

J.F.K. SENIOR CENTER BULLETIN

1580 EAST 332 STREET

EASTLAKE, OHIO 44095

(440) 975-4268

Frank Doberdruk-Senior Coordinator

frankdoberdruk@yahoo.com

Brochure on line at "www.eastlakeohio.com"

Hours: 8am - 4pm

OCTOBER 2010

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)

TAI CHI	WEDNESDAY	8:30am
WOODBURNING	TUESDAY	9:00am
WATER COLOR	THURSDAY	10:00am
SENIOR SINGERS	MONDAY	10:00am
LINE DANCING	THURSDAY	1:00pm
LCR DICE GAME	4 th THURSDAY	12:30am
EXERCISE ROOM	OPEN MONDAY THRU FRIDAY	\$12.00 per year
CRAFTY CROCHETERS	FIRST & THIRD THURSDAY	9:00am-11:00am
CERAMICS	MON. TUES. WED. FRI.	\$12/12 week session
BINGO	TUES. WED.FRI.	12:30am-3:00pm \$0.03 per card
PINOCHLE	THURSDAY & FRIDAY	12:30am

(REFRESHER AT 10:30am with LORRAINE LONGO)

A BODY IN MOTION

EXERCISE WITH STEPHANIE ALL FREE PROGRAMS

SIT DOWN EXERCISE	MONDAYS 12:45pm & THURSDAYS	9:15am
LOW IMPACT AEROBICS	MONDAYS 1:30pm & THURSDAYS	10:00am
STRETCH & TONE	TUESDAYS	9:15am.

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2010 MEMBERSHIP RENEWAL

Our volunteers will be completing your card and everyone will need a new card this year. Please be sure to have at least one emergency contact person and a contact phone number. Membership fees will be \$1.00 for Eastlake residents and \$2.00 for all others.

NEW SENIOR CENTER POLICY

As of January 1, 2010, no animals or pets will be permitted in the building.
The only exception will be for service dogs, such as pilot dogs for the blind or therapy dogs.

CLEANING THE CENTER

Our Volunteer Cleaning Group Meets in the Lunch Room after lunch...
Wednesday, October 13th and 27th

BOARD AND LUNCH ROOM MEETINGS

The Board meeting will be Tuesday, October 12th at 9:30am with the Lunch Meeting at 11:00am.

ALL THURSDAYS ARE HAUNTED CLASSICS THIS MONTH!

Enjoy our 50" DHTV. All movies begin at 12:30pm

October 7 th	Psycho
October 14 th	The Birds
October 21 st	Exorcist
October 28 th	Halloween

All Movies are FREE! Popcorn included.

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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 Frank Sraj, Meriam Kinison, Joan Roman, Jane Stern, Carol White, Gussie Finotti and Irene Ruby. Our sincere sympathy is extended to the family and friends of Edith DiRenzo on the death of her daughter-in-law, Susan.

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, October 25th

COST: **FREE**

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

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, October 13th and 27th

TIME: 9:00am

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, October 6th from 8:00am to 4:30pm

LOCATION: TV Room.

PRE-REGISTRATION IS REQUIRED

COST: \$15.00

MASSAGE THERAPY

PRE-REGISTRATION IS REQUIRED

Massages begin at 9:00am

COST: \$10.00 for 15 minutes

DATE: Wednesday, October 13th

SPA SERVICE AT JFK

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

DATE: Wednesday, October 27th

TIME: 9:00am to 1:00pm

COST: Varied

SCHEDULE YOUR APPOINTMENT IN THE OFFICE

SENIOR INDEPENDENCE

Healthy for Life!!!

DATE: Friday, October 15th

TIME: 10:30am

COST: **FREE**

COMMUNITY ACTION/WEATHERIZATION ASSISTANCE PROGRAM

Lecture of no-cost energy assistance program designed to reduce energy costs, particularly for the elderly. All homes receive a weatherization review to determine services. Services include: tune-up on furnace, insulation of attics, insulation of sidewalls, sealing of heating ducts and more.

