






2019

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Italic indicates transportation trip location</i>			1 11:00 a.m. "Bag Ladies" 1:00 p.m. Ask an Attorney by appointment. 2:00 p.m. Chair Yoga	2 10:00 a.m. Senior Social 10:00 a.m. Meditation & Stretch-sponsored by Regina Health Care 11:30 a.m. Lunch- McDonalds
5 10:00 a.m. Senior Social 11:00 a.m. Route 42 Dance Academy 11:00 a.m. Cleveland Food Bank Outreach Counselor-walk ins welcome	6 9:30 a.m. Line Dancing 1:00 p.m. Benefit Bank by appointment <i>10:00-11:30 a.m. Giant Eagle Shopping</i>	7 9:30 a.m. UH Parma Medical Center Blood Pressure & Glucose Check 10:00 a.m. Low Impact Exercise	8 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	9 10:00 a.m. Senior Social 11:00 a.m. Estate Planning with Attorney Marge Karl 12:00 a.m. Lunch-Mr. Hero
12 10:00 a.m. Senior Social 10:30 a.m. Trivia with Tammi-Westwood Place	13 9:30 a.m. Line Dancing 1:00 p.m. Produce Market	14 10:00 a.m. Low Impact Exercise	15 11:00 a.m. "Bag Ladies" 1:00 p.m. Benefit Bank by appointment 2:00 p.m. Chair Yoga	16 10:00 a.m. Senior Social 10:00 a.m. Foot Doctor 11:30 a.m. Lunch- Subway 
19 10:00 a.m. Senior Social 10:30 a.m. Understanding Medicare Health Plans-Kaz Company 11:00 a.m. Birthday Celebration-sponsored by Kaz Company 	20 9:00 a.m. OSHIIP counselors by appointment 9:30 a.m. Line Dancing <i>10:00 am -12:30 p.m. Wal-Mart Shopping</i>	21 10:00 a.m. Low Impact Exercise 11:30 Free Lunch & Movie –Breathe-sponsored by Leimkuehler  3:00 -3:20 p.m. Post Office on Wheels	22 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	23 10:00 a.m. Senior Social 10:00 a.m. Information & Donuts with The Heights 11:30 a.m. Lunch-Taco Bell
26 10:00 a.m. Senior Social 10:30 a.m. Bingo-sponsored by Royalton Woods 11:30 a.m. Mobile Library	27 9:30 a.m. Line Dancing	28 10:00 a.m. Low Impact Exercise	29 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	30 10:00 a.m. Senior Social 10:30 a.m. Mexican Dominos 11:30 a.m. Lunch-Arby's

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

Cancellations are required no later than 7AM day of trip

****All activities subject to change without notice.**