



J.F.K. SENIOR CENTER BULLETIN
OCTOBER 2019

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 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.

HEALTH AND WELLNESS
BLOOD PRESSURE



2020 MEDICARE PLAN

Pre-Open Enrollment Reviews available with Lori Lipton: Mon. Oct. 7th thru Fri., Oct. 11th
Review appointments are available starting at 9:30am. Please sign up in the office or call
here for 1/2 hour pre-enrollment review appointments.

Open Enrollment Period for Medicare Advantage and Medicare prescription drug coverage.
Oct. 15–Dec. 7th Each year, you can make changes to your Medicare Advantage or Medicare
prescription drug coverage for the following year by filling applications. Lori Lipton will be
here again Mon., Nov. 4th through Fri., Nov. 8th. There will also be a sign up sheet in the office
for this period.



LAKETRAN

Ben Mordush will be in the lobby to let you know the latest about Laketrans.
Stop by and say hi! DATE: Tuesday, October 8th TIME:9:30am-10:30am



MEDICATION MANAGEMENT

Please sign up for these important presentations and learn some significant information on
safety tips and how certain medications interact.
DATE: Tuesday, October 8th TIME:10:00am



ALL WELL/ BUCKEYE HEALTH PLAN

Yovonne Briggs will be in the Lobby. DATE:Tue., Oct. 15th TIME:9:30am-11:00am



COUNCIL ON AGING/RACHEL LOVE

Stop by in the lobby Oct. 15th any with questions or concerns. TIME:10:00am-11:30am



HOLLY'S HEARING

Stop in the library for a free hearing test on Tuesday, Oct. 22nd between 9am-11am.



FOOT DOCTOR/\$20.00 donation

DATE:Wed. Oct. 23rd (PRE-REGISTRATION IS REQUIRED) Wed., Nov. 27th



UNITED HEALTHCARE/CHARLES JENNINGS

DATE:Tuesday, October 29th TIME:9:30am-11:30am





TRINITY CATHEDRAL

Enjoy as Vocalists Kristine Caswelch and Kira McGirr sing duets spanning our favorite periods, genres and styles. Pack a lunch or buy for Freewill Offering of \$7.00. Enjoy.

DATE: Wednesday, October 23rd COST: \$5.00 TIME: 11:00am-1:30pm



SHORE CULTURAL CENTRE

"ANYTHING GOES", this production is a musical for all ages. Come & see we. We will be going to lunch at Tuscan in Willowick. (Willowick Senior Center Driving)

DATE: Friday, October 25^h COST: \$16.00 TIME: 9:15am- 1:00pm



AMISH/BERLIN TRIP

We will be going down to Berlin where you will be dropped off at Sol's.

There will be plenty of places to choose to stop and have lunch.

Be back to the bus at Sol's at 1:30 to go over to Hersbergers Farm & Bakery spend 45

Minutes there and off to Harry London Chocolate Factory.

Wear comfortable shoes, there will be a lot of walking.

DATE: Monday, October 28th COST: \$5.00 TIME: 8:00am-5:00pm



PRESQUE ISLE

DATE: Tuesday, October 29TH COST: \$5.00 TIME: 9:15am-4:30pm



CENTER NEWS
OUR THOUGHTS

We extend GET WELL WISHES to: Tony Minardo, Donna Krejsa, Dennis Brandt, Shirley Vandervort, and Rita King, hope you are feeling better. Condolences to the family of Janet & Mike Galgoczy in the passing of Janet's sister Carol and to the family of Celeste Myers.



COLUMBUS DAY OCTOBER 14th

Please note that the Center will BE OPEN on Columbus Day, as well as Lake Tran, for those who ride. Although, if you plan on having lunch you will have to pack a lunch, because the kitchen will be closed.



FALL BOUTIQUE/HOLIDAY BOUTIQUE

Just a reminder to tell all your friends and relatives about our Boutiques on Sat., Nov. 9th & Sat, Dec. 14th, we also will be having Business Saturday on November 30th. Pick up a copy of the flyer's we have here and leave it at your doctor's office, your dentist's office, the grocery store...you get it.

Help advertise for your Center!



