



Jefferson Senior Center
11 East Jefferson Street
Jefferson, Ohio 44047
440-576-9052
October 2017

OK everyone! We are attempting our first senior center rummage sale down at the meal site this month. I want to thank everyone who has gathered things and brought them here for us to sell.

The Jefferson Historical Society will hold its craft auction on October 21, 2017. A free continental breakfast will be at 8:30 am and the auction will be from 9:00 am-11:00 am. The address is 42 East Jefferson Street, Jefferson Ohio 44047. For more information you can call 440-576-5333.

I want to thank Geneva Village and Country Club Retirement Campus for joining us and supplying wine, cheese and crackers for the glass etching class.

I know I am asking early for these items but I just want to be prepared. We will have the Christmas craft show in December. I am planning on 4-5 baskets. We raffle tickets off during the craft show to raise money for the senior center along with selling craft items the seniors make. This has done very well year after year. Here is a list of baskets I am thinking of having.

1. Kids Christmas Basket-small toys, candy, books, etc.
2. Baking Basket- fudge, cake mixes icings, pans, pot holders, jams, sprinkles, etc.
3. Movie Basket- movies, drinks, popcorn, candy, etc.
4. Lottery Photo frame- lottery tickets in a picture frame.

If you would like to donate any items to these baskets please do. I would appreciate it so much.

We will be making crafts throughout the months of October-December for the craft show. I will have dates on the calendar of the newsletter.



Please be sure to sign up for any events you plan on attending at the center. At times, other stores may be added to trips when we take them. Consider this an added bonus and enjoy yourself. Events may be canceled due to weather, or lack of interest.

Also, I want everyone to know that these are considered senior activities and trips but anyone can go. If you have friends or family that would like to go they are more than welcome to.

We have some more costly trips this month. I made them as low as I could. When we drive 1-3 hours away it costs more in gas and a few trips we have to purchase tickets. I have to take that into consideration when planning.

1. Quaker Steak & Lube/Presque Isle/Out for ice cream afterwards
Friday October 6, 2017
Cost is \$20
Van leaves at 11:30 am
2. Lucille Ball-Desi Arnaz Museum in Jamestown New York/
Shopping/Out to eat possible lunch and dinner or snack
Saturday October 7, 2017
Cost is \$25
Van leaves at 10:00 am
Ticket for the museum cost is \$14 at the door for seniors
3. Brants Apple Orchard/ Kays Place for lunch
Wednesday October 11, 2017
Cost is \$4
Van leaves at 10:30 am

4. Movie Day at Henderson Memorial Public Library “Madea Boo”

Monday, October 16, 2017 at 12:30 pm

5. Berlin Ohio with the Community Center on Anderson Bus.
See flyer in newsletter

6. Rummage Sale located at 104 East Jefferson Street Jefferson Ohio 44047 Thursday 10/19- Friday 10/20 from 9:00 am-3:00 pm and Saturday 10/21 form 9:00 am-1:00 pm

7. Lolly the Trolley in Cleveland Ohio/Christmas Story House/Out to eat

Monday October 23, 2017

Cost for the van only is \$20

Van leaves at 10:30 am exactly

If you choose to go through the Christmas Story house, it will cost \$9 at the door for seniors. Lolly the Trolley Costs \$21 for seniors and is a 2 hour tour (dress warm). I must pay in advance for the tickets to assure seating. If you cancel you will not be refunded the cost of the ticket. Money must be paid for the \$21 dollar ticket by Thursday October 12th.

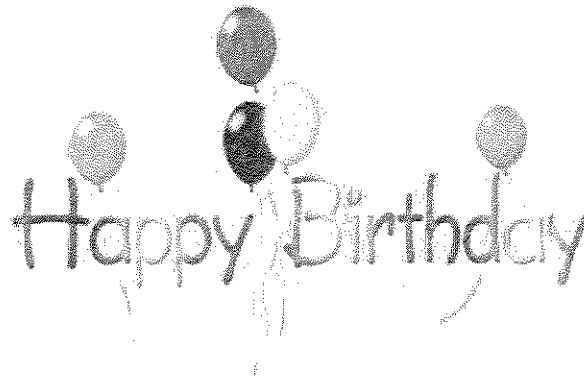
8. Halloween Party at the meal site/Bingo

Friday October 27, 2017 at 11:30 am

Door prize will be given away for the best costume

Door prizes will be given away for bingo winners.

Cake will be provided by Jefferson Healthcare, treat bags by Lake Pointe, and door prizes by Geneva Village. Please sign up if you plan on attending.



