

## J.F.K. SENIOR CENTER BULLETIN



### SEPTEMBER 2017

1580 East 332<sup>nd</sup> Street                      Eastlake,                      Ohio 44095                      TEL440-975-4268

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Brochure on line at [www.eastlakeohio.com](http://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 Monday, September 4<sup>th</sup> In Honor of Labor Day.  
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 <sup>st</sup> & 3 <sup>rd</sup> 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

# CENTER NEWS

## OUR THOUGHTS

We extend GET WELL WISHES to: Jackie Jaskiewicz, June Gruber, Goldie Tenerove, & Sally Cellini. Condolences to the families of Francis Kozitko in the passing of her daughter Judy.



## FALL BOUTIQUE...DON'T FORGET

Don't forget our Fall Boutique, MARK YOUR CALENDAR, and tell all your family and friends. Anyone interested in helping for the Bake Sale, just let the office know.

Date: Saturday, September 9<sup>th</sup>

TIME: 9-00am-4.00pm



## PARTIES AND GET-TOGETHERS

### BREAKFAST WITH GRAND POINTE

Lynda is joining us again in the Lobby, she will be here with muffins and yogurt. Be sure to sign-up.

DATE: Tuesday, September 12<sup>th</sup>

TIME: 9:30am



### FOOD BINGO

Come play a fun game of bingo with food related prizes sponsored by Custom Cleaning & Maintenance. Sign up in office for their count.

DATE: Friday, September 15<sup>th</sup>

IN THE LOBBY

TIME: 9:30am-11:00am



### LUNCH & LEARN WITH SYMPHONY AT MENTOR

Valerie Armstrong from Home Instead will be here to talk about "How to talk to your Doctor". Sign up in the office by Thursday, September 14<sup>th</sup> for the count.

DATE: Monday, September 18<sup>th</sup>

TIME: 12:15pm in the lunch room



### END OF THE SUMMER PICNIC

A picnic in our "back yard." We are cooking out again, let's enjoy eating out before the weather changes. In the Pavilion at Noon. Bring a side dish if you wish.

Hot Dogs with all the fix-ins!

Friday, September 22<sup>nd</sup>

COST: \$5.00

TIME: Noon



### FALLS PREVENTION PRESENTATION

There will be a presentation by UH Physical Therapy/Injury Prevention in Older Adults. There will also be other scheduled events. Lunch will be provided by UH. You must register for this event by September 20<sup>th</sup> to take part in the lunch.

Please call the at the Center at 440-975-4268 to register.

DATE: Monday, September 25<sup>th</sup>

TIME: 10:00am-1:30pm

**"SYMPHONY AT MENTOR" SPONSOR'S SPA DAY**

The Spa Day at Symphony at Mentor. Only 12 Spots open. They will be coming to pick us up.

Sign up in the office.

DATE: Monday, September 25<sup>th</sup> Pick-up:9:30am TIME:10:00am-12:00pm



**CLAM BAKE**

Please mark your calendar for our Annual Clam Bake, here at the Center. Come and enjoy the food cooked by our Renee in the kitchen and her husband Bob. The cost of the bakes are Steak Bake \$30.00, Chicken Bake \$25.00, and extra Clams \$8.00. Doors open at 2:30 with Chowder at 3:00pm and dinner served at 3:30. Stop by to purchase your ticket.

DATE:Saturday, September 30<sup>th</sup> TIME:3:00pm



**Don't forget we are still looking for members for our Board**



**DAY TRIPS**

**ROCKSINO**

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

DATE: Thursday, September 7<sup>th</sup> COST:\$4.00 TIME: 9:30am-2:45pm



**SEPTEMBER WINERY TRIP**

Sign up for Winery Trip to Ferrante Winery, all inclusive, menu in office. Still a few seats left.

Date:Friday, September 8<sup>th</sup> COST:\$18.00 TIME:11:00am-3:00pm



**HARTVILLE**

DATE:Monday, September 11<sup>th</sup> COST:\$5.00 TIME: 8:15am-3:30pm



**SENIOR DAY AT FARM PARK**

Enjoy a day at the Farmpark's. There will be health screenings, 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 14<sup>th</sup> COST: FREE TIME: 9:00am-1:30pm



**FALL TRAVEL**

We are going to Smucker's and other shopping surprises. Lunch on your own at Mrs. Yoder's

DATE: Tuesday, September 19<sup>th</sup> COST:\$5.00 TIME:8:00am-5:00pm



**LUNCH BUNCH**

Going to Berea Depot. We will take a nice ride for a nice lunch. Menu in office.

