


Senior Activities – January '19

		1	2	3	4	5
			9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjong 12:00 pm New Year's Luncheon	10:30 am Bingo 12:00 pm Penny Poker Games 12:30 pm Arthritis Exercise 1:00 pm Chair Volleyball @ Atrium	9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjong 5:00 – 11:00 pm Cleveland Cavs	
6	7	8	9	10	11	12
	9:00 am Walking Video	9:30 am Chair Volleyball 9:30 am Blood Pressure Screening 10:30 am Bingo 12:15 pm Arthritis Exercise 12:00 am Penny Poker Games	9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjong	9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Exercise Aurora Historical Society 9:30 – 11:30 am	9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjong	
13	14	15	16	17	18	19
	9:00 am Walking Video Lunch Bunch Mangia Mangia 11:00 am – 2:00 pm	9:30 am Chair Volleyball 10:30 am Bingo 11:00 am Glaucoma/Glass Adjustments 11:30 Canasta 12:30 Arthritis Exercise 12:00 Penny Poker Games	9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjong Jack's Casino 9:00 am – 4:00 pm	9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Exercise 1:30 pm Chair Volleyball at WB with Twinsburg. Palace Theatre "Cinderella" 5:45 – 11:00 pm	9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjong	
20	21	22	23	24	25	26
	9:00 am Walking Video 12:00 pm Lunch and Learn – Alex Carr (Elder Attorney)	9:30 am Chair Volleyball 10:30 am Bingo 11:30 am Canasta 12:30 pm Arthritis Exercise 12:30 am Penny Poker Games 78th Street Art Studio 9:30 am – 3:00 pm	9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjong	9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Exercise Cleveland Science Center /Imax Theatre 9:30 am – 3:30 pm	9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjong	
27	28	29	30	31		
	9:00 am Walking Video 2:00 pm Bunco	9:00 am Podiatrist 9:30 am Chair Volleyball 10:30 Bingo 11:30 Canasta 12:30 Arthritis Exercise 12:00 pm Penny Poker Games Miss Hickory's Tea Room 10:30 am – 3:00 pm	9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjong Crawford Auto Museum & Hansa Brewery 9:15 am – 3:00 pm	9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Exercise Palace Theatre "Miss Saigon" 5:45 – 11:00 pm		

Senior Activities – February ‘19

						1	2
						9am Walking Video 10:00 Gentle Yoga 1pm-4pm Mahjong	
3	4	5	6	7	8	9	
	9am Walking Video	10:30 Bingo 11:30 Canasta 12:30 Arthritis Exercise 11:30 Penny Poker Games	9am Walking Video 9:30 -11:00 Water Color 1-3pm Mahjong The Great Big Home & Garden Show 10:15 am – 3:45 pm	9am-9:30 Tai Chi 10:30 Dulcimer 11:30 Chair VB 12:30 Arthritis Exercise Federal Reserve Bank Tour 9:15 am – 2:30 pm	9am Walking Video 10:00 Gentle Yoga 1pm-4pm Mahjong		
10	11	12	13	14	15	16	
	9am Walking Video Hard Rock Casino 9:00 am – 3:00 pm	9:30 am Blood Pressure 10:30 Bingo 11:30 Canasta 12:30 Arthritis Exercise 11:30 Penny Poker Games Shaker Historical Society 11:00 am – 3:30 pm	9am Walking Video 9:30 -11:00 Water Color 1-3pm Mahjong 12:00 pm Valentine’s Day Luncheon	9am-9:30 Tai Chi 10:30 Dulcimer 12:30 Arthritis Exercise Cleveland Art Museum 9:15 am – 3:15 pm	9am Walking Video 10:00 Gentle Yoga 1pm-4pm Mahjong		
17	18	19	20	21	22	23	
	9am Walking Video 2:00 pm Bunco Lunch Bunch My Thai’ 11:00 am – 2:00 pm	10:30 Bingo 11:00 am Glaucoma/Glass Adjustments 11:30 Canasta 12:30 Arthritis Exercise 11:30 Penny Poker Games Hanna Theatre “Witness for Prosecution” 9:00 am – 3:00 pm	9am Walking Video 9:30 -11:00 Water Color 1-3pm Mahjong Akron Art Museum 9:00 am – 3:00 pm	9am-9:30 Tai Chi 10:30 Dulcimer 11:30 Chair VB 12:30 Arthritis Exercise	9am Walking Video 10:00 Gentle Yoga 1pm-4pm Mahjong		
24	25	26	27	28			
	9am Walking Video 2:00 pm Cleveland Lost Memories – Bomb City USA: The Danny Greene Era	10:30 Bingo 11:30 Canasta 12:30 Arthritis Exercise 11:30 Penny Poker Games	9am Walking Video 9:30 -11:00 Water Color 1-3pm Mahjong Cleveland Water Plant Tour 9:00 am – 2:00 pm	9am-9:30 Tai Chi 10:30 Dulcimer 11:30 Chair VB 12:30 Arthritis Exercise 12:30 pm Chair Volleyball at Twinsburg			