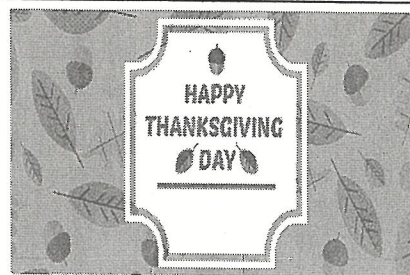


## EASTLAKE SENIOR CENTER

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

## NOVEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>Blood Pressure</u> Hollywood Casino	2 Foot Doctor	3 Brain Calisthenics/Bost Insurance
6 Attorney visit Gardener Pie Company	7 Football Hall of Fame Election Day!	8 Produce Market	9 LCCoA – Kelly  Ohio Health Insurance	10 Pete Booth <u>Veterans Day</u>  Bingo starts at 12
13	14 <u>Board meeting</u>  Turkey Bowl and Devoted Health table	15	16 Peterson Nuts  Meditation class	17  Christmas Connection at IX Center
20	21 Gallucci's & lunch	22	23 <u>CLOSED</u> HAPPY THANKSGIVING	24  CLOSED
27	28 Lunch Bunch	29	30  Great Lakes Theater	Dec. 1 Rockefeller <u>Gardens</u> Boutique tomorrow

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 <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	Temporarily put on hold	11:00am – 1:00pm
MEDITATION	3 <sup>rd</sup> 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.

## 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.

[illegible]

## FOOT DOCTOR – DR. BEN

**Dr. Ben will be here on November 2<sup>nd</sup> and January 4<sup>th</sup>. Must register. \$25 cash donation at appointment.**

**DATE:** Thursday, Nov 2<sup>nd</sup>

**COST: \$25.00**

**TIME: 9am start**

[illegible]

## MEDITATION CLASS

**This class, which has many benefits, will now just be held on the 3<sup>rd</sup> Thursday of each month at 12 pm.**

**If you are unsure, stop by one time and give it a try.**



## PARTIES AND GET-TOGETHERS

**As you all know there is open enrollment for Medicare from October 15<sup>th</sup> ending December 7<sup>th</sup>. 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.**

**lifestyle. Please register ahead of time at the front desk for all programs you wish to attend.**

## Bost – Brain Calisthenics

**DATE: Friday, November 3<sup>rd</sup>**

**TIME: 9:30am**

## Ohio Health Insurance

**DATE:** Thursday, November 9<sup>th</sup>

TIME: 10:30am



## 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 10<sup>th</sup>

**COST: FREE**

TIME: 10am

[illegible]

## TURKEY BOWL

**Enjoy a bowl of turkey soup and dessert plus our famous Turkey Bowl! Start stretching out your throwing arm to give it your best shot! Sponsored by Devoted Health Plan.**

**DATE:** Tuesday, November 14<sup>th</sup>

**COST: \$5**

**TIME: 12-1:30pm**



## REMINDER

**That time is rounding down. Clocks will “fall back” one hour at 2 a.m. local time on**

**Sunday, November 5, 2023.**



## CHRISTMAS PARTY

**This years party will once again be at the beautiful Pine Ridge Country Club! Get dressed up in your best Christmas outfits, enjoy your friends and a delicious meal (TBA) and some holiday tunes!**

**DATE:** Thursday, December 14<sup>th</sup>

**COST: \$30**

**TIME: 12:00-3:00pm**

[illegible]



## CENTER NEWS

**Please like us on Facebook if you can. So much important information is put on there as well as fun pictures of our trips and events.**

**Our condolences to the friends and family of member Ona Labadie, on her recent passing.**

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

Is it on your bucket list to start reading more? Here's your chance!! 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. The first book title is Finding Dorothy: by Elizabeth Letts. It is a historical fiction book. You can do [www.goodreads.com](http://www.goodreads.com) read more information on it. 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. The list of books for the year is at the front desk if you wish to see.

## ALL AROUND TOWN COUPON BOOKS

**Coupon Books are here!! They make great gifts! See Grace or Kerri if you'd like one. They are \$28 each with thousands of dollars of savings inside!**

## 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**

## ANNUAL HOLIDAY BOUTIQUE

**DATE: SATURDAY, DECEMBER 2<sup>ND</sup>**

**TIME: 9:00am to 3:00pm**

**FREE ADMISSION**

## VENDOR / CRAFT TABLES

## BAKE SALE

## CHINESE AUCTION INCLUDING 3 WHEEL BICYCLE CONCESSION STAND



## HOLIDAY CLOSINGS

**We will be closed for the Thanksgiving holiday on Thursday, November 23<sup>rd</sup> and Friday, November 24<sup>th</sup>.**

The center will also be closed between Christmas and New Year. Our last day open will be Friday, December 22<sup>nd</sup> and we will reopen on Tuesday, January 2<sup>nd</sup>. Enjoy this time with friends and family and think of all the blessings you've had throughout the year.

# DAY TRIPS

**\*\*Trips will be weather dependent for the next few months. \*\***

## HOLLYWOOD GAMING MAHONING VALLEY (L2)

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

## GARDENER PIE COMPANY and LUNCH (L2)

Let's head to Akron for some delicious pies to take home. Stock up for the holidays. Lunch after will be at Gio's (formerly known as Lembo's)

DATE: Monday, November 6<sup>th</sup> COST: \$5.00 TIME: 9:00am – 2:00pm

## FOOTBALL HALL OF FAME (L3)

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 at Hartville Kitchen.

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

## PETERSON NUTS AND LUNCH (L2)

We will visit their retail store in Solon and then have lunch.

DATE: Thursday, November 16<sup>th</sup> COST: \$5.00 TIME: 9:30am-2:00pm

## CHRISTMAS CONNECTION AT IX CENTER (L3)

Enjoy this festive marketplace where you can shop for holiday gifts from over 100 vendors, experience holiday displays and more!

DATE: Friday, November 17<sup>th</sup> COST: \$15.00 TIME: 9:30am-2:30pm

## GALLUCCI'S ITALIAN FOODS AND LUNCH (L2)

Who doesn't love to visit this Italian delicacy for all your kitchen and taste bud needs?

DATE: Tuesday, November 21<sup>st</sup> COST: \$5.00 TIME: 10am-2pm

## CLEVELAND POPS HOLIDAY SPECTACULAR! (L2) This trip is full!

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.

DATE: Sunday, November 26<sup>th</sup> COST: \$36(bus/ticket) TIME: 1:00pm-5:00pm

## MYSTERY BREWERY LUNCH BUNCH (L2)

We've been to so many wineries it is now time to try some breweries.

DATE: Tuesday, November 28<sup>th</sup> COST: \$5.00 TIME: TBA

## GREAT LAKES THEATER- "A CHRISTMAS CAROL" (L2)

Open your heart to Charles Dickens' classic tale of one man's ultimate redemption. We will stop at Marie's Restaurant for lunch after the show.

DATE: Thursday, November 30<sup>th</sup> COST: \$25.00(bus/ticket) TIME: 9:00am-3:30 pm

## ROCKEFELLER PARK GREENHOUSE (L2)

Visit this annual "Friends of the Greenhouse Poinsettia Sale" to get your choice of holiday plants and then we shall eat!

DATE: Friday, December 1<sup>st</sup> COST: \$5.00 TIME: 10:00am – 3:00pm

## KINGWOOD GARDENS CHRISTMAS LIGHTS (L3)

Enjoy the beauty of Christmas in this walk through display in Mansfield and then dinner TBA.

DATE: Friday, December 8<sup>th</sup> COST: \$15.00 TIME: 2:30-10:00pm