**EASTLAKE SENIOR CENTER**

**600 East 349th**

**Eastlake, Oh 44095**

**440-975-4268**

**Grace Giangiacomo, Director**

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**Newsletter online at** [**www.eastlakeohio.com**](http://www.eastlakeohio.com/)

**Hours: Mon-Fri, 8:00am-3:30pm**

**OCTOBER 2024**



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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | **1****Brain Push-ups** | **2** | **3****Mah Jong starts** | **4****Brandt’s Apple Orchard** |
| **7** | **8****A Mid Summer Nights Dream****Tim Pollack – Medicare seminar****Board mtg.** | **9****Produce Market** | **10** | **11****Hartville Flea Market** |
| **14****Attorney visit****Columbus Day****WE ARE OPEN!** | **15****Card Making**  | **16****Devoted Healthcare-Medicare seminar****Senator Jerry Cirino** | **17****A Beautiful Noise** | **18****Wine/Brew Hop****Tim Pollack – set up table** |
|  **21** | **22****MGM Casino** | **23****Blanket Event** |  **24****Book Club** | **25****Malabar Farm**  |
|  **28** | **29****Charles Jennings – Medicare seminar** | **30** | **31****Halloween Party** | **Nov. 1****LCCOA Medicare presentation****BOUTIQUE****TOMORROW-No Bingo** |

**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**  | **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** | **1ST and 3rd WEDNESDAY** | **9:00am – 11:00am** |
| **CHAIR YOGA WITH CHUCK** | **WEDNESDAY** | **9:00am – 10:00am** |
| **EXERCISE** | **WEDNESDAY** | **10:15am – 11:00am** |
| **MAH JONG** | **THURSDAY** | **10:00am – 12:00pm** |
| **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**

**BRAIN PUSH-UPS**

**Matt Mavar will be here to exercise your brain and then some!**

**DATE: Tuesday, October 1st TIME: 11:30 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.**

**DATE: Monday, October 14th TIME: 1-3:30 pm**

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**BOOK CLUB**

**If you can’t make it to the discussion, please return your book by September 26th. You can join us at any point throughout the year. October book: Countdown 1945 by Chris Wallace. Side note: It was recently announced that last months book, Remarkably Bright Creatures, will be made into a Netflix movie.**

**DATE: Thursday, October 24th TIME: 10:00 am – 11:00 am**

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**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. Also, please arrive on time.**

**DATE: Thursday, November 7th COST: $25.00 TIME: 9 am start**

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**PARTIES AND GET-TOGETHERS**

**UPCOMING MEDICARE SEMINARS**

**Open enrollment is October 15th - December 7th. Check out some upcoming seminars.**

**TIM POLLACK DATE: Tuesday, October 8th              TIME: 12:00 pm**

**SENATOR JERRY CIRINO DATE: Wednesday, October 16th TIME: 10:00 am**

**DEVOTED HEALTHCARE DATE: Wednesday, October 16th              TIME: 11:00 am**

**TIM POLLACK (just a table set up) DATE: Friday, October 18th              TIME: 10:00-12:00 pm**

**CHARLES JENNINGS DATE: Tuesday, October 29th              TIME: 10:00-12:00 pm**

**LAKE CO. COUNCIL ON AGING DATE: Friday, November 1st               TIME: 9:30 am**

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**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. (Halloween, Thanksgiving and a Birthday card)**

**DATE: Tuesday, October 15th COST: $5.00 TIME: 1:00 pm**

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**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, October 23rd COST: FREE TIME: 9:00-11:00 am**

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**HALLOWEEN PARTY**

**All you guys and ghouls, let’s get dressed up for a creepily good time!! Costumes are highly encouraged! Lunch is a given if you are brave enough! Plus a special treat for all! You won’t want to miss this mesmerizingly mind-blowing extravaganza!!**

**DATE: Thursday, October 31st COST: $10.00 TIME: 11:45-2:00 pm**

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**CENTER NEWS**

**(Newsletters come out the 1st of the month so if the 1st is on Sat. or Sun. they will be ready on Monday.)**

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**WELCOME EMILY!**

**Please welcome Emily Abramczyk to our center! She is a senior at Wickliffe High School. She is a lovely young lady who will be here on Tuesdays and Thursdays from 11:45-1:00 pm. Her class- Learn, Lead, Serve lets students choose a location to get community service hours in a field they are interested in. She chose us! So she will be helping out with a variety of things around the center. Seek her out and say hello, hint: she will be the young one in the building😊**

