J.F.K. SENIOR CENTER BULLETIN



NOVEMBER 2017

1580 East 332nd Street

Eastlake,

Ohio 44095

TEL440-975-4268

Grace Giangiacomo, Senior Center Director E-Mail: gg@eastlakeohio.com

Brochure on line at www.eastlakeohio.com

Hours: 7:30 am. - 4:00 pm.

Monday, Tuesday, Thursday, Friday Wednesday, 7:30 am. - 8:30 pm. The JFK Senior Center is open to the public every Wednesday Night. Live Country and Blue Grass Music starts at 6:30 pm. A concession stand and lots of fun.

Pop in and join us. It's Free to all

The Center will be CLOSED on November 23th & 24th in honor of Thanksgiving. ENJOY your day.

The JFK Center offers many programs that meet on a weekly basis. These activities are free and per-registration is not required. (Unless noted below)

CERAMICS	MON. TUES. WED. FRI.	9:00 am to 2:00 pm
EXERCISE ROOM	MONDAY - FRIDAY	\$15.00* per year
WOODBURNING	TUESDAY	9.00 am
ART CLASS	TUESDAY	10.00 am
BINGO	TUESDAY & FRIDAY	12:30-3:00 3¢ per card
COMFORT ELVES	1 st & 3 rd WEDNESDAY	9:00 am- 11:00 am
LINE DANCING	THURSDAY	1.00 pm
PINOCHLE	FRIDAY	12.30 pm
Chair Yoga with Kate	MONDAY,	9 :00 am
Low Impact Strength Training with Diane	MONDAY,	1.15 pm
Zumba (Low Impact)	WEDNESDAY,	10.00 am
EXERCISE WITH T.V.	TUESDAY,	9.00am
EXERCISE WITH DIANE	THURSDAY,	9.15 am and 10.00a

OUR THOUGHTS

We extend GET WELL WISHES to: Michele Slokar & Cheryl Nicolosi, Harry Spencer and Eleanor Lowe.

Hope you are feeling better soon.

Condolences to the family of Ed Pasternak, in the passing of his daughter Darlene, Bertha Palicia in the passing of her sister and to Ann King in Sam Santangelo's passing as well as to his family.

CENTER NEWS BOUTIQUE THANK YOU

I want to Thank everyone for your help in making the Fall Boutique a success. The cooking crew, the bake sale participants, the ticket selling, as well as set-up and tear down. WE WILL BE HAVING ANOTHER BOUTIQUE ON NOV 4th, AS WELL AS BUSINESS SATURDAY ON NOVEMBER 25th. HOPE WE CAN COUNT ON YOUR HELP WITH THE BAKE SALE, THE SET-UP AND TAKE DOWN.

FOOD BANK

If you can, please BRING CANNED POTATOES or INSTANT POTATOES.

They are well needed for the Holiday Season.

The Food Bank will need our help with the Holiday Season.

THERE WILL BE A BOX IN THE OFFICE TO DROP THE FOOD OFF.

HAIR SALON

The Holidays are getting near. Don't forget to make your appointments early.

LAKE COUNTY COUNCIL ON AGING

The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, nutrition services, in-home safety, homemaker services, information and referral, and much more. Please call (440) 205-8111 for more information or visit www.lccoa.org. Don't forget we are here for lunch everyday at 11:30.

Join us for a hot, nutritious lunch.

NUTRITION SITE LUNCH

LUNCH WILL BE SERVED IN THE CARD ROOM ON VOTING DAY, TUESDAY, NOVEMBER 7th. THANKS FOR YOUR UNDERSTANDING.

INCLEMENT WEATHER

Just a reminder, if the Willoughby-Eastlake School System is closed due to severe weather, the Nutrition Kitchen is also closed.

THAT DOES NOT APPLY TO THE SENIOR CENTER, WE WILL REMAIN OPEN.

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TURN YOUR CLOCKS BACK

SUNDAY, NOVEMBER 5TH

BUSINESS SATURDAY, NOVEMBER 25TH (AT THE CENTER)

We will be hosting Local Businesses this day. Come and check it out. 9:00am-2:00pm

HEALTH AND WELLNESS YOGA

Don't forget we are here on Monday for Chair Yoga. Reduce your stress and don't forget it's a chance to meet people and socialize. We meet at 9:00am on Monday mornings. Hope to see you then.

