




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 Identity Theft 10 am Scam Squad Consumer Department of Cuyahoga County
5 Wii Bowling 9:30 am Senior Social 10 am - 2 pm UH Presents: "UH Parma Café" 10:00 am Jay Laughner, UH Dietary 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: "Cognition" 10:00 am Melinda Siefker UH Speech Pathologist Bingo 11:30 am (Sponsored by Parkside Villa)
12 St. Patrick's Day Party 11:00 AM – 2:00 PM	13	14 Low Impact Exercise 10 am - 11 am	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 Fairhill Partners 10:00 am Workshops- Diabetes/Chronic Pain
19 Wii Bowling 9:30 am Senior Social 10 am - 2 pm UH Presents: "Heart Health" 10:00 am Julie Wise UH Clinical Nutritionist	20 Wal-Mart Shopping 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 Broadview Multi-Care) 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 Historical Society 10:00 am North Royalton Bi-Centennial Georgia Viehbeck
26 Wii Bowling 9:30 am Senior Social 10 am - 2 pm UH Presents: "YMCA- The Y & You!" 10:00 am Kristie Balcer Mobile Library 11:30 am Bingo 11:30 am (Sponsored by Broadview Multi-Care)	27	28 Low Impact Exercise 10 am - 11 am	29 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm	30 Senior Social 10 am - 2 pm UH Presents: "Music Therapy" 10:00 am Jessica Janaitis

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"