October Birthdays

Dorothy Zuri 10/1	Billye Hummel 10/12
Becky Brown 10/2	Ray Cortright 10/14
Ellen Weir 10/2	Evelyn Castro 10/15
Donna Febel 10/3	Linda Hughart 10/15
Tracey Housel 10/5	Ed Wlaker 10/17
Sherron Burt 10/7	Phil Barnhart 10/19
Pat Sterba 10/8	Lorrena Fish 10/20
Carol McCullough 10/9	MJ Camp 10/21
Loretta Richmond 10/9	Simone Campbell 10/21
Janice Supplee 10/9	Barb Patterson 10/23
Janice Kemmer 10/10	Marion Porter 10/26
Daniel Maydak 10/10	Roberta Burdick 10/29
Richard Jones 10/11	Robert Dowling 10/30
Dee Tindera 10/11	Judy Deitke 10/31
Melvia Carter 10/11	Willie Schwenk 10/31
Juanita Cook 10/12	Richard Martin 10/31

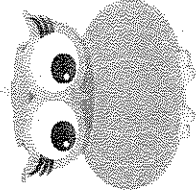
October 2017

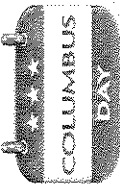
Classic Class Monday and Wednesday 12:00 am-1:00 pm/ Senior Yoga Tuesdays at 12:00 pm
 Pinochle Mondays at 12:00 and Thursday at 6:00pm/Knitting Tuesdays at 1:00 pm
 Quilting Thursday at 2:00 pm-4:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Classic Class 12-1	3 Yoga 12-1 WII Bowling 12-1	4 Penny Bingo 12-1 Classic Class 12-1	5 Crafts 10-11	6 Quaker Steak & Lube/Presque Isle/Out for ice cream Cost \$20 Depart 11:30 am	7 Lucille Ball-Desi Arnaz Museum Cost \$25 Depart 10:00 am Ticket cost at door is \$14/Seniors
8	9 CLOSED	10 Library Day 11:30-12:00 WII Bowling 12-1 Yoga 12-1	11 Brants Apple Orchard/Kays Place for lunch Cost is \$4 Depart at 10:30 am Classic Class 12-1	12 Crafts 10-11 MONEY FOR LOLLY THE TROLLY MUST BE PAID BY TODAY	13	14
15	16 Classic Class 12-1 Movie Day at library 12:30 pm Madea Boo	17 Community Center trip to Berlin Ohio on Anderson Bus. See Flyer In Newsletter Yoga 12-1	18 Classic Class 12-1	19 RUMMAGE SALE 9-3 PM AT MEAL SITE	20 RUMMAGE SALE 9-3 PM AT MEAL SITE	21 RUMMAGE SALE 9-1 PM AT MEAL SITE
22	23 Classic Class 12-1 Christmas Story House/Lolly The Trolly. SEE NEWSLETTER FOR DETAILS	24 WII Bowling 12-1 Yoga 12-1	25 Classic Class 12-1	26 RUMMAGE SALE 9-3 PM AT MEAL SITE	27 Halloween Party 11:30 am Cost is \$4 (\$2 for meal/\$2 towards next party)	28
29	30 Classic Class 12-1	31 WII Bowling 12-1 Yoga 12-1				

COMMUNITY ACTION SENIOR NUTRITION PROGRAM

October 2017

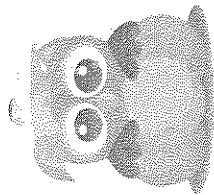


Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Ravioli w/ Tomato Sauce CA Veggie Blend Pears Bread Stick	3 Turkey Smoked Sausage Mixed Veggies Rice Pilaf Pineapple	4 Vegetable Soup String Cheese Mandarin Oranges Strawberry Craisins	5 Italian Sausage w/ onions & pepper on Sub Buttered Cabbage Fresh Fruit Raisins	6 Chicken Noodle Casserole Green Beans Fruit Cup
9 ALL SITES CLOSED 	10 Oven-Fried Chicken Succotash Spinach Fresh Fruit Dinner Roll	11 Pot Roast w/ Gravy Red Skin Potatoes Green Beans Pears Garlic Bread	12 Baked Chicken w/ Gravy Mashed Potato Peas & Carrots Peaches Biscuit	13 Stuffed Pepper Casserole Carrots Pears Bread Stick
16 Hamburger with Bun Corn Roasted Cauliflower Juice	17 Turkey Cheese Sandwich Tomato Bisque Tomato Cucumber Salad Mixed Fruit	18 Baked Ham CA Veggie Medley Baked Beans Garden Salad Dinner Roll	19 Teriyaki Chicken Asian Blend Veggies Coleslaw Juice Rice	20 Meatloaf w/ Gravy Mashed Potatoes Green Beans Fruit Crisp Italian Bread
23 Pulled Pork Bun Bean Quartet Brussel Sprouts Peaches	24 Vegetable Soup String Cheese Mandarin Oranges Strawberry Craisins	25 Penne Pasta with Meatballs CA Veggie Blend Mandarin Oranges	26 ALL SITES CLOSED	27 Roasted Turkey w/ Gravy Stuffing Whipped Sweet Potatoes Green Beans Mixed Fruit
30 Baked Chicken w/ Gravy Mashed Potato Peas & Carrots Peaches Biscuit	31 Pork Roast Mixed Veggies Cinnamon Applesauce Banana Roll			Menu Subject to Change Based on Availability of Products. Milk served each day.