Medicare Plans: Seasons Change & So Do Health Plans

Lori Lipton....Independent Health Insurance Agent, will be here again this week DATE: Monday, November 6th Thru Friday, November 10th TIME:9:30am -10:30am

FLU SEASON (Some tips from the CDC:)

Most people with the flu have a mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. If, however, you have symptoms of the flu and are in a high risk group, are very sick or worried about your illness, contact your health care provider (doctor, physician's assistant, etc.). If you are sick, stay away from people for at least 24 hours and if you must go out, wear a face mask if you have one.

cover coughs and sneezes with a tissue, and wash your hands frequently.

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BREAKFAST WITH GRAND POINTE

Lynda is joining us again in the Lobby. Be sure to sign-up in the office by Nov. 10th. DATE: Tuesday, November 14th TIME:9:30am in the Lobby

LEGACY PLANNING WORKSHOP

Mark Fishwick will be here again. Tuesday, November 14th 9:30am In the Lobby

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FOOT DOCTOR

DATE:Wednesday, November 15th (TIME:8:00am – 4:00pm) Wednesday, December 6TH \$15.00 donation (PRE-REGISTRATION IS REQUIRED)

REIKI

Marla will be here Wed, Nov., 15th at 1:00pm, sign up in the office. \$15.00 **<a>**

BLOOD PRESSURE WITH MOLLY

Molly will be for your blood pressure check and the gift basket drawing.

Thursday, November 16th

TIME:10:00am-12:00pm

PARTIES AND GET-TOGETHERS TURKEY BOWL

Enjoy a bowl of Turkey Soup and a slice of Pumpkin Pie, and afterward a Game of "Turkey Bowl"

DATE: Tuesday, November 21st Cost:\$3.00 TIME:12:15pm-2:00pm

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CHRISTMAS HOLIDAY PARTY

Please sign up for our Christmas Holiday Party at Patrician Party Center in Eastlake. It will be a sit down Family Style Luncheon.

Sign-up in the office at your convenience, but no later than December 11th

DATE: Friday, December 15th COST:\$23.00pp TIME:11:00pm-2:00pm

DAY TRIPS ROCKSINO

Incentive will be \$20.00. Grab a friend and go have fun.

DATE: Thursday, November 9th COST:\$4.00 TIME: 9:30am-3:00pm

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HARTVILLE

Weather permitting, we will travel to Hartville.

DATE: Monday, November 13th COST:\$5.00 TIME:8:15am-3:30pm

LUNCH BUNCH

We will be going to Hansa Brewery in Cleveland for some European Dishes.

DATE: Tuesday, November 14th COST:\$4.00 TIME:10:30am – 1:00pm

GRAYS AMORY MUSEUM

Come see this Revival-Style Armory built in 1893. Enjoy a tour and lunch on your own afterward at the Maria's Restaurant in Euclid.

DATE: Thursday, November 16th COST:12.00 TIME:10:00am-1:00pm

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CHRISTMAS CONNECTION

Trip to the IX Center for the FUN Christmas show. Do some early Christmas Shopping. DATE: Friday, November 17th Cost:\$14.00 TIME:9:30am-3:00pm

PRESQUE ISLE (Weather Permitting)

DATE: Tuesday, November 28th COST:\$7.00 TIME:9:15am- 4:30pm

TRINITY CATHEDRAL

Come and enjoy a Jazzy Christmas. Pack a lunch or buy Freewill Offering for \$7.00.

DATE:Wednesday, November 29th COST:\$4.00

\$4.00 TIME:11:30am-1:30pm

LI WAH RESTAURANT

Enjoy Chinese and a bit of shopping at the plaza.

DATE:Thursday, November 30th COST:\$4.00

TIME:11:30am-1:30pm

DON'T FORGET TO VOTE

Don't forget to get out and vote. Know all the issues and candidates before you vote.

THIS IS AN IMPORTANT DAY.

HOLIDAY BOUTIQUE/CHRISTMAS BOUTIQUE

Just a reminder to tell all your friends and relatives about our Boutiques on Sat., November 4TH and Saturday, December 2nd. Pick up a copy of the flyers and leave them at the doctors office, your dentist's office, the grocery store...you get it Help advertise for your Center!

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MITTEN TREE

It's that time of year again. Winter is near-by, so the Christmas Tree for Mittens will be up. If you can, please donate any new Hats and Mittens (gloves). Irene and Brenda run this program for the kids of Head Start so that they can stay warm when the chill turns to cold, Brrrrrr.

JFK SENIOR CENTER BOARD

Want to be a member on the JFK Board. Well, this is the month to make your move. Nominee's will be taken for the election in November this is your chance to help in the decisions that mold the future of our Center.

If you are interested, please contact any board mem

THANKSGIVING DAY

Please note that the Center will BE CLOSED on Thursday and Friday the 23RD and 24th



in honor of Thanksgiving Day, enjoy your Holiday. Happy Eating!

