#### **EASTLAKE SENIOR CENTER**

East 349<sup>th</sup> off Roberts Road Eastlake, Oh 44095 440-975-4268

Grace Giangiacomo, Director
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Newsletter online at

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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Erie Zoo	3 The Everly Brothers	4
7 Attorney	8	9 Senior Market Day 11am-12pm	10 Council on Aging - Kelly	11 Lunch Bunch
14	15 Script Signs Tour	16	17 Summer Picnic at the Beach	18 Winery
21	22 Geneva on the Lake	23 Casino	24 Winfield Guest Speaker Rabbit Run Theater	25
28	Lifeline Screenings	30	31 Put-In-Bay	Sept 1 Hartville

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	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	
SENIOR MARKET	WEDNESDAY	11:00am-12:00pm	
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 11:30am-1:30pm 1¢ pe		

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.

Please Note: Without prior approval first from either Grace or Kerri, any purchase you make for the Eastlake

Senior Center, you will not be reimbursed. Thank you, Eastlake Senior Board.

## **CENTER NEWS**

#### **OUR THOUGHTS**

Our condolences to the families of Anthony Angelo and of Audrey Kilrain, both long time members of our Senior Center.

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#### **BUS TRIP ETIQUETTE**

Please remember to come inside the Center and check in at the kiosk before you leave. We also remind you to sit in the same seat for the duration of the trip – both ways. Additionally, the time frame listed for the trips is the departure time from the Center and the approximate arrival time back at the Center.

#### 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, in order to keep track of all the data the county needs. This enables us to receive our funding each year. Each of these cards serve different purposes.

#### **MAHJONG RETURNS**

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 (11am-1pm)!

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#### **WOODBURNING RETURNS**

Our wood burning group starts up again on Tuesday, September 5<sup>th</sup> (9am-11am). Come and see what this is all about. It's a fun group to join.

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#### **OUR THANKS**

Thanks to Louise for all the beautiful work making all of our tablecloths to ensure our coffee tables look more inviting...and not to mention the cute Gnomes!

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#### **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



## **HEALTH AND WELLNESS**

#### FOOT DOCTOR - DR. BEN

Dr. Ben will be here next on September 7th. Must register. \$25 cash donation at appointment.

DATE: Thursdays, Sept 7<sup>th</sup> and Nov 2<sup>nd</sup>

COST: \$25.00

TIME: 9am start

## **PARTIES AND GET-TOGETHERS**

#### THE WINFIELD - GUEST SPEAKER

Michaela from The Winfield at Richmond Heights Independent and Assisted Living will be here to discuss advance directives and check blood pressures! Donuts by Biagios! Please register at the front desk to attend this learning opportunity.

DATE: Thursday, August 24th

COST: FREE

TIME: 9:30am-10:30am

#### 50<sup>TH</sup> ANNIVERSARY PARTY/Register by September 8<sup>th</sup>

The Eastlake Senior Center is celebrating our 50<sup>th</sup> Anniversary this year!!

We will be celebrating on Saturday, September 16<sup>th</sup>.

Sign up for this event!!

DATE: Saturday, September 16th

COST: \$2.00

TIME: 1:00pm - 4:00pm (Food 1-3pm)

<u>MENU</u>

Hot Dogs, Hamburgers, French Fries, Coleslaw, Drinks Dessert.

# 50 YEARS!

1973

2023

#### SAVE THE DATE, SUNDAY, SEPTEMBER 17<sup>TH</sup>

The Oktoberfest, hosted by the City, will be located here. The next day after our 50<sup>th</sup> Anniversary Party. Mark your calendar to join in this festivity, with German themed food, Music, and Adult Beverages. Bring your friends and let's party!



## DAY TRIPS

#### **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

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THE EVERLY BROTHERS EXPERIENCE (L1/2) Thurs., Aug. 3rd: 9:00-4:30(two tickets left) 

#### LUNCH BUNCH at BLAZIN' BILLS (L1)

Enjoy lunch in Hiram, offering a hearty American fare & BBQ specialties, all in a breezy setting.

DATE: Friday, August 11<sup>TH</sup>

COST: \$5.00

TIME: 11:15am - 2:30pm

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#### **CLEVELAND SCRIPT SIGNS AROUND TOWN (L2/3)**

Great photo-ops, a bagged lunch provided by the center. We will picnic at Edgewater Park and ice-cream at Mitchells on your own! Please note, there will be numerous times of getting on and off the bus.

DATE: Tuesday, August 15th

COST: \$5.00

TIME: 9:45am - 3:45pm

#### **SUMMER PICNIC AT THE BEACH (L2/3)**

Join us at Fairport Harbor where Kerri and Grace will be grilling hot dogs/sides. Kayak rental available for a small fee on your own. There will be a stop at Fairport Creamery on the way home, we are living by Kerri's motto! All good days end in ice cream!!

DATE: Thursday, August 17th

COST: \$10.00 (bus/food)

TIME: 10:00am - 2:00pm

#### **EMERINE ESTATES WINERY (L1)**

Dating back to 1917 through 5 generations, Emerine Estates Winery in Jefferson.

DATE: Friday, August 18th

COST: \$5.00

TIME: 9:30am - 3:30pm

#### GENEVA ON THE LAKE (L3)

Fun for all ages, GOTL has something for everyone, no matter your age or interests...shop, food, puttputt, winery, people-watching, etc. You are on your own for the day. Drop off will be at a central location.

DATE: Tuesday, August 22<sup>nd</sup>

COST: \$5.00

TIME: 9:30am - 3:30pm <><><><><><><><><><><><><><><>

#### PRESQUE ISLE CASINO (L2)

Presque Isle Downs & Casino is your best bet for excitement every time you play!

DATE: Wednesday, August 23rd

COST: \$5.00

TIME: 9:30am - 5:00pm

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#### RABBIT RUN THEATER – Sign-up/Pay by August 3<sup>rd</sup> (L1/2)

Set in the late 1920's, Rabbit Run offers outstanding live theater, featuring Cabaret this month. Rabbit Run assures the audience they will forget all their troubles "At the Cabaret".

DATE: Thursday, August 24th

COST: \$30.00 (bus/ticket)

TIME: 6:15pm - 11:00pm

#### PUT-IN-BAY – Sign up/Pay by August 24th (L3/4)

If you haven't been on this annual trip to the Islands, grab a friend and head with us to the islands on the ferry and explore the day away! We promise it will be a delightful day.

DATE: Thursday, August 31st

COST: \$35.00 (bus/ferry)

TIME: 8:00am - 5:30pm

#### RETURN TO HARTVILLE FLEA MARKET (L2/3)

With over 12 acres of outdoor vendor space, Hartville Flea Market offers a bit of everything! DATE: Friday, September 1st COST: \$5.00 TIME: 8:45am – 3:30pm

#### SENIOR DAY AT THE FARMPARK (L2/3)/Sign up ASAP!

Activities, demonstrations, speakers, senior-related vendors (9a-12p). Health screenings by University Hospitals (440-358-7275) to register. Sign up ASAP for a free hotdog lunch. This is not guaranteed. DATE: Thursday, September 14th COST: \$5.00 TIME: 8:45am - 1:00pm