EASTLAKE SENIOR CENTER

600 East 349th
Eastlake, Oh 44095
440-975-4268
Grace Giangiacomo,
Senior Center Director
E-Mail: gg@eastlakeohio.com
Brochure online at
www.eastlakeohio.com
Hours: 8:00am-3:30pm
Monday-Friday

OCTOBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Attorney Visit		Comfort Elves Blood Pressure	Foot Doctor at Wickliffe SC	Wine Hop
10	11	12	13	14
Columbus Day!		Senior Market	#1 Fall Travel to	Cleveland
Center is OPEN Lake Tran is	Lunch Bunch		Smucker's	Orchestra & Mama Catena's
running!			Euclid Culinary Buffet	for Lunch
17	18	19	20	21
		Comfort Elves		Shore Cultural
				Center & Maria's
				for Lunch
24	25	26	27	28
	#2 Fall Travel to Smucker's	Jack's Casino	Medina Square Trip & Shop	Hartville
31			4111	Nov 5
Halloween				CLOCKS FALL
Party				BACK AT 2AM
_				ON NOV 6 TH !

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	1st & 3rd 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 WITH CHUCK	WEDNESDAY	9:00am – 10:00am			
EXERCISE WITH DIANE	WEDNESDAY 10:15am – 11:00a				

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" with your BAR CODE! It helps with our share of levy funds.

CENTER NEWS

OUR THOUGHTS

Our condolences to the families in the passing of Paul Cudnik and Anne Lukanc, both long-time members. Get well thoughts to Maxine Hutchison, Janet McKee, Joyce McMahon, and Ruth Ortiz.

BUS TRIP ETIQUETTE

Our bus trips are planned for your enjoyment and with your safety in mind. However, not everything is guaranteed to go without a few hiccups! If you have other plans on the day of a scheduled trip, please do not register for the trip if you must be home at a certain time. Departure and arrival times are not written in stone. Things happen, e.g., longer stays at restaurants, traffic delays, detours, mechanical issues, etc. Delays are not what we want but are part of travel! Please follow our travel tips to ensure trips run more smoothly for a peaceful ride and an enjoyable trip!

- Be on time to get on the bus, both going and returning.
- Be courteous and obey the rules of etiquette at all times to fellow riders and respect their space. Please remember to "be kind" to everyone.
- Stay seated during the entire trip. Ride in the same seat both ways on the trip.
- Follow the driver's instructions. Drivers are responsible for transporting you quickly and safely and deserve your respect. Never talk nasty to the driver or tell them how to drive.

SAVE THE DATE FOR A PANCAKE BREAKFAST

This will be at the Wickliffe Senior Center to support our Seniors! Pre-sale tickets will be available in the office. AYCE pancakes, 2 sausages, coffee and juice.

DATE: Sunday, October 9th COST: \$10 adults/\$5 children TIME: 9am-12pm

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COLUMBUS DAY – MONDAY OCTOBER 10th

The Center will be OPEN for normal hours and Lake Tran will be running as usual.

SENIOR MARKET DAY – WEDNESDAY OCTOBER 12TH

Our next distribution of fresh produce at our SENIOR MARKET is <u>Wednesday October 12th</u> at 11am with registration as you drive by. Please bring ID (name, address, etc.) with you.

NOVEMBER REMINDERS

Don't forget to turn your clocks BACK ONE HOUR at 2am Sunday, November 6th.





Are you registered to vote? Has your address or name changed?

Be informed on your choices.

Please vote on Tuesday November 8th!

HEALTH AND WELLNESS

FOOT DOCTOR - DR. BEN

Dr. Ben will NOT be here in October. He will be at the Wickliffe Senior Center.

Call 440-373-5015 if you want an appointment.

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BLOOD PRESSURE

Richelle from Promedica of Willoughby is offering free Blood Pressure Clinics every 1st Wednesday of each month. Please sign up in the office.

DATE: Wednesday, October 5th

COST: FREE

TIME: 10:00am - 11:00am

CHAIR MASSAGES BY THOM

Thom Poje Sr. is a Licensed Massage Therapist. Thom will be in the Center on a Thursday TBA; specific times will be assigned. Cash payments will be collected directly by Thom at the time of your appointment.

DATE: TBA

COST: \$1.00 per minute or \$10.00 for 15 minutes

TIME: TBA

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UNITED HEALTHCARE/CHARLES JENNINGS

If you would like information on United Healthcare, please sign up in the office for this session.

DATE: Wednesday, November 2nd

TIME: 10:30am-11:30am

FLU SHOTS

Flu Shots will be offered by the Lake County General Health District. You must sign up in the office for an appointment. Be sure to bring Medicare or insurance card.

DATE: Thursday, November 3rd

COST: FREE

TIME: 9:00am-12:00pm

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MEDITATION SESSIONS

Meditation helps keep your mind relaxed and engaged, which enables you to age with grace. Meditation can offer some surprising health benefits to seniors who are looking for new pathways to health. Join Kamalika Stockton from Chagrin River Holistic Health and learn how to meditate. She will teach you how meditation can: boost immune system, control pain, enhance strength & flexibility, balance, lower blood pressure, and much more! Let the office know if you are interested; session will be on a Tuesday.

