

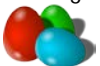












# 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 11:00 a.m. Cleveland Food Bank Outreach Counselor- walk ins welcome!	<b>2</b> 11:30 a.m. Tai Chi  <b>TAI CHI EXERCISES</b> 1:00 p.m. Benefit Bank by appt.	<b>3</b> 9:30 a.m. UH Parma Medical Center Blood Pressure & Glucose Check 10:00 a.m. Low Impact Exercise	<b>4</b> 9:30 a.m. Line Dancing 11:00 a.m. "Bag Ladies" 1:00 p.m. Ask an Attorney by appt. 2:00 p.m. Chair Yoga	<b>5</b> 10:00 a.m. Senior Social 10:30 a.m. Color me Happy, Sip & Snack- Sponsored by Synergy 11:30 a.m. Lunch-Wendy's
<b>8</b> 9:30 a.m. Wii Bowling 10:00 a.m. Trivia Time Sponsored by Aetna 10:00 a.m. Senior Social	<b>9</b> 11:30 a.m. Tai Chi  <b>TAI CHI EXERCISES</b> 10:00-11:30a.m. Giant Eagle Shopping 1:00 p.m. Produce Market	<b>10</b> 10:00 a.m. Low Impact Exercise	<b>11</b> 9:30 a.m. Line Dancing and Val's Retirement 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	<b>12</b> 10:00 am Stretch & Meditation- Sponsored by Regina Health Care 10:00 a.m. Senior Social 11:30 a.m. Lunch-McDonalds
<b>15</b> 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Easter Egg Coloring Sponsored by The Heights 	<b>16</b> 9:00 a.m. OSHIIP by appt. 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi  <b>TAI CHI EXERCISES</b>	<b>17</b> 10:00 a.m. Low Impact Exercise 11:30 Free Lunch & Movie –A Dog's Purpose-Sponsored by Harbor Light Hospice 	<b>18</b> 11:00 a.m. "Bag Ladies" 1:00 p.m. Benefit Bank by appt. 2:00 p.m. Chair Yoga	<b>19</b> 10:00 a.m. Foot Doctor  10:00 a.m. Senior Social 10:30 a.m. Easter Cookies Decorating Sponsored by Homecare by Callos 11:30 a.m. Pierogi Lunch- reserve ahead of time
<b>22</b> 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Earth Day Planting Sponsored by Royal Oak 11:30 a.m. Birthday Celebration – Sponsored by ComForCare  	<b>23</b> 9:30 a.m. Line Dancing 11:30 a.m. Tai Chi  <b>TAI CHI EXERCISES</b> 10:00 a.m.-12:30 p.m. Walmart Shopping	<b>24</b> 10:00 a.m. Low Impact Exercise 3:00 -3:20 p.m. Post Office on Wheels	<b>25</b> 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	<b>26</b> 10:00 a.m. Senior Social 10:00 a.m. Cognitive Screening Sponsored by Kemper House 10:30 a.m. Mexican Dominos 11:30 a.m. Sandwich & Soup Lunch 
<b>29</b> 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	<b>30</b> 11:30 a.m. Tai Chi  <b>TAI CHI EXERCISES</b>			<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**