

EASTLAKE SENIOR CENTER

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Hours: Mon-Fri, 8:00am-3:30pm
Monday-Friday

APRIL 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				SPRING BOUTIQUE TOMORROW – APRIL 1 ST
3 Attorney Visit	4 AARP Tax Prep No Bingo or Billiards	5 Blood Pressure Comfort Elves	6 Sweets & Burgers Mahjong Line Dance for Beginners	7 Good Friday CENTER CLOSED Lake Tran OPEN
10	11 Board Meeting AARP Tax Prep No Bingo or Billiards	12 Senior Market	13 LCCoA – Selna Lunch Bunch Mahjong Meditation Line Dance for Beginners	14 Hartville Sunday/Apr 16 th – Lakeland Chorus
17 MGM Casino	18 Billiards Open	19 Comfort Elves Hanging-Out Day	20 Mansfield Art Center Mahjong Meditation Line Dance for Beginners Health Screenings at LLCoA	21
24	25 Billiards Open	26 Ethnic Lunch	27 Tell-A-Story Day Mahjong Meditation Line Dance for Beginners	28

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 *annual fee*	MONDAY - FRIDAY	8:00am – 3:30pm
EXERCISE WITH DIANE	MONDAY (Low Impact)	9:15am – 10:00am
LINE DANCING	MON (improve r-intermediate)	1:30pm – 2:30pm
WOODBURNING	TUESDAY	9:00 am – 11:00am
PINOCHLE	TUESDAY	12:00pm – 2:00pm
COMFORT ELVES	1 st and 3 rd WEDNESDAY	9:00am – 11:00am
CHAIR YOGA WITH CHUCK	WEDNESDAY	9:00am – 10:00am
EXERCISE WITH DIANE	WEDNESDAY	10:15am – 11:00am
CARDS/BOARD GAMES	WEDNESDAY	12:00pm – 2:00pm
CHAIR MESSAGES *fee based*	THURSDAY	9:00am – TBA (sign-up)
MAHJONG	THURSDAY	11:00am – 1:00pm
MEDITATION	THURSDAY (not 1 st Thurs)	12:00pm – 12:45pm
LINE DANCING	THURSDAY (Beginners)	1:00pm – 2:00pm
BINGO	FRIDAY *only*	11:30am-1:30pm 1¢ per card

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.

HEALTH AND WELLNESS

***NEW CLASS* – LINE DANCING FOR BEGINNERS**

Class starting for beginners! Great exercise to great music! Get out on the floor and give it a go!

DATE: Thursdays

COST: FREE

TIME: 1:00pm – 2:00pm



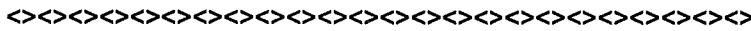
SENIOR MARKET DAY

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

DATE: Wednesday, April 12th

COST: FREE

TIME: 11:00am



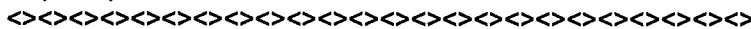
***NEW CLASS* - MEDITATION WITH MELISSA**

Meditation is proven to help you build skills to manage your stress, increase self-awareness, focus on the present, reduce negative emotions and increase patience and tolerance. 3 Thursdays/month.

DATE: Thursdays, April 13th, 20th, 27th

COST: FREE

TIME: 12 – 12:45pm



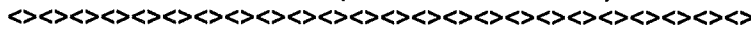
*****COMMUNITY EVENT*** - FREE HEALTH SCREENINGS AT LLCoA**

Lake County Council on Aging will have a health fair at their offices at 8520 East Ave. in Mentor. Screenings will only take 15-20 minutes and measure cholesterol, blood sugar, body mass index, blood pressure, stroke risk, balance and memory; other health related information available.

DATE: Thursday, April 20th

COST: FREE (travel on own time)

TIME: 9:00am – 4:00pm



FOOT DOCTOR – DR. BEN

Dr. Ben will be here next on May 4th and July 6th; must register. \$25 cash donation at appointment.

