EASTLAKE SENIOR CENTER

600 East 349th Eastlake, Oh 44095

440-975-4268

Grace Giangiacomo, Senior Center Director The City of Eastlake E-Mail: gg@eastlakeohio.com

Brochure on line at 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.

MARCH 2022

SENIOR CENTER THE FUN BEGINS AT 55!





MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 AARP	2 Comfort Elves	3 Foot Dr.	4
7 Attorney	8 Board Meeting AARP	9 Senior Market	10 Celina w/COA	11 Fish Fry
14	15 Ethnic Lunch AARP	16 MGM Comfort Elves	17 St Patrick Day Party	18
21	22 AARP	23 Pizza Party	24	25 Fish Fry
28	29 Great Lakes Theater AARP	30 Opening Day Hot Dogs	31 Lunch Bunch	

The Eastlake Senior Center offers many programs that meet on a weekly basis. These activities are free and pre-registration is not required. (Unless 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 st & 3 rd WEDNESDAY	9:00am – 11:00am
LINE DANCING	MON. (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

HEALTH AND WELLNESS

SOME TIPS FROM THE CDC

We know the Flu Season is almost over, but the CDC still wants to help stop the spread. Most people with the flu have a mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. If, however, you have symptoms of the flu and are in a high risk group, are very sick or worried about your illness, contact your health care provider (doctor, physician's assistant, etc.). If you are sick, stay away from people for at least 24 hours and if you must go out, wear a face mask, cover coughs and sneezes with a tissue, and wash your hands frequently.

FOOT DOCTOR

COUNCIL ON AGING

The Lake County Council on Aging offers direct service programs for those 60 years of age and older including: case management, nutrition services, in-home safety, homemaker services, information and referral, and much more. For more information please call (440) 205-8111 or visit www.lccoa.org.

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PARTIES AND GET-TOGETHERS GUARDIANS OPENING DAY

Let's support our Guardians Baseball team for their opening day game on March 31^{st.} Wear your Baseball gear (old or new!!) we will enjoy hot dogs and peanuts. We will cheer them on (if they play) if not we are still going to enjoy those dogs! Make sure you sign up for my count no later that March 29th.

DATE: Wednesday, March 30st

COST:\$5.00

TIME: 12:00 Noon

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ST. PATRICK DAY GET-TOGETHER

A Mini Corn Beef Sandwich with A "Wee Bit O' the Irish Spirit" come and join us and see what that may be! This event will be sponsored by Devoted Health Plans with a few different games coming from their organization. A Senior told me yesterday that Murphy told Quinn that his wife was driving him to drink; Quinn thinks he's very lucky because his own wife makes him walk!

DATE: Thursday, March 17TH

COST: \$5.00

TIME: 12:00 Noon

SPRING IS HERE

March 20th is the first day of Spring. Let's celebrate by having a pizza party, and of course games you can win prizes at. Sign up in the office.

DATE:Wednesday, March 23rd

COST:\$5.00

TIME:12:00 Noon

CENTER NEWS

OUR THOUGHTS

We extend GET WELL WISHES to: We are glad to hear that Diane Morony, Alice Kingzett, and Donna Lishinsky are back on their feet after going through foot surgery. Glad to see you up and around. Condolences to the families Otis and Diane Morony in the passing of Otis's brother Ives and Diane's Brother Jim.

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TURN YOUR CLOCKS AHEAD

It's happening, DAYLIGHT SAVINGS TIME!! Sunday, March 13, 2022 at 2:00 am is when Daylight Saving Time begins. On Saturday night, clocks WILL "spring forward." We will be "losing one hour" as our clocks "go forward" one hour. Yes, we get to enjoy longer daylight at the end of the day, that's all we need is the warmer weather to go with it!

LAKETRAN

Don't forget to take advantage of Laketran door-to-door transportation. Just set up your ride with Laketran to and from any Center and your fare will be paid for from the Lake County Senior Citizen's Services Levy. All this made possible by the partnership between the Lake County Commissioners and Laketran.

JUST A REMINDER

Just a reminder that we have an attorney, Deborah Loughner that comes here once a month. She is here the 1st Monday of every month. You can set up a Free 30 minute session with her between the hours of 1pm-3pm. She has been helping our Seniors here at the Center since 2014. Debra handles Estate Planning as well as advance directive, durable power of attorney, last will and testament, & trusts. She will also tell you what you can do on your own to reduce estate costs. So if you have any questions regarding legal matters, make an appointment with Deborah to ask her your questions and she will do her best to take of your needs.

BINGO

We will start playing Bingo on Tuesday's starting April 12^{th.} It will now be an event twice a week, on Tuesday and Friday's starting at 11:30.

FUTURE TRIPS

The Winery Trips will start in June, they will be scheduled on Friday's. Our Beach Picnics will start in July, on a Thursday. Also, look forward to our annual Put-n-Bay trip, Senior Day at the Zoo, A Guardian's Day Game as well as a Captains day event. I will print the dates when the events will be scheduled.

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SENIOR DAY AT THE MALL

TAX AND AARP

The AARP Volunteers will be done on April 5th and once again kudos to them for all they do. It was a rough year for them with all the changes in the tax laws. A big Thank You to all. See you next year.

DAY TRIPS (ALL WILL BE WEATHER PERMITTING)

LENTEN FISH FRY'S THIS MONTH

Date:Friday, March 11th @ VFW in Eastlake, 12:00am, This trip is a drive yourself. Sign up in the office for our count.

DATE:Friday, March 25th @ Firehouse Grill & Pub in Willoughby, 11:30am, \$5.00 charge for bus.

Sign up in the office for our count.

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DAS SCHNITZEL HAUS

For our Ethnic Lunch this month, we are going German. After Lunch we will make a stop at Rudy's Strudel and Bakery to do a bit of shopping.

DATE:

COST:

TIME

Tuesday, March 15th

\$5.00

Leave 11:00am- Depart Approx, 2:30pm

MGM

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

DATE: Wednesday, March 16th

COST:\$5.00

TIME: 9:30am

(Arriving Approximately back to Center) 3:00pm

GREAT LAKES THEATER

Back to the theater to see Much Ado About Nothing. A little bit about the show:

Beatrice and Benedick would rather exchange scorching insults than sweet nothings. However, the pugnacious pair is forced to forge a partnership to defend house and honor, and salvage the true love of Hero and Claudio after deceptions destroy the lovers' wedding day. Will the earnest endeavor to restore a young romance elicit an unexpected change of heart for the effort's unlikely collaborators as well? Sound good? Sign up in the office. The Performance starts at 10:00. We will try and stop for lunch afterward.

DATE: Tuesday, March 29th

Cost:\$23.00 (Ticket & Bus)

TIME:9:00am

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LUNCH BUNCH

Oak & Embers in Chesterland. Barbecue, Beer, and Bourbon is their "catch phrase" with Smokin Bowls, Between our Buns, and Fork & Knife, items on the menu. The menu is in the office check it out.

DATE:Thursday, March 31st

COST:\$5.00

TIME:Leaving 11:00am-2:00pm

REMINDER OF THE RULES FOR SIGN UP AND BUS TRAVEL

While every effort to provide refunds is made, if a replacement cannot be found on a trip that has been paid in advance, for either tickets for an event or food that was purchased beforehand, we will not be able to make a refund. Additionally, if you can't attend a trip, if possible a 24 hour notice should be given. If refunds are given, they are not made until <u>AFTER</u> the trip has been completed. The only exception is if the trip is canceled by the Center, then the money will be refunded at that time.