

## EASTLAKE SENIOR CENTER

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Eastlake, Oh 44095  
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Newsletter online at  
www.eastlakeohio.com  
Hours: Mon-Fri, 8:00am-3:30pm  
Monday-Friday

## FEBRUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8 Home & Garden Show	9 Ethnic Lunch
12 Attorney visit	13 Board mtg. Great Lakes Theater	14 Produce Market Happy Valentine's Day	15 LCCoA – Kelly Valentine's Day Party	16
19 CLOSED FOR PRESIDENTS DAY	20 Learn to Pickleball (indoors)	21 MGM Casino	22 Western Reserve Historical Society	23 Fish Fry
26	27	28 Presentation on scams and frauds	29 Book Club Leap Year Party	

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 MESSAGES *fee based*	THURSDAY	9:00am – TBA (sign-up)
MAHJONG	Temporarily put on hold	11:00am – 1:00pm
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 or Kerri. If you have not gotten prior approval, you will not be reimbursed. Also, you can refer to the senior center Code of Conduct that is posted in each room for reminders on how to behave properly while you are here.

## 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. The admin of the page really keeps us informed of what is happening at the center and around town. Lots of time and creativity goes into these posts.



**A very big THANK YOU to those of you who donated money to the Miracle League of Lake County in memory of our Mayor Dennis Morley who passed away last month. He will be missed tremendously.**

Remember we are a warming center so even if local schools are closed due to the weather, we will remain open for anyone who needs a place to go to stay warm or enjoy a hot cup of coffee.

## REETING CARDS

**Need a Valentine card for that sweet person in your life? Don't pay store prices. Check out our supply at the front desk, only 25 cents each! Easter cards will be on display soon!**

## MEMBERSHIP RENEWAL REMINDERS

**Memberships are due annually. Check the back of your card to see when yours is due. Many of you owe in January. For liability purposes it's important you keep up with this. It's only \$4 for Eastlake residents and \$8 for non-residents. Take advantage of all the great things we offer!**



## WOODBURNING

**This group meets in the Comfort Elves Room on Tuesdays from 9-11 am. Come check out the beautiful work they do! If interested, they'd be happy to teach you.**

## FITNESS ROOM

Anyone with a new year's resolution of being healthy? We can help! For just \$20 for the year you can join our amazing fitness room. You can work on cardio, strength and flexibility. We even have tv's you can enjoy which helps the time pass as you work out. If you are already a member, be sure to check your card to see when you owe your yearly fee. 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. Thank you!



# PICKLEBALL 101

Let's find out what this pickleball craze is all about! We had 2 beautiful new courts installed here last summer so let's learn how to use them. Local pickleball players who have participated in past Senior Olympics will come and give a casual introduction to this sport. Don't worry, it'll be inside where it's warm. Please sign up so we know how many to expect.

DATE: Tuesday, February 20<sup>th</sup>

**COST: FREE**

TIME: 1:30 pm

# POKER

**We have a member who would be interested in starting up a group to play Poker at the center. If this sounds fun to you let us know!**

**COMING SOON! SOME EXCITING NEWS WITH OUR NEW TV!**

Also, if you'd like to sit and relax while watching the news or something else, let us know and you can do so in the tv room in a comfy seat.

[illegible]

## OTHER NEWS

**Upcoming Motor coach trips with the "John Roberts Group":**

**\*Seneca Allegheny Casino St. Patrick's Day Getaway – March 17-19, \$289/pp**

\*Branson Show Extravaganza – April 7-13, \$925/pp/ double occupancy (+\$209/single)

\*Mount Rushmore, Badlands, Black Hills – May 18-26, \$1249pp/double occupancy (+\$286/single)

\*Mackinac Island – Sept. 2-6, \$795pp/double occupancy (+\$179/single)

Call John Roberts at 440-346-6060 or 440-428-5424. Flyers with full details are at front desk.

## HEALTH / WELLNESS / EDUCATIONAL

## 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 March 5<sup>th</sup>. Must register. \$25 cash donation at appointment. If you make an appointment it is extremely important that you let us know if you have to cancel.**

**DATE: Tuesday, March 5<sup>th</sup>**                      **COST: \$25.00**                      **TIME: 9am start**

## PRESENTATION ON SCAMS AND FRAUD

**A representative from the Lake County Council on Aging will be here to discuss these topics and answer any questions you may have. Please sign up if you intend on coming.**

DATE: Wednesday, February 28<sup>th</sup> TIME: 11:15 am



## BOOK CLUB

**Our second discussion of the year. Be sure to finish your book! If you can't make it to the discussion, please return your book by this day. The list of books for the year is at the front desk if you wish to see. You can join us at any point throughout the year. February book: (a mystery) - The House Across the Lake by Riley Sager. This is local author.**

DATE: Thursday, February 29<sup>th</sup> TIME: 10:00 am – 11:00 am



**ATTORNEY DEBORAH LOUGHNER**

**She will be here the second Monday each month from 1-3 pm. If you'd like a free half hour consultation, please sign up for a time slot at the front desk.**

## 2024 MIND CHALLENGE

**Do you enjoy watching Jeopardy? Do you have a wealth of what you consider useless knowledge? Do you enjoy fun competition amongst your peers? If yes, joins us! We formed one team last year and competed with local senior centers. We came in 4<sup>th</sup> out of 9 teams in our region. But the fun was priceless! There's no stress or pressure, we will do our best and have fun! Whatever happens, happens! The first round is April 24<sup>th</sup> at Willoughby Hills Senior Center at 1 pm. It's once a week @ 1pm with the finals being May 22<sup>nd</sup>. So depending on how we do, we could go to May 22<sup>nd</sup> or we could end sooner. It's not a major commitment but you do need to show up each week. Teams consist of 4-6 seniors. Let's represent Eastlake well and get 2 teams this year! Let Kerri know if you are interested.**



## PARTIES AND GET-TOGETHERS

**VALENTINES DAY PARTY-sign up by Feb. 12th**

**We'll be sure to have a heart-warming lunch. Of course, wear your red or pink and come full of love!**

**DATE:** Thursday, February 15<sup>th</sup>      **COST:** \$10.00      **TIME:** 12:00 pm

**LEAP YEAR PARTY-sign up by Feb. 26th**

**It only comes around every 4 years! We'll have a jumpin' good time! Hop Scotch anyone?**

**DATE:** Thursday, February 29<sup>th</sup>      **COST:** \$10.00      **TIME:** 12:00 pm

## 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**



