

# EASTLAKE SENIOR CENTER

600 East 349<sup>th</sup>

Eastlake, Oh 44095

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Newsletter online at

www.eastlakeohio.com

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

# JULY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>FOLLOW US ON</i>  <b>facebook</b> </p>	1	2	3	4
		Blood Pressure Checks	Lady Caroline	<b>CLOSED HAPPY 4<sup>TH</sup> OF JULY!!</b>
7	8	9	10	11
Chair Volleyball	Tech Help one on ones Board mtg	Produce Market	Lunch bunch	Carnival Bingo trip
14	15	16	17	18
Attorney visit	Archery	Blood Pressure Checks Walk with Me	Brewery	
21	22	23	24	25
Kirtland Creamery	Cooking Class		Rabbit Run	Christmas in July Picnic
28	29	30	31	1
Mountaineer Casino	Chair Volleyball	Summer Crisis Program	Put-in-Bay Book Club	

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
BACKGAMMON	MONDAY	10:00am-2:00pm
LINE DANCING	MON (improver-intermediate)	1:30pm – 2:30pm
WOODBURNING	TUESDAY*on break until Sept.2 *	9:00 am – 11:00am
TOPS* fee to join*	TUESDAY	9:30am – 11:00am
PINOCHLE	TUESDAY	12:00pm – 2:00pm
COMFORT ELVES	1 <sup>ST</sup> and 3 <sup>rd</sup> WEDNESDAY	9:00am – 11:00am
CHAIR YOGA WITH CHUCK	WEDNESDAY	9:00am – 10:00am
BLOOD PRESSURE CHECKS	1 <sup>st</sup> and 3 <sup>RD</sup> 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.

**(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.)**



**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.**

**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.**

**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.**



**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.**



**Select a card or two for your patriotic thoughts. Blank cards available. Just 25 cents a card.**

[illegible]

**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.**

**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**

**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.**

[illegible]

**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.**

A decorative horizontal separator consisting of 20 identical diamond-shaped icons arranged in a single row.

**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 trailer for his truck and drove to pick them up. We appreciate him going above and beyond for us! Thanks Rick!**

**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**

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