



**SENIOR HEALTH AND WELLNESS**  
**FOOT DOCTOR**

DATE: Wednesday, October 1<sup>st</sup>

TIME: 8:00am–4:00pm

Wednesday, November 5<sup>th</sup> & Wednesday, December 3<sup>rd</sup>



**FLU SHOTS**

Please check the calendar for when the Flu Shots will be given.



Council on Aging will be here the 2<sup>nd</sup> Tuesday of the Month  
to answer any questions you may have.



**Note from Food Bank**

The Eastlake Food Bank is only for residents of Eastlake, Lakeline, and Timberlake.  
Thank You



**OUR THOUGHTS**

GET WELL WISHES are extended to: Tom Fritsch, Ann Layman, Gerry Gillespie,  
John Olivert, Kathy Rodgers, Michael Vaccariello, Paul Cudnik, Mary Parks, and to  
Barb & Ron Sutton's Son. Hope your are feeling better.

Sympathy is extended to the family of: Dragan Skrtic, Pat Glavan, to Jean Zukoski in the  
passing of her sister Patsy, and to Karen Preto in the passing of her brother-in-law Thomas.



**Note from Maxine**

I would like to take this opportunity to thank everyone who pitched in to make our Fall Flea  
Market such a success. Those who worked to separate, clean, and price items, those who  
helped set up, man tables, take down and clean up, who baked for the bake sale, selling of  
raffle tickets (including 50/50 raffle); whatever you volunteered to do, I thank you from the  
bottom of my heart. "Your Center" needs you, and you always come through in a big way.  
Thank you. Maxine



# **DAY TRIPS AND OUTINGS**

## **BERLIN TRIP**

This trip will require a lot of walking. There are places to sit as you browse the shops. You can stop for lunch or dessert along the way, your choice. Get a few friends together and do some shopping. I will give you a map of all the stores. We will make a stop at another shopping area along the way, when we are back on the bus. This will be an impromptu trip.

Hop on the bus for this fun trip.

DATE: Friday, October 3<sup>rd</sup> COST: \$5.00 Time: 8:15 am – 5:00pm



## **OLMSTED FALLS TRIP**

A place for plants, with a gift barn & holiday wares, a new place to view! Afterward we will lunch at Chili's, all in Olmsted Falls.

DATE: Tuesday, October 7<sup>th</sup> COST: \$5.00 TIME: 9:30am-2:00pm



## **OCTOBER WINERY TRIP**

Ferrante Winery is the place, come and enjoy a relaxing afternoon for some lunch and wine tasting if you choose. Dessert will follow at the Winery at Spring Hill. Enjoy!

DATE: Thursday, October 9<sup>th</sup> COST: \$5.00 TIME: 11:15am- 3:30pm



## **HARTVILLE**

Get your friends together, hop on the bus. We will continue to travel here after this trip, weather permitting. It will take place on Monday's again.

DATE: Friday, October 10<sup>th</sup> COST: \$5.00 TIME: 8:15am-3:30pm



## **AKRON ZOO**

Sign up in the office for a fun trip to the Akron Zoo. Wear comfortable shoes, there will be plenty of places to rest along the way.

DATE: Wednesday, October 13<sup>th</sup> COST: \$12.00 TIME: 10:00am–3:00pm



## **SENECA ALLEGANY CASINO**

You will have an opportunity to visit the *Seneca Allegany Casino in Salamanca, New York.*

The cost is \$35 per person, which includes the round trip bus transportation, bus driver gratuity, \$30 free slot dollars and a \$5 food voucher. A brief stop will be made for breakfast, with each person on his/her own. Pre-registration is required/First come basis.

The bus will leave the Walmart parking lot (old location Vine Street, Eastlake) at 8:00 a.m. and return at 7:45 p.m.

DATE: Wednesday, October 15<sup>th</sup> COST: \$35.00 TIME: 8:00am–7:45pm



## **MYSTERY LUNCH**

Are you ready to be adventurous again?...try another mystery lunch. We did Mexican, German, Chinese, & Italian, let's try a little diversity!..and please bring your appetite!

