

Senior Activities January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Walker Building Closed</p> 	<p>2</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 Poker</p>	<p>3</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg 12:00 pm New Year's Luncheon</p>
<p>6</p> <p>9:00 am Walking Video 1:00 pm Bridge</p>	<p>7</p> <p>9:30 am Chair Volleyball 10:30 am Bingo 11:30 am Cards/Games 12:00 pm Poker 12:15 pm Arthritis Foundation Exercise 1:00 pm Euchre</p>	<p>8</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p>	<p>9</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 Poker 1:45 pm Chair Volleyball @ Atrium</p>	<p>10</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg 9 am - 1:00 pm Cleveland Orchestra</p>
<p>13</p> <p>9:00 am Walking Video 1:00 pm Bridge 11:00 am - 2:00 pm Lunch Bunch @ Cowboy Food & Drink 3:30 pm Mind Challenge Trivia</p>	<p>14</p> <p>9:30 am Chair Volleyball 10:30 am Bingo 11:30 am Cards/Games 12:00 pm Poker 12:15 pm Arthritis Foundation Exercise 1:00 pm Euchre</p>	<p>15</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg 12:00 pm Lunch & Learn OSHIP</p>	<p>16</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 Poker 11:30 am ROMEO's Cracker Barrel</p>	<p>17</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg</p>
<p>20</p> <p>9:00 am Walking Video 1:00 pm Bridge 9:00 am - 3:30 pm MGM Northfield</p>	<p>21</p> <p>9:30 am Chair Volleyball 10:30 am Bingo 11:30 am Cards/Games 12:00 pm Poker 12:15 pm Arthritis Foundation Exercise 1:00 pm Euchre</p>	<p>22</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg 6:00 - 11:00 pm Palace Theatre—Jersey Boys</p>	<p>23</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 Poker</p>	<p>24</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg</p>
<p>27</p> <p>No Senior Activities @ Walker Building 8:15 am - 5:30 pm Life Line Screenings 9:15 am - 2:45 pm Playhouse Square Tour</p>	<p>28</p> <p>9:30 am Chair Volleyball 10:30 am Bingo 11:30 am Cards/Games 12:00 pm Poker 12:15 pm Arthritis Foundation Exercise 1:00 pm Euchre</p>	<p>29</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg 9:00 am - 3:00 pm KSU Museum</p>	<p>30</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 Poker</p>	<p>31</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg</p>

Senior Activities February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 am Walking Video 2:00 pm Bridge</p> <p>12:00 pm Lunch & Learn Heart Healthy</p>	<p>4</p> <p>9:30 am Blood Pressure 9:30 am Chair Volleyball 10:30 am Bingo 11:30 am Cards/Games 12:00 pm Poker 12:15 pm Arthritis Foundation Exercise 1:00 pm Euchre</p>	<p>5</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p> <p>10:00 am - 3:30pm Cleveland Home & Garden Show</p>	<p>6</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 pm Poker</p> <p>5:45 - 11:45 pm Broadway Series—Anastasia</p>	<p>7</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg</p>
<p>10</p> <p>9:00 am Walking Video 2:00 pm Bridge</p> <p>11:00 am - 2:00 pm Lunch Bunch @ Kitchen 56</p>	<p>11</p> <p>12:00 pm Poker 12:15 pm Arthritis Foundation Exercise 1:00 pm Euchre</p>	<p>12</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p> <p>12:00 pm Valentine's Day Luncheon</p>	<p>13</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 pm Poker</p> <p>11:30 pm ROMEO's - Station 43 1:45 pm Chair Volleyball</p>	<p>14</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg</p>
<p>17</p> <p>9:00 am Walking Video 2:00 pm Bridge</p> <p>12:00 pm Lunch & Learn—Home Health Care</p>	<p>18</p> <p>9:30 am Chair Volleyball 10:30 am Bingo 11:30 am Cards/Games 12:00 pm Poker 12:15 pm Arthritis Foundation Exercise 1:00 pm Euchre</p>	<p>19</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p> <p>12:30 - 4:30 pm Hanna Theatre—Sleuth</p>	<p>20</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 pm Poker</p>	<p>21</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg</p> <p>9:30 am—3:30 pm Maltz Museum</p>
<p>24</p> <p>9:00 am Walking Video 2:00 pm Bridge</p> <p>9:15 am - 3:00 pm Cleveland Public Library Tour</p>	<p>25</p> <p>9:30 am Chair Volleyball 10:30 am Bingo 11:30 am Cards/Games 12:00 pm Poker 12:15 pm Arthritis Foundation Exercise 1:00 pm Euchre</p>	<p>26</p> <p>9:00 am Walking Video 9:30 am Water Color 1:00 pm Mahjongg</p>	<p>27</p> <p>9:00 am Tai Chi 10:30 am Dulcimer 12:30 pm Arthritis Foundation Exercise 12:00 Poker</p>	<p>28</p> <p>9:00 am Walking Video 10:0 am Gentle Yoga 1:00pm Mahjongg</p> <p>2:00 pm Benefits Bingo</p>