DATE: Thursday, May 4th and July 6th

COST: \$25.00

TIME: 9am start



PARTIES AND GET-TOGETHERS

EASTLAKE SENIOR CENTER “SPRING BOUTIQUE”

Join us at this indoor event, support our center and hang out with friends! Over 30 vendors, raffle baskets, bake sale and concession stand. Basket raffle drawing will be April 19th at 1pm on National Hang-Out Day. You do not need to be present to win.

DATE: Saturday, April 1st

COST: NO ADMISSION FEE

TIME: 9:00am – 3:00pm



NATIONAL HANGING-OUT DAY

Hop into the Spring & Easter season and join the fun folks from Mt. St. Joseph and Taylor Made Care for a game of charades and a light snack. Sign up for this fun event at front desk! Basket raffle drawing!

DATE: Wednesday, April 19th

COST: FREE

TIME: 12:00pm – 1:30pm



NATIONAL TELL-A-STORY DAY

We all have something to share! Sign up to join us to learn something new about your fellow Center members and enjoy a light snack!

DATE: Thursday, April 27th

COST: FREE

TIME: 10:00am – 11:00am



CINCO de DERBY PARTY

What do you get when you combine Cinco de Mayo and the Kentucky Derby? Wear your sombrero or fancy hat and find out! Food, fun and friends!

DATE: Friday, May 5th

COST: \$8.00

TIME: 12:00pm – 2:00pm



DAY TRIPS

CANDY, CHOCOLATE AND BURGERS, OH MY!

Finish up some last-minute Easter shopping for those baskets at B.A. Sweeties and Malley's Chocolates. Reminiscence while you have lunch at one of the few Bob's Big Boys left in Cleveland.

DATE: Thursday, April 6th COST: \$5.00 TIME: 9:30am – 2:45pm

LUNCH BUNCH

Come and share a moment with your friends at the Grand River Cellars. Drink, eat, relax and enjoy. Special menu includes spaghetti, meatballs, salad and roll - \$8.00. Must sign up by April 6th. Max 40.

DATE: Thursday, April 13th COST: \$5.00 TIME: 11:15am – 2:15pm

HARTVILLE

Sign-up for the first Hartville trip of the season! With over 12 acres of outdoor vendor space, the Hartville Flea Market features a wide variety of vendor booths, from produce to antiques to comic books.

DATE: Friday, April 14th COST: \$5.00 TIME: 8:15am – 3:30pm



MGM NORTHFIELD CASINO

MGM Northfield Park brings the thrill of Vegas right here to Northeast Ohio! ** No incentive offered** however, it is "Senior Day" – swipe your card for free play.

DATE: Monday, April 17th COST: \$5.00 TIME: 9:30am – 2:30pm



MANSFIELD ART CENTER

Marvel at the spectacular artwork and installations to discover the artists' passion, vision, and social commentary each of them bring to their work. Lunch after at the Medina Family Restaurant.

DATE: Thursday, April 20th COST: \$5.00 TIME: 9:15am – 4:00pm



ETHNIC LUNCH

"Sittoo's Pitas and Salads" in Parma – Grandma's traditional Lebanese recipes prepared with the finest of quality ingredients.

DATE: Wednesday, April 26th COST: \$5.00 TIME: 12:15pm – 3:00pm



HANNA THEATER – "Ain't Misbehaving!"

Enjoy the Tony winning musical that showcases the infectious energy and masterful stylings of the legendary jazz musician Thomas "Fats" Waller. Lunch after at Boney Fingers BBA (on your own).

DATE: Tuesday, May 2nd COST: \$25.00 (includes bus & show) TIME: 9:15am – 1:30pm



LAKE COUNTY SENIOR DAY

The Lake County Senior Day will be at the Great Lakes Mall this year. Bingo, live entertainment and Outstanding Senior Awards, plus many vendors and activities! More information in the future.

DATE: Wednesday, May 17th COST: FREE to attend TIME: TBA

