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

SEPTEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED FOR LABOR DAY	2	3 Blood Pressure Checks	4	5 Akron Zoo
FOLLOW US ON		Station Dinner Theater		Wear your Browns gear!
8	One on one Tech help	10 Produce Market	11 Senior Day at Lake Farmpark	12 Party in the Pavillion – Hawaiian Luau TOMORROW!
Attorney visit Chair Volleyball	16 Mystery Dinner	17 Blood Pressure Checks	18	19 Brewery
22	23 Amish trip	24 Tips for Aging Safely and Fall Prevention	25 <u>Archwell Health</u> <u>Book Club</u> <u>The Notebook</u>	26
29 Presque Isle Casino	30 Cooking Class Orange shirt day!	OCT. 1	2	3 Hartville

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	1st and 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

NEW ACTIVITIES!! Check it out!!

Every Monday from 10-2pm - Backgammon

Monday, September 15th at 10:15 am – Chair Volleyball – Anyone can do it! You will be sitting!

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, October 1st

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, September 3rd and Wednesday, September 17th 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, September 9th

TIME: 10:00-12:00 pm

<><><><><><><><><><><><>

TIPS FOR AGING SAFELY AND FALL PREVENTION-sign up ahead of time

Stephanie from Alertcare will share great tips! Snacks and A File of Life will be given to all who sign up. DATE: Wednesday, September 24th TIME: 11:15 am

COOKING CLASS – Limited space

Learn how to make sweet and sour eggplant. Samples and recipes will be given during this 1-hour demo.

DATE: Tuesday, September 30th

COST: \$5.00

TIME: 1:00 pm

BOOK CLUB

August book will be Close Up by Amanda Quick. Travel to 1930's Hollywoodf

DATE: Thursday, September 25th

TIME: 10:00-11:00 am

<><><><><><><><><><><><><><>

SCRABBLE ANYONE?

See Grace or Kerri if you'd be interested in playing Scrabble with some peers. Possibly Wednesdays or Thursdays? Scrabble is a great way to keep the dust off the brain!!

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! We will enjoy pulled pork sandwiches and more! SIGN UP BY SEPTEMBER 10TH.

DATE: SATURDAY, SEPTEMBER 13TH

COST: \$5

TIME: 12:00-3:00 PM

<><><><><><><><><><><><>

7th ANNUAL SUPPORT OUR SENIORS PANCAKE BREAKFAST

The Senior Levy Coalition is hosting a pancake breakfast in honor of Grandparents Day at the Fairport Senior Center on Sunday, September 14th from 9-12 pm. Tickets are \$10/adults and \$5/kids. There are also raffle baskets donated by each senior center. You can purchase tickets here for the raffles. \$1 each or 6 for \$5. Pictures of each basket are located in the hallway. Proceeds from this event benefits senior services in Lake County including our center.

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.

**Starting this month if you cancel prior to a trip 48 hours or less, refunds will not be given. Please check you calendars before you sign up for a trip. We understand things come up but if you sign up for a trip and can't go you are taking the place of someone who can go. **

Also, when you sign up for a trip please add an emergency phone number. This is a number that we can call should a medical situation arise during the trip. Preferably someone who would answer the phone and who would be able to help us make any decisions if need be.

***Starting in October the first week of sign ups will be for senior center members only. The following week guests may sign up if there is still availability.

<><><><><><><><><><>

GET WELL

We'd like to send our thoughts and prayers to Grace for the passing of her sister, Barbara. Also to the friends and family of Janice Brewer for her recent passing. Get well wishes on his continuing recovery from surgery goes out to Don Cerne.

<><><><><><><><><>

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.

GREETING CARDS

For 25 cents, pick out a blank card to write or design your own message of hope, blessings or happy birthday!!

<><><><><><><><>

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

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.

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.

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

STATION DINNER THEATER (L2)- 1 space left

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- trip is full (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)- Trip is full

DATE: Tuesday, September 16th COST: \$5.00

TIME: 3:30-7:30 pm

TIME: 11:30-2:30 pm

TIME: 8:00-6:00 pm

BREWERY (L1/2)

The original planned brewery fell through so this is TBA. Time could vary slightly. Once we know we will call everyone who has signed up.

DATE: Friday, September 19th COST: \$5.00

AMISH COUNTRY (L3/4)

We will head to Berlin and spend 3.5 hours at Sol's where you'll shop til ya drop and on your own for lunch. Next it's off to Hershbergers Farm then Walnut Creek Cheese. Lots of walking!

DATE: Tuesday, September 23rd

ARCHWELL HEALTH (L1)

Join us to take a tour of this new Eastlake facility and see if this could be an option for you.

DATE: Thursday, September 25th

COST: free

TIME: 10:00-11:30 pm

<><><><><><><><><><><><>

THE NOTEBOOK (L1/2) – Trip is full

A musical adaptation of Nicholas Sparks novel about a young couple who fall in love in the 40's.

DATE: Thursday, September 25th

COST: \$65.00

<><><><><><><>

PRESQUE ISLE CASINO (L1/2)

DATE: Monday, September 29th

29th COST: \$5.00

TIME: 9:00-4:00 pm

TIME: 6:15-10:30 pm

HARTVILLE FLEA MARKET (L2/3)

DATE: Friday, October 3rd

COST: \$5.00

TIME: 9:00-4:00 pm

SUNDAY IN THE PARK WITH GEORGE- Trip is full (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

INDIAN MARKET WITH LADONNA (L1/2)

Shop with LaDonna at India Grocers and then have lunch at Cuisine of India where you can try an individual meal or a wide variety of dishes from the buffet.

DATE: Thursday, October 16th

COST: \$10.00 (lunch on own)

TIME: 9:30-2:00 pm

<><><><><><>

ANNIE (L1/2)

Silhouette Productions presents Annie the musical at the Shore Center in Euclid. Lunch after.

DATE: Friday, October 17th

COST: \$20.00

TIME: 9:15-2:00 pm