




NORTH ROYALTON SENIOR CENTER SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Senior Social 10 am - 2 pm UH Speech Pathologist 10am Melinda Siefker "Have You Ever Had Difficulty Swallowing?"
4 Office Closed Labor Day	5 I Phone Class 10 am Computer Class 11am Giant Eagle Shopping 10:00-11:30am Benefit Bank By appt. 1-4 pm	6 UH Parma Medical Center Blood Pressure & Glucose Check 9:30 am - 10:30 am AND UH Pharmacy Specialist 10 am Maria Giannakos, "Over the Counter Medications" Low Impact Exercise 10:30-11:30 am	7 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Ask an Attorney By appt. 1 pm-3 pm	8 Senior Social 10 am - 2 pm Bingo 11:00 am (White Elephant)
11 Wii Bowling Starts 9:30 am Senior Social 10 am - 2 pm UH Clinical Nutritionist 10:30 am Julie Wise "Better Breakfast-High Fiber" Birthday Monday at Noon	12 I Phone Instruction 10 am Computer Class 11am Wal-Mart Shopping 10:00 am -Noon	13 Low Impact Exercise 10 am - 11 am Brainercise 11:00 am	14 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Men's Only Group 11:30 am	15 Senior Social 10 am - 2 pm
18 Wii Bowling 9:30 am Senior Social 10 am - 2 pm Crafters' Club 10 am "Butterfly Pillows"	19 I Phone Instruction 10 am Computer Class 11am OSHIIP Counselor, Jim Aust By appt. 8:15 am - 3:45 pm	20 Low Impact Exercise 10 am - 11 am Free Lunch & a Movie 11:30 - 3pm (Sponsored by Pleasant Lake Villa) Post Office on Wheels 3 - 3:20 pm	21 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am Benefit Bank By appt. 1-4 pm	22 Senior Social 10am—2pm Bingo 11:00 am (Sponsored by Diplomat Healthcare)
25 Senior Social 10 am - 2 pm Wii Bowling 9:30 am UH Parma Medical Center 10:15 am Lisa Profio "The Laughter Club" 10:15 am Mobile Library 11:30 am	26 I Phone Instruction 10 am Computer Class 11am Marc's Shopping 10:00 – 11:30 am	27 Low Impact Exercise 10 am - 11 am	28 Line Dancing (Beginners) 9:15 am (Intermediates) 10:15 am National Good Neighbor Day Do something nice for your neighbor!	29 Senior Social 10 am—2 pm UH Parma Medical Center 10am Physical Therapist - Therese Schindler "Balance & Fall Prevention"

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:

