



North Royalton Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
		1 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 Pleasant View Care Center)	2 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Ask an Attorney By appt. 1 pm-3 pm Chair Yoga 2:00 pm	3 Senior Social 10 am - 2 pm
6 Senior Social 10 am - 2 pm Birthday Monday at Noon	7 Giant Eagle Shopping 10:00-11:30am Benefit Bank By appt. 1-4 pm	8 Low Impact Exercise 10 am - 11 am	9 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm	10 Senior Social 10 am - 2 pm Bingo 11:00 am (Sponsored by Royalton Woods)
13 Senior Social 10 am - 2 pm Adam Sandor 10 am Cuyahoga County Veteran's Commission	14	15 Low Impact Exercise 10 am - 11 am Free Lunch & a Movie 11:30 - 3pm (Sponsored Leimkuehler) Post Office on Wheels 3 - 3:20 pm	16 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Benefit Bank By appt. 1-4 pm Chair Yoga 2:00 pm	17 Senior Social 10 am - 2 pm
20 Senior Social 10 am - 2 pm Crafters' Club 10 am "Butterfly Pillows"	21 Wal-Mart Shopping 10:00 am - 1:00 PM OSHIIP Counselor By appt. 9:00 am - Noon	22 Low Impact Exercise 10 am - 11 am	23 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm	24 Senior Social 10 am - 2 pm Mexican Train Dominoes 10 am
27 Senior Social 10 am - 2 pm Bingo 11:00 am (Sponsored by The Diplomat) Mobile Library 11:00 am	28	29 Low Impact Exercise 10 am - 11 am	30 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm	31 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



Wii Bowling Starts Monday, September 10th at 9:30 AM
 Sign up at the front desk now for team placement.