MARCH 2024



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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1
5	6	7	8
			Fish Fry
Foot Doctor		Botanical Gardens	
			CLOCKS CHANGE
		Poker	ON SUNDAY!
12	13	14	15
	Produce Market	LCCoA – Kelly	Ethnic Lunch
Attorney visit			
	Station Dinner	National children's	
	Theater-park at City	craft day/Pi Day	
	Hall not snr. ctr.		
19	20	21	22
	-•		Fish Fry
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26	27	28	29
Mental Health	Presidents Party	Book Club	CLOSED- GOOD
cominer	-		FRIDAY
	5 Foot Doctor 12 Attorney visit 19 St. Patrick's Day Party 26 Mental Health	56Foot Doctor13Attorney visitProduce MarketStation Dinner Theater-park at City Hall not snr. ctr.1920St. Patrick's Day Party20Eclipse viewing safety tips2627	567Foot DoctorBotanical Gardens Poker121314Attorney visitProduce MarketLCCoA – Kelly12Station Dinner Theater-park at City Hall not snr. ctr.National children's craft day/Pi Day5t. Patrick's Day Party20 Eclipse viewing safety tips21 Jack's Thistledown Casino2627 Presidents Party28 Book Club

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)

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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 10¢ 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. HEALTH / WELLNESS / EDUCATIONAL

FOOT DOCTOR – DR. BEN-NOTE: DIFFERENT DATE THAN USUAL

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

BOOK CLUB

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. March book: The Revolutionary: Samuel Adams by Stacy Schiff.

DATE: Thursday, March 28th

TIME: 10:00 am – 11:00 am

ATTORNEY DEBORAH LOUGHNER

She is normally here the second Monday each month from 1-3 pm. If you'd like a free half hour consultation, please sign up at the front desk. ** This month she will be here Tuesday, March 12th from 9-11 am** **In April, she will be here on Tuesday, the 9th instead of Monday.**

2024 MIND CHALLENGE

The first round is April 24th at Willoughby Senior Center (NOT Willoughby <u>Hills</u> as previously mentioned) at 1 pm. It's once a week @ 1pm with the finals being May 22nd. 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. As of now our teams are set but you can put your name on a waiting list.

PARTIES AND GET-TOGETHERS

NATIONAL CHILDREN'S CRAFT DAY

Let's celebrate and have some fun crafting! It's also Pi Day (3.14) sooooo..... hint hint..... DATE: Thursday, March 14th TIME: 10:30 AM

ST. PATRICK'S DAY PARTY – Sign up by March 14th

Wear your green and look quite fine cuz it's corned beef time! We will have ice cream as our dessert, sponsored by Mt. St. Joseph. We may have a musical guest appear too!

DATE: Tuesday, March 19th COST: \$10.00 TIME: 12:00 pm

SOLAR ECLIPSE SAFETY TIPS

The Willoughby/Eastlake Library will present safety tips for viewing the Solar Eclipse that will take place here ffon Monday, April 8th. Can you believe there will be millions of people flocking to Northeast Ohio for this once in a lifetime experience? You must sign up ahead of time to receive a pair of glasses. DATE: Wednesday, March 20th COST: FREE TIME: 11:30 am

PLEASE NOTE THAT THE CENTER WILL BE CLOSED ON MON. APRIL 8TH DUE TO THE IMPENDING TRAFFIC FROM THE SOLAR ECLIPSE.

MENTAL HEALTH SEMINAR

Sandra from Lake ADAMHS Board will be here to discuss anything related to mental health. DATE: Tuesday, March 26th TIME: 10:00 am

PRESIDENTS PARTY

In honor of past presidents, Judy from Devoted Health will help our seniors act out past presidents and have some fun. If interested in participating, let Grace or Kerri know. A treat will be served. DATE: Wednesday, March 27th TIME: 12:00 pm

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TAKE ME OUT TO THE BALLGAME

To kick off the 2024 season for the Lake County Captains and Cleveland Guardians wear your favorite baseball gear to enjoy hot dogs, peanuts and Cracker Jacks!

DATE: Tuesday, April 9th

COST: \$5.00

TIME: 12:00-2:00 pm

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 reminder that if you are 90 years or older, your membership is FREE! But please always "renew" each year so we know that you are still an active member.

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.

GREETING CARDS

We have a new greeting card holder. 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. 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.

<u>POKER</u>

If interested, we will be starting on Thursday, March 7th at 11:30 am. Join us!

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.

OTHER NEWS

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

*Seneca Allegheny Casino (CANCELLED) *Branson Show Extravaganza (CANCELLED)

*Mount Rushmore, Badlands, Black Hills – (TRIP IS FULL)

*Wheeling Downs Casino – May 6-7, \$169/double

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

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

SAVE THE DATE FOR SENIOR ATTIC (Indoor Garage Sale) Saturday, May 18th from 9:00-3:00 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 walkingLEVEL 3 – Excessive walking and/or stairsLEVEL 2 – Minimal walkingLEVEL 4 – Strenuous standing or walking and /or stairs

DAY TRIPS **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 at Arrabiata's Italian Restaurant. DATE: Thursday, March 7th COST: \$25.00 TIME: 9:45-2:30 pm

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FISH FRY(L1) Please sign up

DRIVE YOURSELF DATE: Friday, March 8th @ Eastlake VFW TIME: 12:00 pm

STATION DINNER THEATER (L1)- Park at City Hall

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 TIME: 10:00-5:30 pm COST: \$52.00

ETHNIC LUNCH (L1/2)

Have you ever tried Pasha, the Turkish restaurant on Vine Street? If not, you need to h Since it is so close, you can drive on your own. Please sign up so we know how many to tell them to expect. DATE: Friday, March 15th COST: \$0 (no bus) TIME: 11:00-1:30 pm

JACK'S THISTLEDOWN CASINO (L1/2) COST: \$5.00

DATE: Thursday, March 21st

TIME: 9:30-3:30 pm

FISH FRY(L1)

Sammy K's in Perry has an extensive menu and will take care of our Lenten fish fry needs. DATE: Friday, March 22nd COST: \$5.00 TIME: 10:30-1:00 pm

CLEVELAND PUBLIC LIBRARY (L3/4)

The Archive exhibit is a floor to ceiling display of 500,000 delicate flowers, designed to celebrate the beauty of life. Check out this immersive art installation by world renowned artist Rebecca Louise-Law. DATE: Thursday, April 4th COST: \$5.00 TIME: 9:45-2:00 pm

HARTVILLE FLEA MARKET (L3)

It's been a few months since we've been. Shop til you drop and enjoy an amazing lunch at the Kitchen. DATE: Friday, April 5th COST: \$5.00 TIME: 8:30-3:30 pm

STOMP AT PLAYHOUSE SQUARE (L2)-deadline is March 19th

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

VERA BRADLEY OUTLET SALE (L3/4)- (trip is full)

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

PATSY CLINE AT HANNA THEATER (L2)

A humorous and heartfelt tribute to the true story of this country legends friendship with a fan. DATE: Tuesday, May 7th COST: \$25.00 TIME: 12:30-4:30 pm

LADY CAROLINE LUNCHEON CRUISE (L2/3 some steps)

Join us on this first day of summer, as we take a 2-hour cruise on this fancy new vessel to see the downtown sights. Lunch includes salad, beef or ham, chicken du jour, catch of the day, rice or pasta, fresh vegetable, potato, dinner rolls, dessert, coffee or tea. If interested, please sign up ASAP. DATE: Thursday, June 20th COST: \$70.00 TIME: 10:30-3:00 pm