



J.F.K. SENIOR CENTER BULLETIN
NOVEMBER 2018

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 22nd & 23rd 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.	9:00 am to 12:00 Noon
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 st & 3 rd 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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CENTER NEWS



OUR THOUGHTS

We extend GET WELL WISHES to: Karen Bucar, Tony Sorenson & Rose McIntosh. Feel better soon. Condolences to the family of Marge Ruff, a long time member of our family here.



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 3rd, AS WELL AS BUSINESS SATURDAY ON NOVEMBER 24th. 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.



NUTRITION SITE LUNCH

LUNCH WILL BE SERVED IN THE CARD ROOM ON VOTING DAY, Tuesday, November 6th.

THANKS FOR YOUR UNDERSTANDING.



TURN YOUR CLOCKS BACK

Sunday, November 4th



BUSINESS SATURDAY, NOVEMBER 24TH (AT THE CENTER)

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



HOLIDAY BOUTIQUE/CHRISTMAS BOUTIQUE

Just a reminder to tell all your friends and relatives about our Boutiques on Sat., November 3rd and Saturday, December 8th. 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!



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.



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.



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 5th Thru Friday, November 9th TIME:9:00am -10:00am



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.



FOOT DOCTOR

DATE:Wednesday, November 28th (TIME:8:00am – 2:00pm) Wednesday, December 26TH
\$20.00 donation (PRE-REGISTRATION IS REQUIRED)



BLOOD PRESSURE WITH KATE

Kate will be for your blood pressure check, stop my and visit.

Friday, November 2nd TIME:10:00am-12:00pm



NORTHEAST OHIO HEARING

Jennifer will be here to check your hearing, sign up in office.

DATE:Monday, December 3rd TIME:10:00am-12:00pm



PARTIES AND GET-TOGETHERS

BREAKFAST WITH GRAND POINTE

Jason is joining us again in the Lobby. Be sure to sign-up in the office by Nov. 9th.

DATE: Tuesday, November 13th

TIME:9:30am in the Lobby



TURKEY BOWL

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

DATE: Tuesday, November 20th

Cost:\$3.00

TIME:12:15pm-2:00pm



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 Dinner.

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

DATE: Friday, December 14th

COST:\$23.00pp

TIME:11:00pm-2:00pm



NUTRITION SITE CLOSED MONDAY, NOVEMBER 12TH

Please mark your calendar, the Nutrition Site is closed in honor of Veterans Day. If you enjoy lunch here, please make other arrangements for your lunch that day.



DAY TRIPS (ALL WILL BE WEATHER PERMITTING)

GREAT LAKES THEATER

Please sign up for a matinee featuring Mamma Mia at the Hanna Theater.

DATE:Wednesday, November 7th

COST:\$24.00

TIME:9:00am 1:00pm



ROCKSINO

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

DATE: Thursday, November 8th

COST:\$4.00

TIME: 9:30am-3:00pm



HARTVILLE

Weather permitting, we will travel to Hartville.

DATE: Monday, November 12th

COST:\$5.00

TIME:8:15am-3:30pm



LUNCH BUNCH

Beckhams B&M BBQ in Mayfield is the place we are going to!

DATE:Wednesday, November 14th

COST:\$4.00

TIME:11:00am-2:00pm



CHRISTMAS CONNECTION

Trip to the IX Center for the FUN Christmas show. Do some early Christmas Shopping.

If anyone is interested they are offering us a special lunch for an additional \$14.00.

This is in addition to number of food vendors . The food choices are in the office.

DATE: Friday, November 16th Cost:\$14.00 TIME:9:30am-3:00pm



JACK THISTLEDOWN RACE TRACK

We are off to Thistledown this month, hop on the bus for some more Gambling Fun.

DATE: Wednesday, November 21st COST:\$4.00 TIME:9:30am-3:00pm



LI WAH RESTAURANT

Enjoy Chinese and a bit of shopping at the plaza.

