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

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	Hartville	9
12 Attorney visit	Meditation Card making Class	14 Produce Market	15	Winery	16
19 Southpark Mall	No Board Mtg 20 Meditation	21 Fairport	22	Picnic on Sunday!!	23
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 8:00 am – 2:30 pm EXERCISE MONDAY (Low Impact) 9:15 am – 10:00 am LINE DANCING MON (improve r-intermediate) 1:30 pm – 2:30 pm WOODBURNING TUESDAY 9:00 am – 11:00 am TOPS* fee to join* TUESDAY 9:30 am – 11:00 am MEDITATION WITH CHUCK TUESDAY 10:30-11:15 am PINOCHLE TUESDAY 12:00 pm – 2:00 pm COMFORT ELVES 1 ST and 3 rd WEDNESDAY 9:00 am – 11:00 am CHAIR YOGA WITH CHUCK WEDNESDAY 9:00 am – 10:00 am EXERCISE WEDNESDAY 10:15 am – 11:00 am CARDS/BOARD GAMES WEDNESDAY 12:00 pm – 2:00 pm POKER THURSDAY 11:00 am – 1:00 pm LINE DANCING THURSDAY (Beginners) 1:00 pm – 2:00 pm BINGO FRIDAY 11:30 am-1:30 pm				
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	CERAMICS	MON – WED - FRI	9:00 am - 2:00 pm	
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	EXERCISE ROOM *annual fee*	MONDAY - FRIDAY	8:00am – 3:30pm	
WOODBURNING TUESDAY 9:00 am - 11:00 am TOPS* fee to join* TUESDAY 9:30 am - 11:00 am MEDITATION WITH CHUCK TUESDAY 10:30-11:15 am PINOCHLE TUESDAY 12:00 pm - 2:00 pm COMFORT ELVES 1 ST and 3 rd WEDNESDAY 9:00 am - 11:00 am CHAIR YOGA WITH CHUCK WEDNESDAY 9:00 am - 10:00 am EXERCISE WEDNESDAY 10:15 am - 11:00 am CARDS/BOARD GAMES WEDNESDAY 12:00 pm - 2:00 pm POKER THURSDAY 11:00 am - 1:00 pm LINE DANCING THURSDAY (Beginners) 1:00 pm - 2:00 pm	EXERCISE	MONDAY (Low Impact)	9:15am – 10:00am	
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	LINE DANCING	MON (improve r-intermediate)	1:30pm – 2:30pm	
MEDITATION WITH CHUCK TUESDAY 10:30-11:15 am PINOCHLE TUESDAY 12:00pm - 2:00pm COMFORT ELVES 1st and 3rd 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	WOODBURNING	TUESDAY	9:00 am - 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 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		TUESDAY	9:30am – 11:00am	
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	MEDITATION WITH CHUCK	TUESDAY	10:30-11:15 am	
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	PINOCHLE		12:00pm – 2:00pm	
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	COMFORT ELVES	1 ST and 3 rd WEDNESDAY	9:00am – 11:00am	
CARDS/BOARD GAMES WEDNESDAY 12:00pm - 2:00pm POKER THURSDAY 11:00am - 1:00pm LINE DANCING THURSDAY (Beginners) 1:00pm - 2:00pm	CHAIR YOGA WITH CHUCK	WEDNESDAY	9:00am – 10:00am	
POKER THURSDAY 11:00am - 1:00pm LINE DANCING THURSDAY (Beginners) 1:00pm - 2:00pm	EXERCISE	WEDNESDAY	10:15am – 11:00am	
LINE DANCING THURSDAY (Beginners) 1:00pm - 2:00pm	CARDS/BOARD GAMES	WEDNESDAY	12:00pm – 2:00pm	
	POKER	THURSDAY	11:00am – 1:00pm	
BINGO FRIDAY 11:30am-1:30pm	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, August 12th

TIME: 1-3:30 pm

FOOT DOCTOR - DR. BEN

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

<><><><><><><><><>

BOOK CLUB

If you can't make it to the discussion, please return your book by August 29th. 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. August book: Lessons in Chemistry by Bonnie Garmus.

DATE: Thursday, August 29th

TIME: 10:00 am - 11:00 am

<><><><><><><><><><><><>

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.

MAH JONGG

Palma is ready to get started again if anyone is interested in learning how to play Mah Jongg. Please let Grace or Kerri know.

<><><><><><><><><><><><><>

PARTIES AND GET-TOGETHERS

CARD MAKING

One of our members will lead a card making class. You will make and take 3 greeting cards with you at the end of the class. First 8 people signed up can attend.

