

# NORTH ROYALTON SENIOR CENTER



# September 2010



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Low Impact Exercise 10-11  Blood Pressure Check 1—2 pm	2  Line Dancing 9:15 (Beginners) 10:15 (Intermediate)  Shutterbugs Digital Camera Group 1:00 – 2:00 PM	3  Senior Meeting 10---2pm
6 Office Closed <b>No Senior Meeting</b> Due to Labor Day Holiday	7  Computer Class Resume 9-10 10:15-11:15 Giant Eagle Grocery Shopping 9--noon	8  Low Impact Exercise 10-11	9  Line Dancing 9:15 (Beginners) 10:15 (Intermediate)	10  Senior Meeting 10---2pm Speaker On Podiatry Services & Preventing Falls 10—11 am
13 Senior Meeting 10-2 <b>Wii Bowling begins</b> <b>11:30—2pm</b> <b>Birthday Monday</b>	14  Parmatown Mall 9—2pm  Computer Class 9-10 10:15-11:15	15  Low Impact Exercise 10-11 <b>Senior Trip to Ohio Glass Museum</b> <b>Sign-in 7:15 am</b>	16  Line Dancing 9:15 (Beginners) 10:15 (Intermediate)	17  Senior Meeting 10---2pm
20  Senior Meeting 10-2 <b>Wii Bowling</b> <b>11:30—2pm</b>	21  Computer Class 9-10 10:15- 11:15 Giant Eagle Grocery Shopping 9--noon	22  Low Impact Exercise 10-11	23  Line Dancing 9:15 (Beginners) 10:15 (Intermediate)	24  Senior Meeting 10---2pm Speaker on Stroke and Stroke Prevention 10—11 am
27 Senior Meeting 10---2pm Wii Bowling 11:30—2pm NR Librarian Mobile Library 11:30 - Noon	28  Computer Class 9-10 10:15-11:15	29  Low Impact Exercise 10—11 am Senior Casino trip Sign-in 6:15 am	30  Line Dancing 9:15(Beginners) 10:15(Intermediate)	

9—2 Digital Camera group accepting new members.

9—6 LABOR DAY- Office Closed.

9---7 and 9-21 Giant Eagle Grocery Shopping  
9 – Noon. Call 2 days in advance.

9-7 Computer Class for Pre- Registered  
Participants .If you wish to take classes,  
please call Dolly at the Center to register.

9-12—Happy Grandparents Day.

9-13 Birthday Monday- Bring a Friend to help us  
celebrate all the September birthdays.  
Pre-register for Wii Bowling by calling Dolly  
at the office.

9-14 Parmatown Mall Shopping 9 – 2 PM Please  
schedule 5 days in advance.

9-14 Senior Trip to the Ohio Glass Museum in  
Lancaster, Oh. Call Dolly for tickets and  
information on the trip and boxed lunch.

9-19 Harvest Festival on the City Green.

9-24 Speaker on Stroke Prevention is from Parma  
Hospital.

9-29 Casino trip to Seneca Allegany Casino in  
New York State. Cost of trip is \$30.00 per person  
with a casino bonus of \$ 30.00 and \$ 10.00 in  
food. Call Dolly to make reservations at 440-582-  
6333.

Friday, October 22 is Flu Shot Day at the Senior  
Center. Mark your calendar!

ACTIVITIES ARE SUBJECT TO CHANGE  
WITHOUT NOTICE.

