

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 The Synoptic Gospels II 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters	9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15 Memory Loss Support Group 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg	4th of July Senior Center Closed 	9:15 – 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 No Bingo
1	2	3	4	5
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 The Synoptic Gospels II 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee “Ordinary Angels”	9:30-10:15 Express Circuit 9:15 Medicare Counseling 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:00 Hearing Aid Service 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:00 Near Death Experiences 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00 Zentangle 2:45 “The Music Man” Trip	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 12:30 Open Play
8	9	10	11	12
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 The Synoptic Gospels II 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 12:30-2:00 Member Appreciation Day 1:00-3:00 Quilters	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:00 Near Death Experiences 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 What is Dementia?	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-12:00 A Matter of Balance <i>(New)</i> 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00 Beginning Zentangle	9:15– 10:00 SMILE 9:15 Benefits Check Up 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo
15	16	17	18	19
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:00 Pokeno 10:15-11:00 Functional Training 10:30-11:30 The Synoptic Gospels II 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee “One Life” 1:00-3:00 Quilters 2:30 Book Discussion (Strongsville Library)	7:15– Blennerhassett Island Trip 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-Magnifieries and More	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:00 Near Death Experiences 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:30 Bunco 10:00-12:00 A Matter of Balance 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00 Zentangle	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00 Attorney 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo
22	23	24	25	26
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 Thomas Jefferson’s Bible <i>(New)</i> 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dancing 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:00 Near Death Experiences 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg		
29	30	31		