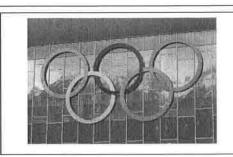
EASTLAKE SENIOR CENTER

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

JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Back to the Future	4	5
			Closed Happy 4 th of July	
8	9	10	11	12
Attorney visit	Board Meeting	Produce Market	Bob Hope Tribute	
	Pickleball			
	Meditation			
15	16	17	18	19
	Cleveland	Pickleball		
	Botanical Gardens		Lunch bunch & Umbrella Alley	
	Meditation			
Pickleball 22	23	24	25	26
National ice cream	Willoughby Court	Blanket Event	Book Club	Bell Tower
day – let's have a	Viewing		Cleveland	Brewery
social! USA USA	Meditation		Guardians	USA USA USA
29	30	31	Aug. 1	Aug. 2
Mountaineer	Pickleball			Rabbit Run
Casino				Theater
	Meditation			

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	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	
MEDITATION WITH CHUCK	TUESDAY	10:30-11:15 am	
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	WEDNESDAY	10:15am – 11:00am	
CARDS/BOARD GAMES	WEDNESDAY	12:00pm - 2:00pm	
POKER	THURSDAY	11:00am - 1:00pm	
LINE DANCING	THURSDAY (Beginners)	1:00pm – 2:00pm	
BINGO	FRIDAY	11:30am-1:30pm	

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

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.

DATE: Monday, July 8th

TIME: 1-3:30 pm

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

Must register and pay \$25 cash at appointment. If you make an appointment it is extremely important that you let us know if you have to cancel.

DATE: Thursday, September 5th

COST: \$25.00

TIME: 9am start

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BOOK CLUB

If you can't make it to the discussion, please return your book by July 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. July book: Dreamland by Nicolas Sparks.

DATE: Thursday, July 25th

TIME: 10:00 am - 11:00 am

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TOPS- TAKE OFF POUNDS SENSIBLY

This is a weight loss support organization which meets every Tuesday at 9:45 am at our center. Anyone can join. The first meeting is free. Give it a try!!

NEW!! MEDITATION CLASS

Chuck, our Yoga instructor is going to lead a meditation class on Tuesdays at 10:30 am. The focus will be relaxation and breathing.

PARTIES AND GET-TOGETHERS

OUTDOOR PICKLEBALL FUN

Weather permitting, let's get outside and get a feel for hitting the ball around on an actual court. This will be a casual time and maybe practice keeping score too! Bring your paddles!

DATE: Tuesday, July 9th, Wednesday, July 17th, Monday, July 22nd, Tuesday, July 30th TIME: 10:00 am

ICE CREAM SOCIAL

In honor of National Ice Cream Day we will have a social out in the pavilion. Also, in honor of the start of the 2024 Summer Olympics this will be USA themed. Wear your red, white and blue!!

DATE: Monday, July 22nd

COST: \$1.00

TIME: 12:00 pm

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HELP SHELTER DOGS!! Sign up to help tie fleece into dog blankets. An easy, fun project for all! You can also donate fleece or money to purchase fleece. Donating old towels and blankets or new dog toys and unopened dog treats is also a way to help the shelters. We will continue to meet the 4th Wednesday of the month.

THE BLANKET EVENT

DATE: Wednesday, July 24th

COST: FREE

TIME: 9:00-11:00 am

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HEALTH FAIR

A CNP from University Hospital will be here to discuss nutrition, A TOPS representative will be here to talk about weight loss, Reserve Hearing will do hearing screenings, Winfield Inn will do blood pressure checks and a healthy snack will be given. Please sign up.

DATE: Wednesday, July 24th

COST: FREE

TIME: 10:45-12:00 pm

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BINGO

We are in need of a Bingo caller or two. Fridays from 11:30-1:30 pm. See Grace or Kerri if interested. The time frame can be divided up if we have more than one person willing to do it.

CENTER NEWS

(Just a reminder that newsletters come out on the 1st of each month and if the first is on a Sat. or Sun. then they will be ready for you on Monday.)

THE 2024 OLYMPIC GAMES BEGIN FRIDAY, JULY 26TH! WE WILL HAVE THE TV ON IN THE TV ROOM AFTER THAT DAY IF YOU'D LIKE TO STOP BY TO WATCH SOME EVENTS. GO TEAM USA!!!

MASSAGE WITH THOM

Anyone interested in a 15-minute chair massage on a Thursday let us know. It's \$10.

BE KIND

Please remember to be kind to others. You don't know everyone's story and situation.

LOST AND FOUND

If you think you might be missing any winter gear come check out our lost and found. We've had a winter coat linger here for awhile. Check to see if you are missing it.

