### **EASTLAKE SENIOR CENTER**

600 East 349<sup>th</sup> 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 Hours: Mon-Fri, 8:00am-3:30pm

# **JULY 2025**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
follow us on tacebook.	1	2 Blood Pressure Checks	3 Lady Caroline	CLOSED HAPPY 4 <sup>TH</sup> OF JULY!!
Chair Volleyball	8 Tech Help one on ones Board mtg	9 Produce Market	10 Lunch bunch	11 Carnival Bingo trip
Attorney visit	15 Archery	16 Blood Pressure Checks Walk with Me	17 Brewery	18
21 Kirtland Creamery	22 Cooking Class	23	24 Rabbit Run	25 Christmas in July Picnic
Mountaineer Casino	29 Chair Volleyball	30 Summer Crisis Program	31 Put-in-Bay Book Club	1

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)

MON – WED - FRI	9:00 am - 2:00 pm	
MONDAY - FRIDAY	8:00am - 3:30pm	
MONDAY 9:00-9:15 AM	WEDNESDAY 10:00-10:15 AM	
MONDAY (Low Impact)	9:15am - 10:00am	
MONDAY	10:00am-2:00pm	
MON (improver-intermediate)	1:30pm – 2:30pm	
TUESDAY*on break until Sept.2 *	9:00 am - 11:00am	
TUESDAY	9:30am – 11:00am	
TUESDAY	12:00pm – 2:00pm	
1 <sup>ST</sup> and 3 <sup>rd</sup> WEDNESDAY	9:00am - 11:00am	
WEDNESDAY	9:00am - 10:00am	
1st and 3RD WEDNESDAY	10:00am - 11:00am	
WEDNESDAY	10:15am - 11:00am	
WEDNESDAY 1:00pm – 2:00pm		
THURSDAY 9:30am-11:00am		
THURSDAY	9:30am - 12:00pm	
THURSDAY	11:00am – 1:00pm	
THURSDAY (Beginners)	1:00pm – 2:00pm	
FRIDAY	11:30am - 1:30pm	
	MONDAY - FRIDAY  MONDAY 9:00-9:15 AM  MONDAY (Low Impact)  MONDAY  MON (improver-intermediate)  TUESDAY*on break until Sept.2 *  TUESDAY  TUESDAY  1ST and 3rd WEDNESDAY  WEDNESDAY  1st and 3RD WEDNESDAY  WEDNESDAY  WEDNESDAY  THURSDAY  THURSDAY (Beginners)	

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.

# **CENTER NEWS**

(Newsletters come out the 1<sup>st</sup> of the month so if the 1<sup>st</sup> is on Sat. or Sun. they will be ready on Monday.)

#### TRIP SIGN-UPS

For the first day of trip sign-ups you will need to grab a number first thing in the morning when it's busy. Once you grab a number please take a seat in the auditorium and wait your turn. This makes is easier for the person at the front desk. We appreciate your cooperation.

### **New!! CERAMICS**

The ceramics class now has a curio cabinet located by the library with some of their work. These pieces are for sale. If interested, please see one of the ladies from the class or Grace or Kerri.

### **GET WELL**

We'd like to send our get well wishes to Mary Rupnow, Tom Fritsch, Barb Zenz, Pam Knauss, and John Simpson. We'd also like to send condolences to the friends and family of Margaret Abel on her passing, to Denise Massey for the passing of her brother and Carole Zalokar on the passing of her husband and sister. You are all in our thoughts.

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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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#### **GREETING CARDS**

Select a card or two for your patriotic thoughts. Blank cards available. 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

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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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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.

## **YOU'VE BEEN CAUGHT!!**

Rick Frano!! You've been caught doing a kind deed. We were in need of a larger round table than what we had here. Rick took it upon himself to search the area and found somewhere local selling 3 of them. He dug out and hooked up his trailor for his truck and drove to pick them up. We appreciate him going above and beyond for us! Thanks Rick!

## **CLEVELAND GUARDIANS GAME (L2/3)**

Let's root our team to victory against the Tampa Bay Rays. Seats are in Section 311 in the family deck where we were 2 years ago. (not last years seats). Remember NO CASH inside!

DATE: Wednesday, August 27<sup>th</sup>

COST: \$30.00

TIME: 11:45-4:30 pm

# **HEALTH / WELLNESS / EDUCATIONAL**

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

Every Monday from 10-2pm - Backgammon

Monday, July 7th at 10:30 am - Chair Volleyball - Anyone can do it! You will be sitting!

Wednesday, July 16<sup>th</sup> at 1:00 pm - Walk with Me (could be Grace could be Kerri) – We will walk outside! Tuesday, July 29<sup>th</sup> at 11 am – Chair Volleyball

#### **FOOT DOCTOR** \*note change of date

Dr. Vadim Glukh will be here 1<sup>st</sup> 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, August 6<sup>th</sup> (not July 2<sup>nd</sup>)

COST: \$30.00

TIME: 9 am start

#### **BLOOD PRESSURE CHECKS**

Richelle from Willoughby Post Acute will be here the 3<sup>rd</sup> Wednesday each month to check your BP. Also, Angela from Mentor Post Acute will be here the 1<sup>st</sup> Wednesday each month to check your BP. DATE: Wednesday, July 2<sup>nd</sup> and Wednesday, July 16<sup>th</sup> TIME: 10:00–11:00 am

## TECH HELP - (ONE ON ONE) - Limited space

If you have specific questions regarding you smart phone or computer, sign up for a 15 minute session Bring your questions.

