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

FEBRUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8 Home & Garden Show	9 Ethnic Lunch
12 Attorney visit	Board mtg. 13 Great Lakes Theater	14 Produce Market Happy Valentine's Dav	15 LCCoA – Kelly Valentine's Day Party	16
19 CLOSED FOR PRESIDENTS DAY	20 Learn to Pickleball (indoors)	MGM Casino	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 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	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.

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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.

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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.

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GREETING 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!

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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!

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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!

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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 20th

COST: FREE

TIME: 1:30 pm

<u>POKER</u>

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!

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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.

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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.

FOOT DOCTOR - DR. BEN

Dr. Ben will be here on March 5th. 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 5th

COST: \$25.00

TIME: 9am start

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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 28th

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 29th

TIME: 10:00 am - 11:00 am

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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 4th 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 24th at Willoughby Hills Senior Center at 1 pm. It's once a week @ 1pm with the finals being May 22nd. So depending on how we do, we could go to May 22nd 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 15th COST: \$10.00 TIME: 12:00 pm

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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 29th

COST: \$10.00

TIME: 12:00 pm

GUIDE TO LEVELS OF WALKING ON TRIPS

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With each trip advertised, we will now label them with levels of walking.

LEVEL 1 – Very little to no walking LEVEL 3 – Exce

LEVEL 3 – Excessive walking and/or stairs

LEVEL 2 - Minimal walking

LEVEL 4 – Strenuous standing or walking and /or stairs

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DAY TRIPS

THE GREAT BIG HOME AND GARDEN SHOW (L3/4)

This is a vibrant marketplace where you can shop for home related products and services, enjoy presentations and view pretty landscapes to wash away the winter blues for the day.

DATE: Thursday, February 8th

COST: \$15.00

TIME: 9:30-4:00 pm

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ETHNIC LUNCH (L1/2)

Our second ethnic luncheon of the year will be at Bo Loong Chinese Restaurant in celebration of the Chinese New Year. 2024 is the year of the dragon, symbolizing strength, power, wisdom, nobility, good fortune and success. If time allows, we may make a quick stop at the Asian Market.

DATE: Friday, February 9th

COST: \$5.00

TIME: 11:00-1:30 pm

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GREAT LAKES THEATER- "MURDER ON THE ORIENT EXPRESS" (L2)

Let's head to the Hanna Theater for Agatha Christie's Mystery as we follow along to see who done it! We will stop for lunch after the show. There is a waiting list for this trip but we are trying to get more tickets.

DATE: Tuesday, February 13th

COST: \$25.00 (bus/ticket)

TIME: 9:00am-3:30pm

MGM NORTHFIELD CASINO (L1/2)

No incentives but swipe your card for a chance to win!

DATE: Wednesday, February 21st

COST: \$5.00

TIME: 9:30-3:30 pm

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WESTERN RESERVE HISTORICAL SOCIETY (L3)

So much to see here, including the Euclid Beach Park Carousel (ride included with admission), WRHS Research Library (currently closed), Crawford Auto-Aviation Museum, the Chisholm Halle Costume Wing (home to fashion exhibits), two historic mansions, as well as a variety of rotating exhibits. We will make a stop for lunch first.

DATE: Thursday, February 22nd

COST: \$18.00

TIME: 10:30-3:30 pm

FISH FRY(L1)

DATE: Friday, February 23rd @ Madison Family Restaurant COST: \$5

COST: \$5.00 TIME: 11:30-2 pm

FISH FRY(L1) Please sign up

DATE: Friday, March 8th @ Eastlake VFW

DRIVE YOURSELF

TIME: 12:00 pm

Their fish fry's are now \$15 and includes deep fried cod and shrimp.

CLEVELAND BOTANICAL GARDENS (L3)

Melt away those winter blues at the annual Orchids Forever show. This year's show highlights the serene feeling of sunrise and sunset. Photo ops available. We'll stop for lunch after.

DATE: Thursday, March 7th

COST: \$25.00

TIME: 9:45-2:30 pm

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STATION DINNER THEATER (L1)- sign up by Feb. 13th

Home of the original "A Canterbury Feast", join us for "It's the Real McCoy" all new hilarious Irish comedy. Price includes bus, show, full dinner, dessert, tax and gratuity. We only have 42 tickets. DATE: Wednesday, March 13th COST: \$52.00 TIME: 10:00-5:30 pm

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STOMP AT PLAYHOUSE SQUARE (L2)

This 8-member troupe uses unconventional instruments like brooms, garbage cans, hubcaps – to fill the stage with magnificent rhythms. A must-see unforgettable experience for all! No lunch stop for this. DATE: Thursday, April 18th COST: \$35.00 TIME: 11:30-3:30 pm

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VERA BRADLEY OUTLET SALE (L3/4)

It's not just purses! It's a warehouse in Fort Wayne, Indiana, full of so many other things, something to check out for sure! We will stop for lunch and dinner on this trip.

DATE: Thursday, May 2nd COST: \$15.00 TIME: 8:00 am-9:00 pm