Date: Friday, October 17<sup>th</sup> COST: \$3.00 TIME: 10:45am-2:00pm





# OCTOBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Foot Doctor	2 Salon 9:15 – 2:00 Movie Louder than Words	3 Salon 9:15 – 3:00 Veterans Club Meeting Berlin Trip
6	7 Olmsted Falls Trip	8 Flu Shot 9:30 – 10:30	9 Salon 9:15 – 2:00 Movie Trust Me Ferrante Winery & The Winery at Spring Hill	10 Salon 9:15 – 3:00  Hartville
13 Akron Zoo Attorney Nutrition Site Closed	14 Blood Pressure Board Meeting Flu Shot 9:30 – 10:30 Council on Aging	15 Seneca Allegany Casino Bus Trip	16 Salon 9:15 – 2:00 Movie Blended	17 Salon 9:15 – 3:00 Mystery Lunch?
20	21 Red Hats Meet 12:30 Olive Garden Flu Shot 9:30 Sign up in office	22 Lunch Bunch Burntwood Tavern Jeni's Ice Cream Chagrin Falls	23 Salon 9:15 – 2:00 Movie The Fault in our Stars	24 Salon 9:15 – 3:00 Mystery Trip?
27 Trader Joe's Whole Foods	28 Presque Isle Casino Flu Shot 9:30	29	30 Salon 9:15 – 2:00 Movie Mom's Night Out	31 Salon 9:15 – 3:00 Halloween Party
NOTE TIME CHANGE FOR BALANCE CLASS		THANKS EVERYONE FOR A SUCCESSFUL FLEA MARKET. YOUR HELP AS ALWAYS WAS SO APPRECIATED.		

**HOPE YOU ALL HAVE A GREAT OCTOBER**

# CENTER NEWS

## HAIR SALON

Fall is officially here! Start making your appointments for the Holidays

Pedicure \$28.00/Shellac \$23.00/Manicure\$14.00

Lady Waxing, Eyebrows, Lip, & Chin...\$5.00

Men Haircuts...\$7.00

Ladies Haircuts...

New Clients \$10.00

THURS 9:15am-2:00pm

FRIDAY 9:15am-3:00pm



## OUR TOWN/ALL AROUND BOOKS

JFK is selling these value packed Coupon Books for \$28.00.

The Center receives \$11.00 for every book sold. They make great gifts.



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.	9:00am to 2:00pm
EXERCISE ROOM	MONDAY - FRIDAY	\$15.00* per year
WOODBURNING	TUESDAY	9:00 am
BINGO	TUES. & FRI.	12:30-3:00 3¢ per card
BALANCE CLASS	TUESDAY	12:00 pm-1:00 pm
ZUMBA (Low Impact)	WEDNESDAY	10:00am – 11:00am
COMFORT ELVES	1 <sup>st</sup> & 3 <sup>rd</sup> WEDNESDAY	9:00 am – 11:00am
LINE DANCING	THURSDAY	1:00 pm
LCR	4 <sup>th</sup> Thursday	12:30 pm
PINOCHLE	FRIDAY	12:30 pm

Low Impact Aerobics: Monday, 12:45pm & Thursday, 9:15am

Stretch & Tone: Tuesday, 9:15am

Sit Down Exercise: Thursday, 10:00am



## OCTOBER BIRTHDAYS

Donna	Hoffman	1	Theodore	Taubert	9	Emily	Weiss	23
Vicki	Joyce	1	Johanna	Lucas	10	Helen	Bergen	24
Anne	Lukanc	1	Alfred	Salem	10	Iris	Clarke	24
Margie	Mayne	1	Pamela	Vaccariello	11	Gert	Lowther	24
Bernard	Goodrich	2	Katherine	Warren	11	Bimla	Malhotra	24
Diana L.	Helmink	2	Doris	Wright	12	Marie	Daubenmire	26
Penny	Oran	3	Victor	McIntire	14	Jeanette	Irvin	26
Carol	Thobaben	3	Mary Ann	Batton	16	Barbara	Sutton	26
Nita	Bunt	4	Donna	Geer	16	Thomas	Burd	27
Dale	Barnhart	5	Carol	Hotchkiss	16	Andy	Gruber	27
Bill	Brazik	5	Mary Ann	Moore	16	Mary	Sheplavy	29
Deloris	Parsons	5	Karen	Liming	17	Woodrow	Simpson	29
Dorothy	Mance	6	James	Russell	17	Allbino	Fracassi	30
Sam	Santangelo	7	Janice	Brewer	21	Michael	Gill	30
Michele	Slokar	7	Patricia A	Kremiller	21	Hubert (Bert)	Smith	30
Alice	Smalley	7	Jeanne	Maloney	21	Madonna	Kingsmill	31
Bob	Andrikanich	8	Marge	McNamara	21	Robert	Panella	31
Joyce	Creter	8	Patricia	Burkey	22	Dorothy	Perkins	31
Jeffrey	Simpson	8	Carmella	DiFrancesco	23	Frank	Smoley	31
Shirley	Safarek	9						

WISHING YOU ALL  
A GREAT DAY



**PLEASE DON'T FORGET TO RENEW YOUR  
MEMBERSHIP**

**END OF SUMMER PARTY AT THE POOL**



**LOT'S OF FOOD, GOOD COMPANY, GREAT MUSIC**



**AND PERFECT WEATHER**  
**THANKS TO MAYOR DENNIS AND THE Y.M.C.A.**  
**Y'ALL COME AND JOIN US NOW**



**WEDNESDAY NITE REMEMBRANCE FOR 911**



**MAY WE NEVER FORGET**