LOCATION: Lunchroom

DATE: Friday, October 15th

TIME: 10:30am

COST: **FREE**

TOM STRONG LECTURE/CANCER

Grand Point in Richmond Heights is sponsoring this lecture "What everyone should know about Cancer." Cancer just doesn't happen to people. Learn the cause of cancer, the value of screening tests and how lifestyle changes can powerfully reduce your risk!

DATE: Tuesday, October 26th

TIME: 1:00pm

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 Medicate Part B

Private Insurance -\$22.00

INSURANCE CARD OR MEDICARE CARD MUST BE PRESENTED.

WELLCARE LECTURE

Wellcare representative Loretta Serrano will answer the question "What's new with Medicare?". After the lecture, Loretta will have a question and answer session.

DATE: Tuesday, October 26th

TIME: 10:30 to 11:30am

COST: **FREE**

OSHIIP

The Ohio Senior Health Insurance Information Program is a powerful resource. Ken Selander will be here on the following dates.

DATE: Thursday, October 7th and 21st TIME: 10:00am to 12:00noon

COST: **FREE**

REIKI MASTER

Attention: Senior Center Members. We are looking for interested people in becoming a certified Reiki Master. If enough people are interested, we will host a special class with a Senior here at the Center. Come into the office or just call and leave your name and number. Reiki is a natural healing technique that uses gentle laying on of hands or no touch, channeling energy to the recipient. The Reiki energy accelerates the recipient's own ability to heal physical ailments and to harmonize the mind and spirit.

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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

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|-----------------------|------------------------------|
| October 8 – 11, 2010 | New York |
| October 27, 2010 | Presque Isle Casino |
| November 30, 2010 | Oglebay Lights, Wheeling, WV |
| December 6 – 10, 2010 | Smoky Mountains “Show Trip” |
| February 6 – 13, 2011 | Eastern Caribbean Cruise |

Trip meeting for New York – September 28, 2010. New York trip still has 4 more seats available.

APPLE BUTTER FESTIVAL

As we visit Historic Roscoe Village, you will experience a living history tour and shopping in very distinctive shops. Relax as you float aboard the Monticello III, an authentic canal boat drawn by horse, down a restored portion of the Ohio and Erie Canal. Enjoy a glimpse in the daily life of the craftsman in the 1800's, as they display their works of art. Enjoy lunch in a beautifully restored restaurant and visit the Historic Gardens. Tour includes transportation, Apple Butter Festival, Roscoe Village, Canal Boat Ride, tour escort and all taxes and gratuities.

DATE: Friday, October 15th COST: \$29.00

PRESQUE ISLE CASINO

Traveling to Presque Isle Casino with a Casino Bonus of \$25.00 in Promo Dollars. All passengers must have a driver's license or a State ID with them. Make checks payable to JFK Board. Meet at K- Mart parking lot on Vine Street.

DATE: Wednesday, October 27th TIME: 8:00am to 7:00pm COST: \$28.00

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.

WEDNESDAY NITE BINGO

Karen from Continuum Home Care, Inc. is our host for five games of bingo, with gift cards as prizes. ALL ARE WELCOME!

DATE: Wednesday, October 20th TIME: 5:00pm COST: FREE

FISH FRY

The Chagrin River Salmon Association is sponsoring it's annual Fish Fry, free for our members. PRE-REGISTRATION will begin at 9:00am on Friday, October 1st for Eastlake residents that are members of the Center. OPEN REGISTRATION for all other members of our Center will begin on October 4th at 9:00am. *YOU MUST BE REGISTERED AND HAVE A TICKET.*

DATE: Saturday, October 23rd TIME: 6:00pm COST: FREE

SPOOKY PUMPKIN (Pancakes) BREAKFAST

I am not afraid to tell you that Jerry and his crew are back under the pavilion and scaring-up some good eats. Halloween costumes and dress-up attire is recommended for this Halloween bash. Prizes will be awarded for the Best, Scariest, and Most Original Costume. You have the option of eating inside. PRE-REGISTRATION IS REQUIRED

DATE: Wednesday, October 27th TIME: 9:30to 10:30am COST: \$2.00

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DAY TRIPS AND OUTINGS

FREE LUNCH AND BINGO

Travel with us and discover a new way of life at the Gates Mill Club Independent Living Apartment Complex. Enjoy lunch, get a tour and play bingo with prizes.

