

# DAILY ACTIVITIES FOR APRIL

\*Free to Grant Members

## LINE DANCING

Fridays 10:00-10:45am \$25/Month

## S.M.I.L.E.\*

Mondays 9:15-10am \$4/Month  
 Tuesdays 11:15am-12pm \$4/Month  
 Wednesdays 9:15-10am \$4/Month  
 Thursdays 11:15am-12pm \$5/Month  
 Fridays 9:15-10am \$5/Month

## ASIAN EXERCISE

Mondays 9:15-10am \$20/Month

## FUNCTIONAL TRAINING\*

Mondays 10:15-11am \$9/Month  
 Wednesdays 10:15-11am \$12/Month  
 Fridays 10:15-11am \$15/Month

## CARDIO FIT\*

Mondays 11:15am-12:00pm \$9/Month  
 Wednesdays 11:15am-12:00pm \$12/Month  
 Fridays 11:15am-12:00pm \$15/Month

## WII BOWLING\*

Tuesdays 12:00pm \$4/Month

## BINGO

Fridays 12:30-3pm \$1/4 cards

## CLASSICAL PAINTING

Tuesdays 1-3:30pm \$36/Month

## QUILTERS

Mondays 1-3pm

## TAP DANCE

Thursdays 10:30-11:30am \$25/Session  
 4/8-5/6

## YOGA

Tuesday 10:00-10:45am \$16/Month  
 Thursdays 10:00-10:45am \$20/Month  
 Thursdays 1:30-2:15pm \$20/Month

## RHYTHM & MOVEMENT

Wednesday 10-10:45am \$16/Month

## OPEN WOODSHOP

Wednesdays 9:30-11:30am \$12/Month  
 Thursdays 9:30-11:30am \$15/Month

## WATERCOLOR

Fridays 9:30-11:30am \$45/Month

## MEDITATION GROUP

Wednesdays 10:30-11:15am \$12/Month

## PICKLEBALL

Mondays 9:00-11:00am \$8/Month  
 Wednesdays 9:00-11:00am \$8/Month

## BETTER BALANCE\*

Mondays 10:15-11:00am \$4/Month  
 Tuesdays 12:15-1:00pm \$4/Month  
 Wednesdays 10:15-11:00am \$4/Month  
 Thursdays 12:15pm-1:00pm \$5/Month  
 Fridays 10:15-11:00am \$5/Month

## MOVIE CLUB

Thursdays 12:30pm \$6/Month  
 4/8 & 4/22 (includes drink & popcorn)

**4/8 "Hope Gap"** Grace lives an idyllic life in a British seaside town, but her world soon comes crashing down when her husband of 29 years tells her he's leaving her for another woman. Through stages of shock, disbelief and anger and with support from her son -- Grace ultimately regains her footing while learning it's never too late to be happy. 1hr 41 mins

**4/22 "Judy"** Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. 1hr 58mins

## REMINDERS

- \*Members only
- \*Pre-Registration is required- no day of registration.
- \*Masks must be worn while in the facility. -Mask may be removed while actively exercising
- \*Bring your own water, all water fountains are turned off.
- \*There will be no refunds or make ups for programs that are unattended.
- \*Please arrive no earlier than 10 minutes before the scheduled start time of your program.
- \*All Pickleball participants must enter through the Rec Center entrance and bring their own paddle.
- \*All Yoga participants must bring their own supplies including mat.

## **Strongsville Senior Center**

18100 Royalton Road  
 440-580-3275

**Hours** Mon - Fri 9am - 5pm

**Senior Wheels Call Center** 440-826-0800

**Kitchen Orders-** 440-580-3268

# APRIL 2021

Registration for April daily programs starts  
 March 16<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
			9:30-11:30 Open Woodshop 10:00-10:45 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 1:30-2:15 Yoga	No Bingo 9:15- 10:00 SMILE 9:30-11:30 Watercolor 10:00-10:45 Line Dancing 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit
No Functional Training No Cardio Fit 9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Better Balance 1:00-3:00 Quilters	10:00-10:45 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:30 Classical Painting	9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-10:45 R & M 10:15-11:00 Functional Training 10:30- 11:15 Meditation Grp 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 10:00-10:45 Yoga 10:30-11:30 Tap Dance 11:15-12:00 SMILE 12:30 Movie Club <i>Hope Gap</i> 12:15-1:00 Better Balance 1:30-2:15 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 10:00-10:45 Line Dancing 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-3:00 Bingo
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