




NORTH ROYALTON SENIOR CENTER

2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Wii Bowling 9:30 am Senior Social 10 am - 2 pm "Palliative Care" Brad Patterson- Harbour Light Hospice	2 Benefit Bank by appt. 1-4 pm	3 UH Parma Medical Center Blood Pressure & Glucose Check 9:30 am - 10:30 am Low Impact Exercise 10 am -11 am Brainercise 11 am by Parkside Villa	4 Line Dancing 9:30 am - 11:00 am Ask an Attorney By appt.1 pm-3 pm Chair Yoga 2:00 pm	5 Senior Social 10 am - 2 pm
8 Wii Bowling 9:30 am Senior Social 10 am - 2 pm Birthday Monday at Noon	9 Giant Eagle Shopping 10:00-11:30am	10 Low Impact Exercise 10 am -11 am	11 Line Dancing 9:30 am - 11:00 am Chair Yoga 2:00 pm	12 Senior Social 10 am - 2 pm BINGO 11:00 AM Sponsored by Westwood Place
15 Wii Bowling 9:30 am Senior Social 10 am - 2 pm "Vitamin D and You" Julie Wise, UH Clinical Nutritionist	16 OSHIIP Counselor By appointment	17 Low Impact Exercise 10 am -11 am Free Lunch & a Movie 11:30am - 3pm (Sponsored by Royalton Woods) Post Office on Wheels 3 - 3:20 pm	18 Line Dancing 9:30 am - 11:00 am Benefit Bank by appt. 1-4 pm Chair Yoga 2:00 pm	19 Senior Social 10 am - 2 pm
22 Wii Bowling 9:30 am Senior Social 10 am - 2 pm Mobile Library 11:30 am BINGO 11:30 Sponsored by Parkside Villa	23 Wal-Mart Shopping 10:00 am - Noon	24 Low Impact Exercise 10 am -11 am	25 Line Dancing 9:30 am - 11:00 am Chair Yoga 2:00 pm	26 Senior Social 10 am - 2 pm
29  Halloween Party 10:30 am – 2:00 pm Tickets \$5.00	30			

Call Senior Transportation Connection-STC to schedule ride 3 business days in advance, 216.265.1489.

**All activities subject to change without notice