

EASTLAKE SENIOR CENTER

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

NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				No Bingo 1 BOUTIQUE TOMORROW Medicare seminar LCCOA
4	5 Get out and vote!	6	7 Foot Doctor	8 Lunch Bunch
11 Attorney visit Veteran's Day	12 Judy Mack <u>Insurance Agent</u> Board mtg.	13 Produce Market	14 Gardner Pie & Peterson Nuts	15 Hartville Flea Market
18 Humana	19 Turkey Bowl	20 Jack's Casino	21 Book Club	22 NO Bingo Closing at 11:30 Grand River Valley Christmas
25 Humana	26 Gallucci's	27 No Dog Blanket making today	28 Happy Thanksgiving- we are closed!	29 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 ST and 3 rd 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



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.

DATE: Thursday, November 21st

TIME: 10:00 am – 11:00 am



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



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



PARTIES AND GET-TOGETHERS

UPCOMING MEDICARE SEMINARS

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

LAKE CO. COUNCIL ON AGING

DATE: Friday, November 1st

TIME: 9:30 am

LICENSED INSURANCE AGENT JUDY MACK

DATE: Tuesday, November 12th

TIME: 9-1 pm

HUMANA

DATE: Monday, November 18th & 25th

TIME: 9 am



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



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 22nd

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



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 19th

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.)



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.



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.



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!!



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.



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 2 – Minimal walking

LEVEL 3 – Excessive walking and/or stairs
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.



Please DO NOT be a backseat driver on our trips. Laketrans 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 24th – January 1st. We will open up on Thursday, January 2nd. Enjoy the holiday season with your friends and family, counting the many blessings you've received.