DATE: Wednesday, September 20<sup>th</sup> COST: \$4.00 TIME:11:00am – 1:15pm



**PRESQUE ISLE**

DATE: Tuesday, September 26<sup>th</sup> COST:\$7.00 TIME:9:15am- 4:30pm



**TOUR FIVE OAKS MANSION**

Tour this lovely Mansion with lunch on your own at Menches Brothers in Massillon.

DATE:Wednesday, September 27<sup>th</sup> COST:\$10.00 TIME:8:30am-2:30pm



**OCTOBER THE BEWITCHING MONTH**

Annamaria is bringing some Hot Apple Cider for your enjoyment to welcome the soon-to-be Fall Season with a Autumn Surprise. Sponsored by Re/Max. Sign up in the office.

DATE:Friday, October 6<sup>th</sup> IN THE LOBBY TIME:9:30am-10:30am



**TRINITY CATHEDRAL**

Come and enjoy Gabriel Horns. Pack a lunch or buy Freewill Offering for \$7.00. Enjoy.

DATE:Wednesday, October 11<sup>th</sup> COST:\$4.00 TIME:11:30am-1:30pm



**WINE HOP**

We will be stopping at three different Wineries, TBD, info will be posted later.

DATE:Friday, October 13<sup>th</sup> COST:\$5.00 TIME:11:00am-4:00pm



**SHORE CULTURAL CENTRE**

ANNIE GET YOUR GUN, as written by the New York Post, this production is a musical for all ages. Come and see this well known show! Lunch on your on at The Euclid Culinary School.

DATE: Friday, October 20<sup>th</sup> COST:\$14.00 TIME: 10:00am-1:00pm



**TEA AT HIGH NOON**

Join Judicial Judge Candidate Marica Cornachio for a formal Tea, Sponsored by Custom Cleaning. Wear your finest hat! It will be held in the Lunch Room. Sign up in the office by October 20<sup>th</sup> .

DATE:Thursday, October 26<sup>th</sup> TIME:1:00pm-3:00pm



**HEALTH AND WELLNESS**

**FOOT DOCTOR**

DATE: Wednesday September 6<sup>th</sup> & Wednesday, October 4<sup>th</sup> TIME:8:00am – 4:00pm  
\$15.00 donation (PRE-REGISTRATION IS REQUIRED)





## LEGACY PLANNING WORKSHOP

Look for Mark Fishwick to learn your rights and options regarding Medical Expenses.

DATE: Tuesday, September 12<sup>th</sup>

TIME: 9:30am In the Lobby



### YOGA

Yoga is Good for your genes! According a Harvard study, Yoga poses, breathing and meditation have been shown to reduce our cellular inflammatory responses! Your designer genes that help you fight off stress and illness. So, come in your most comfy pair of “jeans” or anything you are comfortable in. It’s good from the inside and out!



### WALGREENS/FLU SHOTS

Sign up in the office for your annual flu shots with Walgreens. Make sure to bring your Medicare Card. There are two dates, so please note and make your appointment accordingly.

DATES: Tuesday, September 12<sup>th</sup> 19<sup>th</sup> & Tuesday September 26<sup>th</sup> TIME: 9:30am-11:00am



### MY CHOICE

MyChoice® will be here to provide advance care planning education, to assist in advance care planning, and to provide an annual health and wellness visit. Come and listen to a representative from MyChoice, to explain their program. Check the Kiosk for date and time.



### INFO TO PASS ALONG

In 1992, Lake County voters approved a half-mill levy to fund senior services across the county. The voters have renewed that levy every five years, and recognize the importance of the services we can provide with the levy funding.

Today, these include home-delivered and congregate meals, social work and homemaker services, programs at senior centers across Lake County, home maintenance and modification projects, and much more. However, we face two big challenges in maintaining these programs.

Federal funding for senior services continues to decline and is now lower than 2008 levels. Plus, the demand for senior services here in Lake County is growing rapidly. The percentage of Lake County residents over 60 will increase from 22% to 34% by 2030. As Lake County ages, chronic disease, disability, elder abuse and neglect, accessible & affordable housing, poverty, isolation and inadequate nutrition will present growing challenges.

