

J.F.K. SENIOR CENTER BULLETIN

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Hours: 7:30am – 4pm

NOVEMBER 2011



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.



HAPPY THANKSGIVING
THE CENTER WILL BE CLOSED
THURSDAY, NOVEMBER 24TH &
FRIDAY, NOVEMBER 25TH

ENJOY YOUR DAY...GOBBLE...GOBBLE...GOBBLE...

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)

CERAMICS	MON. TUES. WED. FRI.	\$12/12 Week Session
EXERCISE ROOM	MONDAY - FRIDAY	\$12.00 per year
WOODBURNING	TUESDAY	9:00 am
BINGO	TUES. & FRI.	12:30-3:00 3¢ per card
TAI CHI	WEDNESDAY	8:30 am
COMFORT ELFS	1 st 2 nd & 4 th WEDNESDAY	9:00 am – 11:00am
LINE DANCING	THURSDAY	1:00 pm
CRAFTY CROCHETERS	FIRST & THIRD THURSDAY	9:00am-11:00am
LCR	4 th Thursday	12:30 pm
PINOCHLE	FRIDAY	12:30 pm

Lorraine Longo will have a refresher course on Pinochle; by appointment only. (let the office know if interested).

A "BODY IN MOTION" IS A HEALTHY BODY

Exercise with Stephanie...all FREE programs

Sit Down Exercise	Monday, 12:45pm	Thursday, 9:15am
Low Impact Aerobics	Monday, 1:30pm	Thursday, 10:00am
Stretch & Tone	Tuesday, 9:15am	

THURSDAY AFTERNOONS AT THE MOVIES

MOVIES BEGIN AT 12:15pm

Movies and Popcorn are FREE, so come & ENJOY!

November 3rd ... License to Kill (Suspense)

November 10th ... Notebook (Love Story)

November 17th ... One Hour Photo (Suspense)

Once again Ladies, thank you for being involved in making our movie afternoons a success!

SENIOR INFO PAGE
OUR THOUGHTS

GET WELL WISHES are extended to: Ellie Wiley, Ann Pedry, Genevieve Deleanora, Emiko Stidd and Paul Cudnik.

Hope you are all feeling better soon.

SYMPATHY is extended to the family of Doris Sraj's for her nephew and to Goldie Cooper's nephew David Marano.

Thanks to Edith Di Renzo our "Sunshine Girl" for all our updates.
Please help us keep Edith informed.



VISITING ATTORNEY:

DATE: Monday, November 28th TIME: 1:30pm to 3:30pm

REGISTER IN OFFICE



FREE COMPUTER CLASSES

The JFK Center and Tech Wise have partnered with Connect Ohio to bring "Every Citizen Online" training program to Lake County Seniors. There will be a series of three classes, Understanding your Computer, The Internet, and e-mail. You will be registering for all three.

DATE: Monday, November 7th14th, & 21st TIME: 1:30pm – 3:30pm

Wednesday, November 2nd 9th, & 16th TIME: 6:00pm – 8:00pm



CLEANING THE CENTER:

Our Volunteer Cleaning Group meets every other Wednesday in the Cafeteria after lunch.

DATE: Wednesday, November 9th, 23rd TIME: 12:00pm

THANKS FOR A JOB WELL DONE



IMPORTANT PLEASE READ

Please REMEMBER to SIGN IN...regardless of what door you enter through...It is so important to "YOUR" Center...

Show that you Care and let us know you are there.

PLEASE...PLEASE...PLEASE...PLEASE...PLEASE...PLEASE

Your signature helps us with our funding...which we really need!

SENIOR HEALTH AND WELLNESS

OSHIIP:

The Ohio Senior Health Insurance Information Program is a powerful resource. Ken Selander will be in the main office, in a private room.

DATE: Thursday, November 3rd 17th TIME: 10:00am - 12:00pm



WELLCARE 2012 PLAN UPDATE

Attention all Well Care members and Medicare Plan Shoppers! Join us for a 2012 plan update to review the new Well Care benefits, including lower co-pays, expanded networks, better dental, new generic drugs and much more! Loretta will be here to answer any of your questions.

