#### **EASTLAKE SENIOR CENTER**

600 East 349<sup>th</sup> 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

# **NOVEMBER 2024**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				No Bingo 1
				BOUTIQUE
				<u>TOMORROW</u>
				Medicare seminar
				LCCOA
4	5	6	7	8
			Foot Doctor	
	Get out and vote!			Lunch Bunch
11	12	13	14	15
Attorney visit	Judy Mack			Hartville Flea
	Insurance Agent	Produce Market	Gardner Pie &	Market
Veteran's Day	Board mtg.		Peterson Nuts	
18	19	20	21	NO Bingo 22
10	Turkey Bowl	Jack's Casino	21	Closing at 11:30
Humana	Turkey bowi	Jack S Casillo	Book Club	Grand River
Tidillalla			Dook Olub	Valley Christmas
				valicy Officialities
25	26	27	28	29
Humana	Gallucci's	No Dog Blanket	Нарру	
		making today	Thanksgiving-	We are closed!
			we are closed!	

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 (improver-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 <sup>ST</sup> and 3 <sup>rd</sup> 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**

#### 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, November 11th 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 October 24th. You can join us at any point throughout the year. November book: Christmas at the Island Hotel by Jenny Colgan. TIME: 10:00 am - 11:00 am

DATE: Thursday, November 21st

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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 7<sup>th</sup> COST: \$25.00 TIME: 9 am start

### **SENIOR CYCLING (DEMO)**

The Lake County General Health District is offering a new, active digitally enhanced cycling program designed to give seniors a chance to do low impact exercise with a focus on heart health and strengthening their muscles. This program will be here Thursdays starting on January 9th at 10 am for 6 weeks. Come to the demo and sign up for the 6-week session if interested. Limited spots available. DATE: Wednesday. December 4th TIME: 10:30 am

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# PARTIES AND GET-TOGETHERS

### **UPCOMING MEDICARE SEMINARS**

TIME: 9:30 am

TIME: 9-1 pm

Open enrollment goes until December 7th. Join us to get educated.

LAKE CO. COUNCIL ON AGING DATE: Friday, November 1st

LICENSED INSURANCE AGENT JUDY MACK DATE: Tuesday, November 12th

DATE: Monday, November 18th & 25th HUMANA TIME: 9 am

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## TURKEY BOWL

Gobble Gobble make those bowling pins wobble! Enjoy lunch and some pumpkin dessert to get ready for the holiday!

DATE: Tuesday, November 19th COST: \$5.00 TIME: 11:45-1:30 pm

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#### THE BLANKET EVENT

HELP SHELTER DOGS!! Sign up to help tie fleece into dog blankets. No more events for November or December. We will continue to meet the 4th Wednesday of the month in 2025. We could use donations of fleece or cash to buy the fleece.

DATE: Wednesday, January 22<sup>nd</sup> COST: FREE TIME: 9:00-11:00 am

### **UGLY SWEATER PARTY**

Put on your best Christmas Sweater! Ugly, gaudy, cute, unique or creative! Wear it!! You just may win a prize! A very light lunch will be served.

DATE: Tuesday, December 17th COST: \$5.00 TIME: 12:00-1:30 pm

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## ANNUAL CHRISTMAS PARTY-deadline Dec. 12th

Former Mayor Dennis Morley had a wish for us to hold our party this year in Eastlake to help support our city. In his memory we will be having our party at Regovich's Catering this year. Menu and entertainment TBA. When signing up, you will also have to sign up for a table, so decide who you want to sit with. There will be 8 people per table.

DATE: Thursday, December 19<sup>th</sup> COST: \$30 TIME: 12:00-3:00 pm

# **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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#### **GET WELL**

We'd like to send get well wishes to Sandra Kapudja, Nancy Siefert, Sharon McDivitt and Jan Konte. We would like to send our condolences to the friends and family of Maxine Hutchison on her recent passing. She was a longtime fixture in the office at the center and one-time volunteer of the year, she will be missed. Also, thoughts and prayers go to Karen Buss on the recent passing of her sister.

