

J.F.K. SENIOR CENTER BULLETIN SEPTEMBER 2019

1580 East 332nd Street Eastlake, Ohio 44095 TEL440-975-4268 Grace Giangiacomo, Senior Center Director 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 Monday, September 2nd

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 pm	
EXERCISE ROOM	MONDAY - FRIDAY	\$15.00* per year	
WOODBURNING	TUESDAY (will return in Sept)	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)	
LCR	THURSDAY	12:30 pm	
PINOCHLE	FRIDAY	12:30 pm	

Chair Yoga with Diane Monaco	Monday, 9:00 am
Low Impact Strength Training w/Diane N.	Mon., 1:15pm-2:00pm
Cardio & Core with Diane Nichols	Tuesday, 10:30am - 11:15am
Zumba Gold with Diane Nichols	Wednesday, 10:00 am - 10:45am
Exercise with Diane; Thurs., 9:15am-10:15am	Stretch & Core;Thurs.10:15am -10:45am

EASTLAKE SENIOR CENTER IS FUNDED BY THE CITY OF EASTLAKE AND THE LAKE COUNTY SENIOR CITIZENS LEVY.

CENTER NEWS OUR THOUGHTS

We extend GET WELL WISHES to: Elise Gosselin, Celine Burger, John Scott, Rosemary Glogovsky, Carol Snowfleet, Marie Petterson.

Hope you are feeling better soon.

PARTIES AND GET-TOGETHERS BREAKFAST WITH GRANDE POINTE

Grande Pointe will be back serving us once again. Julie will be here with doughnuts, bagels, danish and fruit.. Be sure to sign-up by September 6th

DATE: Tuesday, September 10th IN THE LOBBY TIME:9:30am

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NATIONAL CHEESE PIZZA DAY

How could you not sign-up for this! Let's do it, sign-up by Thursday the 12th DATE:Friday, September 13th COST:\$1.00 Time: after lunch in the lobby.

5th ANNUAL CLAM BAKE 2019 AT OUR CENTER

Come join us for our 5th annual Clam Bake. Bring a friend and come and relax with some great food. Once again Clams Catering will be our Chef for the evening. The following will list our menu and prices. If you haven't been to one of these events, it's time to come and

check this out.

DATE:SATURDAY, SEPTEMBER 28[™]

Doors open at 4:00 Mussels served at 4:30 Dinner served at 5:00

<u>CHOICE OF:</u>

Quarter Chicken or 12oz Strip Steak, both with 1 Dozens Clams, Parmesan Redskin Potato, Candied Sweet Potato, Corn on the cob, Mussels & Clam Chowder.

COST:

Steak Bake \$35.00

Chicken Bake \$30.00

Extra Clams \$10.00

END OF THE SUMMER PICNIC

We are heading outside for a great outdoor picnic to celebrate the end of summer. DATE:Monday, September 30th COST:\$5.00 TIME:12:15pm

NATIONAL TACO DAY

OK, the most talked about day. Sign up in the office. Served after lunch in the lobby. DATE: Thursday, October 3rd COST:\$2.00 TIIME:12:00 Noon

OUR ANNUAL FISH FRY

Mark your calendar for Saturday, October 19th for the Salmon Association Fish Fry. *Tickets will not go out until October 1st*. More info will be in the October Bulletin.

HEALTH AND WELLNESS BLOOD PRESSURE

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

DATE: Friday, September 6th

TIME:9:30am in the Lobby

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HILLTOP NUTRISHAPE

Tips for healthy cooking for one" Presented by: Hilltop Village and Nurtishape .ls cooking for one a challenge? We can help with 10 easy cooking for one tips for eating healthy and saving money. So many recipes serve 4 or more people and for so many of us, that is just too much food. It's no fun to cook a meal and then eat the same leftovers for days.

DATE:Thursday, September 19th

TIME:10:00 In the Lobby

ALLWELL A BUCKEYE HEALTH PLAN

Stop and see Yvonne in the Lobby, if you have questions on Medicare Advantage Plans. DATE:Friday, September 20th TIME:9:30am-11:30am

FOOT DOCTOR

DATE: Wednesday September 25th & Wednesday, October 23rd TIME:9:00am -? \$20.00 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:Monday, September 23rd TIME: 9:30am

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.

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

FALL TRAVEL

We are going to Smucker's and other shopping surprises. Lunch on your own at Mrs. Yoder's COST:\$5.00 DATE: Friday, October 4th TIME:8:00am-5:00pm

LUNCHEON CRUISE IN PITTSBURGH

Enjoy a great buffet on the GATEWAY CLIPPER while cruising the three rivers of Pittsburgh the Monongahela, Allegheny, and Ohio. We have 23 seats available. TIME:8:00am-5:00pm

DATE:Friday, October 11th

COST\$50.00

SHORE CULTURAL CENTRE

"ANYTHING GOES", this production is a musical for all ages. Come and see this well known show! Lunch on your on at Casa Di Vino in Wickliffe.

