## **EASTLAKE SENIOR CENTER**

600 East 349<sup>th</sup> Eastlake, Oh 44095 440-975-4268

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Newsletter online at www.eastlakeohio.com Hours: Mon-Fri, 8:00am-3:30pm





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Comfort Elves	<b>Foot Doctor</b>	Fish Fry Lunch
				-
		Blood Pressure	Chair Massages	
			•	
		<b>Board Games</b>		
6	7	8	9	10
Attorney Visit	AARP Tax Prep	Senior Market	Chair Massages	
-	•			
	Cards	<b>Board Games</b>	LCCoA - Selena	CLOCKS CHANGE
	No Bingo or Billiards			THIS SUNDAY!
13	14	15	16	17
Did you move	Board Meeting	Comfort Elves	Chair Massages	St. Patrick's Day
your clock ahead?			_	Party
	AARP Tax Prep	Lunch Bunch	Eastlake PD	
High-Impact	_			NO BINGO
Exercise Starts	Cards	<b>Board Games</b>	Jack's Casino	
20	No Bingo or Billiards	22	23	24
First Day of	AARP Tax Prep	Board Games	Chair Massages	Fish Fry Lunch
Spring	AAIN TAXTTEP	Doard Garries	Chan massages	1 ISH I I Y LUNCH
Opining	Cards		Mahjong	
	No Bingo or Billiards		Manjong	
27	28	29	30	31
	AARP Tax Prep	<b>Board Games</b>	Chair Massages	Cleveland
			_	Orchestra
	Ethnic Lunch	Station Dinner	Guardians	"Consider Devictions 11
	Cards	Theater	Opener Party	"Spring Boutique" April 1st
	No Bingo or Billiards			April 1-

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	
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 (Low Impact)	9:15am – 10:00am	
<b>EXERCISE WITH JENNIFER</b>	MONDAY (High Impact)	10:30am – 11:15am	
CHAIR YOGA WITH CHUCK	WEDNESDAY	9:00am – 10:00am	
EXERCISE WITH DIANE	WEDNESDAY (Low Impact)	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.

# **HEALTH AND WELLNESS**

## FOOT DOCTOR - DR. BEN

Dr. Ben will be here the 1<sup>st</sup> Thursday of EVERY OTHER MONTH; e.g., January, March, May, July, Sept, Nov, etc. \$25 cash donation at time of your appointment. Sign up at the front desk.

DATE: Thursday, March 2<sup>nd</sup> & May 4<sup>th</sup> COST: \$25.00 TIME: 9am start

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#### CHAIR MASSAGES BY THOM POJE SR., LMT

Thom will be in the Center on Thursdays (unless scheduled differently with Thom). Sign up at the front desk for an appointment. Cash payments will be collected by Thom at the time of your appointment. DATE: Thursday, March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> COST: \$1/min or \$10/15mins TIME: TBA

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#### 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, March 8th

**COST: FREE** 

TIME: 11:00am

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## \*NEW\* HIGH-IMPACT EXERCISE CLASS

Jennifer will be here to kick-off a new "high-impact" exercise class. Show up and give it a try!

DATE: Mondays, starting March 13<sup>th</sup> COST: FREE TIME: 10:30am-11:15am

# **PARTIES AND GET-TOGETHERS**



#### ST. PATRICK'S DAY PARTY

If ye aren't Irish– not to worry because the Irish believe "Everyone is a little Irish on Saint Patrick's Day". March 17th is celebrated not only in Ireland but throughout the world by Irish and non-Irish alike.

DATE: Friday, March 17<sup>th</sup>

COST: \$5.00

TIME: 12:00pm-2:00pm

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# **CLEVELAND GUARDIANS SEASON OPENER!**

Let's support our Cleveland Guardians for their opening day! Wear your baseball gear (old or new!). We will enjoy hot dogs and peanuts to cheer on the team!

DATE: Thursday, March 30th

COST: \$5.00

TIME: 12:00pm-2:00pm



# **EASTLAKE SENIOR CENTER "SPRING BOUTIQUE"**

Please come to this indoor event, support our center and hang out with friends! Lots of vendors, raffle baskets, bake sale and concession stand. Pick up a flyer at the front desk to share with your friends, family and places you go. Tables available for vendors call/text 440-223-9713.

DATE: Saturday, April 1st

COST: No admission fee

TIME: 9:00am - 3:00pm

# **CENTER NEWS**

#### **OUR THOUGHTS**

Our condolences to the family of Ron Richards, owner and operator of Endeavor Pest Management. Ron was a friend of our Center for many years. Get well wishes to Gloria Snyder and Gloria Brock.

