



North Royalton Senior Center

2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 OFFICE CLOSED Happy New Year!  | 2 Benefit Bank By appt. 1-4 pm | 3 UH Parma Medical Center Blood Pressure & Glucose Check 9:30 am - 10:30 am Low Impact Exercise 10 am - 11 am | 4 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Ask an Attorney By appt. 1 pm-3 pm Chair Yoga 2:00 pm | 5 Senior Social 10 am - 2 pm UH Presents: Dr. Bradley Banko 10:00 am Family Health/Internal Medicine |
| 8 Wii Bowling 9:30 am Senior Social 10 am - 2 pm UH Presents: Simply EZ Meals 10:00 am Home-delivered Meals Birthday Monday at Noon | 9 Giant Eagle Shopping 10:00-11:30am | 10 Low Impact Exercise 10 am - 11 am Women's Group 11:00 am First Aid 101 North Royalton Fire Dept. | 11 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Men's Group 11:30 am First Aid 101 North Royalton Fire Dept. Chair Yoga 2:00 pm | 12 Senior Social 10 am - 2 pm UH Presents: Coping with Grief 10:00 am Amy Quinlan-Seasons of Life Hospice Bingo 11:30 am (Sponsored by Parkside Villa) |
| 15 OFFICE CLOSED Martin Luther King Day  | 16 OSHIIP Counselors By appt. 9:00 am - 3:45 pm | 17 Low Impact Exercise 10 am - 11 am Free Lunch & a Movie 11:30 - 3pm (Sponsored The Heights) | 18 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Benefit Bank By appt. 1-4 pm Chair Yoga 2:00 pm | 19 Senior Social 10 am - 2 pm Communication Bridges or Barriers: Communicate More Effectively with Others Andrea Peck-Adjunct Professor 10:00 am Co-Sponsored by Pleasant Lake Villa and Royalton Woods |
| 22 Wii Bowling 9:30 am Senior Social 10 am - 2 pm "Immune Health" 10:00 am Julie Wise UH Clinical Nutritionist Bingo 11:30 am (Sponsored by Diplomat) | 23 Wal-Mart/Marc's Shopping 10:00 am -1:00 PM | 24 Low Impact Exercise 10 am - 11 am Post Office on Wheels 3 - 3:20 pm | 25 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm | 26 Senior Social 10 am - 2 pm UH Presents: Home Safety Greenbriar 10:00 am |
| 29 Senior Social 10 am - 2 pm Wii Bowling 9:30 am | 30 | 31 Low Impact Exercise 10 am - 11 am | |  No January Birthdays |

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:

