







SEPTEMBER

2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 9:30 a.m. Line Dancing 1:00 p.m. Benefit Bank by appt. <i>10:00-11:30 a.m. Giant Eagle Shopping</i>	4 9:30 a.m. UH Parma Medical Center Blood Pressure & Glucose Check 10:00 a.m. Low Impact Exercise	5 11:00 a.m. "Bag Ladies" 1:00 p.m. Ask an Attorney by appt. 2:00 p.m. Chair Yoga	6 10:00 a.m. Senior Social 11:30 a.m. Lunch-Hot Dogs reserve ahead of time
9 9:30 a.m. Wii Bowling League 10:00 a.m. Senior Social 10:30 a.m. United Healthcare Speaker	10 9:30 a.m. Line Dancing 1:00 p.m. Produce Market at York Road Pavilion	11 10:00 a.m. Low Impact Exercise	12 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	13 10:00 a.m. Senior Social 10:00 a.m. Meditation & Stretch-Sponsored by Regina Health Care 11:30 a.m. Lunch-Burger King
16 9:30 a.m. Wii Bowling League 10:00 a.m. Senior Social 11:00 a.m. Birthday Celebration 	17 9:00 a.m. OSHIP counselors by appt. 9:30 a.m. Line Dancing <i>10:00 am -12:30 p.m. Wal-Mart Shopping</i>	18 10:00 a.m. Low Impact Exercise 11:30 Free Lunch & Movie –"Green Book" sponsored by CarePatrol 	19 11:00 a.m. "Bag Ladies" 1:00 p.m. Benefit Bank by appt. 2:00 p.m. Chair Yoga	20 10:00 a.m. Senior Social  10:00 a.m. Foot Doctor 10:30 a.m. Trivia with Tammi 11:30 a.m. Lunch- McDonald's
23 9:30 a.m. Wii Bowling League 10:00 a.m. Senior Social	24 9:30 a.m. Line Dancing 11:00 a.m. Ombudsman Speaker	25 10:00 a.m. Low Impact Exercise 3:00 -3:20 p.m. Post Office on Wheels	26 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	27 10:00 a.m. Senior Social 10:30 a.m. Mexican Dominos 11:30 a.m. Lunch- Wendy's
30 9:30 a.m. Wii Bowling League 10:00 a.m. Senior Social 10:30 a.m. Bingo-Sponsored by Royalton Woods 11:30 a.m. Mobile Library				<i>Italic indicates transportation trip location</i>

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