

J.F.K. SENIOR CENTER BULLETIN



SEPTEMBER 2016

**The Center will be closed Monday, September 5th
In Honor of Labor Day.**

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 a.m. - 4:00 p.m.

Monday, Tuesday, Thursday, Friday Wednesday, 7:30 a.m. - 8:30 p.m.
The JFK Senior Center is open to the public every Wednesday Night. Live Country and Blue Grass Music starts at 6:30 p.m. A concession stand and lots of fun.
Pop in and join us. It's Free to all



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 10.00am

OUR THOUGHTS

We extend GET WELL WISHES to: Walt Strickland, Nello Chuidioni, and Elaine Riha.
Hope you are feeling better soon. Condolences to the family of Helen Kwedder.



HEALTH AND WELLNESS

YOGA

Please note, Yoga Classes will stay at 9:00am. Hope to see you then.
This is a great way to improve flexibility, build muscle strength, better your bone health,
reduce stress and don't forget it's a chance to meet people and socialize.



REIKI

Reiki, it encourages relaxation, relieves stress, can reduce pain, improves balance and
strengthens one's immune system, and promotes an overall sense of well being.

Marla Katz will be here with 20 minute sessions. Please sign up in the office.

Wednesday, September 7th & 21st

TIME:1:00pm-2:30pm

\$15.00 (PRE-REGISTRATION IS REQUIRED)



FOOT DOCTOR

DATE:Wednesday, September 7th (TIME:8:00am – 4:00pm) Wednesday, October 19th

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)



WALGREENS/FLU SHOTS

Sign up in the office for your annual flu shots with Walgreens.

There are three dates. Make sure to bring your Medicare Card.

Please note and make your appointment accordingly.

DATES:Monday,September 19th/October 4th & 18th

TIME: 9:30am-11:00am



CLOSED LABOR DAY

DON'T FORGET THE CENTER WILL BE CLOSED ON MON., SEPTEMBER 5TH
IN HONOR OF LABOR DAY.



HAIR SALON

Fall in love with your hair again, stop by the salon for quick trim, new clients welcome.



CENTER NEWS

GREAT DAY TOURS

Please join us for our trip with GREAT DAY TOURS. Thursday, Nov. 10th to tour Dickens Victorian Village, for \$86.00. Money due by Oct 17th Stop by for more info.



CLAM BAKE

Please mark your calendar for our Annual Clam Bake, here at the Center. Come and enjoy entertainment by Fred Sivillo. The cost of the bakes are Steak Bake \$30.00, Chicken Bake \$25.00, and extra Clams \$8.00.

Doors open at 4:30 with dinner served at 5:00. Stop by to purchase your ticket.

DATE: Saturday, September 24th

TIME: 4:30pm



FALL BOUTIQUE

Don't forget our Fall Boutique, tell your family and friends. Anyone interested in helping for the Bake Sale? SATURDAY, OCTOBER 29TH MARK YOUR CALENDAR.



DAY TRIPS

GEAUGA FAIRGROUNDS

Senior Day at the Geauga County Fairgrounds. Senior "Hang-Out" is between 9am-2pm in the Vernon Howard Pavilion Walk or just walk around the fair to get some good fair food and have a good "old fashioned" time!

DATE: Friday, September 2ND

COST: \$4.00

TIME: 9:30am-1:30pm



ROCKSINO

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

DATE: Thursday, September 8th

COST: \$4.00

TIME: 9:30am-3:00pm

DATE: Thursday, October 6th (Save the date, sign up for this trip, next month.)



TRAVELING VIETNAM WALL

"The Wall That Heals" will be coming to Geauga County Fairgrounds. Come and visit this moving exhibit. We will be stopping for lunch, which will be posted later.

DATE: Friday, September 9th

COST: 4:00

TIME: 9:00am-1:00pm



JACK THISTLEDOWN RACE TRACK

We are going to try Thistledown this month Hop on the bus for some more Gambling Fun.