DATE: Friday, October 25th

COST:\$15.00

TIME: 9:15am-2:30pm

DAY TRIPS HARTVILLE

DATE: Monday, September 9th

COST:\$5.00

TIME: 8:15am-3:30pm

ROCKSINO

Grab a friend and go have fun.

DATE: Thursday, September 12th

COST:\$5.00

TIME: 9:30am-2:45pm

LUNCH AND BINGO

Hop on the bus to enjoy a fun lunch and then bingo with Mount St. Joseph. Sponsored by Annemarie. Sign-up for count by Wednesday, September 11th DATE: Monday, September 16th TIME:12:00pm

MEDINA STROLL

Taking a ride to downtown Medina. Take a stroll to the many shops and then enjoy lunch at an old-fashion hot dog diner at Dan's Dogs.

DATE:Tuesday, September 17th

Cost:\$5.00

TIME:9:00am-2:00pm

LAKE METROPARKS SENIOR DAY AT THE FARMPARKS

Lake Health will offer free screening, register with them 440-953-6000. Enjoy speakers, and vendor showcases. Hop on the bus, we have 20 tickets, lunch will be at 11:30, with 15 veggie wraps & 5 hot dog lunches. First come, first choice.

DATE: Thursday, September 19th

TIME:8:30am

EMERINE WINERY

Come join us for this Winery and be sure to ask for their wine shakes. Menu in office. DATE:Friday, September 20th COST:5.00 TIME:10:00am-3:00pm

PRESQUE ISLE

DATE: Tuesday, September 24th COST:\$5.00 TIME:9:15am- 4:30pm

LUNCH BUNCH

BBQ place in Chardon, Maple Taps & Eatery. Menu will be in the office.

DATE: Wednesday, September 25th COST: \$5.00 TIME:11:15am - 2:00pm

NATIONAL VETERANS MEMORIAL AND MUSUEM

Hop on for a ride to Columbus to visit this great memorial, with lunch on your own at the Spaghetti Company. If you are a veteran, the cost for your ticket is free, you only owe \$5.00 for the bus trip.

DATE:Thursday, September 26th COST:\$17.00 TIME:8:00am-4:30pm

PARKING FOR TRIPS

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

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FUTURE TRIPS

Wine Hop 10/18, Christmas Connection 11/22, A Christmas Carol at the Ohio Theater 12/4, Our Christmas Party 12/13.

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SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed Today	3 Wood Burning	4 Comfort Elves Cleveland Zoo	5 Indains Game	6 Blood Pressure
			Salon 9:15–2:00	Salon 9:15–3:00
9	10	11	12	13
Attorney Hartville	Celina w/COA Board Meeting Wood Burning		Rocksino	National Cheese Pizza
	Grande Pointe		Salon 9:15-2:00	Salon 9:15-3:00
16 Mount St. Joseph	17 Wood Burning Medina Stroll	18 Comfort Elves Senior Market	19 Senior Day Farm Park HILLTOP	20 Winery All Well
$\overline{}$	$\overline{}$		Salon 9:15-2:00	Salon 9:15-3:00
Walgreen Flu Shots	24 Wood Burning Presque Isle	Foot Dr. Lunch Bunch	26 Veterans Museum Salon 9:15–2:00	27 Salon 9:15–3:00
30 End of Summer Picnic				

SEPTEMBER BIRTHDAYS

Ann	Schembre	5	Draga	Mujic	13	Patricia	McKibben	22
Deborah	Billhardt	6	Pauline	Dixon	14	Donna	Dowling	23
Amanda	Coughlin	6	Connie	Herda	14	Elizabeth	McGill	23
Eleese	Gosselin	6	Joy	McBrien	14	Catherine	Ruggeri	23
Bertha	Palicia	6	Barbara	Roberts	14	Maria	Middleton	26
Barbara	Ramski	6	Sharon	Thomas	14	Elaine	Minger	26
Rudolph	Floran	7	Trilba Sue	Estep	15	Steve	Rady	26
Ray	Meyers	7	Mary Jane	Leinweber	15	Susan	Taylor	26
Trixee	Moran	7	Helen	Dayok	16	Qingyun	Z hang	26
Bonnie	Gaerttner	8	Maxine	Hutchison	16	Fran	Bubley	28
James E.	Nebe	8	Arlene	Kascak	16	David	Ivans	28
Pamela	Ramski	8	Madonna	Knaus	16	Diane	Lehman	28
Karen	Janosky	9	Catherine	Pilotti	16	Sharon	Paciorek	29
Harley	Robertson	9	Kelly	Anderson	17	Charles	Smola	30
			John	Siefert	17			

HAPPY BIRTHDAY

ICE CREAM PARTY













WEDNESDAY NITES GREAT PARTYS

ICE CREAM PARTY













Y'ALL COME ON DOWN AND JOIN US NOW