**EASTLAKE SENIOR CENTER**

**600 East 349th**

**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**](http://www.eastlakeohio.com/)

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

**MAY 2025**



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | **Meditation classes are now cancelled** |  | **1****Diamond Dot Painting****Mind Challenge** | **2****Kentucky Derby Party** |
| **5** | **6****Noises Off!****Don’t forget to Vote!!** | **7****Foot Dr.** **Walk with Me** **Euclid Culinary Bistro** | **8****Mind Challenge** | **9** |
| **12****Attorney visit** | **13****Into to Digital Tech****Board mtg****Cornhole** | **14****Produce Market** | **15****Diamond Dot Painting****Mind Challenge** | **16****NO Bingo –** **Senior Attic** **set-up****Senior Attic Tomorrow!** |
|  **19** | **20****Senior Day at the Mall** | **21****Blood Pressure Checks****Rivers Casino****Blanket Event** |  **22****Golden Corral Ethnic Lunch** | **23****West Side Market** |
|  **26****CLOSED****HAPPY MEMORIAL DAY!** | **27****Intro to Digital Tech** **Cooking Class** | **28****Chair Volleyball**  | **29****Book Club****Rabbit Run** | **30****Cleveland Museum of Natural History** |

**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** |
| **SENIOR ZUMBA DANCE** | **MONDAY 9:00-9:15 AM** | **WEDNESDAY 10:00-10:15 AM** |
| **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** |
| **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** |
| **BLOOD PRESSURE CHECKS** | **3RD WEDNESDAY** | **10:00am – 11:00am** |
| **EXERCISE** | **WEDNESDAY** | **10:15am – 11:00am** |
| **COLORING CREW** | **WEDNESDAY** | **1:00pm – 2:00pm** |
| **DIAMOND DOT PAINTING** | **THURSDAY** | **9:30am-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 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 here.**

**HEALTH / WELLNESS / EDUCATIONAL**

**MEDITATION**

**Due to lack of participation, there will be no more meditation class. Chuck has classes at Wickliffe (2nd and 4th Thursdays at 12:30 pm) and Willowick (Wednesdays at 3 pm except last Wednesday) Senior Centers if you wish to continue with him.**

**<><><><><><><><><><><><><><><><><><><><><><><><><>**

**2025 MIND CHALLENGE**

**DATE: Thursday, May 1st, 8th, 15th \*Drive Yourself to Willowick Senior Center\* TIME: 1:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><><><><>**

**NEW ACTIVITIES!! Check it out!!**

**Wednesday, May 7th at 11:30 am - Walk with Me (could be Grace could be Kerri) – We will walk outside!**

**Tuesday, May 13th at 2 pm – Cornhole – Outside under the pavilion weather permitting!**

**Wednesday, May 28th at 1 pm – Chair Volleyball – Anyone can do it! You will be sitting!**

**FOOT DOCTOR**

 **Dr. Vadim Glukh will be here 1st Wednesday every other month. Must register and pay $30 cash at appointment. Please arrive on time. And let us know if you can’t make it.**

**DATE: Wednesday, May 7th COST: $30.00 TIME: 9 am start**

**<><><><><><><><><><><><><><><><><><><><><><><><>**

**INTRO TO DIGITAL TECH**

**Learn basic terminology regarding technology while having fun! Limited space. Choose one of these two classes that needs to be taken prior to the hands-on class in June.**

**DATE: Tuesday, May 13th and May 27th COST: $1.00 TIME: 10:00 am**

**<><><><><><><><><><><><><><><><><><><><><><><><><>**

**BLOOD PRESSURE CHECKS**

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

**DATE: Wednesday, May 21st TIME: 10:00–11:00 am**

**<><><><><><><><><><><><><><><><><><><><><><><><>**

**COOKING CLASS – Limited space**

**Learn how to make your own egg rolls. Samples and recipes will be given during this 1-hour demo.**

**DATE: Tuesday, May 27th COST: $5.00 TIME: 1:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><><><><>**

**BOOK CLUB**

**May book will be Tom Lake by Ann Patchett.**

**DATE: Thursday, May 29th TIME: 10:00–11:00 am**

**<><><><><><><><><><><><><><><><><><><><><><><><>**

**INTRO TO SMART PHONES – Limited space**

**Whether you have an Apple or Android, there’s always more you could learn. Bring your questions.**

**DATE: Tuesday, June 10th COST: $1.00 TIME: 10:00 am**

**PARTIES AND GET-TOGETHERS**

**KENTUCKY DERBY PARTY - Friday, May 2nd at 12 pm**

**<><><><><><><><><><><><><><><><><><><><><><><><><>**

**SENIOR ATTIC – Indoor Garage Sale**

**The Eastlake Senior Center Board is hosting this fundraiser for the center. Come shop for some treasures! Or if you’d like to buy a table to sell your “junk” see Grace or Kerri for an application, tables are just $15. We will have concessions, bake sale, and plenty of raffles! Calling all bakers, we could use your tasty donations for our sale. Bring in your goodies on Friday, the 16th or early Saturday morning. Also, if you’d like to volunteer that day let Grace or Kerri know.**

**DATE: Saturday, May 17th COST: free admission TIME: 9:00 am-3:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><><><><>**

