



# North Royalton Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Senior Social 10 am - 2 pm
4 Senior Social 10 am - 2 pm "Chair Yoga" 10:00 am Mardell Weiss	5 Giant Eagle Shopping 10:00-11:30am  Benefit Bank By appt. 1-4 pm	6 UH Parma Medical Center Blood Pressure/Glucose Check 9:30 am - 10:30 am  Low Impact Exercise 10 am - 11 am  Brainercise 11 am (Sponsored by The Diplomat)	7  Line Dancing 9:30 – 11:00 am  Chair Yoga 2:00 pm	8  Senior Social 10 am - 2 pm  Bingo 11:00 am (Sponsored by The Pavilion)
11 Senior Social 10 am - 2 pm Birthday Monday at Noon	12	13 Low Impact Exercise 10 am - 11 am	14  Line Dancing 9:30 – 11:00 am  Chair Yoga 2:00 pm	15 Senior Social 10 am - 2 pm
18 Senior Social 10 am - 2 pm  UH Presents: "Easy Microwave Meals" 10:00 am Julie Wise, UH Clinical Dietician	19 Wal-Mart Shopping 10:00 am –1:00 PM  OSHIP Counselors By appt. 9:00 am - Noon	20 Low Impact Exercise 10 am - 11 am  Free Lunch & a Movie 11:30 am " Calendar Girls" (Sponsored by The Pavilion)	21  Line Dancing 9:30 – 11:00 am  Benefit Bank By appt. 1-4 pm  Chair Yoga 2:00 pm	22 Senior Social 10 am - 2 pm
25 Senior Social 10 am - 2 pm Mobile Library 11:00 am  Bingo 11:30 am (Sponsored by Broadview Multi-Care)	26	27 Low Impact Exercise 10 am - 11 am  Post Office on Wheels 3 - 3:20 pm	28  Line Dancing 9:30 – 11:00 am  Chair Yoga 2:00 pm	29 Senior Social 10 am - 2 pm

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"



**University Hospitals**  
Center for Lifelong Health