



J.F.K. SENIOR CENTER BULLETIN **NOVEMBER 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 Center will be CLOSED on November 28TH & 29TH in honor of
 Thanksgiving.**



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.**

**We extend Condolences to Sommai Rama on the loss of her son
and Somnuk Khaikeaw on the loss of her nephew.**

[illegible]

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.

HEALTH AND WELLNESS

YOGA

2020 MEDICARE PLAN

FOOT DOCTOR

ANTHEM MEDICARE PLAN REVIEW

PARTIES AND GET-TOGETHERS

BREAKFAST WITH GRANDE POINTE

HILLTOP

[illegible]

TURKEY BOWL

Enjoy a bowl of Turkey Soup & dessert sponsored by Heartland. TURKEY BOWL!!!!!!
DATE: Thursday, November 21st 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. Menu will be in the office.

Sign-up in the office at your convenience, but no later than December 9th

DATE: Friday, December 13th **COST:**\$25.00pp **TIME:**11:00pm-3:00pm

NUTRITION SITE CLOSED MONDAY, NOVEMBER 11TH

The Nutrition Site is closed in honor of Veterans Day. The center will be open.

DAY TRIPS (ALL WILL BE WEATHER PERMITTING)

GREAT LAKES THEATER

Please sign up for a matinee featuring Music Man at the Hanna Theater.

DATE: Tuesday, November 5th COST: \$25.00 TIME: 9:00am-1:00pm

ROCKSINO

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

DATE: Thursday, November 7^h **COST:\$5.00** **TIME: 9:15am-3:00pm**

HARTVILLE

Weather permitting, we will travel to Hartville.

DATE: Monday, November 11th **COST:\$5.00** **TIME:8:15am-3:30pm**

GRAYS ARMORY

Take a guided tour of the Armory and learn about its history in Cleveland.

Lunch at Petie's in Willowick on your own after!

Date: Tuesday, November 12th **Cost: \$9** **Time: 10:30am**

LUNCH BUNCH

Riders Inn in Mentor is the place we are going to!

DATE:Wednesday, November 13th COST:\$5.00 TIME:11:30am-2:00pm

Let's go south! We'll stop by Gardner Pie to grab your holiday pies then stop at the Maize Winery for lunch and, perhaps, some wine and shopping!

Date: Thursday, Nov. 14th Cost: \$5 Time: 9:45-4:00pm



NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Blood Pressure Salon 9:15–3:00
4 LORI LIPTON	5 VOTE.VOTE.VOTE LORI LIPTON Music Man	6 LORI LIPTON Comfort Elves	7 Rocksino LORI LIPTON Salon 9:15–2:00	8 LORI LIPTON Salon 9:15–3:00
11 Attorney Hartville Hilltop social Kitchen Closed	12 Grays Armory	13 Lunch Bunch	14 Gardner Pie/ Maize Winery Salon 9:15–2:00	15 Grande Pointe Salon 9:15–3:00
18	19 Li Wah	20 Senior Market Comfort Elves Anthem Medicare	21 Turkey Bowl	22 Christmas Connection Salon 9:15–3:00
25	26 Presque Isle	27 Foot Dr.	28 Closed Happy Thanksgiving!!	29 Closed



NOVEMBER BIRTHDAYS

Ann	Harrivel	1	Marjorie	Vandestadt	10	Rosemarie	Kazar	18
Theresa	Smith	1	Elaine	Allen	11	Cindy	Lester	18
Marlene	Cameron	2	Dahlia	Braccia	11	Carmen	Tripepi	20
Margene	Calvo	3	Samia	Gad	11	Thomas	Fritsch	22
James	Sapio	3	Gary	Jacobs	11	Donna Marie	Gilbert	22
Paul	Castellano	4	Ida	Vallo	11	Valeria	Korosec	22
Rick	Lasko	4	Julie	Scheuer	12	June	Slapnik	23
Marie	Lubecky	4	Angela	Bagliano	13	James	Albanese	25
Dennis	Brandt	5	Erline	Fletcher	13	Barb	Arbuckle	25
Rita	Clay	6	James	Janosky	13	John	Simpson	25
Gay	Goden	6	Richard	Karlovec	13	Rita	Mzik	26
Carol	Leder	6	Rosemary	Glogovsky	15	Janet	Pintar	27
Richard	Mook	6	Betty	Lopez	15	Carole	Zalokar	27
Ann	Klingman	7	Lorry	Lutz	15	John J.	Duka	28
Diane	Rogazione	8	William	Socha	15	Yvette	Ladiha	28
Delores	Green	9	James	St. Clair	15	James	Larkin	28
Celine	Burger	10	Lulubell	Brown	16	Kip	Nelson	28
Sandra Ann	Jenda	10	Carol	Szymanski	16	Catherine (K&	Minardo	29
Deborah	Jenkins	10	Paula	Iseman	17	Richard	Apicello	30
			Margaret	Mitch	17			

**HAPPY
BIRTHDAY**

HALLOWEN 2019



WEDNESDAY NITES GREAT PARTYS

A WEDDING AT HALLOWEEN



Y'ALL COME ON DOWN AND JOIN US NOW