

MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
			9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dancing 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00 Container Vegetable Gardening 1:30-2:30 Chair Yoga	9:15 – 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Speak-Up 2 (new) 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play & Mexican Train 12:30-3:00 Bingo 1:00 Beginners Drawing Class (new) No Sewing 101
9:15-10:00 SMILE 9:15-10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30 History of Christianity (new) 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 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 10:30-11:30 Yoga 10:30-11:30 Line Dance 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 1:00-3:30 Classical Painting	9:15 Memory Loss Support Group 9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:00 Muffins for Moms 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 12:15-1:00 Senior Stability 1:30 Joint Pain/Pain Management	Historic & Ethnic Cleveland Trip 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting & Tap 10:00-11:30 Bunco 10:45-11:45 Yoga 11:15-12:30 Blood Pressure Checks 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00 Zentangle 1:30-2:30 Chair Yoga 7:00 Handbell Choir Concert	9:15– 10:00 SMILE 9:15 Benefits Check Up 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Speak-Up 2 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30-3:00 Bingo & Open Play 12:30 Mexican Train 1:00 Sewing 101 1:00 Beginners Drawing Class
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30 History of Christianity 11:15-12:00 Cardio Fit 12:30 Movie Matinee “White Bird” 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 1:00 Craft Time	9:15– Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:30-11:30 Yoga 10:30-11:30 Line Dancing 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:40 Mobile Post Office 1:00 History of Cleveland Mafia 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-3:30 Classical Painting	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:30 Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 1:00 Creative Container Gardening	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dancing 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Speak-Up 2 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play & Bingo 12:30 Mexican Train 1:00 Sewing 101 1:00 Beginners Drawing Class
9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30 History of Christianity 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 2:00 Pokeno	Canal Boat Trip 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:30-11:30 Yoga 10:30-11:30 Line Dance 10:00 Hearing Aid Service 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 1:00-3:30 Classical Painting	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 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 12:15-1:00 Senior Stability 12:30-2:30 Matter of Balance (new) 1:00-4:00 Bob Ross Class	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 12:30-1:15 Flex, Movement & Balance 1:00-3:00 Knit/Crochet 1:00 Zentangle 1:30-2:30 Chair Yoga	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Speak-Up 2 10:00 Attorney 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play & Bingo 12:30 Mexican Train 1:00 Beginners Drawing Class 1:00 Sewing 101
Memorial Day Senior Center Closed 	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:30-11:30 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 1:00 Low Vision Connection 1:00-3:30 Classical Painting	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:00– Medicare Counseling 12:15-1:00 Senior Stability 12:30-2:30 Matter of Balance	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 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 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 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo 12:30 Mexican Train 1:00 Beginners Drawing Class