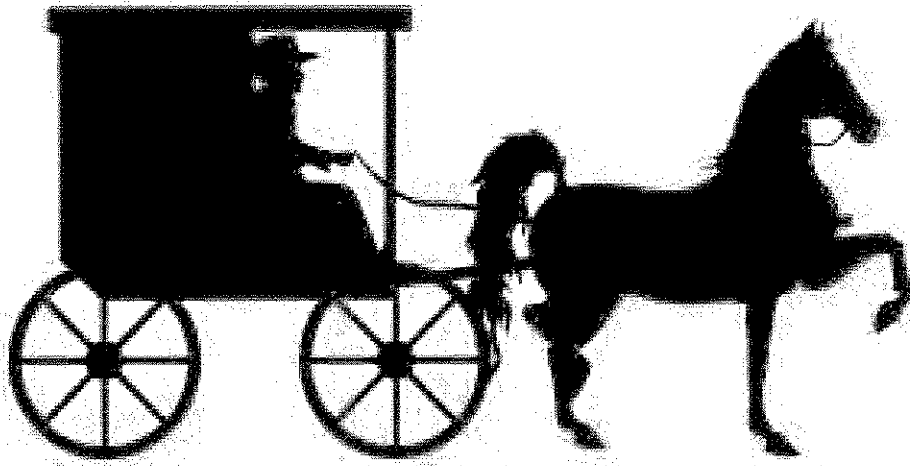
CALL TODAY TO MAKE YOUR

RESERVATION

440-998-3244



Shopping in Amish Country to Berlin, Ohio



The Jefferson Community Center along with the Jefferson Senior Center will be heading on an Anderson Bus

Tuesday, October 17, 2017

9 am - 7 pm

Cost is only \$40

Enjoy shopping, dining, and anything Amish on your own. Some places include the Country Craft Cupboard, Helping Hands Quilt Shop, Moxie, The Primitive Porch, and many more. We will be going to the Dutch Valley Restaurant in Sugar Creek on the way home. This is not a senior event.

Please feel free to have friends and family join us.

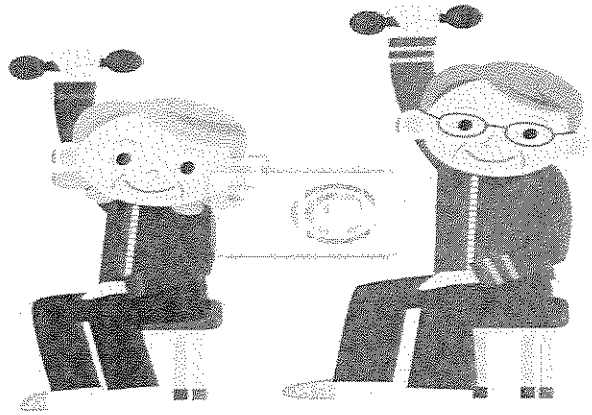
Call to reserve your seat and pay today!

The Jefferson Community Recreation Center

11 East Jefferson Street

Jefferson, Ohio 44047

440-576-9052



Silver Sneakers Senior Classic Class
Monday and Wednesday 12:00 pm-1:00 pm
The Jefferson Community Center
11 East Jefferson Street
Jefferson, Ohio 44047
440-576-9052
Cost \$1.00
Silver Sneakers members are free
Instructor: Karen Roderick

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.



Silver Sneakers Senior Yoga Class

Tuesdays at 12:00 pm

The Jefferson Community Center

11 East Jefferson Street

Jefferson, Ohio 44047

440-576-9052

Cost \$3.00

Silver Sneakers members are free

Instructor: Vicki Giangola

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Restorative breathing exercises and final relaxation will

promote stress reduction and mental clarity. This class is

suitable for nearly every fitness levels.