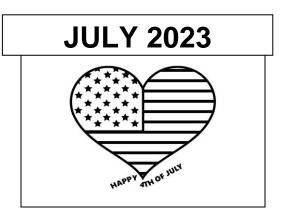
#### **EASTLAKE SENIOR CENTER**

600 East 349<sup>th</sup> 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



#### WE WILL BE CLOSED ON 4<sup>TH</sup> OF JULY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Attorney Visit by	CENTER CLOSED	Blood Pressure	Foot Doctor by	
Appointment			Appointment	
	LAKETRAN	NO YOGA CLASS!		
	CLOSED		The Winfield –	
			Guest Speaker	
10	11	12	13	14
	Board Meeting	Senior Market	LCCoA - Renee	
	Jack's		Gervasi Winery	
	Thistledown		Gervasi Willery	
17	18	19	20	21
National Ice-	Medicare and	Progressive Field	Kent State Fashion	
Cream Day	Muffins	Tour	Museum	
24	25	26	27	28
	Merry-Go-Round	Cleveland		Senior Day at
	Museum	Guardians		the Fair
24	A 4	A	A	A
31	Aug 1	Aug 2 Erie Zoo	Aug 3	Aug 4
		Effe 200	The Everly Brothers	

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 <sup>ST</sup> and 3 <sup>rd</sup> 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		

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.

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### **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.

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#### **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 31<sup>st</sup>. 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

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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, July 12<sup>th</sup> COST: FREE TIME: 11:00am

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#### FOOT DOCTOR - DR. BEN

Dr. Ben will be here next on July 6<sup>th</sup>. Must register. \$25 cash donation at appointment.

DATE: Thursday, July 6<sup>th</sup> and September 7<sup>th</sup> COST: \$25.00 TIME: 9am start

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## **PARTIES AND GET-TOGETHERS**

#### THE WINFIELD - GUEST SPEAKER

Michaela from The Winfield at Richmond Heights Independent and Assisted Living will be here and provide donuts and coffee. Please register at the front desk to attend this learning opportunity.

DATE: Thursday, July 6<sup>th</sup> COST: Free TIME: 9:30am-10:30am

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#### NATIONAL ICE CREAM DAY

Celebrate National Ice Cream Day with us. Enjoy a cold treat and some fun trivia! Sign up by July 13th.

DATE: Monday, July 17th COST: \$1.00 TIME: 12:30pm

#### MEDICARE AND MUFFINS

Christine Dorazio from the Health Plan Superstore will explain about going on Medicare and the ABC's of how to choose the right plan that fits your needs. Get the benefits that you deserve.

DATE: Tuesday, July 18<sup>th</sup> COST: Free TIME: 10:00am

### **SAVE THE DATE!!**

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



## **DAY TRIPS**

#### **JACK'S THISTLEDOWN RACINO (L1)**

Every month, JACK has exciting new ways to win more every time you play!

DATE: Tuesday, July 11th COST: \$5.00 TIME: 9:30am – 2:30pm

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#### **GERVASI WINERY – Trip is Full / Wait List Only (L2/3)**

DATE: Thursday, July 13<sup>th</sup> COST: \$45.00 TIME: 9:30am – 3:30pm

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#### PROGRESSIVE FIELD TOUR (L3)

This tour provides a unique look at the home of the Cleveland Guardians to explore behind-the-scenes areas of Progressive Field and history of the ballpark. Lunch at Hofbräuhaus.

DATE: Wednesday, July 19th COST: \$20.00 (bus/tour) TIME: 9:45am – 2:00pm

## **KENT STATE FASHION MUSEUM (L2/3)**

Enjoy a fascinating one-hour guided tour by a specially trained tour guide. Shop at the museum store that features wonderful art, jewelry, books and items related to our exhibitions. Lunch at Mike's Place. DATE: Thursday, July 20<sup>th</sup> COST: \$10.00 (bus/tour) TIME: 10:00am – 3:30pm

#### MERRY-GO-ROUND MUSEUM - Sandusky, OH (L2/3)

Learn about the history and art of the carousel. Lunch at Jolly Rogers Seafood House. Warning: there will be a little wait here as they are very popular this time of year and they do not take reservations. It's been highly recommended though!

DATE: Tuesday, July 25th COST: \$10.00 (bus/tour/ride) TIME: 8:30am – 4:00pm

# CLEVELAND GUARDIANS Vs KANSAS CITY ROYALS / Closed (L3)

DATE: Wednesday, July 26<sup>th</sup> COST: \$35.00 (bus/ticket) TIME: 11:30am – 4:00pm

### SENIOR DAY AT THE LAKE COUNTY FAIR (L3)

People 60 and older are admitted free until 2pm on that day. Free box lunches (1<sup>st</sup> come/1<sup>st</sup> serve to 350), music by the Pop Tarts, Trivia, Bingo and door prizes. Bus pick up/drop off here at the Center.

DATE: Friday, July 28<sup>th</sup>

COST: FREE

TIME: 9:30am – 2:30pm

## **ERIE ZOO (L3)**

The zoo has more than 400 animals, while the botanical gardens and greenhouse have over 600 species of plants from around the world. Senior Day- free admission!

DATE: Wednesday, August 2<sup>nd</sup> COST: \$5.00 TIME: 8:30am – 4:00pm

#### THE EVERLY BROTHERS EXPERIENCE (L1/2)

Enjoy a matinee concert at the Hartville Kitchen – The "Everly Brothers Experience" featuring The Zmed Brothers! We will stop for brunch on the way down.

DATE: Thursday, August 3<sup>rd</sup> COST: \$35.00 (bus/ticket) TIME: 9:00am – 4:30pm

## **LUNCH BUNCH (L1)**

Enjoy a meal at Blazin' Bills in Hiram, offering a hearty American fare & BBQ specialties, such as slabs of ribs & homemade slaw, in a breezy setting.

DATE: Friday, August 11th COST: \$5.00 TIME: 11:15am – 2:30pm

#### RABBIT RUN THEATER – Deadline to Register/Pay August 3rd (L1/2)

Cabaret explores Bohemian Berlin as Germany yields to the emerging Third Reich.

DATE: Thursday, August 24th COST: \$30.00(bus/ticket) TIME: 6:15pm – 11:00pm

## PUT-IN-BAY – Deadline to Register/Pay August 18th (L3/4)

Head to the islands on the ferry and explore the day away!

DATE: Thursday, August 31st COST: \$35.00(bus/ferry) TIME: 8:00am - 5:30pm