EASTLAKE SENIOR CENTER

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

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www.eastlakeohio.com Hours: Mon-Fri, 8:00am-3:30pm

SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED FOR LABOR DAY!			FOOT DR.	
9 Attorney visit	10 Grove City Outlets	11 Produce Market	12 Senior Day at Lake Farmpark	13
	Board mtg.			
16 Scams/Fraud talk with Det. Korun Mystery Dinner	17	HEAP APPOINTMENTS	19 Chagrin Falls	20 Financial Seminar with Michael Zuren
23	24 Amish	25 Hollywood Casino Toledo Blanket Event	26 Book Club John Denver	27
30	1 Brain push-ups	2	3	4 Brandt's Apple Orchard

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, September 9th

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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.

DATE: Thursday, September 5th

COST: \$25.00

TIME: 9am start

TIME: 1-3:30 pm

*Next time is Thursday, November 7th

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BOOK CLUB

If you can't make it to the discussion, please return your book by August 26th. 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.

September book: Remarkably Bright Creatures by Shelby Van Pelt.

TIME: 10:00 am - 11:00 am

HEAP SUMMER CRISIS PROGRAM

Someone from Lake County Lifeline will be here to get you set up for discounts. You must sign up for a half-hour appointment starting at 9 am. Bring with you: SS Card for all household members, ID, gas & electric bills, income for past 30 days, health insurance premiums verifications being paid out, If rental assistance received – verification. Spaces very limited!

DATE: Wednesday, September 18th

NEW!! MEDITATION CLASS

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

PARTIES AND GET-TOGETHERS

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 attendees (aged 64 and up) as a courtesy from Medical Mutual.

DATE: Friday, September 20th

r 20th TIME: 10:00 -11:30 am

TIME: 9:00-2:00 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, September 25th

COST: FREE

TIME: 9:00-11:00 am

Matt Mavar will be here to exercise your brain and then some! You must sign up by September 30th.

DATE: Tuesday, October 1st

TIME: 11:30 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

CENTER NEWS

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

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BE KIND

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

OUR THOUGHTS

Our thoughts and prayers go out to the family of Patsy Boggs, who passed away In August. Also, get well wishes go to Sandra Lehman, Sandra Kapudja and Celine Burger.

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!!

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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. 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.

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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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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. Thursdays work best for her.

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<u>JFK BOARD</u>

Keep your eyes and ears open...we will be looking for nominees to run for our Board Offices! Board Members assist to oversee the day-to-day happenings of our Center. The term is for two years and members can serve no more than 2 consecutive two year terms. So think about making a difference by giving a helping hand. The Board meets the second Tuesday of every month, as well as being available to participate in other events throughout the year. Board elections will take place on Tuesday, November 12th. More details to come.

Save the date

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

DAY TRIPS

GROVE CITY OUTLETS (L3) – trip is full

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, and demonstrations.

Upon arrival back at the center we'll have a grilled hot dog lunch for you, no lunch served at Farmpark.

DATE: Thursday, September 12th COST: \$5.00 TIME: 8:30-1:00 pm

MYSTERY DINNER (L1/2)

Ciao!!! And We all Scream for..... Hope you're hungry! Dinner and dessert are on tap for tonight!

DATE: Monday, September 16th

COST: \$5.00

TIME: 3:00-8:00 pm

CHAGRIN FALLS (L2/3)

Walk around, check out the falls, drop in to the popcorn shop and the other quaint stores. Of course, grab some lunch and maybe an ice cream before heading home. Enjoy a beautiful fall afternoon.

DATE: Thursday, September 19th

COST: \$5.00

TIME: 10:00-3:30 pm

AMISH (L2/3)

First stop is Tis the Season Christmas Shoppe, then lunch at Dutch Valley Restaurant for a delicious meal. After lunch you can beebop through the nearby shops.

DATE: Tuesday, September 24th COST: \$5.00 TIME: 8:30-4:30 pm

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HOLLYWOOD CASINO TOLEDO (L2/3)

DATE: Wednesday, September 25th COST: \$5.00 TIME: 8:30-5:30 pm

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JOHN DENVER AT THE AMISH DOOR (L2)

Ted Vigil brings the hits of John Denver to you at the Amish Door Village. Enjoy dinner and a show plus a little shopping at the bakery and market after.

DATE: Thursday, September 26th COST: \$62.00 TIME: 9:30-4:30 pm

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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) trip is fullg

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

HARTVILLE (L2/3)

Shop till you drop at this 12-acre outdoor vendor space and get some grub at the Hartville Kitchen DATE: Friday, October 11th COST: \$5.00 TIME: 8:45-3:30 pm

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A BEAUTIFUL NOISE (L2) note the time change

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

!!!!!SAVE THE DAY!!!!! BREW/WINE HOP (L2/3)

NO sign ups yet. Details coming in October.

DATE: Friday, October 18th

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