EASTLAKE SENIOR CENTER

600 East 349th Eastlake, Oh 44095 440-975-4268

Grace Giangiacomo, Director E-Mail: gg@eastlakeohio.com Kerri Davidson, Assistant Director Email: kdavidson@eastlakeohio.com Newsletter online at

www.eastlakeohio.com Hours: Mon-Fri, 8:00am-3:30pm Monday-Friday

MAY 2023



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

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)

pre registration is not required. (offices 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.

CENTER NEWS

OUR THOUGHTS

Our condolences to the family of Mary Lou Gomez and to Grace Kaleal for the passing of her mother. Get well wishes to Joyce Livingston, Lori Faust, Linda Abate; and to Paula Iseman after her recent surgery.

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VIVA LAS VEGAS!

I would like to thank everyone that contributed to my Christmas gift! I used the gift certificate for my flight to Las Vegas, which was a much-needed vacation! With thanks and appreciation, Grace

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UPDATE ON MEMBERSHIP

PLEASE CHECK THE BACK OF YOUR MEMBERSHIP CARD (BLUE OR YELLOW) FOR YOUR RENEWAL DATE THIS YEAR! IF YOU USE THE FITNESS CENTER (WHITE CARD), THIS MEMBERSHIP ALSO NEEDS TO BE CURRENT. BOTH CARDS NEED TO BE RENEWED ANNUALLY, IN ORDER FOR YOUR LIABILITY AGREEMENT TO BE CURRENT. THESE FEES ALSO ALLOW YOU TO CONTINUE TO USE OUR CENTER AND ALL THE ACTIVITIES WE OFFER!

BUS ETIQUITTE

For all bus trips, please come inside and "swipe" your bar code card for attendance. Please remember to be patient and kind when getting ready to board a bus for any trips. Do not gather around the front desk as this interferes with the secretary's job. Laketran requests that all riders must remain in the Center until the bus driver comes to get the group. It is also VERY important that anyone with physical challenges or using a walker or cane, etc. always be allowed to board first!



SPRING BOUTIQUE BASKET RAFFLE WINNERS!

170 people purchased raffled tickets for our Spring Boutique baskets! Winners were Sally F, Diane H, Linda B, Sharon K, Mary E, Kathleen S, Sharon W, Patty F, Kim D, Mary Lou P, Kelly K, Alice K, Claudia P, Marilu A, Linda T, Kathleen H, Laurie H, Linda M, Diane M and Irene H. We appreciate your support!

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LIBRARY VOLUNTEER NEEDED

We need a "Librarian" to help organize our current book supply, any donated books and all returned books. This would take only a few hours a week. See Grace or Kerrie if you are interested.

MIND CHALLENGE

The Eastlake Senior Center's "Mind Challenge" team will be participating in a friendly competition amongst area senior centers. The first sessions are Tuesdays – May 9, 16, 23 at 1pm at Willoughby Hills Senior Center. If you are riding with Kerri, please be at our Center by 12:15pm. If you are driving yourself, please be at the Willoughby Hills Senior Center on Rt 6 by 12:45pm.

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BINGO UPDATE

There will be no Bingo on Friday, May 5TH as we are celebrating Cinco De Derby and on May 19th we are setting up for the Senior Attic.

SENIOR ATTIC (Indoor Garage Sale)

The Eastlake Senior Center Board is hosting a Senior Attic. Reserve a table for only \$10.00 to sell your stuff. Concession stand, bake sale (donations needed!), and raffle baskets.

DATE: Saturday, May 20th COST: FREE FOR SHOPPERS TIME: 9:00am – 3:00pm

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

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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

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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

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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

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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

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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

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EUCLID CULINARY BISTRO

Closing day buffet for the year at the Euclid Culinary Bistro. Max 16 pepole. Lunch on your own. DATE: Wednesday, May 3rd COST: \$5.00 TIME: 11:45am – 1:30pm

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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

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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.

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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!