

DAILY ACTIVITIES FOR MARCH

MARCH 2021

Registration for March daily programs starts February 16th

<u>LINE DANCING</u>		
Fridays	10:00-10:45am	\$20/Month
<u>S.M.I.L.E.*</u>		
Mondays	9:15-10am	\$5/Month
Tuesdays	11:15am-12pm	\$5/Month
Wednesdays	9:15-10am	\$5/Month
Thursdays	11:15am-12pm	\$4/Month
Fridays	9:15-10am	\$4/Month
Free to Grant Members		
<u>ASIAN EXERCISE</u>		
Mondays	9:15-10am	\$25/Month
<u>FUNCTIONAL TRAINING*</u>		
Mondays	10:15-11am	\$15/Month
Wednesdays	10:15-11am	\$15/Month
Fridays	10:15-11am	\$12/Month
Free to Grant Members		
<u>CARDIO FIT*</u>		
Mondays	11:15am-12:00pm	\$15/Month
Wednesdays	11:15am-12:00pm	\$15/Month
Fridays	11:15am-12:00pm	\$12/Month
Free to Grant Members		
<u>CLASSICAL PAINTING</u>		
Tuesdays	1-3:30pm	\$45/Month
<u>QUILTERS</u>		
Mondays	1-3pm	
<u>TAP DANCE</u>		
Thursdays	10:30-11:30am	\$20/Month
<u>YOGA</u>		
Tuesday	10:00-10:45am	\$20/Month
Thursdays	10:00-10:45am	\$16/Month
Thursdays	1:30-2:15pm	\$16/Month
<u>RHYTHM & MOVEMENT</u>		
Wednesday	10-10:45am	\$20/Month
<u>OPEN WOODSHOP</u>		
Wednesdays	9:30-11:30am	\$15/Month
Thursdays	9:30-11:30am	\$12/Month
<u>WATERCOLOR</u>		
Fridays	9:30-11:30am	\$36/Month
<u>MEDITATION GROUP</u>		
Wednesdays	10:30-11:15am	\$15/Month

<u>PICKLEBALL</u>		
Mondays	9:00-11:00am	\$10/Month
Wednesdays	9:00-11:00am	\$10/Month
<u>WII BOWLING*</u>		
Tuesdays	12:00pm	\$5/Month
Free to Grant Members		
<u>BETTER BALANCE*</u>		
FREE FOR THE FIRST WEEK OF MARCH!!!		
Mondays	10:30-11:15am	\$4/Month
Tuesdays	12:30-1:15pm	\$4/Month
Wednesdays	10:30-11:15am	\$4/Month
Thursdays	12:30pm-1:15pm	\$3/Month
Fridays	10:30-11:15am	\$3/Month
Free to Grant Members		
<u>MOVIE CLUB</u>		
Thursdays	12:30pm	\$6/Month
3/4 & 3/18	(includes drink & popcorn)	
<u>BINGO</u>		
Fridays	2:30-3pm	\$1/4 cards

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

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 10:30-11:15 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-10:45 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:30-1:15 Better Balance 1:00 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 10:30-11:15 Better Balance 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 10:00-10:45 Yoga 10:30 Tap Dance 11:15-12:00 SMILE 12:30-1:15 Better Balance 12:30 Movie Club "Ford Vs. Ferrari" 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 10:30-11:15 Better Balance 11:15-12:00 Cardio Fit 12:30-3:00 Bingo
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