

EASTLAKE SENIOR CENTER

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

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Attorney visit	3	4 Blood Pressure	5	6 Wine Hop
9 COLUMBUS DAY WE ARE OPEN!	10 Board meeting My Hearing Center Screenings	11 Produce Market Culinary Bistro	12 LCCoA – Kelly Downsizing presentation	13 Lake County Council on Aging Medicare seminar
16 Judge Marisa Cornachio Coffee, Crumpets and Conversation	17	18	19 Fall Foliage Tour	20 Shore Cultural Center – Once Upon a Mattress FALL BOUTIQUE TOMORROW
23 United Health Care Medicare Seminar	24 Great Lakes Theater	25 Cuyahoga Valley Scenic Railroad	26 Halloween Meditation party	27 Lunch Bunch
30	31 Devoted Health <u>Medicare plans</u> Halloween Party	NOV 1 Hollywood Gaming	2 Foot Doctor	3 Brain Calisthenics and Medicare seminar

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
TOPS* fee to join*	TUESDAY	9:30am – 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	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.

LAKE COUNTY COUNCIL ON AGING

FOOT DOCTOR – DR. BEN

[illegible][illegible][illegible]

[illegible]

That time is rounding down. Clocks will “fall back” one hour at 2 a.m. local time on Sunday, November 5, 2023.

CENTER NEWS

OUR THOUGHTS

Our condolences to the friends and family of member Carolyn Clementson, on her recent passing and Maxine Hutchison on the passing of her daughter Leigh Ann. Best wishes to Elaine Bielawski for a speedy recovery.



*****BOOK CLUB ***New for 2024!!!**

Starting in January, Tammy from the Willoughby Eastlake Library will come here to conduct a book club on the last Thursday of each month from 10-11:30 am. Sometime this month she will have the list of books for the whole year. In mid-November she will drop off the books for the January discussion so you have all through the holidays to complete it. If you would be interested, please put your name and phone number on the list at the front desk so we can call to remind you.

[illegible]

FITNESS ROOM

With inclement weather heading our way, please be diligent about changing into a clean, dry pair of shoes when working on the machines. The water, dirt and salt will damage them.

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

8TH ANNUAL FALL BOUTIQUE

DATE: SATURDAY, OCTOBER 21ST

TIME: 9:00am to 3:00pm

FREE ADMISSION

VENDOR / CRAFT TABLES

BAKE SALE

CHINESE AUCTION

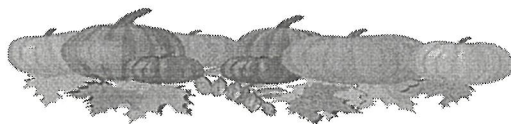
CONCESSION STAND

**HOT DOG, CHILI DOG
SLOPPY JOE SANDWICH**

PIZZA

BOWL OF CHILI

CHIPS



****COMMUNITY EVENT** LAKELAND CIVIC CHORUS**

Our very own member, Harold Meier, will be performing in the Lakeland Civic Chorus concert “Last Rose”. Attend on your own time. Go to lakelandcc.edu/arts for tickets

DATE: Sunday, October 22nd

COST: \$10 adults/\$6 seniors and vets

TIME: 4pm

[illegible]

COFFEE, CRUMPETS & CONVERSATION

Judge Marisa Cornachio will be coming here Monday, October 16th from 11-12 pm. She is stopping by for some Coffee, Crumpets, and Conversation. Please register at the front desk so we have a count for food.

ANNUAL WINE HOP (L2)

This trip is full. Grace or Kerri will be calling everyone with important details.

DATE: Friday, October 6th COST: \$5.00 TIME: 11:00am- 5:30pm

[illegible]

EUCLID CULINARY BISTRO (L1) LIMITED TO 16 SEATS

Euclid Culinary School is having their Opening Day Buffet! Lunch is \$14 that you pay on your own.

DATE: Wednesday, October 11th **COST:** \$5.00 **TIME:** 12:15pm-2pm

[illegible]

FALL FOLIAGE (L3)

Enjoy the beauty of Fall as we head to Walnut Creek Flea Market, Mrs. Yoder's for lunch and last stop at The Ashery Country Store which has all your bulk shopping needs.

DATE: Thursday, October 19th **COST:** \$5.00 **TIME:** 8:00am – 4:30pm

[illegible]

SHORE CULTURAL CENTER (L1)

Presented by Silhouette Productions & Shore Cultural Center, join us for this musical comedy version of the Princess and the Pea, called Once Upon a Mattress. We will stop for lunch after (TBA).

DATE: Friday, October 20th **COST:** \$20.00 (bus/ticket) **TIME:** 9:15am – TBA

A decorative horizontal line composed of approximately 20 interlocking diamond or chevron-like symbols arranged side-by-side.

GREAT LAKES THEATER (L2)

This trip is full. We will stop at Marie's Restaurant for lunch after the show.

DATE: Tuesday, October 24th COST: \$25.00 (bus/ticket) TIME: 9:00am-3:30 pm

[illegible]

CUYAHOGA VALLEY SCENIC RAILROAD (L1) DEADLINE IS OCT. 10TH

Only 30 seats available for this National Park Scenic Excursion. We will travel coach style leaving from Peninsula depot and enjoy the fall colors on this 2-hour round trip adventure. Snacks will be available for purchase on the train. Chugga chugga choo choo.....

DATE: Wednesday, October 25th **COST:** \$27.00 (bus/ticket) **TIME:** 9:30am - 2:30pm

[illegible]

LUNCH BUNCH AT ROCKNE'S (L2)

Before lunch at Rockne's in Kent we will stop at Beckwith Orchards Cider Mill to check out their gift shop and bakery to see all the fall goodness they have to offer!

DATE: Friday, October 27th **COST:** \$5.00 **TIME:** 9:30am – 2:30pm

HOLLYWOOD GAMING MAHONING VALLEY (L2)

Let's head to Youngstown for a chance to win big!

DATE: Wednesday, November 1st COST: \$5.00 TIME: 9:00am-3:00pm

[illegible]**FOOTBALL HALL OF FAME (L3) LIMITED TO 16 SEATS**

Around since 1963, this football heaven has all you want to see in the world of football. Enjoy a self-guided tour and be sure to visit our own newly inducted Cleveland Brown, Joe Thomas. It is Senior Day, so those who are 65 or older can get in for a discounted rate listed below. If you are younger the rate is \$48(includes bus). We will have to check your birthdates to be sure. Lunch will be at the Hartville Kitchen.

DATE: Tuesday, November 7th **COST:** \$15.00 (bus/ticket) **TIME:** 9:30am-4:45pm

[illegible]

CLEVELAND POPS HOLIDAY SPECTACULAR! (L2)

Get in the holiday spirit with the Cleveland Pops Orchestra and Pops Chorus. Listen to your favorite tunes, join in a sing-a-long and enjoy the famous Dancing Santa's at Connor Palace Theater. Seats are limited to 40 for this show. Deadline to sign up is Thursday, Oct. 12th.

DATE: Sunday, November 26th COST: \$36(bus/ticket) TIME: 1:00pm-TBA

[illegible]