PARTIES AND GET-TOGETHERS

HALLOWEEN PARTY and LUNCH

Wear your best Halloween hat or t-shirt.... or better yet.... a costume! "Bring out the ghoul in you!"

DATE: Monday, October 31st

COST: \$5.00

TIME: 12:00pm

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HOLIDAY BOUTIQUES

Please tell all your friends and relatives about our Holiday Boutiques on Saturday, November 5th and Saturday, December 3rd. Flyers will be available for you to pick up and share with your connections in the community. Leave one at your apartment news board, doctor's office, dentist's office, the grocery store...you get it. Help advertise events for your Center! Tables are \$30.00; sign up in the office.

CHRISTMAS PARTY

Please let the office know if you planning on attending our Christmas Party at the Pine Ridge Country Club. We need a headcount ASAP. If more than 80 people, we will need to go to another venue.

DATE: Friday, December 9th

COST: TBA

TIME: TBA

DAY TRIPS

WINE HOP

Our Wine Hop will be Friday October 7th. We will visit Benny Vino's, Grand Rivers, Debonne and Deer's Leep. At each stop you can try your favorite food and wine to compliment each other.

DATE: Friday, October 7th

COST: \$5.00

TIME: 11:15am-6:30pm

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LUNCH BUNCH

This month we are going to Joe's Dell in Rocky River. Menus will be available on our Facebook page.

DATE: Tuesday, October 11th

COST: \$5.00

TIME: 10:30am-1:30pm

EUCLID CULINARY BUFFET

Euclid Culinary School is having their annual fall buffet. If you haven't tried this, now is the time! These students do a great job. Pay for your lunch (\$15.00 cash) on your own at the school.

DATE: Thursday, October 13th

COST: \$5.00

TIME: 11:45 (lunch at 12:15pm)

FALL TRAVEL - TWO TRIPS TO SMUCKER'S!

We have two trips planned for our annual Smucker's trip as the first trip is full. IF YOU ARE ON THE "WAIT LIST" YOU WILL AUTOMATICALLY BE ADDED TO THE 2ND TRIP, provided you can go on October 25th. The trees should be showing their true colors. Smucker's will give you a 15% coupon off your purchases. Lunch on your own at Mrs. Yoder's. Time permitting, we will stop at Walnut Creek! DATE: Thursday, Oct 13th and Tuesday, Oct 25th COST: \$5.00 TIME: 8:00am-5:00pm

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MATINEE CONCERT WITH THE CLEVELAND ORCHESTRA

BEETHOVEN'S EROICA. Nikolaj Szeps-Znaider, conductor AL-ZAND Lamentation of the Disasters of War BEETHOVEN Symphony No.3 ("Eroica") in E-flat major, Opus 55. Lunch at Mama Catena in Euclid.

Date: Friday, October 14th

COST: \$40.00 (Bus & Ticket)

TIME: 10:00am- 2:00pm

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SHORE CULTURAL CENTER

Enjoy the presentation of the Beauty and the Beast at the Shore Cultural Center. This production is a musical for all ages! Show approximately 1.5 hours. Show will be slightly shortened, with an intermission that will be a "stay in your seats, stand and stretch". We will have lunch on your own at Maria's in Euclid. COST: \$17.00 (ticket and bus)

DATE: Friday, October 21st

TIME: 9:15am-2:00pm

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CASINO TRIP

We're off to Jack's Casino downtown! During October, you can "Swipe & Win" every Wednesday to win a free play, food credits or other prizes. The buffet will be open; seniors can "BOGO" or \$2 off coupon.

DATE: Wednesday, October 26th

COST: \$5.00

TIME: 10:00am-4:00pm

MEDINA SQUARE TRIP: HOUSE TOUR, LUNCH & SHOP

Hop on the bus for Medina Square! We will visit the McDowell-Phillips House for a guided tour. This outstanding home was built in 1890; one of the finest examples of shingle style residential architecture in Ohio. After the tour, you are on your own to shop around the square, have lunch at one of the many diners and enjoy some "people watching"!

DATE: Thursday, October 27th

COST: \$15.00 (bus and ticket)

TIME: 8:45am-4:30pm

HARTVILLE MARKET PLACE & FLEA MARKET

With over 12 acres of outdoor vendor space, from produce to antiques to comic books. DATE: Friday, October 28TH COST: \$5.00 TIME: 8:15am-3:30pm

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"A CHRISTMAS CAROL" - GREAT LAKES THEATER

Open your heart to Charles Dickens' classic tale of one man's ultimate redemption. A Christmas Carol is a perfect gift of theater for people of all ages.

DATE: Wednesday, December 7th

COST: \$25.00 (bus and ticket)

TIME: TBA