**BE KIND**

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

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**GREETING CARDS**

**At Halloween we give out sweets, grab a trick or treat card to send out to a pal or family member. Check out our selection of beautifully spooky cards and more. Only 25 cents each!!**

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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.**

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**FITNESS ROOM**

**For just $20 for the year you can join our amazing fitness room. You can work on cardio, strength and flexibility. 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.**

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**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**

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

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**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.**

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**Please DO NOT be a backseat driver on our trips. Laketran typically has a specific route they need to take plus it is very disruptive for the driver and everyone else on board.**

**It’s back! MAH JONG**

**Palma is ready to get started again if anyone is interested in learning how to play Mah Jong. Come give it a try!! Might be a great thing to do during the winter months!**

**Date: Thursdays starting October 3rd TIME: 10 am**

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**RELAXATION PROCESS**

**Enjoy 50 minutes of relaxation, it keeps your heart healthier by cutting stress, reducing muscle tension, depression and anxiety. It improves brain function, memory and gives you an overall feeling of well- being. THIS IS A ONE ON ONE SESSION. Let us know if you’re interested in trying this.**

**Also, don’t forget about our meditation class on Tuesdays at 10:30 am. We hold it in the back room so it’s much darker and quieter. You will leave there feeling good and ready for a nap!!**

**DAY TRIPS**

**BRANDT’S APPLE ORCHARD (L2/3)**

**It’s Fall Y’all! Famous for the apple cider donuts and all things apple, it’s off to Ashtabula to see for ourselves. We will enjoy the trails on the property, have some lunch (small simple menu) with delicious treats from the bakery and just take in a lovely fall day.**

**DATE: Friday, October 4th COST: $5.00 TIME: 9:30-2:00 pm**

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**A MID SUMMER NIGHTS DREAM (L2) - wait list**

**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**

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**HARTVILLE FLEA MARKET (L2/3)**

**DATE: Friday, October 11th COST: $5.00 TIME: 8:45-3:30 pm**

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**A BEAUTIFUL NOISE (L2) – wait list**

**Who doesn’t love the music of Neil Diamond? This is at the Connor Palace.**

**DATE: Thursday, October 17th COST: $75.00 TIME: 12:30-4:30 pm**

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**BREW/WINE HOP (L2/3)**

**We’ll head to Stonegait Winery for lunch and tastings first. Then off to Cloven Hoof Brewery for snacks and beer. Lastly, we will visit Spring Hill Winery for their desserts and more tastings. Please remember to be patient, taking care of 50 people is not an easy job. An enjoyable day for all is the goal. 😊**

**DATE: Friday, October 18th COST: $5.00 TIME: 11:00-6:00 pm**

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**MGM NORTHFIELD CASINO (L2/3)**

**Swipe your card for free play on Senior Day!**

**DATE: Tuesday, October 22nd COST: $5.00 TIME: 9:30-2:30 pm**

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**MALABAR FARM (L3)**

**Fall colors should be in full bloom to enjoy on this trip! There will be animals, shopping, hiking trails and we’ll even tour the house where Humphrey Bogart and Lauren Bacall got married. Lunch will be at the Wishmaker House Bed & Breakfast, which is known for their famous cheesecake.**

**DATE: Friday, October 25th COST: $11.00 (bus/tour) TIME: 7:45-4:30 pm**

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**LATER LUNCH BUNCH (L2)**

**We’ll head to Madison and take a trip back in time at Mary’s Diner.**

**DATE: Friday, November 8th COST: $5.00 TIME: 1:00-3:30 pm**

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**GRAND RIVER VALLEY CHRISTMAS (L2)**

**Back to Madison we go for the Grinchmas Bar at Grand River Cellars Winery (lunch and tastings included) then to Debonne Vineyards for Rudolph’s Revenge Christmas Bar (dessert and tastings included) and as always a bit of shopping too!**

**DATE: Thursday, November 21st COST: $43.00 TIME: 11:45-4:30 pm**

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**Saturday, November 2nd – 9TH Annual Fall Boutique 9-3 pm**

**Help will be needed this day, see Grace if interested. Also, start baking now for our bake sale. We need all the homemade goodies we can get.**

**Free Admission Vendors / Craft Tables**

**Bake sale Raffle Baskets**

**50/50 Raffle**

**Concession Stand**

**Hot dogs, Chili dogs, pulled pork sliders, bowl of chili**