






Monday	Tuesday	Wednesday	Thursday
1 9:00-10:00 a.m. Chair Dancing-DVD 10:30-12:30 p.m. Movie- A Beautiful Day in the Neighborhood 1:00-3:00 p.m. Rummikub & Cards 	2 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-12:00 p.m. Movie-Are You There God? It's me, Margaret 12:00-2:00 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica	3 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies"	4 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 12:00-1:00 p.m. Solar Eclipse Craft 1:30-3:00 p.m. Wii Bowling
8 9:00-10:00 a.m. Chair Dancing-DVD 10:00-12:00 p.m. Rummikub & Cards  1:00-4:00 p.m. Solar Eclipse @ Stadium with food trucks	9 9:00-11:00 a.m. Benefit Bank 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-12:00 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica 1:00-2:00 p.m. Produce Market	10 9:30-10:30 a.m. Chair Exercise-Jessica 10:30-11:30 a.m. National Hug Your Dog Day- Jazz 11:00-1:00 p.m. "Bag Ladies" 	11 9:45-10:30 a.m. Healthy Brain Basics-Hanson Service 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
15 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Foot Doctor 10:00-11:30 a.m. Hospice Support Group 12:00-3:00 p.m. Rummikub & Cards	16 8:30-3:30 National wear your PJ's Day 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-11:00 a.m. Bingo & Bagels-Pavilion 2:45-3:30 p.m. Floor Yoga-Jessica	17 9:30-10:30 a.m. Chair Exercise-Laurie 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	18 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts & National Animal Cracker Day 1:30-3:00 p.m. Wii Bowling
22 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Book Club 12:00-3:00 p.m. Rummikub & Cards	23 9:15-9:45 a.m. Sit Down & Tone Up-DVD 11:00-12:00 p.m. Lunch & Learn by Fyzical 1:00-3:00 p.m. Benefit Bank 2:45-3:30 p.m. Floor Yoga-Jessica	24 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	25 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
29 9:00-10:00 a.m. Chair Dancing-DVD 12:00-3:00 p.m. Rummikub & Cards	30 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-12:00 Movie -My Dog Skip 12:00-2:00 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica		<i>Italicize = activity is off site</i>

*All activities subject to change without notice.

Call Senior Transportation Connection-STC to schedule ride 3 business days in advance or as early as 3 weeks in advance 216.265.1489.

Cancellations are required no later than 7AM day of trip.

North Royalton Senior Center
13500 Ridge Road, North Royalton OH 44133
440-582-6333
Office Hours: 8:00 a.m. – 4:00 p.m. Monday-Thursday

The first week of April we are inviting your grandchildren to join in the activities with you. Starting off with showing **A Beautiful Day in the Neighborhood** Tom Hanks portrays Mister Rogers in *A Beautiful Day in the Neighborhood*, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

Tuesday, April 2 is National Peanut Butter and Jelly Sandwich Day which we will enjoy eating while watching **Are You There God? It's Me, Margaret**-Eleven-year-old Margaret moves to a new town and starts to contemplate everything about life, friendship and adolescence. She relies on her mother, Barbara, who offers loving support, and her grandmother, Sylvia, who's coming to terms with finding happiness in the next phase of her life. Questions of identity, one's place in the world, and what brings meaning to life soon brings them closer together than ever before.



Do you have something to view the eclipse safely? If not bring your cereal box (with no cereal inside) to the center on Thursday, April 4 and we will teach you to make a view finder so that you are able to use it to view the eclipse safely.

National Hug your Dog Day is a wonderful way to feel the warmth of a pet. You might not have a dog, but don't worry, Jazz a support dog that is trained to accept lots of hugs, petting and loving will be at the center to accept all the hugs you are willing to give. Stop in a enjoy this wonderfully trained support dog.

Learn what you can do and eat to keep your brain healthy as Laura from Hanson Services tells us all about having a healthy brain. You will get to enjoy healthy brain snacks during her presentation. Call by April 4 to sign up.



You don't need any excuses to get out of your PJs on Tuesday, April 16th because it's National Wear Your PJ's Day. Come play bingo in your PJ's and enjoy a bagel with Pavilion in your PJ's. It's also a great way to come to yoga since you will already be comfortable. Our yoga teacher, Jessica will make sure you leave class relaxed.

Bring your crafts from home that you need to work on and enjoy animal crackers as we celebrate National Cracker Day with crafts and animal crackers.

We only have two more books to read until Laura (North Royalton Librarian) goes on summer break. That means you have to continue reading on your own during the summer months. Our book discussion will start up again in September. April -*This Tender Land* by William Kent Krueger. A magnificent novel about four orphans on a life-changing odyssey during the Great Depression. May- *Women of Copper Country* by Mary Doria Russell an inspiring historical novel about "America's Joan of Arc" Annie Clements, the courageous woman who started a rebellion by leading a strike.

Join Dr. Juliet Giganti PT DPT, and the team at Fyzical Strongsville to learn about the systems of the body that support balance, how dizziness is treatable, and ways to reduce your risk of falling so you can continue to do the things you love! Lunch will be provided so you must make your reservation by Wednesday, April 17.



