking lot.
DATE: Tuesday, November 30th TIME: 12:30pm to 11:30pm COST: \$34.00 includes Driver's Gratuity

SMOKY MOUNTAINS SHOW TRIP

Trip includes Motorcoach transportation; 4 nights lodging; 8 meals; guided tour of the Great Smoky Mountains National Park; four evening shows; two morning shows; free time in Historic Downtown Gatlinburg and much more. Deposit - \$75.00 (per person) Final payment is due on 09/30/10.
DATES: December 6th to 10th COST: \$459.00 per person, double occupancy

PARTIES AND COOKOUTS

WEDNESDAY NIGHTS AT THE CENTER

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

VETERAN'S ACTIVITIES

First, celebrate with our American Legion Post. A ceremony at The Boulevard of Flags...Bus leaves at 10:45am from the Senior Center. This is a **FREE** trip. **YOU MUST BE PRE-REGISTER IN THE OFFICE.** After the ceremony, we will have a "Traditional Style" lunch. The menu is Chipped Beef on Toast.

DATE: Thursday, November 11th TIME: 12:00noon COST: \$3.00

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DAY TRIPS AND OUTINGS

TWO SHOPPING TRIPS

Stock up for the winter. These are two separate trips.

Stouffer's Frozen Foods in Twinsburg

DATE: Monday, November 8th TIME: 9:00 to 11:30am COST: \$3.00 for transportation

Westside Market Shopping

DATE: Wednesday, November 3rd TIME: 10:00 to 11:30am COST: \$3.00 for transportation

EARLY WARNING

Enjoy a tour of the Cleveland Sight Center, a visit to the "Idea Shop", the Gift shop and see their model apartment.

DATE: Tuesday, November 9th TIME: 9:30am to 1:00pm COST: \$3.00 for transportation

MUSIC AND LUNCH AT SEEKERS!

Travel with our bus to "Seekers" for a patriotic salute to Veterans with music by Tom Todd and Julie Slattery. Lunch buffet will include: Buffalo Chicken Wraps, Tuna Salad, Croissants, Veggie Wraps, House Salad and Kettle Chips. A variety of Finger Pastries for dessert and Seekers great coffee, tea or Pepsi products to enjoy.

DATE: Wednesday, November 10th TIME: 11:30am to 2:00pm COST: \$13.00

LUNCH BUNCH

We'll be traveling down south on Route 271 to the Bahama Breeze for lunch. Actually, we'll drive our bus.

DATE: Friday, November 12th TIME: 11:00am to 2:00pm COST: \$3.00 for transportation

GATEWAY EXPRESS

Enjoy a creative craft..."A Holiday Greeting Card". A FREE box lunch and FREE transportation.

DATE: Wednesday, November 17th TIME: 10:00am to 1:00pm COST: **FREE**

CHRISTMAS IN THE COUNTRY

Enjoy a guided trip with the wonderful Sharon Grover. Listed below is the trips itinerary.

- 9:00am Depart from Center
- 10:00 til 11:30am Red Maple Inn (in Burton). Enjoy a muffin, fruit and cheese, cookies and a hot beverage.
- 11:45 til 2:45pm Amish home for Christmas Dinner
- 3:00 til 3:30pm Mary Yoder's Bakery
- 3:45 til 4:15pm Vancura Art Gallery
- 5:00pm Return to Center

DATE: Friday, November 19th TIME: 9:00 til 5:00pm COST: \$43.00

HIKE

This month we will hike Chagrin River Park. Lunch will be at McDonald's.

DATE: Tuesday, November 30th

TIME: 10:00am to 1:30pm

COST: \$3.00

CHRISTMAS SHOW

The Cleveland Play House has a show called "This Wonderful Life". A visually stunning stage adaptation of the popular holiday film "It's A wonderful Life". This one-man tour de force delivers a witty and moving story that is sure to capture your heart.

DATE: Thursday, December 9th

TIME: 12:30pm til 4:30pm

COST: \$38.00 per person

CHRISTMAS DINNER

This year our Christmas Dinner will be held at the Patrician Party Center. Great Meal. Special musical entertainment: Tom Todd, The One Man Band. Doors open at 12:30pm.

DATE: Sunday, December 12th

TIME: 1:00 til 3:00pm

COST: \$18.00

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GROUPS AND CLUBS

BALLROOM DANCE LESSONS FOR NOVEMBER

Increase your self-confidence and make that special person happy, relieve stress and just get out. Sign up for ballroom dancing lessons at the Senior Center.