DATE: Tuesday, October 5th TIME: 10:30am to 2:00pm COST: \$3.00 for transportation

LUNCH BUNCH

Location: Winking Lizard Restaurant in Mentor. Lunch off the menu. You order and pay for your own lunch.

DATE: Friday, October 8th TIME: 11:00am to 1:30pm COST: \$3.00 for transportation

STATION STREET DINNER THEATRE

“The Rat Pack” is alive and will be performing for your enjoyment. The production celebrates the incredible talents of these four larger than life entertainers...legends in their own time; Frank Sinatra, Sammy Davis, Jr. Dean Martin and Joey Bishop. Menu consists of: Homemade Bean & Sausage Soup, Salad, Bread, Chicken Pesto, Pork Chops with Garlic & Thyme, Rosemary Red Potatoes, Baby Carrots and English T riffle.

DATE: Tuesday, October 12th TIME: 10:00am to 5:00pm COST: \$38.00 per person

HIKE

This month we will set sail on a Haunted Area of Farmpark. We'll hike the “Haunted Hayride Route during the daylight hours. Lunch is on your own at the Farmpark's Cafe. Order a meal or just a cup of coffee. Surprise stop at Patterson's.

DATE: Tuesday, October 19th TIME: 10:00am to 1:30pm COST: \$3.00

HARTVILLE FLEA MARKET

DATE: Monday, October 25th TIME: 8:15am to 3:30pm COST: \$3.00 for transportation

DINNER WITH NEIL ZURCHER

Forty years as a TV Reporter and host of Channel 8's “One Tank Trips”, Neil Zurcher would do almost anything and go almost anywhere for a good story. You can hear Neil tell the story about how he met Prince Charles in a bathroom; when he tripped and fell on President Gerald Ford; the time he raced an elephant; survived a tornado; got caught up in an Ohio Prison riot and piloted a Stennwheeler. Enjoy a pizza and salad buffet before the guest of honor, Neil begins his One Tank stories.

Book signing to follow the dinner. We can sell you a book at 20% off cover price.

DATE: Friday, October 22nd Dinner: 5:30pm, Lecture: 6:30pm COST: \$8.00 per person

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

CITY OF CLEVELAND TOUR III

Itinerary includes the following:

The Original Pilsner Brewing Company Building (early 1900's)

The Stock Yard area (1882)

Wendy Park on Whiskey Island

Lunch at Massimo Da Milano on West 25th Street

Take RTA Rapid to Terminal Tower

Top of the Observation Deck

Warehouse Area and more

DATE: Thursday, November 18th Time: TBA COST: \$40.00 per person

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

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GROUPS AND CLUBS

ATTENTION: GOLFERS

Golfers join us on Thursdays from 9:30am til 3:00pm. Cost is \$12.

BALLROOM DANCE LESSONS FOR OCTOBER

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 – October 5th, 12th, 19th and 26th

Thursdays – 6:30pm til 7:30pm – October 7th, 14th, 21st and 28th

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 Hartville for shopping and 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. Cost for lunch on your own.

DATE: Monday, October 18th TIME: 8:15am to 3:30pm COST: \$3.00 for transportation

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, October 28th TIME: 12:30pm COST: FREE

REQUEST

We are hosting a Chinese Auction on Saturday, October 30th. We need your help. If you have any NEW or ALMOST NEW items that your could donate, it would be greatly appreciated. Thank you, Thank you, Thank you. We also need BAKERS for our bake sale, (you all did a great job last time). And last but not least we need volunteers to sell at tables, & do whatever it takes to make our Flea Market a success. Sign up sheets will be in office.

OCTOBER OUR PAGE

A WORD OF THANKS

The Comfort Elves have received a donation of \$1000 dollars from Anne Lukance. We thank her very much for this most generous gift. It's people like this that makes our little world keep turning.

LITTLE GEMS FROM CELINE

Hope you enjoy them, it's what love means to 4 to 8 year old's.