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Comfort Elves COA, Jennifer Medicare	2	3
		presentation	Salon 9:15–2:00	Salon 9:15–3:00
6	7	8	9	10
LORI LIPTON	VOTE.VOTE.VOTE LORI LIPTON	LORI LIPTON	Rocksino LORI LIPTON Salon 9:15–2:00	LORI LIPTON Salon 9:15–3:00
13	14 Lunch Bunch	15	16	17
Attorney Hartville	Celina w/COA Legacy Planning Board Meeting grand Pointe	Comfort Elves Foot Dr.	B.P. Molly Grays Armory Salon 9:15–2:00	Christmas Connection Salon 9:15–3:00
20	21 Turkey Bowl	22	23 Closed Today HAPPY TURKEY	24 Closed Today Salon 9:15–3:00
27	28 Presque Isle	29 Trinity Cathedral	30 Li Wah Chinese	HOLIDAY BOUTIQUE SATURDAY 11/04/17 TIME: 9-4



The Eastlake Senior Center is funded by the City of Eastlake and the Lake County Senior Citizen's Services Levy.

Please continue to Sign-In upon Arrival.

DON'T FORGET TO THANK A VETERAN VETERANS DAY 11/11/2017

NOVEMBER BIRTHDAYS

MarleneCameron2HattiePizzi11BruceStevens20JuliaParker2IdaVallo11CarmenTripepi20MargeneCalvo3JulieScheuer12ThomasFritsch22PaulCastellano4AngelaBagliano13Donna Marie Gilbert22RickLasko4JamesJanosky13ValeriaKorosec22MarieLubecky4RichardKarlovec13AlicePierce22DennisBrandt5BarbaraMartin13WandaMarcum23RalphBurd6Vincent (Bud)Clemence15JuneSlapnik23RitaClay6RosemaryGlogovsky15JamesAlbanese25RichardMook6WilliamSocha15BarbArbuckle25MarieHabat7JamesSt. Clair15JohnSimpson25AnnKlingman7LulubellBrown16LindaBattaia26	Theresa	Smith	1	Carol	Landis	11	Greg	Wolenski	19
MargeneCalvo3JulieScheuer12ThomasFritsch22PaulCastellano4AngelaBagliano13Donna Marie Gilbert22RickLasko4JamesJanosky13ValeriaKorosec22MarieLubecky4RichardKarlovec13AlicePierce22DennisBrandt5BarbaraMartin13WandaMarcum23RalphBurd6Vincent (Bud)Clemence15JuneSlapnik23RitaClay6RosemaryGlogovsky15JamesAlbanese25RichardMook6WilliamSocha15BarbArbuckle25MarieHabat7JamesSt. Clair15JohnSimpson25AnnKlingman7LulubellBrown16LindaBattaia26	Marlene	Cameron	2	Hattie	Pizzi	11	Bruce	Stevens	20
PaulCastellano4AngelaBagliano13Donna Marie Gilbert22RickLasko4JamesJanosky13ValeriaKorosec22MarieLubecky4RichardKarlovec13AlicePierce22DennisBrandt5BarbaraMartin13WandaMarcum23RalphBurd6Vincent (Bud)Clemence15JuneSlapnik23RitaClay6RosemaryGlogovsky15JamesAlbanese25RichardMook6WilliamSocha15BarbArbuckle25MarieHabat7JamesSt. Clair15JohnSimpson25AnnKlingman7LulubellBrown16LindaBattaia26	Julia	Parker	2	lda	Vallo	11	Carmen	Tripepi	20
RickLasko4JamesJanosky13ValeriaKorosec22MarieLubecky4RichardKarlovec13AlicePierce22DennisBrandt5BarbaraMartin13WandaMarcum23RalphBurd6Vincent (Bud)Clemence15JuneSlapnik23RitaClay6RosemaryGlogovsky15JamesAlbanese25RichardMook6WilliamSocha15BarbArbuckle25MarieHabat7JamesSt. Clair15JohnSimpson25AnnKlingman7LulubellBrown16LindaBattaia26	Margene	Calvo	3	Julie	Scheuer	12	Thomas	Fritsch	22
MarieLubecky4RichardKarlovec13AlicePierce22DennisBrandt5BarbaraMartin13WandaMarcum23RalphBurd6Vincent (Bud)Clemence15JuneSlapnik23RitaClay6RosemaryGlogovsky15JamesAlbanese25RichardMook6WilliamSocha15BarbArbuckle25MarieHabat7JamesSt. Clair15JohnSimpson25AnnKlingman7LulubellBrown16LindaBattaia26	Paul	Castellano	4	Angela	Bagliano	13	Donna Marie	Gilbert	22
