EASTLAKE SENIOR CENTER

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Newsletter online at

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

FEBRUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	Chinese New Year /Valentine Party	5 Coloring Crew	6 Diamond Dot Painting Senior Cycling Home & Garden Show	7 Get a Valentine card to send to a friend
Attorney visit Museum of Illusions	Air Fryer class Board mtg	12 Produce Market	13 Diamond Dot Painting Senior Cycling	14 Happy Valentines Day Hot Chocolate Bar
Closed for Presidents Day	18 Peter & The Star Catcher	Coloring Crew 19 Emergency Preparedness Presentation	20 Diamond Dot Painting Interactive Game Day	21
24 Ethnic Lunch	25	26 Blanket Event Jacks Casino	27 Diamond Dot Painting Senior Cycling Book Club	28
3	Fat Tuesday Mardi Gras Party	5 Coloring Crew Ash Wednesday	Diamond Dot Painting Senior Cycling Foot Dr.	7 Women's Air & Space Museum

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	9:30am - 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

AIR FRYER 101 CLASS

Traveling chef LaDonna will teach you all you need to know. You will get recipes and sample 3-4 dishes. DATE: Tuesday, February 11th COST: \$5.00 TIME: 10:00 am-11:00 am

EMERGENCY PREPAREDNESS PRESENTATION

Provided by Nora Wall of Services for Independent Living, which serves the disabled in Cuyahoga/Geauga/Lake counties. You will learn how to make a Grab and Go Bag to have ready when you need to grab and go due to an emergency. A list of suggested items will be provided. DATE: Wednesday, February 19th TIME: 11:15-12:15 pm

INTERACTIVE GAME DAY

Wanna have some fun while also staying active? Join as we have a variety of games to choose from. DATE: Thursday, February 20th TIME: 12:00 pm-1:00 pm

BOOK CLUB

February book will be A Long Petal by the Sea by Isabel Allende.

DATE: Thursday, February 27th TIME: 10:00 am-11:00 am

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 <><><><><><><>

SENIOR CYCLING

TIME: 9 am start

TIME: 9:30 am

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. Limited spots available. TIME: 10:00 am

DATE: Second session starts February 27th

PARTIES AND GET-TOGETHERS

COLORING CREW

Join the crew to color and relax. We will have some pictures to choose from or bring your own. Will take place the first and third Wednesdays. Bring your crayons, markers or pencils. Please sign up. DATE: Wednesday, February 5th and 19th **COST: FREE** TIME: 1:00 pm

DIAMOND DOT PAINTING

It's not actually painting. Using a tool, stick rhinestones on an already made picture. Every Thursday in February. Come whenever you can. Please sign up ahead of time if you can.

DATE: Thursday, February 6th

VALENTINES DAY HOT CHOCOLATE BAR

COST: FREE

This event is sponsored by Comfort Keepers. Enjoy yours plain or with some delicious toppings! DATE: Friday, February 14th **COST: FREE** TIME: 9:00-3:00 pm

THE BLANKET EVENT

HELP SHELTER DOGS!! Join us to help tie fleece into dog blankets. 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, February 26th **COST: FREE** TIME: 9:00-11:00 am

FAT TUESDAY MARDI GRAS PARTY

Mardi Gras means Fat Tuesday so let's eat!! We will enjoy a delicious lunch and a paczki for dessert. DATE: Tuesday, March 4th COST: \$5.00 TIME: 12:00-1:30 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 Louise Winland and Marge Abel and we also send our condolences to the family of Ruth Spahlinger, who passed away recently.

ALL AROUND TOWN COUPON BOOKS

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

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GREETING CARDS

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

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

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.

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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.

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 21ST FISH FRY AT EASTLAKE VFW MAY 6TH **NOISES OFF AT HANNA THEATER**

MAY 29TH WAIT UNTIL DARK AT RABBIT RUN THEATER

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

CALENDAR GIRLS AT RABBIT RUN THEATER JULY 24TH

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

DAY TRIPS — WEATHER DEPENDANT THIS MONTH

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

MUSEUM OF ILLUSIONS (L2)

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

DATE: Monday, February 10th

COST: \$25.00

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

8th COST: \$25.00 (bus/ticket) <>>>>>>>>>>>>>>>

ETHNIC LUNCH (L1)

Off to Das Schnitzel Haus in Parma! Get out your lederhosen to enjoy some German cuisine!

DATE: Monday, February 24th

COST: \$5.00 TIME: 10:30-1:30 pm

Swipe for a chance for up to \$1,000 free-play or a gift, spin the wheel for a chance to win up to \$20 plus the delicious \$5.55 buffet lunch.

DATE: Wednesday, February 26th

COST: \$5.00 TIME: 10:00-3:30 pm

In honor of International Women's Day we will head to this museum to learn about some brave women. We will stop for lunch after at the Flat Iron Café where you can get some Lenten fish specials.

DATE: Friday, March 7th

COST: \$15.00

THE CLEVELAND ORCHESTRA (L1/2)

Conducted by Franz Welser-Most, enjoy Prokofiev's Fourth Symphony. We will enjoy donuts and coffee with a pre-concert preview. We will stop for lunch after.

DATE: Friday, March 14th

COST: \$15.00

TIME: 9:30-3:00 pm

TIME: 9:30-2:00 pm

TIME: 9:30-4:00 pm

TIME: 9:45-2:30 pm

TIME: 8:45-2:30 pm

TWELFTH NIGHT (L2)

A shipwreck throws lives into disarray, a tale of love, loss and the joyous absurdity of life. Shakespeare's romantic comedy takes place at the Hanna Theater. We will stop for lunch after.

DATE: Thursday, March 20th

COST: \$25.00 (bus/ticket)

TIME: 8:45-2:30 pm

LADY CAROLINE LUNCHEON CRUISE (L2)

Last years trip didn't pan out so we will try it again. In order to get tickets we have to make payments very early on. We'd like for you to sign up by March 21st. This will be a 2-hour cruise to see the downtown sights along with a full course meal.

DATE: Thursday, June 26th

COST: \$63.00 (Bus/boat/lunch)

TIME: 10:30-3:00 pm

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IMPORTANT MESSAGE TO ALL!

In the parking lot, the row behind the handicapped row is technically not a row where cars should be parked. When cars are parked there it makes it extremely difficult for the handicapped row of cars to back out. There is very little space to maneuver. Please refrain from parking there, we don't want any fender benders. As of now, it's not marked clearly as such. Once the weather starts to improve we hope to have it marked better. dThank you! We appreciate you cooperation.