







MARCH

2019

Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Italic indicates transportation trip location</i>				1 10:00 a.m. Senior Social 11:30 a.m. Lunch- Subway
4 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 11:00 a.m. Cleveland Food Bank – Outreach Counselor –walk ins welcome	5 10:00 a.m. -12:30 MyLife and Diabetes Workshop 1:00 p.m. Benefit Bank by appointment  <i>10:00-11:30 a.m. Giant Eagle Shopping</i>	6 9:30 a.m. UH Parma Medical Center Blood Pressure & Glucose Check 10:00 a.m. Low Impact Exercise 11:00 a.m. Healthy Snack-Sponsored by Pleasantview	7 9:30 a.m. Line Dancing 11:00 a.m. “Bag Ladies” 1:00 p.m. Ask an Attorney by appointment 2:00 p.m. Chair Yoga	8 10:00 am Stretch & Meditation-Sponsored by Regina Health Center 10:00 a.m. Senior Social 11:30 a.m. Pierogi Lunch
11 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social	12 10:00 a.m.-12:30 MyLife and Diabetes Workshop	13 10:00 a.m. Low Impact Exercise	14 9:30 a.m. Line Dancing 11:00 a.m. “Bag Ladies” 2:00 p.m. Chair Yoga	15 10:00 a.m. Senior Social 11:30 a.m. Lunch- Burger King
18 11:00 St. Patrick’s Day Party 12:00 Birthday Celebration-Sponsored by Pleasant Lake Villa 	19 9:00 a.m. OSHIIP counselors by appointment 10:00 a.m.-12:30 MyLife and Diabetes Workshop  <i>10:00 am –12:30 p.m. Wal-Mart Shopping</i>	20 10:00 a.m. Low Impact Exercise 11:30 Free Lunch & Movie –Boynton Beach-Sponsored by Westwood Place 	21 9:30 a.m. Line Dancing 11:00 a.m. “Bag Ladies” 1:00 p.m. Benefit Bank by appointment 2:00 p.m. Chair Yoga	22 10:00 a.m. Senior Social 11:30 a.m. Lunch- McDonalds
25 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Bingo –Royalton Woods 11:30 a.m. Mobile Library	26	27 10:00 a.m. Low Impact Exercise 3:00 -3:20 p.m. Post Office on Wheels	28 9:30 a.m. Line Dancing 11:00 a.m. “Bag Ladies” 2:00 p.m. Chair Yoga	29 10:00 a.m. Foot Screening  10:00 a.m. Senior Social 10:00 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.