

EASTLAKE SENIOR CENTER

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

MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Comfort Elves Blood Pressure Board Games	2 Foot Doctor Chair Massages	3 Fish Fry Lunch
6 Attorney Visit	7 AARP Tax Prep Cards <small>No Bingo or Billiards</small>	8 Senior Market Board Games	9 Chair Massages LCCoA - Selena	10 CLOCKS CHANGE THIS SUNDAY!
13 Did you move your clock ahead? High-Impact Exercise Starts	14 Board Meeting AARP Tax Prep Cards <small>No Bingo or Billiards</small>	15 Comfort Elves Lunch Bunch Board Games	16 Chair Massages Eastlake PD Jack's Casino	17 St. Patrick's Day Party NO BINGO
20 First Day of Spring	21 AARP Tax Prep Cards <small>No Bingo or Billiards</small>	22 Board Games	23 Chair Massages Mahjong	24 Fish Fry Lunch
27	28 AARP Tax Prep Ethnic Lunch Cards <small>No Bingo or Billiards</small>	29 Board Games Station Dinner Theater	30 Chair Massages Guardians Opener Party	31 Cleveland Orchestra "Spring Boutique" April 1 st

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	1 st & 3 rd 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
EXERCISE WITH JENNIFER	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 1st 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 2nd & May 4th 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 at the front desk for an appointment. Cash payments will be collected by Thom at the time of your appointment.

DATE: Thursday, March 2nd, 9th, 16th, 23rd, 30th 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, March 8th COST: FREE TIME: 11:00am



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 13th 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 17th COST: \$5.00 TIME: 12:00pm-2:00pm



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

