



North Royalton Senior Center

2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Ask an Attorney By appt. 1 pm-3 pm Chair Yoga 2:00 pm	2 Senior Social 10 am - 2 pm UH Presents: "Infectious Disease" Amanda Scharf, UH Pharmacy
5 Wii Bowling 9:30 am Senior Social 10 am - 2 pm UH Presents: "Healthy Sweets" 10:00 am Julie Wise UH Clinical Nutritionist Birthday Monday at Noon	6 Giant Eagle Shopping 10:00-11:30am Benefit Bank By appt. 1-4 pm	7 UH Parma Medical Center Blood Pressure & Glucose Check 9:30 am - 10:30 am Low Impact Exercise 10 am - 11 am	8 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm	9 Senior Social 10 am - 2 pm UH Presents: "Staying Healthy in Cold Weather" 10:00 am Pleasant Lake Villa, Respiratory Therapy Dept. Bingo 11:30 am (Sponsored by Royalton Woods)
12 Valentine's Day Party 11:00 AM – 2:00 PM	13	14 Low Impact Exercise 10 am - 11 am ASH WEDNESDAY	15 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Benefit Bank By appt. 1-4 pm Chair Yoga 2:00 pm	16 Senior Social 10 am - 2 pm UH Presents: Coping with Grief 10:00 am Amy Quinlan-Seasons of Life Hospice
19 Wii Bowling 9:30 am Senior Social 10 am - 2 pm "Veteran's Benefits" Daniel Seink, Attorney	20 Wal-Mart Shopping Strongsville 10:00 am –1:00 PM OSHIIP Counselors By appt. 9:00 am - 3:45 pm	21 Low Impact Exercise 10 am - 11 am Free Lunch & a Movie 11:30 - 3pm (Sponsored by Diplomat) Post Office on Wheels 3 - 3:20 pm	22 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm	23 Senior Social 10 am - 2 pm UH Presents: Simply EZ Meals 10:00 am Home-delivered Meals
26 Wii Bowling 9:30 am Senior Social 10 am - 2 pm Laura-North Royalton Library 10 am Year in Review Mobile Library- Immediately Following Bingo 11:30 am (Sponsored by Leimkueller)	27	28 Low Impact Exercise 10 am - 11 am		

Call Senior Transportation Connection-STC to schedule ride 3 business days in advance, 216.265.1489.

**All activities subject to change without notice.

Speakers arranged through partnership with:

