





FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 a.m. Senior Social 11:30 a.m. Buy your Lunch- Arby's
4 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 10:00 a.m. MyLife and Diabetes Speaker	5 1:00 p.m. Benefits 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 Bingo-Sponsored by The Heights 10:00 a.m. Senior Social 11:30 a.m. Buy your Lunch-Burger King
11 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 10:30 a.m. Valentine's cookie Decorating sponsored by Homecare by Callos	12 10:00 a.m.-12:30 MyLife and Diabetes Workshop	13 10:00 a.m. Low Impact Exercise 11:30 Free Lunch & a Movie -Failure to Launch-Sponsored by Diplomat	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. Valentine's Day luncheon 12:00 Birthday Celebration – Sponsored by Parkside Villa
18 9:30 a.m. Wii Bowling 10:00 a.m. Senior Social 	19 9:00 a.m. OSHIIP counselors by appointment 10:00 a.m.-12:30 MyLife and Diabetes Workshop  <i>10:00 am -1:00 p.m. Wal-Mart Shopping</i>	20 10:00 a.m. Low Impact Exercise 3:00 -3:20 p.m. Post Office on Wheels	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 10:00 a.m. Mexican Dominos 11:30 a.m. Buy your Lunch-McDonald's
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 10:00 a.m.-12:30 MyLife and Diabetes Workshop	27 10:00 a.m. Low Impact Exercise	28 9:30 a.m. Line Dancing 11:00 a.m. "Bag Ladies" 2:00 p.m. Chair Yoga	<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.**