

# Senior Activities – May '19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b> 9:00 -9:30 am Tai Chi 10:30 am Dulcimer 12:30 pm Chair Exercise  <b>1:45 pm Chair Volleyball @ Atrium</b>  <b>9:00 – 3:00 pm Bluestone Perennial &amp; Grand River Cellars</b>	<b>3</b> 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg  <b>12:00 – 1:30 pm Aurora Top Chef</b>	<b>4</b>
<b>5</b>	<b>6</b> 9:00 am Walking Video	<b>7</b> 10:30 am Bingo 11:30 am Canasta 12:15 pm Chair Exercise 11:30 am Penny Poker Games 3:00 – 4:00 pm Tec Tuesday  <b>9:00 – 3:00 pm Hanna Theatre – Million Dollar Quartet</b>	<b>8</b> 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg  <b>12:00 – 1:30 pm Mother's Day Lunch</b>	<b>9</b> 9:00 -9:30 am Tai Chi 10:30 am Dulcimer 12:30 pm Chair Exercise  <b>1:45 pm Chair Volleyball @ Laurel Lake</b>  <b>11:45 – 5:00 pm Cleveland Indians VS Chicago White Sox</b>	<b>10</b> 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg  <b>9:00 – 1:00 pm Cleveland Orchestra - Smetana</b>	<b>11</b>
<b>12</b>	<b>13</b> 9:00 am Walking Video  <b>12:00 – 1:30 pm Lunch and Learn – Healthcare Options/Physical Therapy</b>	<b>14</b> 9:30 am Blood Pressure Screening 10:30 am Bingo 11:30 am Canasta 12:15 pm Chair Exercise 11:30 am Penny Poker Games 3:00 – 4:00 pm Tec Tuesday  <b>2:00 – 3:00 Trivia with Tara</b>	<b>15</b> 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg  <b>11:00 – 2:00 pm Trinity Cathedral Brown Bag Concert</b>	<b>16</b> 9:00 - 9:30 am Tai Chi 10:30 am Dulcimer 12:30 pm Chair Exercise  ROMEO'S – Luna's Deli in Northfield  <b>10:15 – 3:15 Akron Art Museum</b>	<b>17</b> 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg  <b>9:30 – 4:00 pm Hartville Flea Market</b>	<b>18</b>
<b>19</b>	<b>20</b> 9:00 am Walking Video  <b>11:00 – 2:00 pm Lunch Bunch – Lager &amp; Vine</b>	<b>21</b> 10:30 am Bingo 11:00 am Eye Glass Adjustments 11:30 am Canasta 12:15 pm Chair Exercise	<b>22</b> 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg  <b>10:00 – 11:00 am Growing Your Garden</b>	<b>23</b> 9:00 - 9:30 am Tai Chi 10:30 am Dulcimer 12:30 pm Chair Exercise  <b>2:00 – 3:00 pm Care Patrol Presentation</b>	<b>24</b> 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg  <b>9:00 – 1:00 pm Cleveland Orchestra – Strauss Italien</b>	<b>25</b>
<b>26</b>	<b>27</b> <b>Happy Memorial Day!</b>  <b>Walker Building is Closed</b>	<b>28</b> 9:30 am Glucose Screening 10:30 am Bingo 11:30 am Canasta 12:15 pm Chair Exercise	<b>29</b> 9:00 am Walking Video 9:30 – 11:00 am Water Color 1:00 – 3:00 pm Mahjongg  <b>9:00 – 4:00 pm City of Medina Trip</b>	<b>30</b> 9am-9:30 Tai Chi 10:30 Dulcimer 10:00-4:45 Canasta/Cards 1:45pm Chair Volleyball 12:30 Chair Exercise  <b>9:30 – 3:30 pm Progressive Field/League Park Tour</b>	<b>31</b> 9am Walking Video 10:00 Gentle Yoga 1pm-4pm Mahjongg	

# Senior Activities – June '19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> 9:00 am Walking Video  <b>8:30 – 4:00 pm Cleveland Metropark Tour</b>	<b>4</b> 9:00 Podiatrist 9:30 am Blood Pressure Screening 10:30 am Bingo 11:30 am Canasta 12:30 pm Arthritis Exercise	<b>5</b> 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg	<b>6</b> 9:00 am Tai Chi 10:30 am Dulcimer 1:45 pm Chair Volleyball with The Atrium at WB 12:30 pm Arthritis Exercise	<b>7</b> 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg  <b>8:30 – 4:30 pm Youngstown Road Trip</b>	<b>8</b>
<b>9</b>	<b>10</b> 9:00 am Walking Video  <b>12:00 – 1:30 pm Father's Day Luncheon</b>	<b>11</b> 9:00 am Podiatrist 10:30 am Bingo 11:30 am Canasta 12:30 pm Arthritis Exercise	<b>12</b> 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg  <b>11:45 – 5:00 pm Cleveland Indians VS The Reds</b>	<b>13</b> 9:00 am Tai Chi 10:30 am Dulcimer 1:45 pm Chair Volleyball LL at WB 12:30 pm Arthritis Exercise  ROMEO'S – Yours Truly in Hudson  <b>5:45 – 11:00 pm Palace Theatre – Dear Evan Hansen</b>	<b>14</b> 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 pm Mahjongg  <b>10:00 – 3:00 pm Goodtime III Boat Ride &amp; Lunch</b>	<b>15</b>
<b>16</b> <b>1:00 – 5:00 pm Porthouse Theatre – Man of La Manch</b>	<b>17</b> 9:00 am Walking Video  <b>12:00 – 2:00 pm Birthday Potluck Lunch and Bingo</b>	<b>18</b> 9:30 am Glucose Screening 10:30 am Bingo 11:30 am Canasta 12:15 pm Arthritis Exercise  <b>11:00 – 2:00 Lunch Bunch – Tinkers Creek Tavern</b>	<b>19</b> 9:00 am Walking Video 9:30 -11:00 am Water Color 1:00 – 3:00 pm Mahjongg  <b>9:00 – 4:00 pm Buckin' Ohio</b>	<b>20</b> 9:00 -9:30 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Exercise	<b>21</b> 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 -4:00 pm Mahjongg  <b>9:30 – 3:00 pm Noah's Lost Art</b>	<b>22</b>
<b>23</b>	<b>24</b> 9:00 am Walking Video	<b>25</b> 10:30 am Bingo 11:30 am Canasta 12:15 pm Arthritis Exercise	<b>26</b> 9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg  <b>8:30 – 4:30 pm Wadsworth Road Trip</b>	<b>27</b>	<b>28</b> 9:00 am Walking Video 10:00 am Gentle Yoga 1:00 -4:00 pm Mahjongg  <b>8:45 – 4:00 pm McKinley Presidential Museum &amp; Harry London Tour</b>	<b>29</b>