DATE: Tuesday, August 13th

COST: \$5.00

TIME: 1:00 pm

<><><><><><><><>

THE BLANKET EVENT

HELP SHELTER DOGS!! Sign up to help tie fleece into dog blankets. We will continue to meet the 4th Wednesday of the month. We could use donations of fleece or cash to buy the fleece.

DATE: Wednesday, August 28th

COST: FREE

TIME: 9:00-11:00 am

<><><><><><><><><><><><>

SUMMER PICNIC

Get out your bandanas and boots! It's gonna be a country themed lunch. Good food, sides and music. More details to come soon. You must sign up by August 19th.

DATE: Sunday, August 25th

COST: \$5.00

TIME: 1:00-4:00 pm

<><><><><><><><><><><><>

FINANCIAL SEMINAR WITH MIKE ZUREN

Please join us for this informative seminar featuring Lake County Treasurer Michael Zuren and Lauren from Medical Mutual. The session will include question & answers to understand and prevent identity theft and budgeting as well as Medicare options. Please sign up for this free event, as a \$15.00 gas card will be given to all attendees as a courtesy from Medical Mutual.

DATE: Friday, September 20th

TIME: 10:00 -11:30 am

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 3 - Excessive walking and/or stairs

LEVEL 2 – Minimal walking

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

<<><>><><>><>><>><>

DAY TRIPS

RABBIT RUN THEATER (L1)- trip is full (L2)

Includes cookie and bottle of water at intermission.

DATE: Friday, August 2nd

COST: \$33.00

TIME: 6:15-11:00 pm

<<><><><><><>

HARTVILLE FLEA MARKET (L2/3)

Shop till you drop at this 12-acre outdoor vendor space and get some grub at the Hartville Kitchen. COST: \$5.00

DATE: Friday, August 9th <

TIME: 8:45-3:30 pm

THE STABLE WINERY (L2/3)

First, we will stop at Cherry Valley Furniture in Andover. There you'll find handmade furniture, bulk foods, home décor, kids things, camping supplies and more! Then on to the winery for lunch on a beautiful property. Menu is simple: pizza, pulled pork, shredded chicken, meatball sub, hot dogs, soup and appetizers. There are about 15 steps to get into the winery but there is outdoor seating too.

DATE: Friday, August 16th

COST: \$5.00 <>><><><><>

TIME: 9:30-2:30 pm

SOUTHPARK MALL IN STRONGSVILLE (L2/3)

If you've never been, this is a nice mall. A place of interest for some is Macy's, which isn't in the Great Lakes Mall anymore.

DATE: Monday, August 19th

COST: \$5.00

TIME: 9:15-3:00 pm

<<><><><>

FAIRPORT (L2)

Let's go to the beach, play some putt-putt, grab a snack and some ice cream!

DATE: Wednesday, August 21st

COST: \$10.00 (includes putt-putt) <<><><><><><><>

TIME: 9:30-1:30 pm

PRESQUE ISLE CASINO (L2/3)

<>><>

Using your card, earn 10x slot points!

DATE: Monday, August 26th

COST: \$5.00

TIME: 9:00-3:30 pm

LUNCH BUNCH (L1/2)

We'll travel to Massillon to eat at Chloe's Diner where you can grab breakfast or lunch. While we eat, we will be surrounded by classic cars and memorabilia from the 50's, 60's and 70's. Very cool!!

DATE: Tuesday, August 27th

COST: \$5.00

TIME: 9:30-2:00 pm

<<><>><><>><>

PUT-IN-BAY (L3)

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: 7:45 am-7:00 pm

<<><>><><><>><> **GROVE CITY OUTLETS (L3)**

It's not too early to think about Christmas shopping. Shop till you drop! We'll stop to eat on way home.

DATE: Tuesday, September 10th

COST: \$5.00

TIME: 8:30-6:00 pm

SENIOR DAY AT LAKE FARMPARK (L2/3)

Enjoy a fun-filled day of Bingo, a guest speaker, fishing, Farmpark activities, demonstrations and possibly a free lunch. Health screenings are available as space permits. You must call 440-358-7275 for those. When you sign up here, we need your birthday to register.

DATE: Thursday, September 12th

COST: \$5.00

TIME: 8:30-1:00 pm

<<><>><><><><>><><>><>><>

A MID SUMMER NIGHTS DREAM (L2)

<<><><><><><><><><><><><>

The woods are the stage for a hilarious whirlwind of mismatched love, mischevious fairies and theatrical blundering. This show is at the Hanna Theater. Lunch after.

DATE: Tuesday, October 8th

COST: \$25.00

TIME: 9:00-3:00 pm