HAIR SALON

Fall in love with your hair again. If you haven't stopped by our Salon, take a walk and see the facilities. The holiday's are coming, so while you are there make an appointment. If you already visit, why not make your appointment early for the holiday.



JFK SENIOR CENTER BOARD

Want to be on the JFK Board, Sign-up now, for election is in Nov. This is your chance to help in the decisions of the future of our Center. If interested please contact any board member.



MITTEN TREE

It's that time of year again. Winter is near-by, so the Christmas Tree for Mittens will be up. Please donate any new Hats or Mittens (gloves). Irene & Brenda run this program for the kids.



CHRISTMAS PARTY

Mark your calendar for Fri. Dec.13^h at the Patrician. More info to follow.



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!



TOPS

Taking Off Pounds Sensibly, meet every Wednesday Night between 5:00pm– 6:30pm.



CHAGRIN RIVER SALMON ASSOCIATION

Here for their yearly event Sat, Oct. 19^h at 6:00pm. Sign-up for tickets in the office.



GREAT LAKES THEATER

A matinee featuring Music Man at the Hanna Theater.

This six-time , Tony winning musical, which features cherished numbers such as "Seventy-Six Trombones", "Ya Got Troubles" and "Till There Was You", is the perfect musical comedy for all ages.

DATE:Tuesday, November 5th COST:\$25.00 TIME:9:15am 1:30pm



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 upon Arrival.



OCTOBER BIRTHDAYS

Donna	Hoffman	1	Katherine	Warren	11	Diana	Hiser	23
Margie	Mayne	1	Beverly	Reeves	13	Christine	Lantzy	23
Bernard	Goodrich	2	Ann	Cinalli	16	Iris	Clarke	24
Diana	Helminck	2	Mary Ann	Moore	16	Carol	Pietch	24
Marianne	McMahon	2	Karen	Liming	17	Justine	Williams	24
Rebecca	Podoba	2	James	Russell	17	Anita	Beverly	25
Carol	Thobaben	3	Ronald	Mona	18	Robert	Daubenmire	26
Richard	Price	5	Christopher	Aquila	20	Thomas	Burd	27
Peggy	Misorski	6	Janice	Brewer	21	David	Fabian	27
Michele	Slokar	7	Patricia	Kremiller	21	Jean	Helmick	27
Alice	Smalley	7	Shirley	Lapuh	21	Dennis	Shetina	28
Joyce	Creter	8	Jeanne	Maloney	21	Joe	Terranova	28
David	Jacobson	8	George	Petterson	21	Woodrow	Simpson	29
Jeffrey	Simpson	8	Pauline	Barbish	22	Ruth	Carani	30
Gary	Gaerttner	10	Patricia	Burkey	22	Michael	Gill	30
Johanna	Lucos	10	Sandi	Steven	22	Madonna	Kingsmill	31
Brenda	McCready	10	Carmella	DiFrancesco	23	Dorothy	Perkins	31
Arthur	Klein	11	Barbara	Emig	23	Frank	Smoley	31

**HAPPY
BIRTHDAY**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2 Comfort Elves	3 Taco Day Salon 9:15–2:00	4 Fall Travel Blood Pressure Salon 9:15–3:00
7 Lori Lipton Medicare	8 Med. Management Lori Lipton Medicare	9 Culinary Buffet Lori Lipton Medicare	10 Lori Lipton Medicare Salon 9:15–2:00	11 Pittsburgh Trip Lori Lipton Medicare Salon 9:15–3:00
14 Attorney Hartville	15 All Well Rachel Love COA	16 Comfort Elves Senior Market	17 Rocksino Salon 9:15–2:00	18 Wine Hop Salon 9:15–3:00
21	22 Lunch Bunch Holly's Hearing	23 Foot Dr. Trinity Cathedral	24 Salon 9:15–2:00	25 Shore Theater Salon 9:15–3:00
28 Amish Trip	29 Presque Isle Charles Jennings United Health	30 Roy Avery Medical Mutual	31 Halloween Party	

END OF SUMMER BASH



WEDNESDAY NITES GREAT PARTYS

END OF SUMMER BASH



Y'ALL COME ON DOWN AND JOIN US NOW