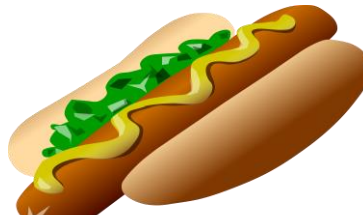



EASTLAKE SENIOR CENTER

600 East 349th
Eastlake, Oh 44095
440-975-4268

Grace Giangiacomo, Director
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Newsletter online at
www.eastlakeohio.com
Hours: Mon-Fri, 8:00am-3:30pm

AUGUST 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>FOLLOW US ON</i></p> 				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
11 Attorney visit Chair Volleyball	12 One on one Tech help	13 Produce Market	14 Fairport picnic	15 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)

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 ST and 3 rd WEDNESDAY	9:00am – 11:00am
CHAIR YOGA WITH CHUCK	WEDNESDAY	9:00am – 10:00am
BLOOD PRESSURE CHECKS	1 st and 3 RD 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

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** **TIME: 9 am start**

◀▶

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**

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**

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**

[illegible]

BOOK CLUB

August book will be Horse by Geraldine Brooks.

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

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

PARTY IN THE PAVILION - HAWAIIAN LUAU

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**

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.

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

[illegible]

HARTVILLE FLEA MARKET (L2/3)

[illegible]

[illegible]

[illegible]

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

[illegible]