DennisBrandt5BarbaraMartin13WandaMarcum23RalphBurd6Vincent (Bud)Clemence15JuneSlapnik23RitaClay6RosemaryGlogovsky15JamesAlbanese25RichardMook6WilliamSocha15BarbArbuckle25MarieHabat7JamesSt. Clair15JohnSimpson25AnnKlingman7LulubellBrown16LindaBattaia26	Rick	Lasko	4	James	Janosky	13	Valeria	Korosec	22
RalphBurd6Vincent (Bud)Clemence15JuneSlapnik23RitaClay6RosemaryGlogovsky15JamesAlbanese25RichardMook6WilliamSocha15BarbArbuckle25MarieHabat7JamesSt. Clair15JohnSimpson25AnnKlingman7LulubellBrown16LindaBattaia26	Marie	Lubecky	4	Richard	Karlovec	13	Alice	Pierce	22
Rita Clay 6 Rosemary Glogovsky 15 James Albanese 25 Richard Mook 6 William Socha 15 Barb Arbuckle 25 Marie Habat 7 James St. Clair 15 John Simpson 25 Ann Klingman 7 Lulubell Brown 16 Linda Battaia 26	Dennis	Brandt	5	Barbara	Martin	13	Wanda	Marcum	23
Richard Mook 6 William Socha 15 Barb Arbuckle 25 Marie Habat 7 James St. Clair 15 John Simpson 25 Ann Klingman 7 Lulubell Brown 16 Linda Battaia 26	Ralph	Burd	6	Vincent (Bud	d)Clemence	15	June	Slapnik	23
MarieHabat7JamesSt. Clair15JohnSimpson25AnnKlingman7LulubellBrown16LindaBattaia26	Rita	Clay	6	Rosemary	Glogovsky	15	James	Albanese	25
Ann Klingman 7 Lulubell Brown 16 Linda Battaia 26	Richard	Mook	6	William	Socha	15	Barb	Arbuckle	25
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	Ann	Klingman	7	Lulubell	Brown	16	Linda	Battaia	26
Patricia Meister 7 Barbara Pickel 16 Rita Mzik 26	Patricia	Meister	7	Barbara	Pickel	16	Rita	Mzik	26
Bobby Blankenship 8 Carol Szymanski 16 Janet Pintar 27	Bobby	Blankenship	8	Carol	Szymanski	16	Janet	Pintar	27
Judy Bruss 8 Catherine Thomas 16 Barbara Vilk 27	Judy	Bruss	8	Catherine	Thomas	16	Barbara	Vilk	27
Diane Rogazione 8 Paula Iseman 17 John J. Duka 28	Diane	Rogazione	8	Paula	Iseman	17	John J.	Duka	28
Celine Burger 10 Rose Margroff 17 Yvette Ladiha 28	Celine	Burger	10	Rose	Margroff	17	Yvette	Ladiha	28
Sandra Ann Jenda 10 Margaret Mitch 17 James Larkin 28	Sandra Anr	n Jenda	10	Margaret	Mitch	17	James	Larkin	28
Deborah Jenkins 10 Rosemarie Kazar 18 Linda Sray 28	Deborah	Jenkins	10	Rosemarie	Kazar	18	Linda	Sray	28
Marjorie Vandestadt 10 Rita Farley 19 Catherine (KaMinardo 29	Marjorie	Vandestadt	10	Rita	Farley	19	Catherine (K	aMinardo	29
Elaine Allen 11 Margaret Ruff 19 Arlene Wagemaker 29	Elaine	Allen	11	Margaret	Ruff	19	Arlene	Wagemaker	29
Samia Gad 11 Bill Franke 30	Samia	Gad	11				Bill	Franke	30
Gary Jacobs 11 Dorothy (DottiMcCarthy 30	Gary	Jacobs	11				Dorothy (Dot	tiMcCarthy	30

HAPPY BIRTHDAY

7th ANNUAL HOLIDAY BOUTIQUE

Saturday, November 4th 9:00am to 4:00pm



1580 East 332nd Street
Eastlake, OH 44095
Boutique Tables/Craft Tables







Bake Sale
Chinese Auction
Concession Stand





ADMISSION FREE!

THE JFK SENIOR CENTER IS A NON-PROFIT ORGANIZATION.

Any proceeds will benefit the Center.

CONTACT: ANGELA GEYER 440-223-9713 ang5kids@gmail.com



OCTOBER BOUTIQUE













DO'NT FORGET TO VOTE NOV. 7th.

CLAM BAKE













Y'ALL COME ON AND JOIN US NOW