

EASTLAKE SENIOR CENTER

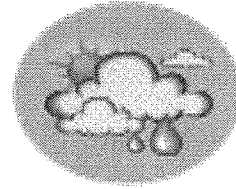
600 East 349th Eastlake, Oh 44095
440-975-4268

Grace Giangiacomo, Senior Center Director
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 sign up every time you visit. It helps
with our share of levy funds.

AUGUST 2022

BETWEEN THE SUN AND THE
RAINDROPS, WE HAVE HAD SOME
VERY HUMID WEATHER.



MAKE SURE YOU DRINK
PLENTY OF WATER.

AUGUST 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--------------------|--|--------------------|-----------------|
| 1 Attorney | 2 | 3 Comfort Elves Blood Pressure Guardians Game | 4 Foot Doctor | 5 |
| 8 | 9 Board Meeting | 10 Senior Market | 11 COA – Selana | 12 Hartville |
| 15 | 16 Lunch Bunch | 17 Comfort Elves | 18 | 19 Winery |
| 22 | 23 Put-n-Bay | 24 Waffle Day | 25 Eat a Burger | 26 |
| 29 | 30 | 31 Fun Hub | | |

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)

| | | |
|---------------------|---|----------------------------|
| CERAMICS | MON. WED. FRI. | 9:00 am - 2:00 pm |
| EXERCISE ROOM | MONDAY - FRIDAY | 8:00am – 3:30pm |
| WOODBURNING | TUESDAY | 9:00 am – 11:00am |
| BINGO | TUESDAY & FRIDAY | 11:30am-1:30pm 1¢ per card |
| COMFORT ELVES | 1 st & 3 rd WEDNESDAY | 9:00 am – 11:00 am |
| LINE DANCING | MON (improve r-intermediate) | 1:30pm – 2:30pm |
| EXERCISE WITH DIANE | MONDAY | 9:15am – 10:00am |
| CHAIR YOGA W/ CHUCK | WEDNESDAY | 9:00am – 10:00am |
| EXERCISE WITH DIANE | WEDNESDAY | 10:15am – 11:00am |

HEALTH AND WELLNESS
BLOOD PRESSURE

Promedica of Willoughby is offering free Blood Pressure Clinics every 1st Wednesday of each month from 10am to 11am. Please come and join Richelle to get your blood pressure screening! Please sign up in the office.

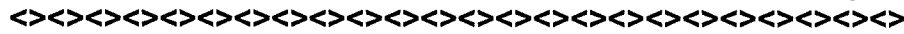
DATE:Wednesday, August 3rd

TIME:10:00am – 11:00am



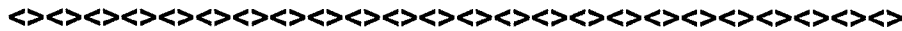
FOOT DOCTOR

DATE: Thursday August 4th (TIME:9:00am – ?) Thursday, September 1st
\$25.00 donation (PRE-REGISTRATION IS REQUIRED)



CENTER NEWS
OUR THOUGHTS

We extend GET WELL WISHES to: Joyce McMahon. Best get well wishes to you.



NATIONAL SENIOR CITIZENS DAY

In 1988 Ronald Reagan declared August 21st to be National Senior Citizens Day. This observance was established in honor of senior citizens in the US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens. Let's honor ourselves on this day. Sunday, August 21st.



SENIOR MARKET

Eastlake's Senior Market will be here on the second Wednesday of the month, Wednesday, August 10st from 11:00am-12:00pm. Please bring ID.



CHAIR MASSAGE BY THOM

Anyone having interest in back & neck massage, please let the office know. Thom is a Licensed Massage Therapist. He would like to offer Massage here on a weekly basis, if there is an interest. His price would be a \$1.00 a Minute or \$10.00 for 15 Minutes.



PARTIES AND GET-TOGETHERS
NATIONAL WAFFLE DAY

It is national waffle day so why not celebrate this day! Come and join us and see what else we can serve as a great breakfast treat that will now become a Great Lunch Treat.

DATE: Wednesday, August 24th COST:\$5.00

TIME: 12:00 Noon



"EAT A BURGER, SUPPORT A SENIOR"

This event will be held at Perry Senior Center, located at 2800 Perry Park Road. Catering by Perry J & J Catering, will provide burgers, (Reminiscent of Bob's Big Boy) fries, & coleslaw. Music will be from 4:30-6:30. Also enjoy a basket raffle being drawn between 6:30-7: 00pm. Advance sale tickets \$20. Fund raiser for Lake County Seniors.

