DAILY ACTIVITIES FOR APRIL		APRIL 2021			Registration for April daily programs starts March 16 <sup>th</sup>	
*Free to Grant Members	<b>PICKLEBALL</b>	Monday	Tuesday	Wednesday	Thursday	Friday
LINE DANCING	Mondays 9:00-11:00am \$8/Month Wednesdays 9:00-11:00am \$8/Month	,	,		9:30-11:30 Open Woodshop	, No Bingo
Fridays 10:00-10:45am \$25/Month	BETTER BALANCE*				10:00-10:45 Yoga	9:15– 10:00 SMILE
<u>S.M.I.L.E*</u>	Mondays 10:15-11:00am \$4/Month				11:15-12:00 SMILE	9:30-11:30 Watercolor
Mondays 9:15-10am \$4/Month Tuesdays 11:15am-12pm \$4/Month	Tuesdays 12:15-1:00pm \$4/Month				12:15-1:00 Better Balance	10:00-10:45 Line Dancing
Wednesdays 9:15-10am \$4/Month Thursdays 11:15am-12pm \$5/Month Fridays 9:15-10am \$5/Month	Wednesdays 10:15-11:00am \$4/Month Thursdays 12:15pm-1:00pm \$5/Month Fridays 10:15-11:00am \$5/Month				1:30-2:15 Yoga	10:15-11:00 Functional Training
Asian Exercise	Movie Club		[ _	l –	L	10:15-11:00 Better Balance
Mondays 9:15-10am \$20/Month	Thursdays 12:30pm \$6/Month	No Functional Training	<u> </u>	9:00-11:00 Pickleball	9:30-11:30 Open Woodshop	11:15-12:00 Cardio Fit 7
Functional Training*	4/8 & 4/22 (includes drink & popcorn)	No Cardio Fit	10:00-10:45 Yoga	9:15– 10:00 SMILE	10:00-10:45 Yoga	9:15- 10:00 SMILE
	4/8 "Hope Gap" Grace lives an idyllic life in a		11:15-12:00 SMILE	9:30-11:30 Open Woodshop	10:30-11:30 Tap Dance	9:30-11:30 Watercolor
Mondays 10:15-11am \$9/Month	British seaside town, but her world soon comes crashing down when her husband of 29 years tells	9:15- 10:00 SMILE		10:00-10:45 R & M	11:15-12:00 SMILE	10:00-10:45 Line Dancing
Wednesdays 10:15-11am \$12/Month	her he's leaving her for another woman. Through		12:00 Wii Bowling	10:15-11:00 Functional Training	12:30 Movie Club	10:15-11:00 Functional Training
Fridays 10:15-11am \$15/Month	stages of shock, disbelief and anger and with support from her son Grace ultimately regains her		12:15-1:00 Better Balance	10:30– 11:15 Meditation Grp	Hope Gap	10:15-11:00 Better Balance
<u>Cardio Fit*</u>	footing while learning it's never too late to be happy.	1:00-3:00 Quilters	1:00-3:30 Classical Painting	10:15-11:00 Better Balance	12:15-1:00 Better Balance	11:15-12:00 Cardio Fit
Mondays 11:15am-12:00pm \$9/Month	1hr 41 mins	5	L6	11:15-12:00 Cardio Fit 7	1:30-2:15 Yoga	12:30-3:00 Bingo
Wednesdays 11:15am-12:00pm \$12/Month	<b>4/22 Sudy</b> minty years after staring in me	9:00-11:00 Pickleball	10:00-10:45 Yoga	9:00-11:00 Pickleball	9:30-11:30 Open Woodshop	9:15– 10:00 SMILE
Fridays 11:15am-12:00pm \$15/Month	Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out	9:15– 10:00 SMILE	11:15-12:00 SMILE	9:15– 10:00 SMILE	10:00-10:45 Yoga	9:30-11:30 Watercolor
WII BOWLING*	shows at the Talk of the Town nightclub. While	9:15– 10:00 Asian Exercise		9:30-11:30 Open Woodshop 10:00-10:45 R & M	10:30-11:30 Tap Dance	10:00-10:45 Line Dancing
Tuesdays 12:00pm \$4/Month	there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey	10:15-11:00 Functional	12:00 Wii Bowling	10:15-11:00 Functional	11:15-12:00 SMILE	10:15-11:00 Functional
<u>BINGO</u>	Deans, her soon-to-be fifth husband. 1hr 58mins	Training	12:15-1:00 Better Balance	Training	12:15-1:00 Better Balance	Training
