

# DAILY ACTIVITIES FOR AUGUST

Member pricing listed below

\*Free to Grant Members

## MEMORY LOSS SUPPORT GROUP

1st Wednesday 9:15am Free

## 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 \$4/Month  
 Fridays 9:15-10am \$4/Month

## ASIAN EXERCISE

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

## LINE DANCING

Tuesdays 10-11:00am \$20/Month

## FUNCTIONAL TRAINING\*

Mon/Wed/Fri 10:15-11am \$12/Month

## CARDIO FIT\*

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

## WOODCARVERS

Tuesdays 1-3pm

## WII BOWLING\*

Tuesdays 12:00pm \$4/Month

## BINGO

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

## LOW VISION SUPPORT GROUP

4th Tuesday 1:00-2:30pm Free

## KNIT/CROCHET

Thursdays 1:30-3pm

## QUILTERS

Mondays 1-3pm

## YOGA

Tuesday 10:00-11:00am \$16/Month

Thursdays 10:00-11:00am \$16/Month

Thursdays 1:30-2:30pm \$16/Month

## RHYTHM & MOVEMENT

Wednesday 10:00-11:00am \$16/Month

## OPEN WOODSHOP

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

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

Fridays 9:30-11:30am \$12/Month

## WATERCOLOR

Thursdays 9:30-11:30am \$18/Month

Fridays 9:30-11:30am \$18/Month

## MEDITATION GROUP

Wednesdays 10:30am \$12/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 \$4/Month  
 Fridays 10:15-11:00am \$4/Month

## MINI GOLF

Fridays 10:00am \$3  
 Mr. Divots 13393 York Rd N. Royalton

## CREATIVE CRAFTS

Wednesdays 10am-1pm

## BOCCE

Wednesday 9:00am Free  
 St. John Neumann Church

## PICKLEBALL

Mondays 9:00-11:00am \$2/Day  
 Wednesdays 9:00-11:00am \$2/Day

## MOVIE MATINEE

Thursdays 12:30pm \$3/per movie  
 8/5 & 8/19 (includes drink & popcorn)

## GAMES

Mondays Bridge 12:30pm  
 Tuesdays Pinochle 12:30pm  
 Rummikub/Dominoes 1:00pm  
 Wednesdays Mah Jongg 12:00pm  
 Thursdays Bunco 9:30am  
 Open Play 12:30pm  
 Fridays Open Play 12:30pm  
 Table Tennis/Billiards 12:30pm

## Registration

You are able to drop into many of our classes. Although, paying monthly, and in advance will offer you our lowest rates, we do recognize this might not always work for you due to appointments, vacations, etc. The following classes will be offered with daily drop-in fees for members, residents and non-residents:

Asian Exercise, Cardio Fit, Functional Training, Line Dancing, Meditation Group, Open Woodshop, Rhythm & Movement, Watercolor, Yoga

If dropping in, please remember to give yourself enough time as we will be checking in multiple classes. Regardless of monthly registrations or drop ins, everyone must check in at the front desk.

## 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

# AUGUST 2021

Registration for August daily programs starts July 20<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-11:00 Yoga 10:00-11:00 Line Dancing 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:00 Bocce 9:15- 10:00 SMILE 9:15 Memory Loss SG 9:30-11:30 Open Woodshop 10:00-11:00 R & M 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00-11:00 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 12:30 Movie Matinee "About Hope" 1:00-3:00 Knit/Crochet 1:30-2:30 Yoga	9:15- 10:00 SMILE No Watercolor 9:30-11:30 Open Woodshop 10:00 Mini Golf 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-4:00 Table Tennis/ Billiards 12:30-3:00 Bingo
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-11:00 Yoga 10:00-11:00 Line Dancing 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:00 Bocce 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-11:00 R & M 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00-11:00 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 1:00-3:00 Knit/Crochet 1:30-2:30 Yoga	9:15- 10:00 SMILE No Watercolor 9:30-11:30 Open Woodshop 10:00 Mini Golf 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-4:00 Table Tennis/ Billiards 12:30-3:00 Bingo
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-11:00 Yoga 10:00-11:00 Line Dancing 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:00 Bocce 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:00-11:00 R & M 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00-11:00 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 12:30 Movie Matinee "Six Minutes to Midnight" 1:00-3:00 Knit/Crochet 1:30-2:30 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 9:30-11:30 Open Woodshop 10:00 Mini Golf 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-4:00 Table Tennis/ Billiards 12:30-3:00 Bingo
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-11:00 Yoga 10:00-11:00 Line Dancing 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:00 Woodcarvers 1:00 Low Vision Support	9:00-11:00 Pickleball 9:00 Bocce 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-11:00 R & M 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00-11:00 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 1:00-3:00 Knit/Crochet 1:30-2:30 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 9:30-11:30 Open Woodshop 10:00 Mini Golf 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-4:00 Table Tennis/ Billiards 12:30-3:00 Bingo
<h1>Maintenance Shut Down</h1> <h1>Senior Center Closed</h1>				