



**J.F.K. SENIOR CENTER BULLETIN**  
**SEPTEMBER 2018**

1580 East 332<sup>nd</sup> Street      Eastlake,      Ohio 44095      TEL440-975-4268  
 Grace Giangiacomo, Senior Center Director      E-Mail: [gg@eastlakeohio.com](mailto:gg@eastlakeohio.com)  
 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 3<sup>rd</sup> 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
BINGO	TUESDAY & FRIDAY	12:30-2:30 3¢ per card
COMFORT ELVES	1 <sup>st</sup> & 3 <sup>rd</sup> WEDNESDAY	9:00 am – 11:00 am
LINE DANCING	THURSDAY (Experienced Dancers)	1:00 pm (\$2.00 per class)
PINOCHLE	FRIDAY	12:30 pm
Chair Yoga with Kate	Monday, 9:00 am	
Aerobics and Cardio	Tuesday, 10:30am	
Low Impact Strength Training w/Diane		Monday, 1:15pm
Zumba with Diane (Low Impact)	Wednesday, 10:00 am	

Exercise with Diane; Thurs., 9:15 am	Core & Strength Class w/Diane; Thur., 10:00am
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EASTLAKE SENIOR CENTER IS FUNDED BY THE CITY OF EASTLAKE  
 & THE LAKE COUNTY SENIOR CITIZENS LEVY.

**CENTER NEWS**  
**OUR THOUGHTS**

We extend GET WELL WISHES to: Sue Estep, Gloria Brock, Celine Burger, Cindy McDaniel, Elsie Lowery and Bertha Palicia. Hope you are feeling better soon.  
Condolences to the families of Irene Halaburda, in the passing of her daughter Michelle.



**A BIG THANK YOU**

Both Brenda and myself would like to thank all the wonderful people of the J.F.K. for their prayers, cards and most of all for your very generous gifts. Words cannot express our appreciation. A BIG THANK YOU. Brenda and Harry.



**OUR ANNUAL FISH FRY**

Mark your calendar for Saturday, October 20<sup>th</sup> for the Salmon Association Fish Fry. Tickets will not go out until October 1<sup>st</sup>. More info will be in the October Bulletin.



**QUILTED TABLE/RUNNER**

Join us for a new class and have fun learning the latest techniques to cut, piece, and complete a quilted runner. Whether you are a beginner or want to refresh your sewing knowledge, this class is for you! Students will experience a positive, supportive, & self-paced learning environment, so please consider joining us. Supply lists will be issued upon registration. Start date for this 6-wk session.

**TBD/Cost: \$55 PLEASE SIGN A PAPER IN THE OFFICE IF INTERESTED, SO WE CAN MAKE THIS HAPPEN.**



**PARTIES AND GET-TOGETHERS**  
**NATIONAL CHEESE PIZZA DAY**

How could you not sign-up for this! Sponsored by Heather from Country Place.  
DATE: Wednesday, September 5<sup>th</sup> Time: after lunch in the lobby.



**BREAKFAST WITH GRANDE POINTE**

Grande Pointe will be serving us once again. They will be here with muffins and yogurt.  
Be sure to sign-up by September 7<sup>th</sup>  
DATE: Tuesday, September 11<sup>th</sup> IN THE LOBBY TIME: 9:30am



**CLAM BAKE**

Thanks to all who came to our once again successful Clam Bake. Bob and Renee did an outstanding job, with some really wonderful tasty food. Can't wait until next year's Bake!  
Which by-the-way, is Saturday, September 28, 2019



**SPOOKY BOUTIQUE...DON'T FORGET**

Are you ready to shop yet?

Don't forget our Spooky Boutique on October 13<sup>th</sup>, MARK YOUR CALENDAR, and tell all your family and friends. Anyone interested in helping for the Bake Sale, just let the office know. 9:00am-3:00pm



**PARKING FOR TRIPS**

When going on day trips, please park in the first parking lot closer to 332<sup>nd</sup> Street. You will be dropped off there after the trips. Thank you.



**DAY TRIPS**  
**ROCKSINO**

Grab a friend and go have fun.

