**EASTLAKE SENIOR CENTER**

**600 East 349th**

**Eastlake, Oh 44095**

**440-975-4268**

**Grace Giangiacomo, Director**

**E-Mail:** [**gg@eastlakeohio.com**](mailto:gg@eastlakeohio.com)

**Kerri Davidson, Assistant Director**

**Email: kdavidson@eastlakeohio.com**

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

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

**JANUARY 2025**



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  | **1** | **2** | **3** |
| **6** | **7** | **8**  **Produce Market** | **9**  **Senior Cycling** | **10** |
| **13**  **Attorney visit** | **14**  **Board mtg** | **15** | **16**  **Senior Cycling** | **17** |
| **20** | **21** | **22**  **Blanket Event** | **23**  **Senior Cycling**  **MGM Casino** | **24** |
| **27**  **Ethnic Lunch** | **28** | **29** | **30**  **Senior Cycling**  **Book Club** | **31** |

**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 (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** | **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**

**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, January 13th 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 January 30th. You can join us at any point throughout the year. The book list for 2025 is set and made up of recommended books from the readers. January book will be Camino Ghosts by John Grisham.**

**DATE: Thursday, January 30th TIME: 10:00 am – 11:00 am**

**February Book: A Long Petal of the Sea by Isabel Allende**

**March Book: Where the Crawdads Sing by Delia Owens \*this is one of Kerri’s favorite books 😊**

**April Book: West With Giraffes by Lynda Rutledge**

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**FOOT DOCTOR - DR. BEN \*please note the slight price increase**

**Must register and pay $30 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, March 6th COST: $30.00 TIME: 9 am start**

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**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. Those who signed up are eligible for this session. Limited spots available.**

**DATE: Thursday, January 9th TIME: 10:00 am**

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**PARTIES AND GET-TOGETHERS**

**CHINESE NEW YEAR PARTY**

**The first day is actually January 29th. 2025 is the year of the Snake, which means navigating the upcoming year will require putting health first and avoiding bad influences. A light lunch will be served.**

**DATE: Tuesday, February 4th COST: $10.00 TIME: 12:00-1:30 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. Check the after Christmas sales.**

**DATE: Wednesday, January 22nd COST: FREE TIME: 9:00-11:00 am**

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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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**GET WELL**

**We’d like to send get well wishes to Claudia Prislan. Our condolences to the friends and family of Janet and Mike Galgozcy, who passed away over the holidays. Also, Nechie Hedden, the mother of member Sandra Gifford, passed away over the holidays.**

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**ALL AROUND TOWN COUPON BOOKS**

**2025 coupon books are here!! Lots of local deals inside! They are $28 each.**

**See Grace or Kerri if you’d like one.**

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**GREETING CARDS**

**We have a nice selection! Only 25 cents each!!**

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**EASTLAKE SENIOR CENTER BOARD**

**There is a group of members who donate their time with monthly meetings, fundraisers and the will to help make our center a great place to be, as do all of our volunteers. If you are interested in reading the minutes from their meetings, they are located in a binder in the library.**

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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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**WOODBURNING**

**Due to space, we aren’t accepting any new woodburning students at this time.**

**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.**

**DAY TRIPS – WEATHER DEPENDANT FOR A FEW MONTHS**

**January will be a pretty low-key month but our Ethnic lunches begin and will go until May. June still start our winery/brewery lunches. We will come up with some museum trip for the wintery months. Feel free to give ideas of new places or if you liked some already visited places that you’d like to do again.**

**ETHNIC LUNCH (L1)**

**Hola!! Mexican it is!! We can enjoy $1 tacos and more at Azteca in Mentor.**

**DATE: Monday, January 27th COST: $5.00 TIME: 11:00-1:30 pm**

**MGM CASINO (L1/2)**

**Swipe for a chance for freeplay, food credits or MGM Rewards Points.**

**DATE: Thursday, January 23rd COST: $5.00 TIME: 9:30-2:30 pm**

**THE GREAT BIG HOME & GARDEN SHOW (L2/3)**

**This is a vibrant marketplace where you can shop for home related products and services, enjoy presentations and view pretty landscapes to wash away the winter blues for the day.**

**DATE: Thursday, February 6th COST: $15.00 TIME: 9:30-4:00 pm**

**MUSEUM OF ILLUSIONS (L2)**

**Discover a brilliant collection of perspective changing rooms, enthralling installations and spellbounding images. Nothing is ever quite as it seems. We will stop for lunch after.**

**DATE: Monday, February 10th COST: $25.00 TIME: 9:45-2:30 pm**

**PETER & THE STAR CATCHER (L2)**

**Set sail to explore the Neverland you never knew in this Tony Award winning Playful Peter Pan Prequel. We will stop for lunch after.**

**DATE: Tuesday, February 18th COST: $25.00 (bus/ticket) TIME: 8:45-2:30 pm**

**TO HELP YOU PLAN YOUR SOCIAL CALENDAR BETTER IN 2025**

**We will try and give you a heads up on trips coming up for the future. These won’t be able to be signed up for yet but you can plug it in your calendar so you know not to schedule doctor appointments. You will still have to come in and sign up once it is available. Each month we will try and add more things.**

**MARCH 20TH TWELFTH NIGHT AT HANNA THEATER**

**MAY 6TH NOISES OFF AT HANNA THEATER**

**JUNE 18TH STATION DINNER THEATER (Holy Cannoli – a comedy)**

**SEPTEMBER 3RD  STATON DINNER THEATER (Keep on Laughing – a comedy)**

**THANK YOU FROM GRACE AND KERRI**

**We would like to thank everyone from the bottom of our hearts for the extremely generous Christmas gift presented to us at the Ugly Sweater party and also for all the other gifts. You are all so thoughtful. We have to thank you also for a great 2024! We had a lot of fun times and went to a lot of fun places! Thank you all for sharing your lives with us and allowing us to fill your memory banks with great things. We try our bestest to do that for you! We couldn’t do it without your help too!! So thank you!! Let’s make 2025 an even bigger and better year filled with fun and friendships!**



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