

# EASTLAKE SENIOR CENTER

600 East 349<sup>th</sup> Eastlake, Oh 44095

440-975-4268

Grace Giangiacomo, Senior Center Director

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Brochure on line at [www.eastlakeohio.com](http://www.eastlakeohio.com)

Hours: 8:00am-3:30pm

**Monday-Friday**

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.



The Center will be **CLOSED** on  
November 25<sup>TH</sup> & 26<sup>TH</sup>  
in honor of Thanksgiving.  
ENJOY your day.

The Eastlake Center offers many programs that meet on a weekly basis. These activities are free and pre-registration is not required.

(Unless noted below) noted below)

CERAMICS	MON. WED. FRI.	9:00am - 2:00pm
EXERCISE ROOM	MONDAY - FRIDAY	8:00am – 3:30pm
WOODBURNING	TUESDAY	9:00am - 11:00am
BINGO	FRIDAY	11:30pm–1:30pm 1¢ per card
COMFORT ELVES	1 <sup>st</sup> & 3 <sup>rd</sup> WEDNESDAY	9:00am – 11:00am
LINE DANCING	MONDAY(improve r-intermediate)	1:30pm - 2:30pm
Exercise with Diane	MONDAY	9:15am – 10:00am
Chair Yoga with Chuck	WEDNESDAY	9:00am - 10:00am
Exercise with Diane	WEDNESDAY	10:15am - 11:00am

## **NOVEMBER 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Attorney	2	3 Comfort Elves	4 Foot Dr.	5
8 Hartville	9	10 Fine Arts Center	11	12
CLOSED TODAY	CLOSED TODAY	CLOSED TODAY	CLOSED TODAY	CLOSED TODAY
15	16	17 Rocksino	18 Garener Pie Outing	19
CLOSED TODAY	CLOSED TODAY	CLOSED TODAY	CLOSED TODAY	CLOSED TODAY
22	23	24	25 Happy Thanksgiving CLOSED TODAY	26 CLOSED TODAY
CLOSED TODAY	CLOSED TODAY	CLOSED TODAY		
29 OPEN TODAY	30 Lunch Bunch			



# HEALTH AND WELLNESS

## FOOT DOCTOR

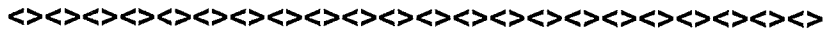
DATE: Thursday November 4<sup>th</sup> and Thursday, December 2<sup>nd</sup>  
\$25.00 (PRE-REGISTRATION IS REQUIRED)



## REIKI

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and what causes us to be alive. Marla will be here for those of you that are interested in this technique. Stop by and see her.

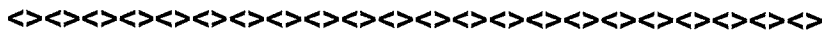
DATE: Tuesday, November 30<sup>th</sup> COST: \$15.00 for 20 Minutes of Therapy  
TIME: 12:30pm – 1:30pm



## UNITED HEALTHCARE

Charles Jennings will be here from United Healthcare to answer any questions regarding your health care and Medicare enrollment needs.

Date: Wednesday, November 3<sup>rd</sup> Time: 10:00am-11:00am



## PARTIES AND GET-TOGETHERS

### CHRISTMAS HOLIDAY PARTY

Please sign up for our Christmas Holiday Party at Pine Ridge Party Center in Willoughby. It will be a sit down Family Style Dinner. Menu is listed below. Sign-up in the office at your convenience, but no later than December 6<sup>th</sup>

DATE: Friday, December 10<sup>th</sup> COST: \$25.00pp TIME: 11:30pm-4:00pm

- Chicken Marsala
- Roast Eye of Round Beef
- Baked Eggplant Parmigiana
- Roasted Garlic & Basil Mashed Potatoes
- Cavatelli
- Green Beans and Carrot Almondin
- Banquet Salad
- Sherbet



*Merry Christmas*



**DAY TRIPS (ALL WILL BE WEATHER PERMITTING)**  
**TRAVEL DURING CONSTRUCTION CLOSING**

Please note that even though we will be closed on the day of travel, the trip will still convene. We will just meet outside.



**HARTVILLE**

Weather permitting, we will travel to Hartville.

DATE: Monday, November 8<sup>th</sup>                      COST:\$5.00                      TIME:8:15am-3:30pm



**FINE ART CENTER**

Come see "Doris Day Retrospect" Music from the Movie Star's early years. The hour long show starts at 11:00am will be followed by a lunch. ?There will be a 50/50 raffle run by the Women's Club, that you will be able to purchase if interested.

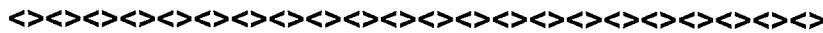
DATE: Wednesday, November 10<sup>th</sup> COST: \$23.00 (Ticket & Bus)    TIME: 10:00am-1:30pm



**ROCKSINO**

Grab a friend and go have fun.

DATE: Wednesday, November 17<sup>th</sup>                      COST:\$5.00                      TIME: 9:15am-3:00pm



**GARDNER PIE AND LEMBO'S RESTAURANT**

Let's go south! We'll stop by Gardner Pie to grab your holiday pies then stop at the Famous Lembo's Italian Restaurant for lunch. They still have a buffet, if you choose to do that, at this time it is only a pizza and salad buffet. You can still order off their fabulous menu.

Date: Thursday, Nov. 18<sup>th</sup>                      Cost: \$5.00                      Time: 9:45am-3:00pm



**LUNCH BUNCH**

We are going back to the 50's. Lunch at Big Boy's in Valley View. Get your Bobby Socks and off we go!

DATE: Tuesday, November 30<sup>th</sup>                      COST: \$5.00                      TIME:11:30am – 1:30pm

