

EASTLAKE SENIOR CENTER

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

JUNE 2023



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	27 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)

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 (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.

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



MEDITATION CLASSES – OUTDOORS/Weather Pending

BENEFITS

- ✓ Reduced Stress Levels
- ✓ Improved Mental Health
- ✓ Improved Memory and Focus
- ✓ Better Sleep
- ✓ And many more

<p>COME AND TRY MELISSA'S CLASS</p>
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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



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.



DAY TRIPS

LUNCH BUNCH

“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



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



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

