




North Royalton Senior Center

NOVEMBER 2017

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	2 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Ask an Attorney By appt. 1 pm-3 pm "NEW" Chair Yoga 2:00 pm	3 Senior Social 10 am - 2 pm
6 Wii Bowling 9:30 am Senior Social 10 am - 2 pm Crafter's Club 10:00 am (Upcycled Wreath)	7 I Phone Class 10 am Computer Class 11am Benefit Bank By appt. 1-4 pm	8 Low Impact Exercise 10 am - 11 am Women's Group 11:00 am (Ugly Sweater Craft)	9 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Men's Only Group 11:30 am Steve Gove, Retired Zoo Keeper Players Choice Cards "NEW" Chair Yoga 2:00 pm	10 Senior Social 10 am - 2 pm Daniel Gaunter, UH CNP 10am Osteoporosis Bingo 11:30 am (Sponsored by The Oaks)
13 Wii Bowling 9:30 am Senior Social 10 am - 2 pm "Healthy Holidays" 10:30 am Julie Wise UH Clinical Nutritionist Birthday Monday at Noon	14 I Phone Instruction 10 am Computer Class 11am Giant Eagle Shopping 10:00-11:30am	15 Low Impact Exercise 10 am - 11 am Free Lunch & a Movie 11:30 - 3pm (Sponsored Diplomat Healthcare)	16 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am "NEW" Chair Yoga 2:00 pm	17 Senior Social 10 am - 2 pm
20 Wii Bowling 9:30 am Senior Social 10 am - 2 pm Bingo 11:30 am (Sponsored by Royalton Woods)	21 I Phone Instruction 10 am Computer Class 11am Wal-Mart Shopping 10:00 am -Noon OSHIIP Counselors By appt. 8:15 am - 3:45 pm	22 Low Impact Exercise 10 am - 11 am Post Office on Wheels 3 - 3:20 pm	23 OFFICE CLOSED 	24 OFFICE CLOSED
27 Senior Social 10 am - 2 pm Wii Bowling 9:30 am Mobile Library 11:30 am	28 I Phone Instruction 10 am Computer Class 11am Marc's Shopping 10:00 - 11:30 am	29 Low Impact Exercise 10 am - 11 am	30 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am	

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:

