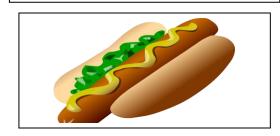
EASTLAKE SENIOR CENTER

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

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

AUGUST 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOLLOW US ON TACEDOOK				1
4	5 Geneva on the Lake	6 Blood Pressure Checks Foot Doctor	7 Rescheduled Put-n-Bay trip- Center will be closed	8 Hartville
Attorney visit Chair Volleyball	12 One on one Tech help	13 Produce Market	14 Fairport picnic	Winery
18	19 Lehmans Hardware	20 Blood Pressure Checks	21 Jacks Casino	22
25	26 Cooking Class	27 Guardians game	28 Book Club Chair Volleyball	29

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)

am - 2:00 pm am – 3:30pm AY 10:00-10:15 AM	
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mpact) 9:15am – 10:00am	
0am-2:00pm	
1:30pm – 2:30pm	
9:00 am – 11:00am	
9:30am – 11:00am	
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10:00am – 11:00am	
10:15am – 11:00am	
om – 2:00pm	
am-11:00am	
m – 12:00pm	
am – 1:00pm	
1:00pm – 2:00pm	
am - 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

NEW ACTIVITIES!! Check it out!!

Every Monday from 10-2pm - Backgammon

Monday, August 11th at 10:30 am – Chair Volleyball – Anyone can do it! You will be sitting!

Thursday, August 28th at 12 pm - Chair Volleyball

FOOT DOCTOR *note change of date

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, August 6th COST: \$30.00

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BLOOD PRESSURE CHECKS

Richelle from Willoughby Post Acute will be here the 3rd Wednesday each month to check your BP. Also, Angela from Mentor Post Acute will be here the 1st Wednesday each month to check your BP. DATE: Wednesday, August 6th and Wednesday, August 20th TIME: 10:00–11:00 am

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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, August 12th and Tuesday, September 9th

TIME: 10:00-12:00 pm

TIME: 9 am start

COOKING CLASS – Limited space

Learn how to make vegetable pasta primavera. Samples and recipes will be given during this 1-hour demo.

DATE: Tuesday, August 26th COST: \$5.00 TIME: 1:00 pm

BOOK CLUB

August book will be Horse by Geraldine Brooks.

DATE: Thursday, August 28th TIME: 10:00–11:00 am

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FRIENDLY REMINDER FOR ALL

Drinking water and staying hydrated is so very important for so many reasons. When the weather is as hot and humid as it has been it is even more vital. Our bodies need it in order to function properly and to feel good. Staying hydrated is an easy way to prevent an unnecessary medical emergency.

PARTIES AND GET-TOGETHERS

<u>PARTY IN THE PAVILION - HAWAIIAN LUAU</u>

Grass skirts, coconut bras, and umbrella drinks OH my!! Dress up in your best island getaway outfit and lets Aloha till the sun goes down! A fun day it will be! SIGN UP BY SEPTEMBER 10TH.

DATE: SATURDAY, SEPTEMBER 13TH COST: \$5 TIME: 12:00-3:00 PM

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BUS TRIP NEWS

It is imperative that you come into the center and check in prior to leaving on a trip. We also ask you wait inside until we say it is time to head for the bus. Nobody should be boarding the bus without Grace or Kerri's direction. Also, we are trying to have the busses pull up to the second driveway so we can head out the back door.

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.)

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 it 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 Karen Klobas, Helen Lianopoulos, Helen Dayok, Woody Simpson and Juanita Gates.

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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

Thinking of you, Get well, Happy birthday, even Encouragement greeting cards. 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.

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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

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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.

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.

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DAY TRIPS

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

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

DAY TRIPS (continued)

HARTVILLE FLEA MARKET (L2/3)

DATE: Friday, August 8th

COST: \$5.00

TIME: 9:00-4:00 pm

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PICNIC IN FAIRPORT (L2) - sign up by Aug. 12th

Let's head to the beach for some hot dogs on the grill! Enjoy the scenery of our beautiful lake! We will head up to Fairport Creamery for some delicious ice cream(on your own) before we head back.

DATE: Thursday, August 14th

COST: \$10.00 (bus/food)

TIME: 10:00-2:00 pm

PAPER MOON WINERY (L1)

To the lovely waterfront town of Vermillion we go! A simple lunch menu including soup, salad, pizza, panini sandwiches, chicken quesadilla, cheese plate, hummus basket, chips, pretzel sticks and dips. Wine tastings available for \$1. Maybe a scenic ride along the lake on the way back.

DATE: Friday, August 15th

COST: \$5.00

TIME: 10:45-3:30 pm

LEHMANS HARDWARE and SMUCKERS (L1/2)

Visit this old-time general store and Smucker's with their wall full of jellies. For lunch we will stop at The Barn Restaurant.

DATE: Tuesday, August 19th

COST: \$5.00

TIME: 8:00-4:30 pm

JACKS (DOWNTOWN) CASINO (L1/2)

Enjoy the lunch buffet for \$7.77!!

DATE: Thursday, August 21st

COST: \$5.00

TIME: 10:00-3:30 pm

CLEVELAND GUARDIANS GAME (L2/3)

This trip is full. You can get put on the waiting list in case of cancellations. Remember NO CASH inside! **COST: \$30.00** DATE: Wednesday, August 27th TIME: 11:30-4:30 pm

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 3rd COST: \$52.00 (incl. lunch and show) TIME: 10:00-5:30 pm

AKRON ZOO (L3)

It's Senior Safari Day at the zoo! Also included with admission is DinoTrek with 20 animated dinosaurs. DATE: Friday, September 5th COST: \$15.00 TIME: 9:00-3:00 pm

SENIOR DAY AT LAKE FARMPARK (L1/2)

Activities, demos, speakers, senior related vendors and hot dog lunch!

DATE: Thursday, September 11th COST: \$5.00

TIME: 8:45-1:00 pm

MYSTERY DINNER (L1/2)

A relaxed restaurant with a fireplace serving burgers, slow-roasted brisket, cocktails and more!

DATE: Tuesday, September 16th

COST: \$5.00 TIME: 3:30-7:30 pm

THE NOTEBOOK (L1/2)

The Connor Theater is where we're headed to see this musical adaptation of Nicholas Sparks bestselling novel about a young couple who fall in love in the 40's.

DATE: Thursday, September 25th

COST: \$65.00

TIME: 6:15-10:30 pm

SUNDAY IN THE PARK WITH GEORGE (L1/2)

This multiple award-winning musical masterpiece is at the Hanna Theater. A compelling tale of art, love and legacy. We will stop for lunch after. DEADLINE IS SEPTEMBER 8TH.

DATE: Tuesday, October 7th COST: \$25.00 TIME: 8:45-2:30 pm

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