EASTLAKE SENIOR CENTER

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

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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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5 Attorney Visit by Appointment	6	7 Blood Pressure Comfort Elves	8 LCCoA – Renee Lunch Bunch	9 West Side Market
12	13 Board Meeting Casino	14 Senior Market	15 The Winfield – Guest Speaker	16
19	20 Rabbit Run Theater	21 Comfort Elves		23 Hartville
26	Goodtime III	28	29	30 Winery

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)

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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	1st and 3rd 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 (off in June)	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. Attention: Per JFK Board, please do not purchase anything for the Eastlake Senior Center without approval first from Grace, Kerri or Ruth. If you have not gotten prior approval, you will not be reimbursed.

CENTER NEWS

OUTSTANDING SENIOR CITIZEN AWARD

Congratulations to Paula Iseman, this year's recipient of the "Outstanding Senior Citizen Award" for the Eastlake Senior Center, presented at the 2023 Lake County Senior Day at the Mall held on May 17th. Paula has been an active member and volunteer at our Center since 2013. Along with helping at the front desk, she has been very involved in our Senior Food Bank Market the second Wednesday of every month.

SENIOR ATTIC – HUGE SUCCESS!

Thank you to everyone who had a hand in helping with the Senior Attic Event on May 20th. This has been a great fundraiser for our center and will now be an annual event.

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! CURRENT MEMBERHIP IS ALSO VERY IMPORTANT FOR US TO RECEIVE OUR SHARE OF THE LAKE COUNTY SENIOR LEVY FUNDS. **THE KIOSK YOU USE TO SIGN IN WILL BE YOUR REMINDER OF YOUR MEMBERSHIP RENEWAL ONCE THE GLITCHES ARE WORKED OUT. IF IT CURRENTLY SAYS YOU OWE, PLEASE DISREGARD. PLEASE BE PATIENT WITH THIS PROCESS AS ALL SENIOR CENTERS ARE NOW GETTING INVOLVED.

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!

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DO YOU HAVE A GREEN THUMB?

We need someone to help set up and maintain our outside Memorial Garden.

We are also looking for a volunteer to water the plants inside the Center on a weekly basis. Please see Grace or Kerri if you could be available for either of these volunteer opportunities.

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MAHJONG CANCELLED IN JUNE

Mahjong is a fun and popular game of strategy and skill. It is also an excellent game to play to improve your memory skills and relieve some stress! The classic version of the game uses 136 tiles and requires you to make identical sets and matching pairs from these tiles. If you are interested in learning to play Mahjong, show up on Wednesdays in July (11am-1pm).

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SUMMER VACATION DAYS FOR GRACE!

Grace will be taking some much-deserved time off this summer. Just a reminder, while Grace is away or even if she's not, you can see Kerri for any questions or concerns.

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HEALTH AND WELLNESS

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, June 14th

COST: FREE

TIME: 11:00am

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MEDITATION CLASSES – OUTDOORS/Weather Pending

BENEFITS

- (4) Reduced Stress Levels
- (Improved Mental Health
- (Improved Memory and Focus
- (4) Better Sleep
- And many more

COME AND TRY **MELISSA'S** CLASS

DATE: Thursdays

COST: FREE for MEMBERS

TIME: 12pm - 12:45pm

FOOT DOCTOR – DR. BEN

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

DATE: Thursday, July 6th and September 7th COST: \$25.00

TIME: 9am start

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PARTIES AND GET-TOGETHERS

IN-HOUSE GUEST SPEAKER

Michaela from The Winfield at Richmond Heights Independent and Assisted Living will be here and provide a light breakfast. Please register at the front desk to attend these learning opportunities. DATE: Thurs. June 15th and Thurs. July 6th COST: Free TIME: 9:30am-10:30am

LAKE COUNTY CAPTAINS TICKETS

Mayor Morley has donated tickets to the Captains games on June 14th (11am), July 26th (11am), or August 9th (12pm). See Grace or Kerri if you are interested if you would like to attend any of these games. No transportation provided.

SAVE THE DATE!!

The Eastlake Senior Center is celebrating our 50th Anniversary this year!! We will be celebrating on Sat. Sept. 16th. The Salmon Association and Empire Small Engine Repair will sponsor this big occasion. More details to come this summer.





"Noodles and Company" in Mentor creates exceptional meal experiences at a great value! Their freshly prepared recipes feature individuality, creativity and flavorful flare of cuisines from around the globe.

DATE: Thursday, June 8th COST: \$5.00 TIME: 10:15am – 1:00pm

WEST SIDE MARKET

Over 100 vendors = meats, seafood, vegetables, seafood, baked goods, dairy, cheese, fresh flowers, ready-to-eat foods, herbs, candy and nuts. Lunch at Citizen Pie – home of the 5-star pizza!

DATE: Friday, June 9th

COST: \$5.00

TIME: 9:00am- 1:30pm

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PRESQUE ISLE DOWNS & CASINO

Over 1,500 slots or try your hand at over 30 thrilling table games. Plus, watch and wager on all the big game sports action on our big screen TVs. No incentive; receive a cookie and chance to win up to \$1,000~ DATE: Tuesday, June 13th COST: \$5.00 TIME: 9:30am - 3:00pm

RABBIT RUN THEATER

Enjoy the spectacular jazz tones of the Madison Jazz Expansion for an evening of jazz, swing, Latin, funk and modern. Prior to the show, enjoy a picnic dinner (subs, beverage, chips, and dessert)

DATE: Tuesday, June 20th

COST: \$25.00 (bus, food, ticket)

TIME: 5:00pm - 10:30pm

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HARTVILLE

Hartville is a favorite destination for many of our members. If you have never been, you will want to experience the shopping, the food and the people at Hartville! Everyone needs to go at least once!

DATE: Friday, June 23rd

COST: \$5.00

TIME: 8:15am - 3:30pm

GOODTIME III

This sightseeing cruise provides one-of-a-kind views of downtown Cleveland, the Flats, the Cuyahoga River and Lake Erie. Following the cruise, lunch on your own at Margaritaville Restaurant.

DATE: Tuesday, June 27th COST: \$28.00 (bus/cruise) TIME: 11:00am – 4:30pm

WINERY/BAKERY AT SPRING HILL

Located in Geneva, the Winery at Spring Hill is an upscale country winery with a friendly, relaxing atmosphere. The warm and friendly staff want to make you feel like part of the family.

DATE: Friday, June 30th COST: \$5.00 TIME: 11:15am-3:30pm

GERVASI WINERY

Gervasi Vineyard in Canton is a destination for lovers of fine wine and dining experiences. Cost includes transportation, 3-course meal (salad, chicken parmesan, pasta, dessert), wine tasting (mixed flight), time to shop and explore the beautiful estate. Min 30, max 49 people; tickets non-refundable, but transferable. If your name is on the "interested" list, you still need to register and pay. DATE: Thursday, July 13th COST: \$45.00 TIME: 9:30am – 3:30pm

CLEVELAND GUARDIANS GAME

Come cheer on our home team against the Kansas City Royals. Sign-up by June 14th. DATE: Wednesday, July 26th COST: \$35.00 (bus/ticket) TIME: 11:30am – 4:00pm