

EASTLAKE SENIOR CENTER

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

SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR LABOR DAY!	3	4	5 FOOT DR.	6
9 Attorney visit	10 Grove City Outlets Board mtg.	11 Produce Market	12 Senior Day at Lake Farpark	13
16 Scams/Fraud talk with Det. Korun Mystery Dinner	17	18 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

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

*Next time is Thursday, November 7th



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.

DATE: Thursday, September 26th

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

TIME: 9:00-2:00 pm

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

TIME: 10:00 -11:30 am



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



BRAIN PUSH-UPS

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



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