OUR THOUGHTS

Thoughts and prayers go out to Michelle Lekse on the recent loss of her husband Ken and also the families of Dee Schamp and Laurie George on their recent passing. Get well wishes to Joyce Livingston.

GREETING CARDS

Check out our supply at the front desk, only 25 cents each! Graduation, confirmation and communion cards on display! We also have Flag Day, Veteran's Day and Labor Day.

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LIONS CLUB

There is a box in the lobby where you can donate your unwanted glasses for the Lion's Club.

FITNESS ROOM

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. For liability purposes it is important this is up to date. When you come in to use the fitness center, please tap fitness center on the computer as you sign in.

LAKE COUNTY CAPTAINS TICKETS

We have tickets for the Aug. 14th and Aug. 28th day games. They are first come first serve. No transportation provided.

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 2 - Minimal walking

LEVEL 3 - Excessive walking and/or stairs

LEVEL 4 – Strenuous standing or walking and /or stairs

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BUS ETIQUETTE

When you come in for a trip, please remember to swipe your membership card upon arrival. Also remember to be patient and kind and let those with walkers or canes get in line to get on the bus first.

Also, please stay in the same seat for the duration of the trip.

DAY TRIPS

BACK TO THE FUTURE (L2)

Sign up right away for this show in the State Theater! We will stop for dinner afterwards at Scotti's Italian Eatery (CASH ONLY) in Euclid.

DATE: Wednesday, July 3rd

COST: \$63.00

TIME: 12:30-7:00 pm

SOB HOPE TRIBUTE MATINEE AT HARTVILLE KITCHEN (L2)

This great day starts with lunch including choice of entrée, 3 sides, beverage and slice of pie, tax AND tip. Then we will enjoy the 2-hour show featuring Bill Johnson.

DATE: Thursday, July 11th

COST: \$70.00

TIME: 9:30-4:30 pm

Enjoy the mesmerizing, manicured gardens and specially curated glasshouses. Lunch after.

DATE: Tuesday, July 16th

COST: \$17.00

TIME: 10:00-4:00 pm

LUNCH BUNCH AND UMBRELLA ALLEY (L2/3)

We'll travel to North Canton for lunch at Table Six Kitchen & Bar then stop in Louisville for a stop at a tourist attraction of upside-down umbrellas hung in an alley. It's a very colorful picture opportunity. DATE: Thursday, July 18th COST: \$5.00 TIME: 10:15-4:00 pm

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WILLOUGHBY COURT VIEWING (L1)

Ever wanted to see what goes on in court? We'll go see Judge Cornachio in action as well as our city's Victims Advocate, Ruth Marshall. We will stop for lunch after.

DATE: Tuesday, July 23rd

COST: \$5.00

TIME: 9:00-2:00 pm

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CLEVELAND GUARDIANS (L2)

This team has been off to a good start. Let's watch them take on the Detroit Tigers. It's beach towel giveaway day so we are leaving early to increase our chances on getting that towel. Our seats are in Section 175 (different from last year). NO CASH INSIDE STADIUM.

DATE: Thursday, July 25th

COST: \$37.00

TIME: 11:00 am-4:00 pm

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BELL TOWER BREWING CO. (L2)

This Kent, Ohio brewery is in an old church. The dining room and kitchen are in the original sanctuary. In honor of the summer Olympics beginning let's wear our red, white and blue on this trip.

DATE: Friday, July 26th

COST: \$5.00

TIME: 11:00-2:45 pm

We will receive \$15 free slot play.

DATE: Monday, July 29th

COST: \$5.00

TIME: 9:00-6:00 pm

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RABBIT RUN THEATER (L1)- Deadline July 11th

Based on the 1985 movie inspired by the board game, CLUE is a hilarious farce-meets-murder mystery. Join us to find out who did it, where and with what!! Includes cookie and bottle of water at intermission.

DATE: Friday, August 2nd

nd COST: \$33.00 TIME

TIME: 6:15-11:00 pm

PUT-IN-BAY

Let's go to the Islands! Hop aboard the Jet Express and spend the day by the water - walk around, rent a golf court and explore or sit at the bar. Just have fun!! We will be on the island for about 6 hours. DATE: Thursday, August 29th COST: \$36.00 TIME: 7:45am-7:00 pm

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A BEAUTIFUL NOISE

Who doesn't love the music of Neil Diamond? This uplifting true story of how a kid from Brooklyn became a chartbusting, show-stopping American rock icon. This is at the Connor Palace.

DATE: Thursday, October 17th

COST: \$75.00

TIME: 10:00-3:00 pm

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