

Senior Activities – March '19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg	2
3	4 9a Walking Video 10:00 – 11:00 am Senior Scams Talk	5 10:30 am Bingo 11:30 am Canasta 12:15 pm Chair Exercise 12:00 pm Penny Poker Games 3:00 – 4:00 pm Tec Tuesday	6 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg 10:00 – 3:00 pm Cleveland Rock N' Roll Hall of Fame	7 9:00 -9:30 am Tai Chi 10:30 am Dulcimer 1:00 pm Chair Volleyball at LL in Hudson 12:00 pm Penny Poker Games 12:30 pm Chair Exercise 1:45 pm Chair Volleyball @ Atrium 5:45 – 11:00 pm Palace Theatre – School of Rock	8 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg	9
10	11 9:00 am Walking Video 9:00 am Massage with Susan	12 9:30 am Blood Pressure Screening 10:30 am Bingo 11:30 am Canasta 12:15 pm Chair Exercise 12:00 pm Penny Poker Games 3:00 – 4:00 pm Tec Tuesday 9:00 – 3:00 pm Maps Museum	13 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg 12:00 – 2:00 pm St. Patrick's Day Luncheon	14 9:00 - 9:30 am Tai Chi 10:30 am Dulcimer 12:00 pm Penny Poker Games 12:30 pm Chair Exercise 12:00 – 1:30 pm State of the City Luncheon with Mayor Ann Womer Benjamin 1:45 pm Chair Volleyball @ Laurel Lake	15 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg	16
17	18 9:00 am Walking Video 11:30 – 2:00 pm Lunch Bunch – London Pickle Works	19 9:00 am Podiatrist 10:30 am Bingo 11:00 am Eye Glass Adjustments 11:30 am Canasta 12:00 pm Penny Poker 12:15 pm Chair Exercise 3:00 – 4:00 pm Tec Tuesday 5:30 – 10:30 pm Packard Music Hall – Benise: Fuego!	20 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg 11:00 – 2:00 pm Trinity Cathedral Brown Bag Concert	21 9:00 - 9:30 am Tai Chi 10:30 am Dulcimer 12:00 pm Penny Poker Games 12:30 pm Chair Exercise	22 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg 9:00 – 1:00 pm Cleveland Orchestra - Heldenleben	23
24	25 9:00 am Walking Video 9:00 am Massage with Susan 12:00 – 2:00 pm Birthday Potluck Luncheon and Bingo 2:00 – 3:00 pm Bunco	26 9:00 am Podiatrist 10:00 am Glucose Screening 10:30 am Bingo 11:30 am Canasta 12:00 pm Penny Poker 12:15 pm Chair Exercise 3:00 – 4:00 pm Tec Tuesday	27 9:00 am Walking Video 9:30 – 11:00 am Water Color 1:00 – 3:00 pm Mahjongg 10:45 – 3:45 pm National Museum of Psychology	28 9am-9:30 Tai Chi 10:30 Dulcimer 10:00-4:45 Canasta/Cards 1:45pm Chair Volleyball 12:30 Chair Exercise 9:00 – 3:00 pm Hanna Theatre – Taming of the Shrew	29 9am Walking Video 10:00 Gentle Yoga 1pm-4pm Mahjongg	

Senior Activities – April '19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>9:00 am Walking Video</p> <p>9:00 – 2:30 pm Indian Museum of Lake County</p>	<p>2</p> <p>10:30 am Bingo 11:30 am Canasta 12:15 pm Chair Exercise 12:00 pm Penny Poker Games 3:00 – 4:00 pm Tec Tuesday</p>	<p>3</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p> <p>5:45 – 11:00 pm Palace Theatre – Phantom of the Opera</p>	<p>4</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:00 pm Penny Poker Games 12:30 pm Arthritis Exercise</p> <p>10:00 – 3:00 pm Perkin Stone Mansion</p> <p>1:45 pm Chair Volleyball @ Walker Building with Atrium</p>	<p>5</p> <p>9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>9:00 am Walking Video 9:00 am Massage with Susan</p> <p>Keep Seniors Moving</p>	<p>9</p> <p>9:30 am Blood Pressure Screening 10:30 am Bingo 11:30 am Canasta 12:00 pm Penny Poker Games 12:30 pm Arthritis Exercise 3:00 – 4:00 pm Tec Tuesday</p>	<p>10</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p> <p>12:00 – 2:00 pm Spring Fling Luncheon</p>	<p>11</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:00 pm Penny Poker Games 12:30 pm Arthritis Exercise</p> <p>11:30 – 1:30 pm Independence Village Tour and Lunch</p> <p>1:45 pm Chair Volleyball @ Walker Building with Laurel Lake</p>	<p>12</p> <p>9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg</p> <p>10:30 – 4:00 pm Hower House</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>9:00 am Walking Video 9:00 am Massage with Susan</p>	<p>16</p> <p>10:30 am Bingo 11:30 am Canasta 12:00 pm Penny Poker Games 12:30 pm Arthritis Exercise 3:00 – 4:00 pm Tec Tuesday</p> <p>11:00 – 2:00 pm Lunch Bunch – Dutch Country Restaurant</p>	<p>17</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p> <p>9:00 – 3:00 pm Lake County Tour</p>	<p>18</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:00 pm Penny Poker Games 12:30 pm Arthritis Exercise</p> <p>12:30 pm Chair Volleyball @ Twinsburg</p>	<p>19</p> <p>9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg</p> <p>9:00 – 3:00 pm Old Cleveland Trip</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>9:00 am Walking Video</p>	<p>23</p> <p>10:00 am Glucose Screening 10:30 am Bingo 11:30 am Canasta 12:00 pm Penny Poker Games 12:15 pm Arthritis Exercise 3:00 – 4:00 pm Tec Tuesday</p>	<p>24</p> <p>9:00 am Walking Video 9:30 -11:00 am Water Color 1:00 – 3:00 pm Mahjongg</p> <p>8:30 – 4:30 pm Hollywood Casino</p>	<p>25</p> <p>9:00 -9:30 am Tai Chi 10:30 am Dulcimer 12:00 pm Penny Poker Games 12:30 pm Arthritis Exercise</p> <p>5:45 – 11:00 pm Palace Theatre – A Bronx Tale</p>	<p>26</p> <p>9:00 am Walking Video 10:00 am Gentle Yoga 1:00 -4:00 pm Mahjongg</p> <p>9:00 – 1:00 pm Cleveland Orchestra – Scriabin 4</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>9:00 am Walking Video</p> <p>2:00 – 3:00 pm Bunco</p>	<p>29</p> <p>10:30 am Bingo 11:30 am Canasta 12:00 pm Penny Poker Games 12:15 pm Arthritis Exercise 3:00 – 4:00 pm Tec Tuesday</p>	<p>30</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p> <p>5:30 – 10:30 pm Packard Music Hall – Louis Prima Jr.</p>			