#### **BUS TRIP COURTESY TIPS**

Please wait somewhere other than the front hallway when going on a bus trip. With the secretary's desk up front now, it can be distracting and a bit loud when people gather all around this desk. Also, do not leave for the bus until the driver comes into the building to get the group. We also ask you to be considerate for those that may have physical limitations. Please leave the front few seats open for them so they don't have to walk to the back of the bus.

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#### **COFFEE CHAT**

Thank you to all the lovely people that have donated coffee to the Center. Your generosity is very much appreciated. To the avid coffee drinker, we know that coffee is the spice of life and helps us things with happy faces. "May your coffee be strong and your Monday be short." (Anonymous)

#### **VISITING ATTORNEY**

Please sign up in the office for your ½ HOUR appointment with our attorney this month.

DATE: Monday, March 6<sup>th</sup> COST: FREE TIME: 1:00pm-3:00pm

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#### **CARDS on TUESDAYS and BOARD GAMES on WEDNESDAYS!**

Show up to play cards on Tuesdays and board games on Wednesdays in the TV/movie room. Bring your deck of cards and your favorite game to claim a table! If you show up...it was happen!

DAY: Tuesdays - Cards; Wednesdays - Games COST: FREE TIME: 12:00pm-2:00pm

# SPRING AHEAD ONE HOUR ON MARCH 12TH FOR DAYLIGHT SAVINGS!

Remember to turn your clocks AHEAD one hour on Sunday March 12<sup>th</sup> at 2am!



# SCAM PREVENTION ADVICE FROM THE EASTLAKE POLICE

Sign up to attend this informative session. Learn how to protect yourself from becoming a victim of the many scams that might put you at risk.

DAY: Thursday, March 16<sup>th</sup> COST: FREE TIME: 9:30am

# **LEARN TO PLAY MAHJONG WITH PALMA!**

Sign up at the front desk if you would like to learn to play Mahjong!

DAY: Thursday, March 23<sup>rd</sup> COST: FREE TIME: 11:00am

# **MIND CHALLENGE**

Who loves testing your brain with some fun trivia? Sign up for this exciting friendly competition amongst area senior centers. We need 4-5 people to represent Eastlake Senior Center. Kerri will drive the team to the Willoughby Hills Senior Center on Tuesday May 9, 16, 23 at 1pm. This is a competition but all just for fun! Take a chance and let's go! If interested, please see Kerri by March 31st.

# **DAY TRIPS**

#### **LENTEN FRIDAY LUNCH FISH FRIES**

We will be meeting for two more Lunch Fish Fries in March. Sign up at front desk for both.

DATE: Friday, March 3<sup>rd</sup> / Firehouse Grill (Rt. 6, Wlby Hills) COST: \$5.00 TIME: 10:30am – 2:00pm DATE: Friday, March 24<sup>th</sup>/ Eastlake VFW Post 3863 COST: Drive TIME: 11:00am – 1:00pm

(Behind Save-A-Lot on Vine St)



#### **LUNCH BUNCH**

Victoria's Deli & Restaurant in Parma has operated since 1983. It is a family-run eatery serving typical American home-cooked food with a smile, including all-day breakfast.

DATE: Wednesday, March 15<sup>th</sup>

COST: \$5.00

TIME: 10:00am - 2:00pm

# **JACK'S CASINO**

We are heading back downtown. Although there are no incentives, enough people showed interest to try out their luck again at Jack's! Lunch special on your own \$5.55.

DATE: Thursday, March 16th

COST: \$5.00

TIME: 11:00am - 3:30pm

# **ETHNIC LUNCH**

The Indian Kitchen in Mentor is one of the finest Indian restaurants. It is best known for its' outstanding cuisine, excellent staff service with beautiful ambience.

DATE: Tuesday, March 28th

COST: \$5.00

TIME: 10:45am - 2:00pm

# STATION DINNER THEATER

The Station Dinner Theatre in Erie, PA is one of the most unique dining and entertainment destination in the region. Enjoy "The Wake", an all-new interactive Irish Comedy. Price includes bus, show, full dinner (Caesar salad, Irish wedding soup, chicken marsala, baked cod, roasted potatoes, green beans, dessert, coffee/tea, tax and gratuity.) You must sign-up and pay by Monday, March 13<sup>th</sup>.

DATE: Wednesday, March 29th

COST: \$50.00

TIME: 10:00am - 5:30pm

# **CLEVELAND ORCHESTRA**

Experience the world renowned Cleveland Orchestra's interpretation of Shakespeare's "The Tempest". Pre-concert lecture at 10:20am. Please sign up by Wednesday March 1st. Lunch TBA.

DATE: Friday, March 31<sup>ST</sup>

COST: \$40.00 (includes bus)

TIME: 9:30am - TBD

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