EASTLAKE SENIOR CENTER

600 East 349th 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

SEPTEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Hartville
			,	
4	5 Woodburning	6 Blood Pressure	7 Foot Doctor	8
HAPPY Labor DAY	Returns			Gatehouse Winery
CENTER CLOSED		,		
Attorney	12 Board meeting	13 Produce Market	14 LLCoA – Kelly	15 50 th Anniversary Party Tomorrow!
	_		Senior Day at Lake Farm Park	
18	19	20	21	22
	Amish	Rivers Casino	The Winfield	
25	26	27	28	29
	Grand Pacific Junction			Lunch Bunch

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	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 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¢ 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

Best wishes for a speedy recovery to Beverly Reeves, Joyce McMahon and Celine Burger.

LABOR DAY - CENTER WILL BE CLOSED

Monday, September 4th, the senior center will closed for Labor Day. Enjoy your friends and family.

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.

OUT-GOING MAIL

The out-going "mail basket" has been removed from the front lobby, as the mail carrier does come inside if there is no mail to be delivered here. We know some of you leave mail that needs delivery in a timely basis (bills, etc.) and we don't want important mail to be left for too long. If you do not have immediate access to a public mailbox, please let Grace or Kerri know.

EASTLAKE SENIOR CENTER BOARD

The Board meets the 2nd Tuesday of every month at 11:00am. If you ever have a reason to see a Board Member, you can always talk with one of them before or after a meeting, or if you see them in the center. Alternatively, you can always leave a note in a sealed envelope with either Kerri or Grace and they will make sure a Board member receives it.

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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 5th (9am-11am). Inquiring minds want to know! Are you curious? Stop by and check it out! It's not just for men!

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 3 – Excessive walking and/or stairs

LEVEL 2 - Minimal walking

LEVEL 4 – Strenuous standing or walking and /or stairs

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GUEST PASSES

We frequently get asked if members can bring a guest on a trip or to attend one of our events. The answer is yes. There is a \$1 extra charge and they need to fill out a card with their information on it for liability purposes.

A young boy was lost in the mall. He ran over to a police officer. "I've lost my dad!" he said.
"What's he like?" the cop asked. "Baseball and Beer"

HEALTH AND WELLNESS

FOOT DOCTOR - DR. BEN

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

DATE: Thursdays, Sept 7th and Nov 2nd COST: \$25.00

TIME: 9am start

PARTIES AND GET-TOGETHERS

THE WINFIELD - GUEST SPEAKER

Michaela from the Winfield Inn at Richmond Heights Independent and Assisted Living will be here to administer blood pressure checks. Please register at the front desk, Bagels and muffins will be served. COST: FREE

DATE: Thursday, September 21st

TIME: 9:00am -10:00am

ELDER LAW AND REAL ESTATE PLANNING SEMINAR

Key points will be discussed to help you plan & prepare for downsizing, moving or relocating. Please register at the front desk if you plan on attending so we can get an accurate count for a food order. DATE: Thursday, October 12th COST: FREE TIME: 10:30am

50TH ANNIVERSARY PARTY/Register by September 8th

We made it! 50 Years! Sign up by September 8th to get in on the fun!

DATE: Saturday, September 16th

COST: \$2.00

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

MEMBERS ONLY!

MENU: Hot Dogs, Hamburgers, French Fries, Coleslaw, Drinks (adult too), Dessert sponsored by Judge Marisa Cornachio

SPONSORED BY: Chagrin River Salmon Assoc.

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OKTOBERFEST!! - SAVE THE DATE

The Oktoberfest, hosted by the city, will be located here at the center on Sunday, September 17th (the day after our party). Dig out your lederhosen and let's get ready to party!! Enjoy German themed food, music and adult beverages! Bring your friends and have a good time!

THINGS TO LOOK FORWARD TO: SAVE THE DATE!

Fall Foliage trip – Wednesday, October 18th

Fall Boutique - Saturday, October 21st

Halloween Party – Tuesday, October 31st

Cleveland Pops Concert - Sunday, November 26th

A Christmas Carol – Thursday, November 30th

Holiday Boutique - Saturday, December 2nd

Ugly Sweater Party – Wednesday, December 6th Christmas Party – TBD

DAY TRIPS

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

THE GATEHOUSE WINERY (L1/2)

We'll travel to Jamestown, PA to enjoy this uniquely beautiful property that's been around since 1802.

DATE: Friday, September 8th

COST: \$5.00

TIME: 11:15am-4:30pm

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SENIOR DAY AT THE FARMPARK (L2/3)

Activities, demonstrations, speaker from Lake County Probate Court, senior-related vendors (9a-12p). Health screenings by University Hospitals (440-358-7275 to register for health screenings). Free hot dog lunches are no longer available (unless you were the first 18 people to sign up) but you can still sign up.

DATE: Thursday, September 14th

COST: \$5.00

TIME: 8:45am - 1:00pm

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VISIT TO AMISH COUNTRY (L3)

We'll stop at P. Graham Dunn for a unique shopping experience, have lunch at Der Dutchman Restaurant, then stop into the Walnut Creek Cheese Factory where they also have delicious ice cream!

DATE: Tuesday, September 19th

COST: \$5.00

TIME: 8:30am - 5:00pm

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RIVERS CASINO (L2)

No luck in Ohio? Try your hand in PA! The scenery here is lovely if you don't want to gamble all day. You will receive \$20 in free play and \$5 dining credit with a valid Ohio state ID.

DATE: Wednesday, September 20th

COST: \$5.00

TIME: 8:30am - 5:30pm

GRAND PACIFIC JUNCTION (L3)

We will travel to Olmsted Falls to enjoy this Historic outdoor shopping district. Choose one of the lovely places to eat then of course grab some ice cream before you leave!

DATE: Tuesday, September 26th

COST: \$5.00

TIME: 9:30am - 4:00pm

LUNCH BUNCH AT BLAZIN BILLS (L1)

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

DATE: Friday, September 29th COST: \$5.00 TIME: 11:15am-2:30pm

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ANNUAL WINE HOP (L2)

Our first stop on this hop will be for appetizers, then we will stop for lunch, then a third for dessert. Sure to be a hoppin' good time! Please have a nice breakfast before coming to the center. Kerri may make you walk a straight line before heading home for the night.

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DATE: Friday, October 6th

COST: \$5.00

TIME: TBA

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GREAT LAKES THEATER (L2)

Dracula: The Bloody Truth *A Bloody Good Romp* Enjoy this wild, zany adaptation about the terrifying story of the legendary vampire Dracula. We will stop for lunch after the show.

DATE: Tuesday, October 24th

COST: \$25.00 (bus/ticket)

TIME: 9:00am-3:00 pm