



# North Royalton Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> UH Parma Medical Center Blood Pressure & Glucose Check 9:30 am - 10:30 am  Low Impact Exercise 10 am - 11 am  Brainercise 11 am (Sponsored by Pleasant View Care Center)	<b>2</b>  Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am  Ask an Attorney By appt. 1 pm-3 pm  Chair Yoga 2:00 pm	<b>3</b>  Senior Social 10 am - 2 pm
<b>6</b>  Senior Social 10 am - 2 pm  Birthday Monday at Noon	<b>7</b>  Giant Eagle Shopping 10:00-11:30am  Benefit Bank By appt. 1-4 pm	<b>8</b>  Low Impact Exercise 10 am - 11 am	<b>9</b>  Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am  Chair Yoga 2:00 pm	<b>10</b>  Senior Social 10 am - 2 pm  Bingo 11:00 am (Sponsored by Royalton Woods)
<b>13</b>  Senior Social 10 am - 2 pm  Adam Sandor 10 am Cuyahoga County Veteran's Commission	<b>14</b>	<b>15</b>  Low Impact Exercise 10 am - 11 am  Free Lunch & a Movie 11:30 - 3pm (Sponsored Leimkuehler)  Post Office on Wheels 3 - 3:20 pm	<b>16</b>  Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am  Benefit Bank By appt. 1-4 pm  Chair Yoga 2:00 pm	<b>17</b>  Senior Social 10 am - 2 pm
<b>20</b>  Senior Social 10 am - 2 pm  Crafters' Club 10 am "Butterfly Pillows"	<b>21</b>  Wal-Mart Shopping 10:00 am - 1:00 PM  OSHIIP Counselor By appt. 9:00 am - Noon	<b>22</b>  Low Impact Exercise 10 am - 11 am	<b>23</b>  Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am  Chair Yoga 2:00 pm	<b>24</b>  Senior Social 10 am - 2 pm  Mexican Train Dominoes 10 am
<b>27</b>  Senior Social 10 am - 2 pm Bingo 11:00 am (Sponsored by The Diplomat)  Mobile Library 11:00 am	<b>28</b>	<b>29</b>  Low Impact Exercise 10 am - 11 am	<b>30</b>  Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am  Chair Yoga 2:00 pm	<b>31</b>  Senior Social 10 am - 2 pm

Call Senior Transportation Connection-STC to schedule ride 3 business days in advance, 216.265.1489.

\*\*All activities subject to change without notice



**Wii Bowling Starts Monday, September 10<sup>th</sup> at 9:30 AM**  
 Sign up at the front desk now for team placement.