DATE: Friday, November 4th TIME: 10:00am



SENIOR INDEPENDENCE

BLOOD PRESSURE CHECK

DATE: Tuesday, November 8th TIME: 10:30 – 11:30am



MEDICARE CHECK-UP

Medicare's open enrollment is over by December 7th. This is your chance to change your Medicare Part D prescription drug plan or Medicare Advantage plan. Attend this Medicare presentation lead by Aleha from the Lake County Council on Aging. She will review the A, B, C and D parts of Medicare and talk about your health choices and give you guidance before enrollment is over. This presentation will be appropriate for individuals currently receiving Medicare benefits or approaching age 65.

DATE: Tuesday, November 22nd TIME: 10:30am – 11:30am



BLOOD PRESSURE CHECK (Embassy Homecare/ Anne Jeffries RN)

DATE: Tuesday, November 29th TIME: 10:30 – 11:30am



FOOT DOCTOR (PRE-REGISTRATION IS REQUIRED)

\$15.00 donation

DATE: Wednesday, November 30th TIME: 8:00am– 4:30pm

GROUPS AND CLUBS

BOARD AND LUNCH ROOM MEETINGS

The Board Meeting will be Tuesday, November 8th at 9:00am.
The Open Meeting will be at 11:00am.



FRIENDLY VISITORS:

This rewarding and fun filled program goes to Willoughby Emeritus to talk and socialize with different residents. We are looking for more volunteers, please help make this program grow. If interested, come here on any given Wednesday to go with a volunteer. They will tell you what they do and you can see how rewarding this can be.
THANKS AGAIN JOAN, HELEN, AND EMIKO.

DATE: Wednesday, November 9th & 23rd TIME: 9:00am

RED HAT PEARL BELLES

The Red Hat Pearl Belles are going to The Winking Lizard on Mentor Avenue for lunch.

Call Queen Millie if you have any questions.

DATE: Tuesday, November 15th TIME: 12:30pm



L.C.R.

Join us to play a fun game of L.C.R. Beginners are encouraged to join in the fun and it's easy too! \$5.00 will allow you to play 6 games.

DATE: Thursday, November 17th 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.

PARTIES AND COOKOUTS

WEDNESDAY COUNTRY NITE:

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) every Wednesday.

ALL ARE WELCOME, SO BRING YOUR FRIENDS.

Music starts at 6:30pm

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



VETERANS DAY

Let's celebrate Veterans Day, with cake and ice cream.

DATE: Fri. Nov.11th Cost Free TIME: 12:00 Noon, after lunch



BINGO

SENIOR INDEPENDENCE/GATEWAY

Nicole and Carol will be here to play bingo in the lunch room.

DATE: Tuesday, November 15th TIME: 12:00 – 2:30pm



KNIFE SHARPENING

Don't forget to bring in your "wares" for sharpening.

DATE: Tuesday, November 15th TIME: 10:00am – 12:00pm



BREAKFAST

Pancake, sausage, and OJ. We will get together one more time before the snow flies...did someone say SNOW!

DATE: Tuesday, November 22nd COST: \$2.00 TIME: 9:30am



SENIOR MESSAGE BOARD



BEAUTY SALON

The Beauty Salon is going well, if you haven't checked it out, take a walk and see what a great place we have...so "close to home".

Give it a try, you will like what you see!

Don't forget some of the proceeds go back to the Senior Center.

WE WELCOME WALK IN'S!



HAT AND MITTEN TREE

It is that time of the year again, we have had such a great success in the past for collecting hats and mittens for the young children that need them. The cold weather will be here before we know it!

Let's all get on board and fill that tree.



RECYCLE OLD CELL PHONES

If you have an old cell phone to get rid of, just bring it in and we will recycle them here.



EXERCISE YOUR RIGHT TO VOTE

Remember Voting will be November 8th...

Get the facts and be informed before you vote.



OLD PRESCRIPTION BOTTLES

If anyone has any old prescription bottles that they would like to dispose of, please drop them off in the office and we will properly discard of them.



DINNER AND A SHOW

Spaghetti Dinner at our Center with Entertainment by Show Stoppers.

It will be an enjoyable evening, so come out and have some good food, nice entertainment and wonderful company.

DATE: Saturday, December 10th

TIME: 6:00pm – 8:30pm

COST: TO BE ANNOUNCED LATER

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 !



LOTS OF PEOPLE FOR THANKSGIVING DINNER TRY THIS RECIPE

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 hares in their stew.