Week 1	Waltz, Hustle and Merangue	Week 2	Foxtrot and ChaCha
Week 3	Rumba and Swing, Mambo/Salsa	Week 4	Tango and Samba

DATE: Tuesdays- 1:30pm til 2:30pm – November 2nd, 9th, 16th, 23rd, and 30th
Thursdays – 6:30pm til 7:30pm – November 4th, 11th, 18th, and 25th
COST: \$20.00/per person or \$30.00 per couple for either the day or evening series.
Make checks payable to the instructor: Andy Calori.

RED HAT PEARL BELLES

The Red Hats are going to Quaker Steak and Lube for lunch. All members from the JFK Center are invited to join us. Call Queen Millie or Co-Queen Sally for any questions. Registration to be held in the office. Phone numbers for above are in the office. Drive yourself. Cost for lunch on your own.

DATE: Tuesday, November 16th

TIME: 12:00noon to 2:00

No transportation provided

PINOCHLE CLASS

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

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.

L.C.R.

Join us to play a fun game of L.C.R. (Left, Center, Right). Beginners are encouraged to join in the fun. And it's easy too! The \$5.00 will allow you to play 12 games.

DATE: Thursday, November 18th

TIME: 12:30pm

COST: FREE

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X

NOVEMBER BIRTHDAYS

John	Olwert	1	Shirley	Bolas	13	Virginia	Leonard	21
Betty	Bunch	3	Emma	Gaetano	13	Ray	Mersek	21
Margene	Calvo	3	Linda	Gommel	13	Thomas	Fritsch	22
Susie	Kelly	3	Richard	Karlovec	13	Donna Marie	Gilbert	22
Jim	Smith	3	Bernedette	Izzi	14	Valeria	Korosec	22
Marilyn	Helm	4	Lucy	Lupica	14	Helen	Sestokas	22
Marie	Lubecky	4	Casimir	Alecha	15	Cher	Ashly	23
Betty	Novak	4	Kathleen	Bloor	15	Anna	Dawson	23
David	Ehle	5	Lois	Phillips	15	Ruth	Jerala	23
Patricia	Laricca	5	Henry	Schreiber	15	Wanda	Marcum	23
Jeannie	Pengal	5	James	St. Clair	15	Rogata	Nagle	23
Anne	Rossman	5	Terry	Lors	16	Jennie	Greenwald	24
Joe	Roznik	5	Barbara	Pickel	16	Suchin	Hernandez	24
James	Kisela	6	Carol	Szymanski	16	Phyllis	Brussee	25
Emilia	Kvasty	6	Catherine	Thomas	16	Anna	Francis	25
Richard	Mook	6	Joe	Vaidean	16	Stanley	Good	25
Ann	Klingman	7	Hazel	Tambascio	17	Betty	Wilson	25
Harry	Zingale	7	Patricia	Adler	18	Linda	Battaia	26
Cathy	Baldrey	8	Richard	Avenmarg	18	Dale	Beckford	26
Judy	Bruss	8	Martha	Pollizi	18	Karen M.	Kolish	26
Shirley	Fromwiller	8	Anthony	Tarantino	18	Philip	Kovalchuk	26
Joe	Petsche	8	Rita	Farley	19	Alice	Maylish	26
Corinne	Avenmarg	10	James	Ferencie	19	Rita	Mzik	26
Margaret	Bradlee	10	Larry	Isom	19	Helga	Radomile	26
Celine	Burger	10	Carolyn	Nelson	19	Carol	Andrews	27
Marjorie	Vandestadt	10	Margaret	Ruff	19	Janet	Pintar	27
Elaine	Allen	11	Jacquelyn	Wilka	19	Pat	Radomile	27
Jean	Hubbard	11	Marie	Grdina	20	Yvetter	Ladiha	28
Hattie	Pizzi	11	Cathrine	Lewis	20	James	Larkin	28
Patricia E	Turner	11	Shirley	Markley	20	Janet	Miller	29
Ida	Vallo	11	Bruce	Stevens	20	Catherine	Minardo	29
Lenore	Bitner	12	Carmen	Tripepi	20	Arlene	Wagemaker	29
Blanche	Loomis	12	Clarabelle	Babika	21	Catherine	Skrinjar	30
Julie	Scheuer	12	Carole	Faubert	21			

IF YOUR BIRTHDAY IS IN NOVEMBER 2010
AND IS NOT ON THIS SHEET
IT IS BECAUSE WE HAVE NO RECORD OF YOUR RENEWED
MEMBERSHIP FOR 2010

WISHING YOU ALL
A GREAT DAY



NOVEMBER OUR PAGE

May your stuffing be tasty
May your turkey be plump,
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs !

Happy Thanksgiving !

JFK SENIOR CENTER

FALL CRAFT SHOW AND FLEA MARKET

FRIDAY OCT. 29th 4pm. To 9pm

AND

SATURDAY OCT. 30th 9am to 4pm.

1580 East 332st. Eastlake, Ohio. 44095

ELEPHANT STEW

Ingredients 1 elephant (medium size), salt and pepper,rabbits (optional)

Cut elephant into bite size pieces,this should take about two months add enough brown gravy to cover
cook over kerosene fire for about five weeks at 450 degrees.

This will serve about four thousand people, if more are expected add the rabbits, but only if necessary
as most people do not like to find a hare in their stew.

Carol

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REMEMBER TO VOTE

The second Tuesday in November from 8am to 11am. Voting for new board members will take place in
the lobby. This year two board members, Celine and Dick are up for re-election plus two new members
are needed for vacant places on the board.

So far only four people have applied, if you or someone you know would be interested in participating
in the centers general running or in making a difference please sign your name on the sheet in the
office. Closing date for sign up October the 30th.

It is important that you vote for the person of your choice to sit on the board

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AFTER HOURS AT THE CENTER

Wednesday Country Nites are still going strong, lots of people can't be wrong.

So you all come and join us now,{ That's if you dare } it's free to all members and to the public,
Bring your friends and family, no sign up needed just show up any Wednesday about 6,00pm.

You can bring your own food or enjoy our concession stand,

It will be a nite of fun and laughter. Remember our motto: is

WHAT HAPPENS ON WEDNESDAY NITE, STAYS ON WEDNESDAY NITE

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OUR CENTERS 2011

As we look forward to 2011 and beyond and the many improvements and changes that will need to be
made in the center, we also respect the fact that some of the centers members will find it difficult to

keep up with any rising costs for membership fees, outing parties and activities.

Everyone should be able to enjoy this center and with this in mind we are working on coming up with
some sort of financial aid plan to assist these members. If you have any idea on how we could

implement such a plan or if you would be willing to donate to the plan please let us know.

CHANGES TO OUR CENTER

Last month on this page I wrote of changes that needed to be made to our center so that we can all continue to enjoy the benefits of the center now and in the future.

At our last board the following changes were approved.

(1) MEMBERSHIP

The membership dues for 2011 will be five dollars for Eastlake residents and ten dollars for non residents, this will fall in line with most of the senior centers in Lake Country and give us better grounds to negotiate on senior levy moneys. A major part for the dues will be added to our City budget to help in the general center expenses.

(2) COFFEE & TEA

The price for coffee and tea will be raised to ten cents per eight ounce cup, if you use a coffee mug it will hold ten ounces so please do not fill it to the top, that would be cheating and I am sure we don't want to do that. Coffee and tea will be in the Lobby from 8am to 11am and served at lunch by a volunteer at the same price. We will try to get a volunteer to serve in the Lobby, until then it will be on the honor system as it is now. If this is not working out we will look into a vending machine that will make it fair to all of us. This will take effect at the beginning of November.

(3) WATER COOLER

A note will be put on the water cooler to ask you NOT to fill water bottles or cups. Please use only the cups provided. Bottles of water can be purchased for 50 cents. This will take effect at the beginning of November.

(4) The Refund Policy agreed upon in 2009 will be rewritten and displayed so that we will all understand the rules for any refunds.

The above changes were not made lightly. Frank, City representatives and your JFK board have had many discussions and asked for your input at lunch meetings.

In 2011 there may be more changes to be made and we invite anyone to give their input to help this center weather these difficult financial times.

The center is a none profit organization and it is not the policy of anyone to make a profit at our members expense, but to keep the center running in a way that we have been accustomed to.

This message from the JFK Board

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

Please find the following hidden words:
harvest, turkey, cornucopia, family, friends, thanksgiving,
snow, fireside, hearth, corn, indians, laughter,
dinner, pumpkins, abundance, pies, warmth, puritans,
cranberries, candles, happiness, scarf, hat, mittens

J.F.K. CENTER IN PICTURES



DAN TROY AT THE FISH FRY



HONORING OUR VETS



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