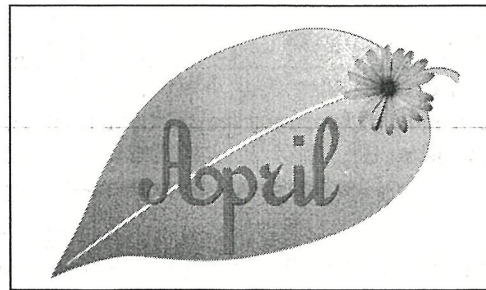


EASTLAKE SENIOR CENTER

600 East 349th
Eastlake, Oh 44095
440-975-4268

Grace Giangiacomo, Director
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Newsletter online at
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Hours: Mon-Fri, 8:00am-3:30pm

APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 APRIL FOOLS!	2	3	4 Cleveland Public Library Poker	5 Hartville
8 CLOSED HAPPY SOLAR ECLIPSE DAY!!	9 Attorney visit Board Meeting BASEBALL PARTY	10 Produce Market	11 <u>LCCoA – Kelly</u> Poker	12 Mystery Brunch Bunch
15 Brain Push-ups	16 Welcome to Medicare seminar Ethnic Lunch	17	18 Poker Stomp	19 Baseball Museum and League Park
22 Dollar Bank scams seminar	23	24 <u>Presque Isle Casino</u> Mind Challenge practice round	25 Book Club Poker	26
29	30	May 1 <u>Brown Bag Concert</u> Mind Challenge	May 2 Vera Bradley Center is closed	May 3

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)
POKER	THURSDAY	11:30am – 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 Monday, May 6th. 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: Monday, May 6th **COST: \$25.00** **TIME: 9am start**

BOOK CLUB

If you can't make it to the discussion, please return your book by April 25th. 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. April book: *Demon Copperhead* by Barbara Kingsolver.

DATE: Thursday, April 25th TIME: 10:00 am – 11:00 am

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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 on Tuesday, the 9th instead of Monday.**

2024 MIND CHALLENGE

The first round is April 24th at Willoughby Senior Center (NOT Willoughby Hills 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. Wish us luck!

[illegible]

PARTIES AND GET-TOGETHERS

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! (THIS IS HERE AT THE CENTER)

DATE: Tuesday, April 9th **COST:** \$5.00 **TIME:** 12:00-2:00 pm

CRAFT/COLORING TIME

Last month we had a fun and relaxing time coloring and working on a craft. Stop by and check it out. We tend to not take the time for this at home so here's your opportunity!

DATE: Thursday, April 11th TIME: 10:30 am

[illegible]

BRAIN PUSH-UPS

Come get your wheels turning and stimulate your vocabulary, memory and problem-solving skills. This event is sponsored by Devoted Health. Please sign up in advance and you will receive a free pedometer and other health related gifts.

DATE: Monday, April 15th TIME: 10:15 am

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WELCOME TO MEDICARE SEMINAR

Allie from the Lake County Council on Aging will be here to discuss the Medicare world.

DATE: Tuesday, April 16th TIME: 10:00 am

DOLLAR BANK – SCAMS SEMINAR

Debra from Dollar Bank will be here to discuss scams from the banking worlds point of view.

DATE: Monday, April 22nd TIME: 10:15 am[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. 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.

OUR THOUGHTS

Thoughts and condolences to Jean Rowland on the passing of her son and to sisters Donna Riola and Theresa Smith on the passing of their father. Get well wishes to members Maxine Hutchinson and Karen Bucar on their recent illnesses.

GREETING CARDS

We have a new greeting card holder. Check out our supply at the front desk, only 25 cents each! Graduation, confirmation and communion cards will be on display soon! If you have any cards at home you aren't going to use, feel free to bring them in. We are currently in need of sympathy cards.

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.

POKER

Join the group for some Texas Hold Em! Thursdays at 11:30 pm in the Comfort Elves room.

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.

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.

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 walking

LEVEL 3 – Excessive walking and/or stairs

LEVEL 2 – Minimal walking

LEVEL 4 – Strenuous standing or walking and /or stairs

FUTURE TRIPS- 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

