

NORTH ROYALTON SENIOR CENTER



UPCOMING EVENTS

11/1 Sign-up for Benefit Bank. Learn about Food Stamps & Medicaid.

11/2—Brainercise is a class to stimulate the neurons in the brain and improve memory.

11/3—Ask an attorney-please register ahead for this free service.

11/4-Dietician, Claudia Ulintz, from Parma Hospital will speak on diabetes.

11/6- Daylight Savings Time ends.  
Roll Clocks Back 1 hour at 2 a.m.

11/8 -- Remember to Vote!

11/8 & 11/22--Giant Eagle Shopping 9 - Noon. Call 2 days in advance to register.

11/11—Veteran's Day. -Thank you to all our veterans for their service.

11/14—Last day to apply for Thanksgiving Food basket.

11/14--- Birthday Monday-Join us for cake & ice cream as we celebrate all our November birthdays.

Jim Aust-Medicare counseling—by appointment only. Call office at 440-582-6333 to schedule. Recently added dates to his schedule.

Christmas Party tickets will go on sale on 11/7 for the event. Save the date for the party—Dec. 12, 2016!

\*\* ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



# NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Computer Classes-10 am (Beginners)  <u>Benefit Bank</u> 1 pm—4 pm	2 Low Impact Exercise 10-11 am <u>Blood Pressure Check</u> 9:30—10:30 am <u>Brainercise</u> 11:15—12:15	3 Line Dancing (Beginners) 9:15 am (Intermediates)10:15 <u>Ask An Attorney</u> 1 pm—3 pm <u>Presque Isle Casino trip</u> Check in 7:30 am	4 Senior Meeting 10 am-2 pm Speaker: "Diabetes & the Holidays"
7 Senior Meeting 10 am-2 pm <u>Wii Bowl</u> 10 am Crafter's Club 10am	8 <u>Giant Eagle Shopping</u> 9 am-noon <u>Computer Class</u> Beginners- 10 am <u>Remember to Vote!</u>	9 Low Impact Exercise 10am---11am	10 Line Dancing 9:15 (Beginners) 10:15 (Intermediate)	11 Senior Meeting 10 am—2 pm Veteran's Day—Remember to thank a Vet!
14 Senior Meeting 10am---2pm <u>Wii Bowl</u> 10 am <u>Birthday Monday</u> At Noon	15 <u>Walmart Shopping</u> 9am—2pm <u>Computer Class</u> Beginners—10 am	16 <u>Low Impact Exercise</u> 10 am---11 am <u>NO Lunch &amp; a Movie For November</u> <u>Post Office on Wheels</u> 3-3:20 pm	17 Line Dancing 9:15 (Beginners) 10:15 (Intermediate)	18 Senior Meeting 10-am—2pm
21 Senior Meeting 10 am---2 pm <u>Wii Bowl</u> 10am	22 Computer Class Beginners—10 am <u>Giant Eagle Shopping</u> 9 am--noon	23 Low Impact Exercise 10 am-11 am Jim Aust 8am--Noon	24 Happy Thanksgiving <u>Office Closed</u>	25 Office Closed
28 <u>Senior Meeting</u> 10 am--2pm <u>Wii Bowl-10am</u> <u>NR Mobile Library-11am</u> <u>Jim Aust-8am-noon</u>	29 No Computer Class	30 Low Impact Exercise 10am		