Fridays 12:30-3pm \$1/4 cards	Reminders	10:15-11:00 Better Balance	1:00-3:30 Classical Painting	10:30– 11:15 Meditation Grp 10:15-11:00 Better Balance	1:30-2:15 Yoga	10:15-11:00 Better Balance
CLASSICAL PAINTING	*Members only	11:15-12:00 Cardio Fit		11:15 12:00 Cardio Eit	L -	11:15-12:00 Cardio Fit 12:30-3:00 Bingo
Tuesdays 1-3:30pm \$36/Month	*Pre-Registration is required- no day of registration.	1:00-3:00 Quilters 12	( <u>13</u>	14	<u></u>	9:15– 10:00 SMILE
<u>QUILTERS</u> Mondays 1-3pm	*Masks must be worn while in the facility.	9:00-11:00 Pickleball	10:00-10:45 Yoga	9:00-11:00 Pickleball 9:15– 10:00 SMILE	9:30-11:30 Open Woodshop	9:30-11:30 Watercolor
TAP DANCE	-Mask may be removed while actively exercising	9:15– 10:00 SMILE	11:15-12:00 SMILE	9:30-11:30 Open Woodshop	10:00-10:45 Yoga 10:30-11:30 Tap Dance	
Thursdays 10:30-11:30am \$25/Session	*Bring your own water, all water fountains are	9:15– 10:00 Asian Exercise	12:00 Wii Bowling	10:00-10:45 R & M	11:15-12:00 SMILE	10:00-10:45 Line Dancing
4/8-5/6	turned off. *There will be no refunds or make ups for programs	10:15-11:00 Functional Training	12:15-1:00 Better Balance	10:15-11:00 Functional Training	12:15-1:00 Better Balance	10:15-11:00 Functional Training
<u>YOGA</u>	that are unattended.	10:15-11:00 Better Balance		10:30– 11:15 Meditation Grp	12:30 Movie Club	10:15-11:00 Better Balance
Tuesday 10:00-10:45am \$16/Month	*Please arrive no earlier than 10 minutes before the	11:15-12:00 Cardio Fit	1:00-3:30 Classical Painting	10:15-11:00 Better Balance	"Judy"	11:15-12:00 Cardio Fit
Thursdays 10:00-10:45am \$20/Month	scheduled start time of your program.	1:00-3:00 Quilters	20	11:15-12:00 Cardio Fit 2	1:30-2:15 Yoga 72	12:30-3:00 Bingo 23
Thursdays 1:30-2:15pm \$20/Month	*All Pickleball participants must enter through the Rec Center entrance and bring their own paddle.	9:00-11:00 Pickleball	10:00-10:45 Yoga	9:00-11:00 Pickleball	9:30-11:30 Open Woodshop	9:15– 10:00 SMILE
<u>RHYTHM &amp; MOVEMENT</u>	*All Yoga participants must bring their own supplies	9:15– 10:00 SMILE		9:15– 10:00 SMILE	10:00-10:45 Yoga	9:30-11:30 Watercolor
Wednesday 10-10:45am \$16/Month	including mat.	9:15– 10:00 Asian Exercise		9:30-11:30 Open Woodshop 10:00-10:45 R & M	10:30-11:30 Tap Dance	10:00-10:45 Line Dancing
OPEN WOODSHOP	Strongsville Senior Center	10:15-11:00 Functional	12:00 Wii Bowling	10:15-11:00 Functional	11:15-12:00 SMILE	10:15-11:00 Functional
Wednesdays 9:30-11:30am \$12/Month Thursdays 9:30-11:30am \$15/Month	18100 Royalton Road	Training	12:15-1:00 Better Balance	Training	12:15-1:00 Better Balance	Training
WATERCOLOR	440-580-3275	10:15-11:00 Better Balance	1:00-3:30 Classical Painting	10:30– 11:15 Meditation Grp	1:30-2:15 Yoga	10:15-11:00 Better Balance
Fridays 9:30-11:30am \$45/Month	<b>Hours</b> Mon - Fri 9am - 5pm	11:15-12:00 Cardio Fit		10:15-11:00 Better Balance		11:15-12:00 Cardio Fit
MEDITATION GROUP	Senior Wheels Call Center 440-826-0800	1:00-3:00 Quilters 26	27	11:15-12:00 Cardio Fit 28	29	12:30-3:00 Bingo 30
Wednesdays 10:30-11:15am \$12/Month	Kitchen Orders- 440-580-3268					