




Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	2 11:00 a.m. "Bag Ladies" 1:00 p.m. Ask an Attorney by appointment 2:00 p.m. Chair Yoga	3 10:00 a.m. Senior Social 10:30 a.m. Bingo-sponsored by Parkside Villa 11:30 a.m. Lunch- Burger King
<i>Italic indicates transportation trip location</i>				
6 9:30 a.m. Open Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Free Hearing Screening- sponsored by Sounds Like a Plan 11:00 a.m. Cleveland Foodbank Outreach Counselor	7 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi 1:00 p.m. Benefit Bank by appointment <i>10:00-11:30 a.m. Giant Eagle Shopping</i>	8 10:00 a.m. Low Impact Exercise	9 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	10 10:00 a.m. Senior Social 11:30 a.m. Lunch-McDonalds
13 9:30 a.m. Open Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Butterfly Pillows 	14 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi 1:00 p.m. Produce Market at York Rd. Recreation Pavilion	15 10:00 a.m. Low Impact Exercise 11:30 Free Lunch & Movie –The Longest Ride sponsored by Pleasantview Care Center 	16 11:00 a.m. "Bag Ladies" 1:00 p.m. Benefit Bank by appt. 2:00 p.m. Chair Yoga	17 10:00 a.m. Foot Doctor  10:00 a.m. Senior Social 10:30 a.m. Mexican Dominos 11:30 a.m. Lunch-Arby's 
20 9:30 a.m. Open Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Bingo-sponsored by Royalton Woods	21 9:00 a.m. OSHIIP counselors by appointment 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi <i>10:00 am –12:30 p.m. Wal-Mart Shopping</i>	22 10:00 a.m. Low Impact Exercise 3:00 -3:20 p.m. Post Office on Wheels	23 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	24 10:00 a.m. Senior Social 10:30 a.m. Cellulitis speaker- sponsored by University Hospital 11:30 a.m. Lunch- KFC
27 	28 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi	29 11:00 a.m. Mayor's Senior Picnic 	30 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	31 10:00 a.m. Senior Social 10:30 a.m. Mexican Dominos 10:30 a.m. Free Notary Service sponsored by Stano Law 11:30 a.m. Lunch-Subway

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