DATE: Thursday, September 6<sup>th</sup>      COST:\$4.00      TIME: 9:30am-2:45pm



**PIE SHOPPING**

Hop on board for the fun trip to Gardenar Pie Company, we will stop for lunch first at Rose's Villa, then a trip for ice cream after Gardenar Pie Shop. Menu in the office.

DATE:Friday, September 7<sup>th</sup>      COST:\$4.00      TIME:9:30am-1:30pm



**HARTVILLE**

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



**LAKE METROPARKS SENIOR DAY**

Lake Health will offer free screening, register with them 440-953-6000. Enjoy speakers, and vendor showcases. Hop on the bus, we have 32 tickets, lunch will be at 11:45, with 16 veggie wraps & 16 hot dog lunches. First come, first choice.

DATE: Thursday, September 13<sup>th</sup>      TIME:8:30am-1:00pm



**EMERINE WINERY**

Come join us for this Winery and be sure to ask for their wine shakes. Menu in office.

DATE:Friday, September 14<sup>th</sup>      COST:4.00      TIME:10:00am-3:00pm



**LUNCH BUNCH**

Off to London Pickle Works in Brecksville. Menu will be in the office.

DATE: Thursday, September 20<sup>th</sup>      COST: \$4.00      TIME:10:30am – 1:30pm



**STOUFFERS AND LUNCH**

We are going to Stouffers to do a little shopping and lunch at the Rusty Bucket.

DATE: Friday, September 21<sup>st</sup> COST:\$4.00 TIME:10:00am- 1:30pm



**WELSHFIELD INN**

Willowick is joining us for a fun trip to Burton for Burger Day, or your choice off menu.

DATE:Monday, September 24<sup>th</sup> COST:\$4.00 TIME:10:45am-1:30pm



**PRESQUE ISLE**

DATE: Tuesday, September 25<sup>th</sup> COST:\$7.00 TIME:9:15am- 4:30pm



**AMISH HOME COOKED DINNER**

Home cooked Amish Dinner by Maryann. Three Course Dinner in Maryann's home.

DATE: Wednesday, September 26<sup>th</sup> COST:\$24.00 TIME:10:00am-1:30pm



**LAKEVIEW CEMETARY TOUR**

Horticultural Tour at Lakeview with a box lunch sponsored by Anna Marie from Mount St. Joseph.

DATE:Friday, September 28<sup>th</sup> COST:\$10.00 TIME:9:30am



I can see no one has been checking out the kiosk in the Lobby!  
*Please note the items listed for October are ready for sign-ups*



**NATIONAL TACO DAY**

OK, the most talked about day. Sign up in the office. Served after lunch in the lobby.

DATE: Tuesday, October 2<sup>nd</sup> COST:\$2.00 TIME:12:00 Noon



**OUR ANNUAL TRIP TO THE WESTSIDE MARKET**

First stop Westside Market, then off to Peterson Nuts, and then Galluci's. Lunch on your own. Who knows we just might make another stop!

DATE:Thursday, October 4<sup>th</sup> COST:\$4.00 TIME:9:30am- 2:00pm



**FALL TRAVEL**

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

DATE: Friday, October 5<sup>th</sup> COST:\$5.00 TIME:8:00am-5:00pm



**SHORE CULTURAL CENTRE**

**SHREK THE MUSICAL**, this production is a musical for all ages. Come and see this well known show! Lunch on your on at Great Scott in Euclid.

**DATE:** Friday, October 19<sup>th</sup>

**COST:**\$15.00

**TIME:** 9:15am-1:00pm



**HEALTH AND WELLNESS**

**BLOOD PRESSURE**

Katey from Heartland will be here if you care to have your blood pressure taken.

**DATE:** Friday, September 7<sup>th</sup>

**TIME:**9:30am in the Lobby



**LEGACY PLANNING WORKSHOP**

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

**DATE:**Tuesday, September 11<sup>th</sup>

**TIME:**9:30am In the Lobby



**FOOT DOCTOR**

**DATE:** Wednesday September 26<sup>th</sup> & Wednesday, October 24<sup>th</sup> **TIME:**8:00am – 4:00pm

\$15.00 donation (PRE-REGISTRATION IS REQUIRED)

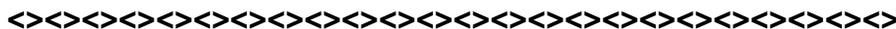


**WALGREENS/FLU SHOTS**

Sign up in the office for your annual flu shots with Walgreens. Make sure to bring your Medicare Card.