DATE: Wednesday, September 14th

COST: \$4.00

TIME: 10:30am-3:00pm

HARTVILLE

We are changing to Thursday for Hartville just for this month. Get your friends together, hop on the bus and visit the outside vendors before they pack up for the Winter!

DATE: Thursday, September 15th COST:\$5.00 TIME:8:15am-3:30pm



SENIOR DAY AT FARM PARK

Enjoy free admission to the Farmpark. There will be health screenings, (if interested call 440-953-6000 for a screening appointment) vendors, entertainment and much more. Lunch will be at 11:45am. Transportation by Laketrans. We have 20 tickets, first come, first served.

DATE: Thursday, September 15th COST: FREE TIME: 9:00am-1:30pm



CHAGRIN RIVER HIKE

The "Self-Hike" at Chagrin River Park was successful and is on again! Please meet on the Erie Road Entrance. Don't forget your water and if you'd like to pack a lunch, we will eat in the Pavilion when we hike over to Reeves Road.

DATE: Tuesday, September 20th TIME: Meet at 10:00am on the Erie Rd Entrance



NATURAL HISTORY MUSEUM

Enjoy the new exhibits here, Perkins Wildlife and The Global Kitchen.

Both are self guided tours. If you would rather visit another exhibit you may do so on your own. Lunch on your own at My Friends Restaurant on West 117th. Grab a friend and come and see the new exhibits.

DATE: Tuesday, September 20th COST:\$12.00 TIME:9:30am-2:00pm



FAIRPORT HARBOR/MENTOR HEADLANDS TRIP

We will travel to Fairport Harbor depending on the weather. If we need to transfer to Mentor Headlands, because of weather, we will picnic under their pavilion.

Wear comfortable clothes and take a walk along the beach. We will have a hot dog roast, potato salad and bottled water. Don't forget your sunscreen!

We will be stopping for ice cream afterward, on your own.

DATE: Thursday, September 22nd COST:\$5.00 TIME:10:15am-2:00pm



WEST SIDE MARKET/AREA SHOPS

We are taking our "annual" trip downtown to shop at the West Side Market, Gallucci's, Heinen's, Peterson Nut Company and Aladdin's Bakery. You can have a bite to eat at any one of these establishments. There will be ample time at the West Side Market, Heinen's, and Gallucci's to have time to eat.

DATE: Friday, September 23rd COST:\$4.00 TIME:9:00am-2:00pm



PRESQUE ISLE

50+Club Members will receive \$5.00 off The Back Stretch Buffet good on Tues. only.
DATE: Tuesday, September 27th COST:\$7.00 TIME:9:15am- 4:30pm



LUNCH BUNCH

The Restaurant Smoke BBQ Grill in Painesville, MENU IS IN THE OFFICE.
DATE: Wednesday, September 28th COST:\$3.00 TIME:10:45am – 1:00pm



SCHOOLHOUSE WINERY

A Winery in Dover, a menu will be in the office, Wine Tastings at 50¢ and flight's @\$1.00
DATE:Friday, September 30th COST:\$5.00 TIME:11:00am-2:00pm



FALL TRAVEL

Please save the date for a trip to see some fall foliage. More on this later.
Check the Kiosk in the Lobby.

DATE: Friday, October 7th COST:\$5.00 TIME:8:00am-5:00pm



PARTIES AND GET-TOGETHERS

END OF THE SUMMER SHINDIG

A picnic in our "back yard." Hot Dogs, Hamburgers, Potato Salad. Sign up for this fun event.
DATE:Tuesday, September 13th COST:\$4.00 TIME:10:15am-2:00pm



NATIONAL MILK SHAKE DAY

Sign up in the office

DATE:Monday, September 12th COST:\$2.00 TIME:12 Noon, after Lunch



NATIONAL SALAMI DAY

I'll think of something to serve! Sign up in the office

DATE:Wednesday, September 7th COST:\$1.00 TIME:12 Noon, after Lunch



DOWNTOWN TRIP

Trip to the Old Stone Church and Soldiers and Sailors Monument. Lunch TBD.

