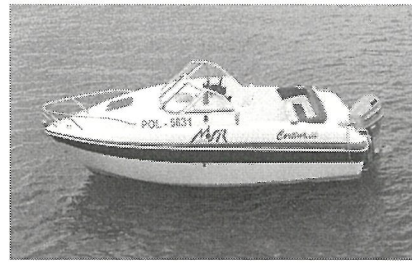


EASTLAKE SENIOR CENTER

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

AUGUST 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Rabbit Run Theater
5	6 Meditation	7	8	9 Hartville
12 Attorney visit	13 Meditation Card making Class No Board Mtg	14 Produce Market	15	16 Winery
19 Southpark Mall	20 Meditation	21 Fairport	22	23 Picnic on Sunday!!
26 Casino	27 Lunch Bunch Meditation	28 Blanket Event	29 Put in Bay Book Club	30

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.

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.)

YARN

THE Comfort Elves could use some donations of yarn if anyone has any not being used. You can bring to Grace or Kerri anytime.



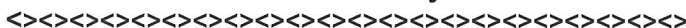
BE KIND

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



OUR THOUGHTS

Our thoughts to the family of May Wall on her recent passing. Thoughts and prayers go out to the family of Joyce Livingston, who passed away. Joyce had been a vital piece to the success of the ceramic room for years.



GREETING CARDS

We have greeting cards for every occasion, along with some blank ones you can write your own thoughts in. Check out our selection of beautiful scenery cards and more. Only 25 cents each!!



LIONS CLUB

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



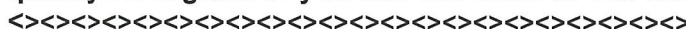
FITNESS ROOM

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.



FAIR HOUSING RESOURCE CENTER

The FHRC received funding from the Lake County Board of Commissioners to assist low to moderate income seniors age 60 years or older with moving and cleaning costs. We have applications here to see if you qualify for a grant or you can call them at 440-392-0147.



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



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. Please stay in the same seat for the duration of the trip.



Reminder that return times listed for trips are always approximate. There is no way to predict perfectly due to weather, traffic, etc. We recommend if you have plans later that day that you don't take the chance by also going on a trip.



FUTURE TRIP – SIGN UP NOW

A BEAUTIFUL NOISE –(L2) note the time change

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: 12:30-4:30 pm