**DATE:**Tuesday, September 18<sup>th</sup>

**TIME:** 9:30am



**I.B.B. TEAM**

John from Western & Southern will be here to answer any questions on Medical plans.

**DATE:** Tuesday, September 25<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.



**FUTURE TRIPS:**

Wine Hop 10/26, Repeat of Fall Travel 10/23, Mama Mia 11/7, Fall Foliage 10/18, Christmas Connection 11/16, A Christmas Carol 11/30, Our Christmas Party 12/14.

SEPTEMBER BIRTHDAYS

Kenneth	Pilotti	1	Karen	Janosky	9	William G	Balch	18
Diana	Vidrick	1	Michael	Calvo	10	Janet	Sorz	18
Juanita	Gates	2	Jeanette	Smith	10	Ralph	Ferrara	19
Joan	Godinich	2	Shirley	Zaucha	10	Sandra	Lojewski	19
Rose	Turner	2	Patricia	Comer	12	Mary Ann	Minich	19
Frances	Bray	3	Marie	Farinacci	12	James	Caddell	20
Joan	Evans	3	William	Komyati	12	Bette	Pollino	21
Terry	Pierce	4	Hoyt	Samuel	12	Harry	Warik	21
Ann	Schembre	5	Joyce	Livingston	13	Patricia	McKibben	22
Thomas	Young	5	Draga	Mujic	13	Josephine	DiSanto	23
Eleese	Gosselin	6	Pauline	Dixon	14	Donna	Dowling	23
JoAnn (Josep	Kelly	6	Joy	McBrien	14	Catherine	Ruggeri	23
Bertha	Palicia	6	Barbara	Roberts	14	Judith	Bokar	24
Barbara	Ramski	6	Sharon	Thomas	14	Ann	Gilmore	25
Karen	Wonderly	6	Trilba Sue	Estep	15	Maria	Middleton	26
Alicia	Bevacqua	7	Mary Jane	Leinweber	15	Danute	Paskonis	26
Rudolph	Floran	7	Helen	Dayok	16	Steve	Rady	26
Ray	Meyers	7	Maxine	Hutchison	16	Margherita	Newman	27
Trixee	Moran	7	Madonna	Knaus	16	Fran	Bubley	28
Dorothy	Polantz	7	Catherine	Pilotti	16	Mary Jo	Ginevra	28
Andy	Sisko	7	Flora	Thomas	16	Diane	Lehman	28
John	Kelly	8	Kelly	Anderson	17	Sharon	Paciorek	29
James E.	Nebe	8	James	Pernus	17	Charles	Smola	30
Pamela	Ramski	8	John	Siefert	17			

**HAPPY  
BIRTHDAY**

# SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Closed Today	<b>4</b> Sign up will will start today At 8:00am	<b>5</b> Cheese Pizza <b>Comfort Elves</b>	<b>6</b> <b>Rocksino</b>  Salon 9:15–2:00	<b>7</b> <b>Gardenar Pie</b> blood Pressure  Salon 9:15–3:00
<b>10</b> <b>Attorney</b> <b>Hartville</b>	<b>11</b> <b>Celina w/COA</b> Legacy Planning <b>Board Meeting</b> Grande Pointe	<b>12</b>	<b>13</b> <b>Senior Day</b> <b>Farm Park</b>  Salon 9:15–2:00	<b>14</b> Winery  Salon 9:15–3:00
<b>17</b>	<b>18</b>  Flu Shots	<b>19</b>  Senior Market <b>Comfort Elves</b>	<b>20</b> Lunch Bunch  Salon 9:15–2:00	<b>21</b> <b>Stouffers</b>  Salon 9:15–3:00
<b>24</b> <b>Burger Day</b> @ Welshfield	<b>25</b> <b>Presque Isle</b>	<b>26</b> <b>Horse &amp; Buggy</b> Dinner Foot Dr.	<b>27</b>	<b>28</b> Lakeview Tour

**WE WILL BE  
CLOSED ON  
LABOR DAY**