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#### **ALL AROUND TOWN COUPON BOOKS**

2025 coupon books are here!! Lots of local deals inside! They would make a great gift for someone you aren't sure what to get for them. They are \$28 each. See Grace or Kerri if you'd like one.

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#### **GREETING CARDS**

When unable to attend Thanksgiving dinner, send a note to give special thanks to friends and family who are missing your presence. We have a nice selection! 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.

#### **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.

# **Annual Holiday Boutique**

# Saturday, December 7th from 9-3 pm

Free Admission Vendors / Craft Tables
Bake sale Raffle Baskets

50/50 Raffle Concession Stand

## **HOLIDAY CLOSINGS FOR DECEMBER**

The center will be closed December 24<sup>th</sup> – January 1<sup>st</sup>. We will open up on Thursday, January 2<sup>nd</sup>. Enjoy the holiday season with your friends and family, counting the many blessings you've received.

# DAY TRIPS — WEATHER DEPENDANT FOR A FEW MONTHS

#### LATER LUNCH BUNCH (L1) \*\*FULL\*\*

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

DATE: Friday, November 8<sup>th</sup> COST: \$5.00 TIME: 1:00-3:30 pm

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#### **GARDNER PIE / PETERSON NUTS (L2)**

Let's head to Akron for some delicious pies to take home. Stock up for the holidays. Lunch at Gio's Italian Restaurant (formerly Lembo's) (tip will be added to your bill) then on to Peterson Nuts.

DATE: Thursday, November 14<sup>th</sup> COST: \$5.00 TIME: 9:00-4:00 pm

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#### **HARTVILLE FLEA MARKET (L2)**

DATE: Friday, November 15<sup>th</sup> COST: \$5.00 TIME: 8:45-4:30 pm

## JACK'S DOWNTOWN CASINO (L2)

Swipe your card for free play on Senior Day! Enjoy the \$5.55 lunch buffet.

DATE: Wednesday, November 20<sup>th</sup> COST: \$5.00 TIME: 9:30-3:30 pm

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### **GRAND RIVER VALLEY CHRISTMAS (L1) \*\*FULL\*\***

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: Friday, November 22<sup>nd</sup> COST: \$43.00 TIME: 11:45-4:30 pm

## **GALLUCCI'S ITALIAN FOODS (L2)**

Who doesn't love to visit this Italian delicacy for all your Italian needs. Stock up on noodles, sauce, seasonings and more! We'll head to Green Rooster Farms for lunch after. This is a soup, salad, sandwich and order at the counter type place.

DATE: Tuesday, November 26<sup>th</sup> COST: \$5.00 TIME: 10:00-2:00 pm

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#### **SOUTHPARK MALL IN STRONGSVILLE (L2/3)**

Back by popular demand, another trip to Macy's is in store. This time the mall is decorated for Christmas. Maybe you could even sit on Santa's lap! Lunch on your own.

DATE: Monday, December 2<sup>nd</sup> COST: \$5.00 TIME: 9:30-3:00 pm

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## A CHRISTMAS CAROL (L2) - sign up by Nov. 11th

Open your heart to Charles Dickens' classic tale of one man's ultimate redemption. Ohio Theater.

DATE: Tuesday, December 10<sup>th</sup> COST: \$31.00 (bus/ticket) TIME: 9:45-2:30 pm

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#### **CHRISTMAS LIGHT TOUR (L1)**

Sit back, relax and let us take you on a Christmas light tour. We'll head to the Magic of Lights event at the Cuyahoga Fairgrounds, Public Square, Nela Park and Downtown Willoughby. We will make one bathroom stop after the fairgrounds. You might want to bring a towel in case the windows get foggy. DATE: Tuesday, December 17<sup>th</sup> COST: \$8.00 TIME: 5:00-8:15 pm

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# 9<sup>TH</sup> Annual Fall Boutique Saturday, November 2<sup>nd</sup> from 9-3 pm

Free Admission Vendors / Craft Tables
Bake sale Raffle Baskets
50/50 Raffle

**Concession Stand** 

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