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

OCTOBER 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Attorney visit Blood Pressure Wine Ho OCUMBUS DAY THURSDAY FRIDAY A 5 Blood Pressure Produce Market LCCoA – Kelly Lake Cou	6 pp 13 nty
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WE ARE OPEN! My Hearing Center Culinary Bistro Downsizing Council on A	
Screenings presentation Medicare se	minar
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Judge Marisa Shore Cult Cornachio Center – C	
Coffee, Crumpets Fall Foliage Tour Upon a Mat	
and Conversation FALL BOUT	
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23 24 25 26	27
United Health Great Lakes Cuyahoga Valley Halloween	
Care Medicare Theater Scenic Railroad Meditation party Lunch Bu	nch
Seminar .	
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Devoted Health Foot Doctor Brain Calisti	nenics
Medicare plans Hollywood Gaming and Medic	care
Halloween Party semina	
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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 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	
Footballs Continued and the first of the City of Footballs and the Late Continued City of City			

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.

HEALTH AND WELLNESS

LAKE COUNTY COUNCIL ON AGING

Kelly Blauman, Information and Assistance Specialist from the Lake County Council on Aging will be here the second Thursday of every month from 10-11 am. Stop by to see her if you have any questions or concerns. She'd be happy to try and help and if she can't she will steer you in the right direction.

HEARING SCREENINGS

My Hearing Center will be here to conduct screenings. Please register at the front desk for a time slot.

DATE: Thursday, October 26th

COST: FREE

TIME: 10-12pm

FOOT DOCTOR - DR. BEN

Dr. Ben will be here on November 2nd. Must register. \$25 cash donation at appointment.

DATE: Thursday, Nov 2nd

COST: \$25.00

TIME: 9am start

PARTIES AND GET-TOGETHERS

As you all know there is open enrollment for Medicare from October 15th ending December 7th. We will be having different companies coming to the center to explain their programs. They are listed below. You can attend all if you like and then make a decision on what program works well with you and your lifestyle. Please register ahead of time at the front desk for all programs you wish to attend.

Lake County Council on Aging

DATE: Friday, October 13th

TIME: 9:30am

United Healthcare

DATE: Monday, October 23rd

TIME: 10am

Devoted Healthcare

DATE: Tuesday, October 31st

TIME: 10am

*RECEIVE A FREE \$10 GIFT CARD JUST FOR ATTENDING

Bost - Brain Calisthenics

DATE: Friday, November 3rd

TIME: 9:30am

Ohio Health Insurance

DATE: Thursday, November 9th

TIME: 10:30am

ELDER LAW AND REAL ESTATE PLANNING SEMINAR/BREAKFAST

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: 8:30am

HALLOWEEN MEDITATION PARTY

Cider and candy will be provided. Feel free to come in costume. Perfect time to give meditation a try!

DATE: Thursday, October 26th

COST: FREE

TIME: 12:00pm

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HALLOWEEN PARTY

Come dressed if you dare... hat, shirt, glasses or the full get-up! Enjoy a witch's brew, snake bites n snot and a delightful spider bowl ending with Dracula's favorite dessert made in Transylvania!

DATE: Tuesday, October 31st

COST: \$10

TIME: 12:00pm -2:00pm

VETERANS DAY CELEBRATION

Welcome Pete Booth, whose mom and dad both served in WWII. He will be portraying a member of the Fifth Rangers with a first-person account of their actions on D-Day. He will also have WWII memorabilia for everyone to view. Please sign up at the front desk if you plan on attending.

DATE: Friday, November 10th

COST: FREE

TIME: 10am

REMINDER

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.

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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

22nd COST: \$10 adults/\$6 seniors and vets

TIME: 4pm

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.

DAY TRIPS

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

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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

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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

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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

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

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. Chuqqa chuqqa choo choo......

DATE: Wednesday, October 25th

COST: \$27.00(bus/ticket)

TIME: 9:30am - 2:30pm

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

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

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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

er 26th COST: \$36(bus/ticket) TIME

TIME: 1:00pm-TBA