Date: Thursday, August 25th

COST:20.00

TIME: 4:30-7:00pm

SOME FUTURE HAPPENINGS

COMMUNITY HEALTH SERVICES

The Lake County General Health District's 'Community Health Services' will be available to conduct flu inoculations this Fall. Dates/times will be posted in early fall. They can also provide in-home inoculations for seniors that are home bound or have difficulty traveling to a site. More details to follow.



WINE HOP

Our last Winery trip of 2022 will be scheduled for September 9th. We will be stopping at four different wineries. Our first stop will be your appetizer, then on to your lunch, next stop is dessert, and of course your last stop is your night cap! Still in the planning stages, but you can mark your calendar for September 9th.



FALL TRAVEL

As in the past, we will be doing our traditional Fall Travel in September and October. For those of you that have never gone, we go to Amish Country, Hershberger Farm, Smuckers, Berlin, as well as in and around the surrounding area. Tentative Dates: September 22nd and October 13th. Details in early September and October.



SIP-N-PAINT EVENT WITH MATT MAVAR SPONSORED BY DEVOTED HEALTH

Matt Mavar, Medicare specialist is holding a sip and paint event. Come and relax and do some canvas painting. Please sign-up in the office as he will need a count for supplies and the Art Teacher.

DATE:Wednesday, September 28th COST:FREE TIME:Noon1:00pm



SAVE THE DATE – LAKE COUNTY CAREGIVER FORUM

Wednesday, October 12, 2022, from 3:00-6:30PM will be the first ever Lake County Caregiver Forum. This free event is sponsored by Laketrans and the Western Reserve Area Agency on Aging (WRAAA) and will take place at the Lake County Fair Youth & Community Center located at 1301 Mentor Ave., Painesville. Local aging and caregiver service providers will be on hand to provide information and answer questions. There will be a listening session facilitated by WRAAA to learn more about senior and caregiver needs in the community. More details will be provided in the future.



SILHOUETTE PRODUCTIONS

Silhouette Productions is back in the Arts. They are presenting "Beauty and the Beast" on October 21st at Shore Cultural Center. So save the date, more information to follow.



FUTURE BOUTIQUE

Please mark your calendar for our Fund Raisers for the Center. We will be gearing up to have two Boutiques this year. The first is October 8th and another one on November 5th. More information to follow.

DAY TRIPS
GUARDIANS GAME

The Guardians vs Arizona Diamond Backs is on. We are set to go on Wednesday, August 3rd. Game starts at 1:10pm, be here by 11:45am.

DATE:Wednesday, August 3rd TIME:12:00pm



HARTVILLE

DATE:Friday, August 12th COST:\$5.00 TIME: 8:15am-3:30pm



LUNCH BUNCH

We will be traveling to Kay's Place in Ashtabula this month. We have had quite a few seniors recommend this restaurant. Menu will be in the office.

DATE:Tuesday, August 16th COST: 5.00 TIME:10:30am – 1:15pm



HANS PLACE WINERY

Come join us at this Winery located in Dover. Their menu will be in the office.

DATE:Friday, August 19th COST:\$5.00 TIME:10:00am-3:30pm



PUT-N-BAY

We are off to Put-in-Bay. Jet Express will take us to and from the Island. You are on your own to shop, eat and enjoy the lake views. Will be arriving home approximately at 6:00pm. Price covers bus and round trip ticket to/from the Island. The Jet Express leaves at 10:15 to go over to the Island for a 30 minute ride. We will be on the Island approximately 4 hours. Return trip is scheduled to depart Put-n-Bay at 3:30pm and arriving back to board the bus at 4:00pm to travel home.

DATE:Tuesday, August 23rd COST:\$35.00 TIME:7:30am-6:00pm



FUN HUB II

Enjoy some gambling at a Internet Cafe in Mentor. Enjoy \$10.00 free play, a coupon for a free meal at the new Chinese Buffet located next door to the Gambling Cafe. Try your luck at the Fun Hub II and then go enjoy your free lunch.

DATE:Wednesday, August 31st COST:\$5.00 TIME:11:00am-3:00pm



RIVERS CASINO

We will be traveling to Rivers Casino in September. The Casino is offering coupons for for \$20 free slot play and \$5 food credit. All guests must have a valid state ID to receive the incentive.

Date:Tuesday, September 13th COST:\$5.00 TIME:8:30am -6:00pm



LAKE METROPARKS SENIOR DAY AT THE FARMPARKS

Lake Health will offer free screenings (details to be provided). You can call 440-358-7275. to schedule what screening you would like. Enjoy speakers and vendor showcases. Our lunch time is scheduled for 11:30am. Please sign-up in office; we need a count to order food. There are 25 spots available.

DATE: Thursday, September 15th TIME:8:30am-1:00pm