DATE: Tuesday, July 8th

TIME: 10:00-12:00 pm

## **COOKING CLASS – Limited space**

Learn how to make Pakora, an Indian fritter made from vegetables and gram flour creating a super crispy outside and tender middle. Also, a Raita chutney for dipping Samples and recipes will be given during this 1-hour demo.

DATE: Tuesday, July 22<sup>nd</sup>

COST: \$5.00

TIME: 1:00 pm

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Lifeline will be here to sign you up for cooling assistance (if you qualify). Please sign up for an appointment (one per hour, only 6 available). Bring an electric bill and arrive 10 minutes early.

DATE: Wednesday, July 30th

30<sup>th</sup> TIME: 9:00–2:00 pm <>><><>>>>>>>>

## **BOOK CLUB**

July book will be The Half Moon by Mary Beth Keane.

DATE: Thursday, July 31st

TIME: 10:00-11:00 am

# **PARTIES AND GET-TOGETHERS**

### **CHRISTMAS IN JULY PICNIC**

Instead of a sweater, wear your ugliest or your favorite Christmas shirt. Also, bring a small, \$5 wrapped gift for a white elephant game. We will have a festive lunch and enjoy some fun music.

DATE: Friday, July 25th

COST: \$5.00

TIME: 12:00-2:00 pm

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## PARTY IN THE PAVILION HAWAIIAN LUAU

SAVE THE DATE!!!!! SATURDAY, SEPTEMBER 13<sup>TH</sup>

## **BUS TRIP NEWS**

We realize the new Laketran bus presents difficulty getting up the steps. The lift is there for your benefit to ease the process. Please consider using it for your safety. It is not always guaranteed to expect the assistance you may need to get up the steps.

# DAY TRIPS (Everything listed here you can sign up for no matter the month)

## **LUNCH BUNCH (L1/2)**

Enjoy Bearden's Steakhouse in Rocky River, a 50's Diner themed restaurant famous for their fresh never frozen burgers and milkshakes!

DATE: Thursday, July 10<sup>th</sup>

COST: \$5.00

TIME: 10:30-1:30 pm

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### CARNIVAL BINGO (L1)

Maple Ridge Senior Living invited us to join them for their Carnival themed Bingo event. There will be refreshments, funnel cakes, alcohol and prizes

DATE: Friday, July 11th

COST: \$5.00

TIME: 12:30-2:30 pm

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## ARCHERY AT LAKE METROPARKS (L2/3)

Want to learn to be an archer? Now's your chance! We'll head to Jordan Creek Park in Concord where park staff will instruct us step by step. Program goes from 10-12 pm and then we will stop for lunch after. COST: \$12.00

DATE: Tuesday, July 15th

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TIME: 9:15-2:30 pm

# **BREWERIE (L1)**

This brewery is in Erie, get it? Brewerie.. hahaha. It's an old train station so a unique atmosphere is in store for you.

DATE: Thursday, July 17th

**COST: \$5.00** 

TIME: 10:15-3:30 pm

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## KIRTLAND CREAMERY (L1)

Creameries are popping up all over! You're sure to enjoy this one in Kirtland! Their version of the Blizzard is called a Garbage Can. Yum!!

DATE: Monday, July 21st

COST: \$5.00

TIME: 11:45-1:30 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

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## **MOUNTAINEER CASINO (L1/2)**

Try your luck in West Virginia! Earn 20 Tier points and free dining specials.

DATE: Monday, July 28th

COST: \$5.00

TIME: 9:00-5:30 pm

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# PUT-IN-BAY (L3)

Our annual trip to the islands is coming! We will take the Jet Express over and enjoy the island vibes. We will be on the island about 6 hours. So enjoy yourself! When you sign up please make sure you give us your cell phone number that you will have that day just in case we need to reach you.

DATE: Thursday, July 31st

COST: \$37.00

TIME: 7:30-7:00 pm

#### <><><><><><><><><><><><> **GENEVA ON THE LAKE (L2/3)**

You'll be on your own to shop, eat, play putt putt, drink some wine, reminisce at Eddies Grill, or just enjoy the outdoors. Don't forget about Madsen's Donuts!

DATE: Tuesday, August 5th

COST: \$5.00

TIME: 9:30-3:30 pm

#### <><><><><><><><><> **HARTVILLE FLEA MARKET (L2/3)**

DATE: Friday, August 8th

COST: \$5.00

TIME: 9:00-4:00 pm

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## STATION DINNER THEATER (L2)

Enjoy this comedy called "Keep on Laughing", the stories of 3 ladies who have been touring the world. DATE: Wednesday, September 3<sup>rd</sup> COST: \$52.00 (incl. lunch and show) TIME: 10:00-5:30 pm

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