




North Royalton Senior Center

2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p> <p>Ask an Attorney By appt. 1 pm-3 pm</p> <p>Chair Yoga 2:00 pm</p>	<p>2 Senior Social 10 am - 2 pm</p> <p>Identity Theft 10 am</p> <p>Scam Squad</p> <p>Consumer Department of Cuyahoga County</p>
<p>5 Wii Bowling 9:30 am</p> <p>Senior Social 10 am - 2 pm</p> <p>UH Presents:</p> <p>"UH Parma Café" 10:00 am</p> <p>Jay Laughner, UH Dietary</p> <p>Birthday Monday at Noon</p>	<p>6 Giant Eagle Shopping 10:00-11:30am</p> <p>Benefit Bank</p> <p>By appt. 1-4 pm</p>	<p>7 UH Parma Medical Center</p> <p>Blood Pressure & Glucose Check</p> <p>9:30 am - 10:30 am</p> <p>Low Impact Exercise</p> <p>10 am - 11 am</p>	<p>8 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p> <p>Chair Yoga 2:00 pm</p>	<p>9 Senior Social 10 am - 2 pm</p> <p>UH Presents:</p> <p>"Cognition" 10:00 am</p> <p>Melinda Siefker UH Speech Pathologist</p> <p>Bingo 11:30 am</p> <p>(Sponsored by Parkside Villa)</p>
<p>12 St. Patrick's Day Party</p> <p>11:00 AM – 2:00 PM</p>	<p>13</p>	<p>14 Low Impact Exercise</p> <p>10 am - 11 am</p>	<p>15 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p> <p>Benefit Bank</p> <p>By appt. 1-4 pm</p> <p>Chair Yoga 2:00 pm</p>	<p>16 Senior Social 10 am - 2 pm</p> <p>Fairhill Partners 10:00 am</p> <p>Workshops- Diabetes/Chronic Pain</p>
<p>19 Wii Bowling 9:30 am</p> <p>Senior Social 10 am - 2 pm</p> <p>UH Presents:</p> <p>"Heart Health" 10:00 am</p> <p>Julie Wise UH Clinical Nutritionist</p>	<p>20 Wal-Mart Shopping 10:00 am –1:00 PM</p> <p>OSHIIP Counselors</p> <p>By appt. 9:00 am - 3:45 pm</p>	<p>21 Low Impact Exercise</p> <p>10 am - 11 am</p> <p>Free Lunch & a Movie 11:30 - 3pm</p> <p>(Sponsored by Broadview Multi-Care)</p> <p>Post Office on Wheels 3 - 3:20 pm</p>	<p>22 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p> <p>Chair Yoga 2:00 pm</p>	<p>23 Senior Social 10 am - 2 pm</p> <p>Historical Society 10:00 am</p> <p>North Royalton Bi-Centennial</p> <p>Georgia Viehbeck</p>
<p>26 Wii Bowling 9:30 am</p> <p>Senior Social 10 am - 2 pm</p> <p>UH Presents:</p> <p>"YMCA- The Y & You!" 10:00 am</p> <p>Kristie Balcer</p> <p>Mobile Library 11:30 am</p> <p>Bingo 11:30 am</p> <p>(Sponsored by Broadview Multi-Care)</p>	<p>27</p>	<p>28 Low Impact Exercise</p> <p>10 am - 11 am</p>	<p>29 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p> <p>Chair Yoga 2:00 pm</p>	<p>30 Senior Social 10 am - 2 pm</p> <p>UH Presents:</p> <p>"Music Therapy" 10:00 am</p> <p>Jessica Janaitis</p>

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:
"AGE WELL * BE WELL"

