



North Royalton Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Wii Bowling 9:30 am Senior Social 10 am - 2 pm "NEW" Medicare Cards 10:00 am Alicia Nighland, OSHIIP Ohio Department of Insurance</p>	<p>3 Giant Eagle Shopping 10:00-11:30am Diabetes & You Workshop 9:30 – Noon (Pre-Registered Only) Benefit Bank By appt. 1-4 pm</p>	<p>4 UH Parma Medical Center Blood Pressure/Glucose Check 9:30 am - 10:30 am Brainercise by "The Heights" 11:00 am Low Impact Exercise 10 am - 11 am</p>	<p>5 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm</p>	<p>6 Senior Social 10 am - 2 pm UH Presents: "Infectious Diseases" 10:00 am Amanda Scharf, UH Pharmacologist</p>
<p>9 Wii Bowling 9:30 am Senior Social 10 am - 2 pm UH Presents: "One Dish Meals" 10:00 am Julie Wise UH Clinical Nutritionist Birthday Monday at Noon</p>	<p>10 Diabetes & You Workshop 9:30 – Noon (Pre-Registered Only)</p>	<p>11 Low Impact Exercise 10 am - 11 am</p>	<p>12 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm</p>	<p>13 Senior Social 10 am - 2 pm UH Presents: 10:00 AM "What Do Those Lab Results Mean?" UH Elryia Lab Supervisor Luba Bingo 11:30 am (Sponsored by Pleasant Lake Villa)</p>
<p>16 Wii Bowling 9:30 am Senior Social 10 am - 2 pm "Medicaid Mistakes" Daniel Seink, Atty. 10:00 am</p>	<p>17 Wal-Mart Shopping 10:00 am –1:00 PM OSHIIP Counselors By appt. 9:00 am - Noon Diabetes & You Workshop 9:30 – Noon (Pre-Registered Only)</p>	<p>18 Low Impact Exercise 10 am - 11 am Free Lunch & a Movie "WONDER" 11:30 - 3pm (Sponsored by Royalton Woods)</p>	<p>19 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Benefit Bank By appt. 1-4 pm Chair Yoga 2:00 pm</p>	<p>20 Senior Social 10 am - 2 pm</p>
<p>23 Wii Bowling 9:30 am Senior Social 10 am - 2 pm Bingo 11:30 am (Sponsored by Diplomat Healthcare)</p>	<p>24 Diabetes & You Workshop 9:30 – Noon (Pre-Registered Only)</p>	<p>25 Low Impact Exercise 10 am - 11 am Post Office on Wheels 3 - 3:20 pm</p>	<p>26 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Chair Yoga 2:00 pm</p>	<p>27 Senior Social 10 am - 2 pm</p>
<p>30 Wii Bowling 9:30 am Senior Social 10 am - 2 pm UH Presents: "When to Call 911!" 10:00 am Parma EMS Mobile Library 11:30 am</p>				

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:
"AGE WELL * BE WELL"

