



North Royalton Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
	1 OFFICE CLOSED Happy New Year! 	2 9:30 a.m. UH Parma Medical Center Blood Pressure & Glucose Check 10:00 a.m. Low Impact Exercise 11:00 a.m. Healthy Snack-Sponsored by Pleasantview	3 9:30 a.m. Line Dancing 11:00 a.m. "Bag Ladies" 1:00 p.m. Ask an Attorney by appt. 2:00 p.m. Chair Yoga	4 10:00 a.m. Mindful Meditation – Regina Health Care 10:00 a.m. Senior Social 11:30 a.m. Lunch
7 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social	8 <i>10:00-11:30 a.m. Giant Eagle Shopping</i>	9 10:00 a.m. Low Impact Exercise	10 9:30 a.m. Line Dancing 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	11 10:00 am Bingo-Sponsored by Parkside Villa 10:00 a.m. Senior Social 11:30 a.m. Lunch 1:00 p.m. Benefit Bank by appt.
14 9:30 a.m. Wii Bowling 10:00 am Root Vegetables –UH Parma Medical Center Julie Wise 10:00 a.m. Senior Social 12:00 Birthday Celebration-Sponsored by Home Health Care by Callos	15 9:00 a.m. OSHIIP counselors by appt.	16 10:00 a.m. Low Impact Exercise 11:30 Free Lunch & a Movie –Heaven is for Real -Sponsored by Pleasantview	17 9:30 a.m. Line Dancing 11:00 a.m. "Bag Ladies" 1:00 Benefit Bank by appt. 2:00 p.m. Chair Yoga	18 10:00 a.m. Senior Social 11:30 a.m. Lunch
21 OFFICE CLOSED Martin Luther King Day 	22 <i>10:00 am –1:00 p.m. Wal-Mart/Marc's Shopping</i>	23 10:00 a.m. Low Impact Exercise 3:00 -3:20 p.m. Post Office on Wheels	24 9:30 a.m. Line Dancing 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	25 10:00 a.m. Hudec Dental 10:00 a.m. Senior Social 11:30 a.m. Lunch
28 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 11:30 a.m. Bingo –Royalton Woods 11:30 a.m. Mobile Library	29	30 10:00 a.m. Low Impact Exercise	31 9:30 a.m. Line Dancing 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	<i>Italic indicates transportation trip location</i>

Call Senior Transportation Connection-STC to schedule ride 3 business days in advance, 216.265.1489. **Cancellations are required no later than 7AM day of trip.**
 **All activities subject to change without notice.