

EASTLAKE SENIOR CENTER

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

MARCH 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Mardi Gras Party	5 Foot Dr Coloring Crew	6 Diamond Dot Painting Senior Cycling	7 Women's Air & Space Museum
10 Attorney visit St Patrick's Day Pot O Gold Pop up	11 Board mtg	12 Produce Market	13 Diamond Dot Painting Senior Cycling	14 Cleveland Orchestra Pi (e) Day
17	18 Jacks Thistledown Casino	19 Blood Pressure Checks Coloring Crew	20 Twelfth Night Diamond Dot Painting Senior Cycling	21 Fish Fry
24	25 InstaPot Class	26 Blanket Event Ethnic Lunch	27 Senior Cycling Meet the Mayoral Candidates Book Club	28
31	April 1	2 Coloring Crew	3 Diamond Dot Painting Senior Cycling	4 Hartville

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	10:30am - 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
BLOOD PRESSURE CHECKS	3 RD WEDNESDAY	10:00am – 11:00am
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

FOOT DOCTOR

Dr. Ben will no longer be our foot doctor. We now have Dr. Vadim Glukh. He will be here 1st Wednesday each month. Must register and pay \$30 cash at appointment. Also, please arrive on time.

DATE: Wednesday, March 5th COST: \$30.00 TIME: 9 am start



BLOOD PRESSURE CHECKS

Richelle from Willoughby Post Acute will be here the 3rd Wednesday each month to check your BP.

DATE: Wednesday, March 19th TIME: 10:00 am–11:00 am



INSTAPOT 101 CLASS – sign up ahead of time- limited space

Traveling chef LaDonna will teach you all you need to know. You will get recipes and sample 3-4 dishes.

DATE: Tuesday, March 25th COST: \$5.00 TIME: 1:00–2:00 pm



BOOK CLUB

March book will be Where the Crawdads Sing by Delia Owens. The story of Marsh Girl in a small town.

DATE: Thursday, March 27th TIME: 10:00 am–11:00 am



DOWNSIZING/SELLING SEMINAR

Join Keller Williams as they discuss keys to selling your home, methods for decluttering, finding a new home and estate planning. A light lunch will be provided. You must sign up by Monday, April 21st.

DATE: Wednesday, April 23rd TIME: 11:30-12:30 pm



2025 MIND CHALLENGE

If you like trivia, this may be for you. We are looking for at least 4-6 seniors to form a team to compete this year. First day is Thursday, May 1st at 1 pm at Willowick Senior Center. This only lasts a few Thursdays depending on how you rank. See Kerri for more details.

DATE: Thursday, May 1st, 8th, 15th *Drive Yourself* TIME: 1:00 pm

PARTIES AND GET-TOGETHERS

FAT TUESDAY MARDI GRAS PARTY

DATE: Tuesday, March 4th - Sign up is closed. If you are signed up, don't forget!! Party starts at 12 pm.



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, March 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 March. Come whenever you can. Please sign up ahead of time if you can.

DATE: Thursday, March 6th, 13th, 20th, 27th COST: FREE TIME: 9:30 am



ST. PATRICK'S DAY POT O' GOLD POP UP

Do you have the luck of the Irish? Come kiss the Blarney stone and enjoy a corned beef slider. Please sign up by Thursday, March 6th.

DATE: Monday, March 10th COST: \$1.00 TIME: 12:00-1:00 pm



SPRING FLING – TAKE ME OUT TO THE BALLGAME!

Join us as we welcome the sights and sounds of Spring as we party at the Chagrin Harbor Beach Association in Eastlake. Wear your favorite Guardians or Captains gear and dance the day away with Wickliffe Mayor Joe Sakacs as the DJ. Ballpark food will be served. There is limited parking so we have a bus available. Please sign up by Thursday, April 3rd.

DATE: Thursday, April 10th COST: \$7.00 TIME: 11:30-2:30 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.)



COME MEET YOUR MAYORAL CANDIDATES

On Thursday, March 27th from 12-1 pm, join us to hear a little bit about each candidate and what they may have to offer as possibly the new Mayor of Eastlake.

GET WELL

We'd like to send our condolences to the family of Michele Slokar, who passed away recently and also to Ann Metzger on the recent passing of her niece, Helen Ledford. Get well wishes to Pat Kish as well.



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.



LIONS CLUB

There is a box in the lobby where you can donate your unwanted glasses for the Lion's Club.



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.



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.

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.

- | | |
|---------------------------|--|
| MAY 6 TH | NOISES OFF AT HANNA THEATER |
| MAY 29 TH | WAIT UNTIL DARK AT RABBIT RUN THEATER |
| JUNE 18 TH | STATION DINNER THEATER (Holy Cannoli – a comedy) |
| JULY 24 TH | CALENDAR GIRLS AT RABBIT RUN THEATER |
| SEPTEMBER 3 RD | STATION DINNER THEATER (Keep on Laughing – a comedy) |

DAY TRIPS

WOMEN'S AIR & SPACE MUSEUM (L1/2)

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 TIME: 9:30-2:00 pm



THE CLEVELAND ORCHESTRA (L1/2) -Trip is full

DATE: Friday, March 14th TIME: 9:30-3:00 pm



JACKS THISTLEDOWN CASINO (L1/2)

Swipe for a chance to win up to \$1,000 or free-play then starting at 11 am receive a free corned beef roll.

DATE: Tuesday, March 18th COST: \$5.00 TIME: 9:30-3:30 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 at Green Rooster Farms.

DATE: Thursday, March 20th COST: \$25.00 (bus/ticket) TIME: 8:45-2:30 pm



FISH FRY (L1)

TBA
DATE: Friday, March 21st COST: \$5.00 TIME: 11:30 am



ETHNIC LUNCH (L1)

Does authentic Chinese cuisine sound good? Let's head to Wonton Gourmet on Payne Ave.

DATE: Wednesday, March 26th COST: \$5.00 TIME: 11:00-1:30 pm



HARTVILLE FLEA MARKET (L3)

It's flea market time again!! Shop till ya drop then enjoy lunch at the Hartville Kitchen.

DATE: Friday, April 4th COST: \$5.00 TIME: 9:00-4:00 pm



FISH FRY (L1)

Enjoy a delicious fish meal at Alfredo's in Mayfield. There will be a few other meatless choices too.

DATE: Friday, April 11th COST: \$5.00 TIME: 11:00-1:30 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



*****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. Thank you! We appreciate your cooperation.

PI(E) DAY

What do you do on March 14th aka 3/14 aka 3.14.... Day? You eat pie! Stop by for a slice!

DATE: Thursday, March 14th TIME: 9:30-12:30 pm