DATE:Wednesday, October 5th COST:\$4.00 TIME:9:00am-2:00pm

SEPTEMBER 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1	2 Geauga Fair Salon 9:15-3:00
5 Closed Today HAPPY LABOR DAY ENJOY	6	7 Foot Dr. National Salami Day	8 Rocksino Salon 9:15-2:00	9 Vietnam Wall Salon 9:15-3:00
12 Milk Shake Day Attorney	13 Art Class Board Meeting Celina w/COA Picnic	14 Thistledown Race Track Comfort Elves	15 FarmParks Hartville Salon 9:15-2:00	16 Salon 9:15-3:00
19 Walgreen, Flu Shots	20 Self Hike Natural History Museum	21 Reike Station Theater Comfort Elves	22 Beach Trip Salon 9:15-2:00	Westside Market Trip Salon 9:15-3:00
26	27 Art Class Presque Isle	28 Lunch Bunch Comfort Elves	29 Salon 9:15-2:00	30 Winery Salon 9:15-3:00



SEPTEMBER BIRTHDAYS

Kay	Corbett	1	Pamela	Ramski	8	John	Siefert	17
Georgeann	Hammond	1	Rebecca	Rogazione	8	Robert	Wilder	17
John	Hudelson	1	Karen	Janosky	9	William G	Balch	18
Kenneth	Pilotti	1	Patricia	Talladino	9	Janet	Sorz	18
Tina	Valentic	1	Michael	Calvo	10	Gottfried	Barthol	19
Diana	Vidrick	1	Alan	Habat	10	Helen	Beckford	19
Juanita	Gates	2	Jeanette	Smith	10	Ralph	Ferrara	19
David	Taylor	2	Jean	Spehar	10	Mary Ann	Minich	19
Rose	Turner	2	Mary	Uhas	10	Angela	Zabjek	19
Frances	Bray	3	Shirley	Zaucha	10	James	Caddell	20
Joan	Evans	3	Patricia	Comer	12	Helen	Lucci	20
Diana L.	Kime	3	Marie	Farinacci	12	Barbara	Betley	21
Catherine	Ruggeri	3	William	Komyati	12	Bette	Pollino	21
Robert	Coughlin	4	Hoyt	Samuel	12	Marie	Tomko	21
Terry	Pierce	4	Joyce	Livingston	13	Josephine	DiSanto	23
James	Peters	5	Draga	Mujic	13	Donna	Dowling	23
Ann	Schembre	5	Pauline	Dixon	14	Pat	Duffy	23
Deborah	Billhardt	6	Joy	McBrien	14	Sharon	Melaragno	23
Eleese	Gosselin	6	Loretta	Moses	14	Carol	Morgan	24
JoAnn (Josep	Kelly	6	Anne	Novince	14	Robert	Reiman	24
William	Nicastro	6	Sharon	Thomas	14	Virginia	Thompson	24
Bertha	Palicia	6	Trilba Sue	Estep	15	Gary	Berlinger	26
Donna	Detering	7	Sandy	Palmer	15	Maria	Middleton	26
Rudolph	Floran	7	Jerry	Swinerton	15	Danute	Paskonis	26
Ray	Meyers	7	Randi	Wills	15	Barbara	Burd	27
Trixee	Moran	7	Helen	Dayok	16	Margherita	Newman	27
Dorothy	Polantz	7	Maxine	Hutchison	16	Mary Jo	Ginevra	28
Bonnie	Gaertner	8	Madonna	Knaus	16	Diane	Lehman	28
John	Kelly	8	Catherine	Pilotti	16	Andrew	Wells	28
James E.	Nebe	8	Kelly	Anderson	17	Sharon	Paciorek	29

HAPPY BIRTHDAY

CHRISTMAS IN JULY



GREAT PARTY GREAT PEOPLE

JFK FLEA MARKET



A GREAT SUCCESS ON A VERY HOT DAY
OUR VOLUNTEERS MADE THIS POSSIBLE MANY THANKS TO YOU ALL

Y'ALL COME ON AND JOIN US NOW