DATE:Tuesday, November 27th COST:\$4.00 TIME:11:30am-2:00pm



TRINITY CATHEDRAL

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

DATE:Wednesday, November 28th COST:\$4.00 TIME:11:15am-1:30pm



CHRISTMAS CAROL

Sign-up for this classic tale of one man's ultimate redemption. A favorite holiday tradition.

DATE:Friday, November 30th COST:\$22.00 TIME:10.00am-1:30pm



TRINITY CATHEDRAL

Enjoy Ceremony of Carols, a seasonal favorite, sign up in the office.

DATE:Wednesday, December 5th COST:\$4.00 TIME:11:15am-1:30pm



ROCKSINO

Information only, save the date, sign-up for this trip in December.

DATE: Thursday, December 6th COST:\$4.00 TIME: 9:30am-3:00pm



THANKSGIVING DAY

Please note that the Center will BE CLOSED on Thursday and Friday the 22nd and 23rd in honor of Thanksgiving Day, enjoy your Holiday. Happy Eating!

NOVEMBER BIRTHDAYS

Ann	Harrivel	1	Samia	Gad	11	Margaret	Ruff	19
Theresa	Smith	1	Gary	Jacobs	11	Bruce	Stevens	20
Marlene	Cameron	2	Hattie	Pizzi	11	Carmen	Triepi	22
Margene	Calvo	3	Ida	Vallo	11	Thomas	Fritsch	22
Paul	Castellano	4	Julie	Scheuer	12	Donna Marie	Gilbert	22
Rick	Lasko	4	Angela	Bagliano	13	Valeria	Korosec	22
Marie	Lubecky	4	Erline	Fletcher	13	Alice	Pierce	23
Rita	Clay	6	James	Janosky	13	Wanda	Marcum	23
Gay	Goden	6	Richard	Karlovec	13	June	Slapnik	25
Carol	Leder	6	Rosemary	Glogovsky	15	James	Albanese	25
Richard	Mook	6	Betty	Lopez	15	Barb	Arbuckle	25
Ann	Klingman	7	Lorry	Lutz	15	John	Simpson	26
Bobby	Blankenship	8	William	Socha	15	Rita	Mzik	27
Diane	Rogazione	8	James	St. Clair	15	Janet	Pintar	28
Celine	Burger	10	Lulubell	Brown	16	John J.	Duka	28
Sandra Ann	Jenda	10	Carol	Szymanski	16	Yvette	Ladiha	28
Deborah	Jenkins	10	Catherine	Thomas	16	James	Larkin	29
Marjorie	Vandestadt	10	Paula	Iseman	17	Catherine (K&M)	Minardo	29
Elaine	Allen	11	Margaret	Mitch	17	Arlene	Wagemaker	30
Dahlia	Braccia	11	Rosemarie	Kazar	18	Richard	Apicello	20
			Cindy	Lester	18			

**HAPPY
BIRTHDAY**

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOLIDAY BOUTIQUE SATURDAY 12/08/18			1 Salon 9:15–2:00	2 B.P. Katie Salon 9:15–3:00
5 LORI LIPTON	6 VOTE.VOTE.VOTE LORI LIPTON	7 Mama Mia LORI LIPTON Comfort Elves	8 Rocksino LORI LIPTON Salon 9:15–2:00	9 Orchestra LORI LIPTON Salon 9:15–3:00
12 Attorney Hartville	13 Celina w/COA Board Meeting grand Pointe	14 Lunch Bunch	15 Salon 9:15–2:00	16 Christmas Connection Salon 9:15–3:00
19	20 Turkey Bowl	21 Jack Casino Comfort Elves	22 Closed Today HAPPY TURKEY	23 Closed Today Salon 9:15–3:00
26	27 Li Wah Chinese	28 Trinity Cathedral Foot Dr.	29	30 Hanna Theater

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, it helps with our share of levy funds.

**TO YOU AND YOURS HAVE A HAPPY AND SAFE
THANKSGIVING**

CHECK OUT THE PICTURES BELOW THANKS TO DENISE

WEDNESDAY NITE HALLOWEEN 2018



JUST ANOTHER GREAT PARTY

HALLOWEEN 2018



Y'ALL COME ON AND JOIN US NOW