


# EASTLAKE SENIOR CENTER

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

# JANUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>FOLLOW US ON</i> <b>facebook</b> </p>			1 HAPPY NEW YEAR!! CLOSED	2 CLOSED
5 WELCOME BACK FRIENDS!	6	7 Blood Pressure Checks	8 LCCOA visit Menopause 2	9
12 Attorney visit	13	14 Produce Market	15	16 Elvis Party NO BINGO!
19 MLK DAY WE ARE OPEN!	20 Ethnic Lunch	21 Blood Pressure Checks Fall Prevention & Balance	22	23
26	27	28	29 MGM Casino Book Club	30

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	THURSDAY 10:00-10:30 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 <sup>ST</sup> and 3 <sup>rd</sup> WEDNESDAY	10:15am – 12:00pm
CHAIR YOGA WITH CHUCK	WEDNESDAY	9:00am – 10:00am
BLOOD PRESSURE CHECKS	1 <sup>st</sup> and 3 <sup>RD</sup> 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.

## HEALTH / WELLNESS / EDUCATIONAL

## FOOT DOCTOR

**Dr. Vadim Glukh will be here 1<sup>st</sup> 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.**

**COST: \$30.00**

**TIME: 9 am start**



## LCCOA Q & A

**Every 2<sup>nd</sup> Thursday at 10:30 am, they will be here to answer any questions you may have.**

**TIME: 10:30 am**

[illegible]

## ATTORNEY SERVICES

**Attorney Deborah Loughner will be here every second Monday. The first half hour consultation here at the center is free. Please sign up at the front desk for your appointment. If you can't make your scheduled appointment, please call and let us know.**

**TIME: 10:30 am**

[illegible]

## BLOOD PRESSURE CHECKS

**The third Wednesday of each month, sponsored by Willoughby Post Acute.**

**TIME:10:00–11:00 am**

## FALL PREVENTION AND BALANCE

**Learn how to assess falls risk and simple exercises to improve balance with Alert Care Ohio.**

**TIME: 11:15am**

**PLEASE SIGN UP AT THE FRON DESK.**

## BOOK CLUB

**January's book will be Christmas in Bethel by Richard Paul Evans.**

**TIME: 10:00–11:00 am**

## February book: Lady Tan's Circle of Women by Lisa See

# ZUMBA

**We will now have Zumba on Mondays and Thursdays from 10:00-10:30 am. Come join the fun!!**



## PARTIES AND GET-TOGETHERS

**If anyone has any decks of cards that they won't be using anymore, we could use them for 50/50 raffles we will be doing at our parties.**

## ELVIS / CHRISTMAS REGIFT PARTY

**Elvis would celebrate his birthday on Jan. 8<sup>th</sup>. We will honor him a little later with some food and music of course! Also, bring in that one gift maybe you just don't need from Christmas and we will regift it!**

**COST: \$2**

**TIME: 12:00-2:00 PM**

# THANK YOU FROM GRACE AND KERRI

**We would like to thank everyone from the bottom of our hearts for the ever so generous Christmas gift presented to us at our Annual Christmas party last month. It is overwhelmingly appreciated!! We feel super blessed to be able to do what we do for you all.**

**Thank you for your help in making 2025 another busy fun-filled year! We are sure that 2026 will be much more of the same!!**

# CENTER NEWS

**(Newsletters come out the 1<sup>st</sup> of the month or first business day.)**

## 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. Thank you for all you do! If you are interested in reading the minutes from their meetings, they are located in a binder in the library.**



## GET WELL

**We'd like to send get well wishes to Alexis Delzoppo and Sherry Hartsock and condolences to the friends and family of Denise Massey and Jackie Hackathorn on their recent passing.**



## FITNESS ROOM

**For just \$20 for the year you can join our amazing fitness room. Start the year off with a healthy jump!!**

**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. With wet, muddy weather here please be sure to have a change of shoes for the treadmill.**

## GREETING CARDS

**For 25 cents, pick out a blank card to write or design your own message of hope, blessings or happy birthday!! There are packs of 10 for \$1.00 available. Just let someone know you're thinking of them.**

[illegible]

## TRIP SIGN-UPS

**\*\*Starting in February, the first of the month will be for newsletter pick up only. The second will start sign up day. This way it gives everyone a chance to come and pick up the newsletter, look it over and figure out what you want to do. 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. \*\***

**\*\*\*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 2 – Minimal walking**

### LEVEL 3 – Excessive walking and/or stairs

**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.**

[illegible]

**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.**

[illegible]

**(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, so mark your calendars. You are always asked to be here 15 minutes earlier than the stated departure time. \*\***

## INCLEMENT WEATHER

**It's predicted to be a snowy winter this year. We are a warming center so we will remain open during our working business hours of 8:00 am to 3:30 pm. Come in for a hot cup of coffee, a tasty treat and some friendly conversation. Always error on the side of caution and stay home if the roads are sketchy. Give us a call if you are wondering about a specific trip or program and whether or not it is taking place.**

## **MENOPAUSE 2 THE MUSICAL: Cruising Through the Change (L1/2)-FULL**

**Get ready to laugh your britches off at the Hanna Theater!**

**DATE:** Thursday, January 8<sup>th</sup>

**COST: \$45.00**

**TIME: 12:30-4:30 pm**



### ETHNIC LUNCH (L1/2)

**Our ethnic lunches begin!! First one will be at Fuji Japan Steakhouse in Mentor.**

**DATE: Tuesday, January 20<sup>th</sup>**

**COST: \$5.00**

**TIME: 11:30-2:00 pm**



## MGM CASINO (L1/2)

## Will 2026 start off on a lucky streak!!!

**DATE: Thursday, January 29<sup>th</sup>**

**COST: \$5.00**

**TIME: 9:30-2:30 pm**

## THE GREAT BIG HOME & GARDEN SHOW (L2/3)

**Shop till ya drop! Lots of home related products and services, presentations and pretty landscapes to view to wash away those winter blues!!**

**DATE: Thursday, February 5<sup>th</sup>**

**COST: \$15.00**

**TIME: 9:30-4:00 pm**

**THE HEART OF ROBIN HOOD (L1/2) – DEADLINE IS JAN. 9<sup>TH</sup>**

**Brimming with daring feats, electrifying action and a hint of romance, this compelling saga will awaken the hero in all of us. We will stop for lunch after.**

**DATE: Thursday, February 12<sup>th</sup>**

**COST: \$25.00**

**TIME: 8:45-2:30 pm**

[illegible]

# CLEVELAND CHARGE BASKETBALL

**This is the NBA G League basketball team affiliated with the Cavaliers. They play at the beautifully redone Public Hall. If I can get tickets, who would like to go? It would probably be March 3<sup>rd</sup> for an 11 am game. Let Kerri know if you are interested.**

## GOLF ANYONE??

One of our members would love to have some golf partners this spring. It would be 9 holes at Briardale Golf Course in Euclid. If this is something you'd be interested in, let Kerri know. We are letting you know now so you have time to dust off your clubs.

[illegible]

## CERAMICS DISPLAY

**Check out the ceramics cabinet now located in the hallway by the front desk. Some great pieces could be great gifts for that someone you don't quite know what to buy. See Grace or Kerri for assistance.**

[illegible]