YOU MAY NOT KNOW

This Bulletin format has saved on paper and ink and many of you now are
 helping us save more by having the full web version which includes the
 birthday and photo pages sent right to their e-mail box if you would like it
 sent to your computer e-mail me at--- rusty9421@sbcglobal.net
 Also we have set up with Walgreens an Internet room in which I upload all
 photos. All the photos are in named albums and date back to 2008, you
 can buy prints or gifts online and pay plus pickup at any Walgreens store
 or just watch side shows of all the centers party's and events ALL FREE.
 If you are interested in joining the room which you can access any time
 from anywhere e-mail me at --- rusty9421@sbcglobal.net
 and I will sent you an invite.

November

MON	TUE	WED	THU	FRI
	1	2 Computer Class (6:00-8:00)	3 Movie Day (License to Kill) OSHIIP	4 WellCare Update
7) Hartville Computer Class (1:30-3:30)	8 Board Meeting Blood Pressure	9 Computer Class (6:00-8:00) Center Cleaning	10 Movie Day (The Notebook) Seekers Cafe	11 Veterans Day Cake & Ice Cream
14 Computer Class (1:30-3:30)	15 Red Hats Lunch Bunch Bingo Knife Sharpening	16 Computer Class (6:00-8:00) Trinity Cathedral	17) Hike Movie Day (One Hour Photo) OSHIIP L.C.R.	18
21 Computer Class (1:30-3:30)	22 Medicare Update Breakfast	23 Center Cleaning	24 Happy Turkey Day	25 Center Closed
28 Attorney	29 Blood Pressure Kent State	30 Foot Doctor		

Reminder: December 10th DINNER & A SHOW

HAVE YOURSELF A GREAT MONTH

NOVEMBER BIRTHDAYS

John	Olwert	1	Richard	Karlovec	13	Valeria	Korosec	22
Margene	Caivo	3	John	Vysnionis	13	Ruth	Jerala	23
Marie	Lubecky	4	Benedette	Izzi	14	Wanda	Marcum	23
Betty	Novak	4	Kathleen	Bloor	15	Rogata	Nagle	23
Carol	Kothera	5	Rosemary	Glogovsky	15	Jennie	Greenwald	24
Patricia	Lariccia	5	Lois	Phillips	15	Phyllis	Brussee	25
Jeannie	Pengal	5	James	St. Clair	15	Stanley	Good	25
Anne	Rossman	5	Carol	Szymanski	16	Patrick	Radomile	25
James	Kisela	6	Catherine	Thomas	16	Betty	Wilson	25
Emilia	Kvasty	6	Joe	Vaidean	16	Linda	Battaia	26
Richard	Mook	6	Hazel	Tambascio	17	Dale	Beckford	26
Ann	Klingman	7	Patricia	Adler	18	Karen M.	Kolish	26
Doris	Lizzie	7	Martha	Pollizi	18	Philip	Kovalchuk	26
Harry	Zingale	7	Rita	Farley	19	Alice	Maylish	26
Judy	Bruss	8	James	Ferencie	19	Rita	Mzik	26
Margaret	Bradlee	10	Larry	Isom	19	Mary	Tromp	26
Celine	Burger	10	Margaret	Ruff	19	Carol	Andrews	27
Marjorie	Vandestadt	10	Jacquelyn	Wilka	19	Janet	Pintar	27
Elaine	Allen	11	Arlene	Corrigan	20	Yvette	Ladiha	28
Jean	Hubbard	11	Catherine	Lewis	20	James	Larkin	28
Hattie	Pizzi	11	Shirley	Markley	20	Virginia E.	Nass	28
Patricia E	Turner	11	Bruce	Stevens	20	Ronald	Hoffman	29
Ida	Vallo	11	Carmen	Tripepi	20	Janet	Miller	29
Lenore	Bitner	12	Clarabelle	Babika	21	Catherine (Ka	Minardo	29
Richard	Kelso	12	Betty	Meskunas	21	Arlene	Wagemaker	29
Blanche	Loomis	12	Jeff	Selander	21	Catherine	Skrinjar	30
Julie	Scheuer	12	Thomas	Fritsch	22	Barbara	Taraska	30

WISHING YOU ALL
A GREAT DAY



J.F.K. CENTER IN PICTURES

WEDNESDAY NITE SUE'S BIRTHDAY



JFK SENIOR PROM NITE



YO ALL COME AND JOIN US NOW