


NORTH ROYALTON SENIOR CENTER

OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Wii Bowling 9:30 am</p> <p>Lifeline and Laughter: It's Your Best Medicine 10 am w/ Brandy Cramer:</p> <p>Senior Social 10 am - 2 pm</p>	<p>3 I Phone Class 10 am</p> <p>Matter of Balance 10 am</p> <p>Computer Class 11am</p> <p>Giant Eagle Shopping 10:00-11:30am</p> <p>Benefit Bank by appt. 1-4 pm</p>	<p>4 UH Parma Medical Center Blood Pressure & Glucose Check 9:30 am - 10:30 am</p> <p>Low Impact Exercise 10 am -11 am</p>	<p>5 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p> <p>Ask an Attorney By appt. 1 pm-3 pm</p>	<p>6 Senior Social 10 am - 2 pm</p> <p>UH Presents:Hearing Screenings with Jessica Dzedzick, Audiologist By Appointment Starts at 10 am</p>
<p>9 Wii Bowling 9:30 am</p> <p>Senior Social 10 am - 2 pm</p> <p>Sugar and Sugar Substitutes UH Presents- Julie Wise, Nutritionist</p> <p>Birthday Monday at Noon</p>	<p>10 I Phone Class 10 am</p> <p>Matter of Balance 10 am</p> <p>Computer Class 11am</p>	<p>11 Low Impact Exercise 10 am - 11 am</p> <p>Women's Only Group 11 am</p>	<p>12 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p> <p>Men's Only Group 11:30 am Dr. Neeraj Mahajan-Prostate Health</p>	<p>13 Senior Social 10 am - 2 pm</p> <p>BINGO 11:30 Sponsored by Parkside Villa</p>
<p>16 Wii Bowling 9:30 am</p> <p>Senior Social 10 am - 2 pm</p> <p>UH Presents: Chest Pain 10 am Noreen Chase and Michelle Adams</p>	<p>17 I Phone Class 10 am</p> <p>Matter of Balance 10 am</p> <p>Computer Class 11am</p> <p>Wal-Mart Shopping 10:00 am -Noon</p> <p>OSHIIP Counselor By appt. 9:00 am - 3:45 pm</p>	<p>18 Low Impact Exercise 10 am - 11 am</p> <p>Free Lunch & a Movie 11:30 - 3pm "We Bought a Zoo" (Sponsored by Leimkhueler)</p> <p>Post Office on Wheels 3 - 3:20 pm</p>	<p>19 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p> <p>Benefit Bank By appt. 1-4 pm</p>	<p>20 Senior Social 10 am - 2 pm</p> <p>Medicaid and Estate Planning 10 am John J Urban & James L. Nabors III</p>
<p>23 Wii Bowling 9:30 am</p> <p>Senior Social 10 am - 2 pm</p> <p>UH Presents: Staying Healthy w/ Dr. Bradley Banko 10 am</p> <p>Mobile Library 11:30 am</p> <p>BINGO 11:30 Sponsored by Pleasant Lake Villa</p>	<p>24 I Phone Class 10 am</p> <p>Matter of Balance 10 am</p> <p>Computer Class 11am</p> <p>UH Presents: Flu Shot Clinic By Appointment</p>	<p>25 Low Impact Exercise 10 am - 11 am</p>	<p>26 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am</p>	<p>27 Senior Social 10 am - 2 pm</p> <p>UH Presents: "Beating the Blues" with Katherine Holley</p>
<p>30  Halloween Party 10:30 am – 1:30 pm Tickets \$5.00</p>	<p>31 I Phone Class 10 am</p> <p>Matter of Balance 10 am</p> <p>Computer Class 11am</p> <p>Marc's Shopping 10:00 – 11:30 am</p>			

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:

