

EASTLAKE SENIOR CENTER

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

OCTOBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>FOLLOW US ON</i> facebook 		1 Blood Pressure Checks Foot Doctor	2	3 Hartville
6	7 Sunday in the Park with George	8 Produce Market Euclid Culinary	9 LCCOA visit Lakeview Cemetery	10
13 Attorney visit Medicare Q & A	14 Welshfield Inn	15 Blood Pressure Checks	16 <u>Indian Market</u> Autumn Glow Festival Medicare Q & A	17 Annie
20 CLOSED FOR FLOOR CLEANING	21 CLOSED FOR FLOOR CLEANING	22 Mesopotamia/ Middlefield	23 Pumpkin painting	24 Sunset Harbor Bar & Grille
27 Thistledown Casino	28 Halloween Party- show us your costumes!	29	30 <u>Book Club</u> Winery	31 Happy Halloween!!

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 10:00-10:30 AM	WEDNESDAY 11:00-11:30 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	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
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.

We decided not to “hop” and just make it a one stop day. Off to Newbury and to Sharon James Cellars for a lovely meal that includes 3 different mini sandwiches, a salad bar, charcuterie spread, dessert and wine tastings. You will enjoy the 10 acres of scenery of this family owned business.

CENTER NEWS

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.

****If you cancel prior to a trip 48 hours or less, refunds will not be given. Please check your 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. Guests must be a guest of a member and needs to fill out the one-day membership disclaimer plus pay an extra \$1.**

****Starting at the beginning of the new year, as a guest you can only participate in a maximum of 2 trips or activities then you must join the center in order to further your participation.**

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.

GET WELL

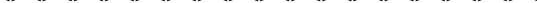
We'd like to send get well wishes to Ed Dragar and Carol Zaorski who is on the mend.

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, along with a sweet treat, give a Halloween greet. Pick out a blank card to write or design your own message of hope, blessings or happy birthday!! Thanksgiving cards are en route!!



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.

DAY TRIPS

(please park in larger lot where bus drops you off)

**** We plan on calling everyone the day before a trip as a reminder but sometimes it just doesn't happen. It is up to you to remember what's going on in your life. You are always asked to be here 15 minutes earlier than the stated departure time. ****

HARTVILLE FLEA MARKET (L2/3)

DATE: Friday, October 3rd (FULL) and Friday, November 7th COST: \$5.00 TIME: 9:00-4:00 pm

SUNDAY IN THE PARK WITH GEORGE- Trip is full (L1/2)

We will stop for lunch at Merwins Wharf after the show (on your own).

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

EUCLID CULINARY LUNCH BUFFET (L1)

Whether you plan on taking the bus or driving there on your own, you need to sign up with us because we can only have 32 people total. Menu will be on the tv screen in lobby.

DATE: Wednesday, October 8th **COST: \$5.00 (Lunch on own \$16)** **TIME: 12:00-2:30 pm**

LAKEVIEW CEMETERY (L2)

A step-on guide will take us around the cemetery, Wade Chapel and Garfield Monument. You will be able to get off the bus too! Lunch at Tommy's in Coventry.

DATE: Thursday, October 9th **COST: \$10.00** **TIME: 9:15-2:30 pm**

WELSHFIELD INN (L1/2)

Enjoy a scenic ride to our lunch destination. It happens to be their burger special day too!

DATE: Tuesday, October 14th **COST: \$5.00** **TIME: 11:15-2:45 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**

AUTUMN GLOW FESTIVAL (L2/3)-sign up by Oct. 8th

We'll head to South River Vineyard for an enchanting night walk amongst hundreds of Chinese lanterns. Enjoy food and drink (on own) from local vendors and snap some amazing photos!

DATE: Thursday, October 16th **COST: \$26.00** **TIME: 6:30-10:00 pm**

ANNIE (L1/2)

Annie the musical at the Shore Center in Euclid. Lunch after at Vittorio's in Wickliffe.

DATE: Friday, October 17th **COST: \$20.00** **TIME: 9:15-2:30 pm**

MESOPOTAMIA / MIDDLEFIELD (L2)

To the End of Commons General Store we go! After you shop up an appetite we will then take care of it at Mary Yoders and then we'll head to Rothenbuhlers Cheese. Will there be leaves on the trees still???

DATE: Wednesday, October 22nd **COST: \$5.00** **TIME: 9:00-3:30 pm**

SUNSET HARBOR BAR & GRILLE (L1/2)

Join us for lunch at Lake County's only waterfront restaurant. This is in Fairport.

DATE: Friday, October 24th **COST:** \$5.00 **TIME:** 12:00-2:30 pm

THISTLEDOWN CASINO (L1/2)

DATE: Monday, October 27th **COST: \$5.00** **TIME: 9:30-3:30 pm**

WINERY (L1/2) -see Health and Wellness page for details

DATE: Thursday, October 30th COST: \$50.00(includes meal and wine) TIME: 12:15-3:30 pm