

EASTLAKE SENIOR CENTER

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

JULY 2023



WE WILL BE CLOSED ON 4TH OF JULY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Attorney Visit by Appointment	4 CENTER CLOSED LAKETRAN CLOSED	5 Blood Pressure NO YOGA CLASS!	6 Foot Doctor by Appointment The Winfield – Guest Speaker	7
10	11 Board Meeting Jack's Thistledown	12 Senior Market	13 LCCoA – Renee Gervasi Winery	14
17 National Ice-Cream Day	18 Medicare and Muffins	19 Progressive Field Tour	20 Kent State Fashion Museum	21
24	25 Merry-Go-Round Museum	26 Cleveland Guardians	27	28 Senior Day at the Fair
31	Aug 1	Aug 2 Erie Zoo	Aug 3 The Everly Brothers	Aug 4

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	Off until Tues Sept 6th	9:00 am – 11:00am
TOPS* fee to join*	TUESDAY	9:00am – 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 MESSAGES *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. Attention: 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

OUR THOUGHTS

Our condolences to the family of Emiko Stidd and of "Fritz" Barthol. Emiko and Fritz were both long-time members of our Center. Condolences to Ann Thomas for the passing of her brother.



MIND CHALLENGE!

For the first time ever, this year the Eastlake Senior Center entered Northeast Ohio's "Mind Challenge". The trivia-style tournament for active seniors first launched in 2018. Teams of four to six players compete for cash prizes for their senior center. The competition is now in over 60 cities and features 100 teams, growing from only 16 cities in its first year. Our team came in 4th (out of 9) in the Willoughby Hills region, and although they did not move on to the next round, they had lots of fun! Congratulations and shout out to the team members – Kerri D, Toni S, Joan L and Janet Mc.



BASKET RAFFLE WINNERS

Thank you to everyone that bought basket raffle tickets this month! Your support of our Center is much appreciated. Congratulations to the winners - Travis B, Linda T, Eileen B, Debbie D, Jean W, Donna L, Irene H, Renee W, Evelyn D, Sonia B, Emily M, and Eileen B. Winning tickets were drawn on Wed May 31st. Starting in August we will have monthly drawings for basket raffles.



BAR CODE CARD vs MEMBERSHIP CARD

There's been some confusion regarding the membership card you receive when you join. This card (laminated, blue or yellow) is important to keep with you. You need to have it every time you register for a trip. It speeds up the process so the secretary has your name/phone number and can check that your membership is current (note dot sticker on the back of this card for date to renew). The "My Senior Center" barcode card should be scanned when you enter the building to keep track all the data the county needs that enables us to receive our funding each year. Each of these cards serve different purposes.



MAHJONG RETURNS IN JULY

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 Thursdays in July (11am-1pm).



SUMMER VACATION DAYS FOR GRACE!

Grace has used her vacation times these past few months and would like to thank everyone who contributed towards her Christmas gift of travel gift cards. Just a reminder, while Grace is away or even if she's not, you can see Kerri for any questions or concerns.



GUIDE TO LEVELS OF WALKING ON TRIPS

With each trip advertised, we will now label them with levels of walking.

LEVEL 1 – Very little to no walking

LEVEL 2 – Minimal walking

LEVEL 3 – Excessive walking and/ or stairs

LEVEL 4 – Strenuous/long periods of standing or walking and/or stairs



