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

NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Comfort Elves Blood Pressure United Healthcare	3 Foot Doctor Flu Shots	4 Fall Holiday Boutique tomorrow!
7 Did you turn your clocks back? Attorney Visit	8 Don't forget to VOTE!	9 Senior Market	10 LCCoA - Selena Turkey Bowl	11 VETERAN'S DAY Center is OPEN & Lake Tran IS Running!
14 Gardner Pie & Lunch	15 Drivers Ed	16 Comfort Elves Jack's Rasino	17	18 IX Center Christmas Connection
21	22 Gallucci's & Lunch	23	24 THANKSGIVING Center and Lake Tran CLOSED	25 CENTER CLOSED & Lake Tran <u>IS</u> Running
28	29 Lunch Bunch	30	Dec 1	Dec 2 Botanical Gardens

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 – 10:00		
CHAIR YOGA WITH CHUCK	WEDNESDAY	9:00am – 10:00am	
EXERCISE WITH DIANE	WEDNESDAY 10:15am – 11:00am		

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 family of Trixee Moran, following Trixee's passing. Trixee was a long-time member of our Center. Get well thoughts to Maxine Hutchison and Joyce McMahon.

TURN YOUR CLOCKS BACK!

Day Light Savings Time ends at 2am on Sunday, November 6th. Be sure to remember to TURN YOUR CLOCKS BACK ONE HOUR!

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VISITING ATTORNEY

Sign up in the office for your ½ HOUR appointment with our attorney.

DATE: Monday, November 7th

COST: FREE

TIME: 1:00pm-3:00pm

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REMEMBER TO VOTE ON TUESDAY NOVEMBER 8TH!

Reserve "dial-a-ride" through Lake Tran for FREE transportation to the polls!

SENIOR MARKET DAY – WEDNESDAY NOVEMBER 9TH

Our next distribution of fresh produce at our SENIOR MARKET is <u>Wednesday November 9th</u> at 11am with registration as you drive by. Please bring ID (name, address, etc.) with you.

LAKE COUNTY COUNCIL ON AGING – THURSDAY NOVEMBER 10TH

Selena will visit at 9:30am on Thursday November 10th to answer any of your questions.

VETERAN'S DAY – FRIDAY NOVEMBER 11TH – WE ARE OPEN!

THANKSGIVING DAY - NOVEMBER 24TH/ CLOSED

THANKSGIVING FRIDAY – NOVEMBER 25TH/ CLOSED

The Center will be CLOSED but Lake Tran WILL be running. <><><><><><>><>><>><>><>><>><>><>>

ARMY- NAVY FOOTBALL GAME - SATURDAY DECEMBER 10th, 3pm

This game is being shown at the Eastlake VFW Post 3863. All Vets are invited to attend. Pizza and drinks will be available. Come for an afternoon of friendship and camaraderie.

HOLIDAY CLOSING IN DECEMBER

The Center will be closed between Christmas and New Year's Day. Our last day open will be Thursday December 22nd and we will reopen on Tuesday January 3rd, 2023.

PLEASE NOTE: Lake Tran will NOT be running on December 25th and January 1st.

HEALTH AND WELLNESS

BLOOD PRESSURE

Richelle from Promedica of Willoughby is offering free Blood Pressure Clinic. Sign up in the office. DATE: Wednesday, November 2nd COST: FREE TIME: 10:00am-11:00am

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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

COST: FREE

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 your PHOTO ID, Medicare/Medicaid, other insurance card or self-pay.

DATE: Thursday, November 3rd

COST: FREE

TIME: 9:00am-12:00pm

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FOOT DOCTOR - DR. BEN

Dr. Ben be here on Thursday November 3rd. Pre-registration is required. (\$25.00 cash donation)

DRIVER'S EDUCATION

What do all those lights on your dashboard mean? Are they too confusing, so you turn them off? What is a "Connected and Automated Vehicle"? Are you looking to buy a new car and wondering if you'll feel comfortable with the new technologies that are supposed to keep us safer and support our independence? Learn about these technologies and leave feeling more confident about using them. Refreshments served. Presented by University of Akron, Civil Engineering Department.

DATE: Tuesday, November 15th

COST: FREE

TIME: 11:00am

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MEDITATION SESSIONS

We are still collecting names in the office for those that are interested in attending meditation sessions. Once we have numbers, we will be able to schedule time/date and determine cost.

PARTIES AND GET-TOGETHERS

HOLIDAY BOUTIQUES

Bring your shopping list and enjoy the day. Lots of vendors, raffle baskets, bake sale and concession stand. This is an indoor event.

DATE: Saturday, November 5th and December 3rd

TIME: 9:00am-3:00pm

TURKEY BOWL

Enjoy a bowl of turkey soup and dessert and look forward to our famous Turkey Bowl!

Sponsored by Devoted Health Plan.

DATE: Thursday, November 10th

COST: \$5.00

TIME: 12:00pm – 1:30pm

CHRISTMAS PARTY

The date for the Christmas Party has been changed to December 16th at the Pine Ridge Country Club. Please confirm your attendance in the office. There is plenty of time for cost. Thank you very much. DATE: Friday, December 16th COST: to be determined TIME: TBA

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DAY TRIPS

GARDNER PIE COMPANY AND LUNCH

Celebrating 75 years of making refreshingly old-fashioned pies, let's travel to Akron to buy your favorite home-made pie to take home. They will make extra pies on the day we visit. We will follow this with lunch at Gio's (FNA Lembo's).

DATE: Monday, November 14th

COST: \$5.00

TIME: 9:00am - 2:00pm

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JACK'S THISTLEDOWN RACINO

Let's try our luck at Jack's at Thistledown! Incentive will be \$25.00 if more than 20 people attend!

DATE: Wednesday, November 16th COST: \$5.00 TIME: 10:00am – 3:00pm

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IX CENTER - CHRISTMAS CONNECTION

The Christmas Connection is a festive marketplace where you can shop for holiday gifts, see works from local artisans (over 100 vendors!), experience holiday displays that will inspire your own decorations, and much more!

DATE: Friday, November 18th

COST: \$15.00 (ticket/bus)

TIME: 9:00am - 4:00pm

GALLUCCI'S ITALIAN FOODS AND MARKET AND LUNCH

We will visit this Italian delicacy followed by lunch on your own at a location TBA.

DATE: Tuesday, November 22nd

COST: \$5.00

TIME: 10:00am - 2:00pm

LUNCH BUNCH

Our Lunch Bunch will visit the King Nut Company in Solon - the best-tasting, fastest-selling nuts, snacks and candy. We will visit their retail store followed by lunch at the Winking Lizard in Mayfield Hts.

DATE: Tuesday, November 29th

COST: \$5.00

TIME: 9:30am - 2:00pm

<u>ROCKEFELLER PARK GREENHOUSE – POINSETTIA SALE</u>

The City of Cleveland's Rockefeller Park Greenhouse has an annual "Friends of the Greenhouse Poinsettia Sale". The event will feature many varieties of poinsettias. Plants will be \$5 (cash or check). Following the visit to the greenhouse, we will enjoy at lunch at place TBA!

DATE: Friday, December 2nd

COST: \$5.00

TIME: 10:00am-4:00pm

"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