Come for a treat while watching **My Dog Skip**- Who says best friends have to be human? Not Willie Morris (Frankie Muniz), who receives a talented terrier named Skip for his birthday. With Skip's remarkable and unconventional help, Willie and Skip turn bullies into friends, tangle with hapless moonshiners, and even win the affections of the prettiest girl in school.



May



2024

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<i>Italicize = activity is off site</i>		1 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:30 a.m. Chair Exercise-Laurie 11:00-1:00 p.m. "Bag Ladies"	2 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
6 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Bingo & Bagels-Communicare Health Care 11:00-1:00 p.m. Movie-Americas Sweethearts 1:00-3:00 p.m. Rummikub & Cards	7 9:15-9:45 a.m. Sit Down & Tone Up-DVD 12:00-1:00 p.m. Chips n Salsa & Margarita 1:00-2:30 p.m. Mexican Train Dominos 2:45-3:30 p.m. Floor Yoga-Jessica	8 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-2:00 p.m. Kidney Foundation of Ohio	9 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
13 9:30-1:30 p.m. AARP Driving Class 	14 9:00-11:00 a.m. Benefit Bank 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-2:00 p.m. Rummikub & Cards 2:45-3:30 p.m. Floor Yoga-Jessica 1:00-2:00 p.m. Produce Market	15 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:30-2:30 p.m. Card making- Parkside Villa	16 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
20 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Book Club 10:00-11:00 a.m. Foot Doctor 10:00-11:30 a.m. Hospice Support Group 12:00-3:00 p.m. Rummikub & Cards	21 9:00-11:00 a.m. OSHIIP 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:30-12:00p.m. High Blood Pressure Speaker 2:45-3:30 p.m. Floor Yoga-Jessica	22 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	23 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
27 	28 9:15-9:45 a.m. Sit Down & Tone Up-DVD 10:00-2:00 p.m. Rummikub & Cards 1:00-3:00 p.m. Benefit Bank 2:45-3:30 p.m. Floor Yoga-Jessica	29 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	30 9:15-10:15 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling



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For an awkward, self-conscious girl like Kiki (Julia Roberts), being the personal assistant to a beautiful megastar like Gwen (Catherine Zeta-Jones) isn't easy. But when she dutifully accepts the task of helping Gwen and her estranged husband Eddie (John Cusack) make it through one last public appearance masterminded by legendary press agent Lee Phillips (Billy Crystal), forever devoted Kiki finds that her job is about to get even harder when her and Eddie's relationship takes a romantic turn.

Raedda is back to call Bingo with Communicare HealthCare sponsoring the delicious bagels and we will make sure you have a cup of coffee to enjoy while hoping to win a game of bingo. Call for reservations by Thursday, May 2.

We will be celebrating Cinco de Mayo with chips, salsa and (virgin)Margaritas on Tuesday, May 7. Linda RN liaison from Rent-A-Daughter will inform you about what senior care services they offer and talk briefly about importance of physical & mental health & overall wellness.



Jennifer Clegg, Client services and program manager with the Kidney Foundation of Ohio will come to talk about kidney disease and the impact it can have on the older adult population and ways to keep your kidney healthy. Jen will share information about dialysis and what patients may experience when they are on dialysis. Jen herself is a kidney transplant survivor and is willing to answer your questions.

AARP will be holding Smart Driver Course **May 13 from 9:30 a.m.-1:30 p.m.** You will learn safe driving techniques, new traffic laws and regulations in our state, research-based driving techniques, proven safety strategies, methods for handling highway traffic, right of way and blind spots and more. This could save you money on your insurance. AARP Members \$20 and non-members \$25 cash or check (no credit cards). Coffee and donuts will be provided, feel free to bring a snack/lunch. Pre-registration is required 440-582-6333. Bring your Driver's License and AARP card if you have one.

Join Deb from Parkside Villa for a card making craft. You will have the opportunity to make more than one card, so make sure you know what type of card you need? Is it Happy Birthday, Get Well, Thinking of you, Hello, Thank You, or no salutation at all? Deb will bring the paper, punches, decorative scissors and examples of card ideas. She will also help your creative side get some ideas. It's a fun way to meet other and create something original.

Are you in need of a podiatrist or just forgot to schedule your appointment, well no worries because once a month Dr. Zaccardelli will be at the center to provide basic services. If you are having a hard time bending over to trim your toe nails, Dr. Zaccardelli will do that for you. Just bring your insurance information (your deductible, if you have one) and he will do all the paper work for you. Call the center 440-582-6333 to schedule your appointment.

Hospice Loss Support Group. Facilitated by Crossroads Hospice and offered at no cost on the third Monday of the month. A support group to acknowledge the grief (a normal and natural reaction to loss) you may be experiencing with major life changes such as the death of a loved one or anticipatory grief accompanying the aging process. We welcome all who need comfort and help during a difficult time.

As we age, 90% of Americans are at risk for high blood pressure. Join us **May 21st at 10:30 a.m.** for this informative talk as noted medical lecturer and patient advocate Tom Strong explains non-medical strategies to help reduce and manage blood pressure. After Tom's presentation you will enjoy a slice of pizza so remember to bring something to drink if you don't feel like a glass of water. Reservations required by May 15.