

EASTLAKE SENIOR CENTER

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

MAY 2023



CLOSED ON MEMORIAL DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Attorney Visit	2 Hanna Theater	3 Blood Pressure Comfort Elves Euclid Culinary	4 Foot Doctor **No Meditation**	5 NO BINGO! Cinco de Derby
8	9 Board Meeting	10 Senior Market	11 LCCoA – Renee Meditation	12 Lunch Bunch
15	16 Casino Trip	17 Comfort Elves Senior Day at the Mall	18 Meditation	19 NO BINGO! West Side Market Senior Attic – TOMORROW!
22 Lehman's Hardware	23	24	25 Brain Calisthenics Meditation	26
29 CENTER CLOSED Laketran CLOSED Memorial Day	30	31 Lake Erie Bluffs	June 1 Meditation	June 2

MEMORIAL DAY – Remember and honor those who have sacrificed for our country.

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 MASSAGES *fee based*	THURSDAY	9:00am – TBA (sign-up)
MAHJONG	THURSDAY	11:00am – 1:00pm
MEDITATION	THURSDAY	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

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



SENIOR MARKET DAY

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

DATE: Wednesday, May 10th 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. Come to meet Melissa and see what meditation is all about.

DATE: Thursdays in May 10th, 17th, 24th, 31st COST: FREE TIME: 12 – 12:45pm



PARTIES AND GET-TOGETHERS

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



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! No group transportation from the Center. See flyer at the front desk for all details. Tickets now available in the Center.

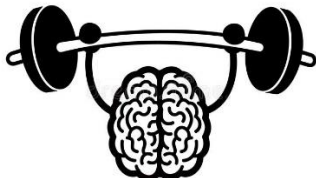
DATE: Wednesday, May 17th COST: \$1.00/ticket TIME: 9:30am – 1:30pm+



BRAIN CALISTHENICS

Join Devoted Health for some fun games that stimulate your vocabulary, memory and problem-solving skills. Learn some valuable tips regarding your Medicare plan. Free gifts and refreshments. Please sign up at the front desk.

DATE: Thursday, May 25th COST: FREE TIME: 12:00pm – 2:00pm



DAY TRIPS

HANNA THEATER – “Ain’t Misbehaving!” – TRIP IS FULL!

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



EUCLID CULINARY BISTRO

Closing day buffet for the year at the Euclid Culinary Bistro. Max 16 people. Lunch on your own.

DATE: Wednesday, May 3rd COST: \$5.00 TIME: 11:45am – 1:30pm



ETHNIC LUNCH BUNCH

This is our last ethnic lunch this season. The Fuji Buffet and Grill offers all your favorite dishes in one place. Senior lunch buffet is \$8.99.

DATE: Friday, May 12th COST: \$5.00 TIME: 11:00am – 2:00pm



CASINO TRIP

Jack’s Thistledown Racino - Ohio’s Gaming Company! Play Here. Win Here. No incentive.

DATE: Tuesday, May 16th COST: \$5.00 TIME: 9:30am – 2:30pm



WEST SIDE MARKET

West Side Market is Cleveland’s oldest publicly owned market dating back to 1840. Today the market is home to over 100 vendors of great ethnic diversity. Products include fine meats and fresh vegetables, fresh seafood, baked goods, dairy and cheese products, and even fresh flowers, in addition to ready-to-eat foods, herbs, candy and nuts. Lunch at Citizen Pie – home of the 5-star pizza! MAX 16 people/trip.

DATE: Friday, May 19th or Friday, June 9th COST: \$5.00 TIME: 9:00 – 1:30pm



LEHMAN’S HARDWARE

Family owned and operated since 1955, Lehman's in Kidron Ohio, stands for a simpler life. It is so much more than a hardware store! It’s like an old-time mercantile full of housewares, pantry stocked with goodies, garden store, baked goods, toys and so much more! Lunch at “The Barn Restaurant”.

DATE: Monday, May 22nd COST: \$5.00 TIME: 8:30am – 4:00pm



LAKE ERIE BLUFFS

Travel to Lake Metroparks Lake Erie Bluffs in Perry. Take a hike, check out the beach or walk up the 50-foot observation tower to get a bird’s eye view of our Lake. Lunch after at the Perry Family Restaurant.

DATE: Wednesday, May 31st COST: \$5.00 TIME: 9:30am – 1:30pm



LET US KNOW

We would like to plan a trip to the beautiful Gervasi Winery in Canton. PLEASE sign up at the front desk if you could commit to this trip, as we need to pay in advance. Cost \$40 = transportation, 3-course meal (salad, chicken parmesan, pasta, and dessert), wine tasting, tour of Crush House Winery and walking tour of the estate, plus shopping. We would be there about 3 hours. This will take place in either June or July. We need a minimum of 30 people for this trip.



FUTURE TRIPS FOR 2023

Trips this summer will include wineries, Goodtime III, Put-n-Bay, baseball games, Fairport Harbor, Geneva-on-the-Lake, new lunch venues, museums and more! Let Kerri know if you have any new ideas!

