

## 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 online at  
 www.eastlakeohio.com  
 Hours: 8:00am-3:30pm  
 Monday-Friday

# JANUARY 2023



NO BINGO	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED	3 CENTER OPEN! NO BINGO	4 Comfort Elves Blood Pressure	5 Foot Doctor Chair Massages	6
9 Attorney Visit	10 Board Meeting Elvis Party NO BINGO	11 Senior Market	12 LCCoA – Selena Chair Massages	13
16 MLK Day – Center is OPEN!	17 NO BINGO	18 Comfort Elves	19 Chair Massages Ethnic Lunch	20
23	24 NO BINGO	25 Jack's Racino	26 Chair Massages	27
30	31 Chinese New Year Party NO BINGO			

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 <sup>st</sup> & 3 <sup>rd</sup> 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 – 11:00am

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

Continued well wishes to Maxine Hutchinson. Our sincere condolences to all the friends and family of our longtime volunteer and handy-man Harry Simpson. We also send our condolences to Leo Ivec's family in his passing and to Donna Lishinsky in the passing of her daughter-in-law Carrie Lishinsky.



## THANK YOU

I am humbled by your generosity for my Christmas gift I received at our party. I look forward to flying off to some place warm (!) and I so appreciated your kindness. Our Senior Center is very important to me, and I want it to be everyone's "home-away-from-home". Thank you for being part of what I love to do and for being part of a great year we had in 2022!



## GREAT NEWS! GRACE WILL BE GETTING MORE HELP!

The city has hired someone part-time to assist Grace. This person will be starting in early January. Please welcome her and introduce yourself when she starts.



## BLIZZARD BOX FOOD DRIVE

Thanks to everyone who contributed to the BLIZZARD BOX FOOD DRIVE. The Lake County Council on Aging was very grateful for the turnout of food that was received.



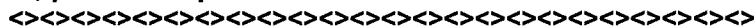
## MEMBERSHIP RENEWAL

Membership fees are due annually. For many of you, your renewal month is January. Please check the back of your membership card to see the month you need to renew, so you can continue to enjoy everything our Center offers! If you have a Fitness Center membership, check the back of your card for that also; renew that for \$20.00.



## OUR COMFORT ELVES NEED YARN!

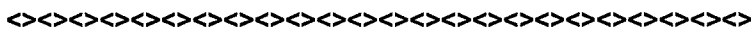
Comfort Elves knit and crochet items for people under care of the Hospice of the Western Reserve. If you have any yarn to donate, please drop it off in the Comfort Elves Room.



## VISITING ATTORNEY

Unless otherwise announced, the visiting attorney will be in our Center the first Monday of the month. Please sign up in the office for your ½ HOUR appointment with our attorney. January TBA.

DATE: Monday, January 9th                      COST: FREE                      TIME: 1:00pm-3:00pm



## NO BINGO ON TUESDAYS IN JANUARY THRU APRIL

The Special Events Room will be used on TUESDAYS for special events in January and tax preparation sessions February through April. Bingo will resume on Tuesdays in May.



## AARP TAX PREPARATION SESSIONS

AARP will be here to do tax preparation every Tuesday 9:00am-3:00pm, starting Tuesday February 7<sup>th</sup> through Tuesday April 11<sup>th</sup>. Sign up will start Monday, January 9<sup>th</sup>. You must make an appointment at least one week in advance. You will be given a packet that you need to review prior to your time with AARP. In the packet will be details of what to bring with you to your appointment.



## CARDS ANYONE?

People have been asking about card games at our Center. If interested, please let the office know what card game interests you. Once we have enough interest, we will schedule in the near future.



## HOW ABOUT ANY INTEREST IN A GAME OF CHESS!

If so let us know and we will set a day and time to sit and relax and place a game of Chess.

# HEALTH AND WELLNESS

## INCLEMENT WEATHER

When winter starts huffin' and puffin', we will remain open! We are a warming center for anyone that may lose power and needs a place to stay warm. Our Center will be open during normal business hours, and if needed, we can be open after hours. If the roads are dangerous with snow cover, please stay home. However, let us know if you have lost power and don't have heat, but can't get into the Center.



## FOOT DOCTOR – DR. BEN

Dr. Ben will be here the 1<sup>st</sup> Thursday of EVERY OTHER MONTH this year, e.g., January, March, May, etc. \$25 cash donation at time of your appointment.

DATE: Thursday, January 5<sup>th</sup> & March 2<sup>nd</sup> COST: \$25.00 TIME: 9am start



## CHAIR MASSAGES BY THOM POJE SR., LMT

Thom will be in the Center on Thursdays (unless scheduled differently with Thom). Sign up in the office for an appointment. Cash payments will be collected by Thom at the time of your appointment.

DATE: Thursday, Jan 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> COST: \$1/min or \$10/15mins TIME: TBA



## SENIOR MARKET DAY

We will have another distribution of fresh produce at our SENIOR MARKET this month. Registration as you drive by. Please bring ID (name, address, etc.) with you.

DATE: Wednesday, January 11<sup>th</sup> COST: FREE TIME: 11:00am



# PARTIES AND GET-TOGETHERS

## HAPPY BIRTHDAY ELVIS!

The King's Birthday is January 8<sup>th</sup>. Let's celebrate and honor Elvis on January 10<sup>th</sup>. Sign up for a "Hound Dog" of a party!

DATE: Tuesday, January 10<sup>th</sup> COST: \$5.00 TIME: 12:00pm-1:30pm



## CHINESE NEW YEAR CELEBRATION

Chinese New Year 2023 will fall on Sunday, January 22nd, starting a year of the Rabbit. Let's join in on this celebration with an authentic Chinese lunch in our Center!

DATE: Tuesday, January 31<sup>st</sup> COST: \$5.00 TIME: 12:00pm-1:30pm



## HAPPY VALENTINES'S DAY

Let's celebrate Valentine's Day together! Bring a small treat to share with someone (a candy bar or cookie, or your idea of a treat!). We will have a "heartfelt" lunch and play a game of LRC.

DATE: Thursday, February 16<sup>th</sup> COST: \$5.00 TIME: 12:00pm-1:30pm



