







2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 a.m. Open Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Wound Care – sponsored by University Hospital 11:00 a.m. Cleveland Food Bank Outreach Counselor-walk ins welcome	4 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi 1:00 p.m. Benefit Bank by appt.	5 9:30 a.m. UH Parma Medical Center Blood Pressure & Glucose Check 10:00 a.m. Low Impact Exercise	6 9:00 a.m. Pain Management 11:00 a.m. “Bag Ladies” 1:00 p.m. Ask an Attorney by appt. 2:00 p.m. Chair Yoga	7 10:00 a.m. Senior Social 10:00 a.m. Meditation & Stretch – sponsored by Regina Health Care 11:30 a.m. Lunch- McDonalds
10 9:30 a.m. Open Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. What you always want to know about cremation- sponsored by Busch <i>8:30 a.m. Presque Isle Casino</i> 	11 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi 1:00 p.m. Produce Market at York Road Recreation Pavilion <i>10:00-11:30 a.m. Giant Eagle Shopping</i>	12 10:00 a.m. Low Impact Exercise	13 9:00 a.m. Pain Management 11:00 a.m. “Bag Ladies” 2:00 p.m. Chair Yoga	14 10:00 a.m. Senior Social 10:30 a.m. Mexican Dominos 11:30 a.m. Lunch- Mr. Hero 
17 9:30 a.m. Open Wii Bowling 10:00 a.m. Senior Social 11:00 a.m. Birthday Celebration- Sponsored Westwood Place 	18 9:00 a.m. OSHIIP counselors by appt. 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi	19 10:00 a.m. Low Impact Exercise 11:30 Free Lunch & Movie –Overboard sponsored by Pleasant Lake Villa 	20 9:00 a.m. Pain Management 11:00 a.m. “Bag Ladies” 1:00 p.m. Benefit Bank by appt. 2:00 p.m. Chair Yoga	21 10:00 a.m. Senior Social  10:00 a.m. Foot Doctor 10:30 a.m. Panel Discussion 11:30 a.m. Lunch-Wendy's
24 9:30 a.m. Open Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Bingo-sponsored by Royalton Woods 11:30 a.m. Mobile Library	25 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi <i>10:00 am –1:00 p.m. Wal-Mart/Marc's Shopping</i>	26 10:00 a.m. Low Impact Exercise 3:00 -3:20 p.m. Post Office on Wheels	27 9:00 a.m. Pain Management 11:00 a.m. “Bag Ladies” 2:00 p.m. Chair Yoga	28 10:00 a.m. Senior Social 10:30 a.m. Mexican Dominos 11:30 a.m. Lunch- KFC 

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**