**PAINT NITE**

**Wear your favorite paint shirt and let’s get creative! Rachel will guide us step by step as we paint the Golden Hour Sunset on 16x20 canvas. All supplies included. This will be outside in the pavilion weather permitting, otherwise we will move inside. Feel free to bring your own snacks including any beverages.**

**DATE: Thursday, June 19th COST: $35.00 (cash only) TIME: 5:00-7:00 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 our get well wishes to Paula Iseman and Jeff Grahek. Also, condolences to Pat Farrar on the passing of her brother, Chuck Urban.**

**<><><><><><><><><><><><><><><><><><><><><><>**

**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. With the unfortunate passing of Paul Carani, there is now a spot open on the board. See Grace or Kerri if you might be interested.**

**<><><><><><><><><><><><><><><><><><><><><><>**

**LIONS CLUB**

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

**<><><><><><><><><><><><><><><><><><><><><><>**

**GREETING CARDS**

**Easter cards are out! Mother’s Day cards coming too! Don’t forget grandmas! Just 25 cents a card.**

**<><><><><><><><><><><><><><><><><><><><><><>**

**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 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.**

**<><><><><><><><><><><><><><><><><><><><><><>**

**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.**

**JULY 15TH ARCHERY LESSON AT LAKE METROPARKS**

**JULY 25TH CHRISTMAS IN JULY PICNIC**

**AUGUST 27TH CLEVELAND GUARDIANS DAY GAME VS. TAMPA RAYS**

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

**YOU’VE BEEN CAUGHT!!**

**Sherry Hartsock!! You’ve been caught doing a kind deed. Everyone can thank Sherry for the beautiful and inspirational rocks that are in the front beds at the center. Sherry has been busy collecting and painting rocks, then comes and places them for all to admire. Sherry is one of the many reasons why the Eastlake Senior Center “*ROCKS”*!!**

**DAY TRIPS**

**NOISES OFF (L2) – at the Hanna Theater**

**This sidesplitting romp takes you behind the scenes as one hilariously dysfunctional cast stumbles through rehearsals, opening night jitters and several escalating disasters. Meal stop after at Muldoons.**

**DATE: Tuesday, May 6th COST: $25.00 TIME: 12:15-6:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**EUCLID CULINARY BISTRO – buffet lunch (L1)**

**DATE: Wednesday, May 7th COST: $5.00 TIME: 11:45-2:30 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**SENIOR DAY AT THE MALL (L2/3)-NO BUS**

**Join us at Great Lakes Mall to honor our Outstanding Senior of the Year, Janet McKee. Janet works the front desk on Tuesday and Friday afternoons, she is also our Facebook Administrator. Tickets are $1.**

**DATE: Tuesday, May 20th COST: $1 (see Grace or Kerri for ticket) \*Drive on your own\***

**<><><><><><><><><><><><><><><><><><><><><><>**

**RIVERS CASINO (L1/2)**

**We are heading to Pittsburgh so unless you are a Pittsburgh fan put on your Cleveland gear!**

**DATE: Wednesday, May 21st COST: $5.00 TIME: 9:00-4:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**GOLDEN CORRAL – buffet lunch (L1)**

**DATE: Thursday, May 22nd COST: $15.00 (meal included) TIME: 10:30-2:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**WEST SIDE MARKET (L2/3)**

**After shopping we will hop on the bus and stop for lunch.**

**DATE: Friday, May 23rd COST: $5.00 TIME: 9:30-2:30 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**RABBIT RUN THEATER (L2) – sign up by May 8th**

**We’ll head to Ferrante Winery for a chicken parm dinner then off to see the mystery, Wait Until Dark.**

**DATE: Thursday, May 29th COST: $58.00 (incl. dinner and show) TIME: 3:45-11:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**CLEVELAND MUSEUM OF NATURAL HISTORY (L2/3)**

**Check out the newly renovated science and nature museum with 2 acres of outdoor areas!**

**DATE: Friday, May 30th COST: $25.00 TIME: 12:00-4:0g0 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**FARMERS MARKET (L2)**

**Kirtland Woods Nursing Home is hosting a free outdoor farmers market. Enjoy a free ice cream/hot dog.**

**DATE: Friday, June 6th COST: $5.00 TIME: 11:00-1:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**HARTVILLE FLEA MARKET (L3)**

**DATE: Friday, June 13th COST: $5.00 TIME: 9:00-4:00 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**STATION DINNER THEATER (L2)**

**Show, lunch/dessert, coffee, tea, tax/tip are included in this fun day to see the comedy Holy Cannoli!**

**DATE: Wednesday, June 18th COST: $52.00 (incl. lunch and show) TIME: 10:00-5:30 pm**

**<><><><><><><><><><><><><><><><><><><><><><>**

**LADY CAROLINE LUNCHEON CRUISE (L2) – trip is full!**

**DATE: Thursday, June 26th COST: $63.00 (Bus/boat/lunch) TIME: 10:30-3:00 pm**

**#2 LADY CAROLINE LUNCHEON CRUISE (L2) – trip is full!**

**DATE: Thursday, July 3rd COST: $63.00 (Bus/boat/lunch) TIME: 10:30-3:00 pm**

**RABBIT RUN THEATER (L2) – sign up by July 3rd**

**We’ll head to Grand River Cellars Winery for a wine tasting and chicken/rib dinner combo then off to see the comedy, Calendar Girls.**

**DATE: Thursday, July 24th COST: $60.00 (incl. dinner and show) TIME: 3:45-11:00 pm**