To make up for the major funding gaps and growing needs, we are placing an issue on the November ballot to renew and slightly increase the existing levy. The issue would be an increase of just 87 cents per month (per \$100,000 home value).

Without it, we risk having to drastically reduce the services that thousands of our oldest and most vulnerable elderly citizens count on every day. We’re proud of what we’ve done thru levy funding so far, and hope we can continue to serve our amazing senior community.



# SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  Salon 9:15–3:00
4 Closed Today	5 Art Class	6 Foot Dr. Comfort Elves	7  Rocksino  Salon 9:15–2:00	8 Ferrante Winery  Salon 9:15–3:00
11 Attorney Hartville	12 Flu Shots Celina w/COA Legacy Planning Board Meeting Grande Pointe	13	14 Senior Day Farm Park  Salon 9:15–2:00	15 Food Bingo  Salon 9:15–3:00
18 Lunch & Learn	19 Flu Shots Art Class Fall Travel	20 Jack Casino Lunch Bunch Comfort Elves	21   Salon 9:15–2:00	22 End of Summer Picnic  Salon 9:15–3:00
25 Fall Prevention	26 Presque Isle Flu Shots	27 Five Oaks	28   Salon 9:15–2:00	29   Salon 9:15–3:00

Please note the items listed for October are ready for sign-ups

**WE WILL BE  
CLOSED ON  
LABOR DAY**

Hope you all have a happy and safe holiday

# SEPTEMBER BIRTHDAYS

Georgeann	Hammond	1	Patricia	Talladino	9	Kelly	Anderson	17
Kenneth	Pilotti	1	Michael	Calvo	10	Arlene	Balchak	17
Diana	Vidrick	1	Alan	Habat	10	James	Pernus	17
Juanita	Gates	2	Norma	Reaville	10	John	Siefert	17
JoAnn	Godinich	2	Jeanette	Smith	10	Robert	Wilder	17
Rose	Turner	2	Jean	Spehar	10	William G	Balch	18
Frances	Bray	3	Mary	Uhas	10	Janet	Sorz	18
Joan	Evans	3	Shirley	Zaucha	10	Gottfried	Barthol	19
Diana L.	Kime	3	Patricia	Comer	12	Ralph	Ferrara	19
Terry	Pierce	4	Marie	Farinacci	12	Mary Ann	Minich	19
James	Peters	5	William	Komyati	12	James	Caddell	20
Ann	Schembre	5	Hoyt	Samuel	12	Bette	Pollino	21
Eleese	Gosselin	6	Joyce	Livingston	13	Harry	Warik	21
JoAnn (Josep	Kelly	6	Draga	Mujic	13	Josephine	DiSanto	23
William	Nicastro	6	Pauline	Dixon	14	Donna	Dowling	23
Bertha	Palicia	6	Joy	McBrien	14	Pat	Duffy	23
Alicia	Bevacqua	7	Anne	Novince	14	Catherine	Ruggeri	23
Donna	Detering	7	Barbara	Roberts	14	Judith M	Bokar	24
Rudolph	Floran	7	Sharon	Thomas	14	Robert	Reiman	24
Ray	Meyers	7	Joanne	Dondorfer	15	Virginia	Thompson	24
Trixee	Moran	7	Trilba Sue	Estep	15	Maria	Middleton	26
Dorothy	Polantz	7	Mary Jane	Leinweber	15	Danute	Paskonis	26
Andy	Sisko	7	Jerry	Swinerton	15	Barbara	Burd	27
Bonnie	Gaerttner	8	Randi	Wills	15	Margherita	Newman	27
John	Kelly	8	Helen	Dayok	16	Mary Jo	Ginevra	28
James E.	Nebe	8	Maxine	Hutchison	16	Diane	Lehman	28
Pamela	Ramski	8	Arlene	Kascak	16	Sharon	Paciorek	29
Rebecca	Rogazione	8	Madonna	Knaus	16	Betty	Sutton	29
Karen	Janosky	9	Catherine	Pilotti	16	Charles	Smola	30
			Flora	Thomas	16			

**HAPPY  
BIRTHDAY**



# CHRISTMAS IN HAWAII



# GRASS SKIRTS AND SANTA HATS GREAT PARTY



# THIRD BEACH PARTY AT FAIRPORT



Y'ALL COME ON AND JOIN US NOW