

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 <i>FOLLOW US ON</i> facebook 	2	3 Blood Pressure Checks Station Dinner Theater	4	5 Akron Zoo Wear your Browns gear!
8	9 One on one Tech help	10 Produce Market	11 Senior Day at Lake Farmpark	12 Party in the Pavillion – Hawaiian Luau TOMORROW!
15 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 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	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.

NEW ACTIVITIES!! Check it out!!

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

[illegible]

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.

TIME: 9 am start

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.

TIME: 10:00–11:00 am

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

TIME: 10:00-12:00 pm

[illegible]

Stephanie from Alertcare will share great tips! Snacks and A File of Life will be given to all who sign up.

TIME: 11:15 am

[illegible]

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

TIME: 1:00 pm

[illegible]

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

TIME: 10:00–11:00 am

[illegible]

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!!

[illegible]

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.

TIME: 12:00-3:00 PM

[illegible]

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.

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

[illegible]