When my grandmother got arthritis, she couldn't paint her nails anymore, so my Grandfather does it for her all the time, even when his hands got arthritis too. That's Love – Rebecca age 8.

Love his when my mammy makes coffee for my daddy and she take a sip before giving it to him to make sure the taste is OK- Danny age 7.

If you want to learn to love better you should start with a friend who you hate- Nikka age 6.

Love is like a little old woman and a little man who are still friends even after they know each other so well -Tommy age 6.

You really shouldn't say I love you unless you mean it but if you mean it you should say it a lot, people forget- Jessica age 8.

CHANGES IN YOUR CENTER

During the past couple of months I have spoken to most of you on various occasions about the economy and it's effects on the JFK Center. Over the last two years or more we have enjoyed many concessions, activities, trips, party's and more at either no cost or very little cost to you the members.

Many of these benefits are being abused and are costing the center money that is needed for the general running expenses such as electric, gas, maintenance, and upkeep.

At our last board meeting, I asked the board members to look into areas that we were either losing money or benefits were being abused.

I would like you to take a moment to look at some of our finding and the changes that need to be made.

(1) Membership, lowest around, It will be raised in 2011.

(2) Bus Trips, will need to be adjusted, many times our bus goes half full because people signed up either don't show up or cancel at the last minute.

(3) Afternoon party's and Friday nights party's, members lack of interest means we must find other ways to celebrate and entertain.

(4) Refunds on any trips and activities, a policy must be set and kept to.

(5) Coffee and Water, this is the big one and the most abused one. We can no longer have people filling water bottles from the water cooler, we sell bottled water if you need it. As for the coffee we can not give it away any more. The only way we can see to solve this problem is to have someone serve the coffee at a price per cup, also the coffee you drink with your lunch is not payed for by the nutrition site they supply milk only as a drink.

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 become accustomed to.

I urge you to ask any questions at our lunch meeting or I would be pleased to talk to any group of you at any time.

Board President Harry

AFTER HOURS AT THE CENTER

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

GHOULS AND GOOLIES WILL FILL THE HALLS

at our HALLOWEEN BASH October 27th.

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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COMING SOON

Our Fall Craft Show and Flea Market. Two days this time Friday Oct. 29th and Saturday Oct. 30th.

The last Flea Market was a success and you all can help us and the Center make this one a success also.

All you have to do is make sure you tell as many people as you can about it. Word of mouth is the best form of advertising, and remember all proceeds benefit you and the Center. SO PLEASE

cut out the flyer on the back of this sheet and post it or show it to all of your groups and friends.

This is also a good time for you to make a buck, we still have spaces available for you to sell your stuff

Harry

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

ALL INSIDE WILL BE HELD RAIN OR SHINE

MANY LOCAL VENDORS & TABLES

CONCESSION STAND IN FOOD COURT

CHINESE AUCTION AND BAKE SALE

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HOT DOGS AND HAMBURGERS

Saturday only

ALSO A CLASSIC CAR SHOW IN NORTH PARKING LOT

THIS IS THE PLACE TO BRING YOUR WHOLE FAMILY

FIND UNUSUAL GIFTS AND TREASURES

PLUS GOOD FOOD AND GREAT PRICES.

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TO RESERVE A SPACE PLEASE CALL 440-975 4268 or stop in at the CENTER

DEADLINE IS OCTOBER 25th, or until full.

The JFK Senior Center is a none profit organization. All proceeds from this event will benefit the center on it's much needed repairs. For information call 440-975-4268

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The Tech Trainer Puzzle

Tech Wise, the computer guys in the other hallway, wants to see how many tech terms you know. Here's our technical puzzle for you to enjoy and if you're not sure what one of the terms means then just stop by our office. We hope to see you in class very soon! -Bill and Bob

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

Please find the following hidden words:
memory, technology, computer, flashdrive, wii, microsoft, vista, seven, xp, office, word, excel, email, internet, megapixels, gigabytes, keyboard, mouse, desktop, taskbar, usb, isp, dsl, dialupservice, harddrive, motherboard

J.F.K. CENTER IN PICTURES



WEDNESDAY NITE COUNTRY BUMKIN PARTY



JFK CENTER ROOF REPAIRS



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