

NOVEMBER 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | 9:15-10:00 Express Circuit 9:20 Attorney 10:00 Aging in Place– Outdoors 10:00-11:00 Line Dancing 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30-1:15 Flex, Movement & Balance 12:30 Pinochle 12:30 Movie Matinee “ <i>Top Gun</i> ” 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 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:00 Mah Jongg | 9:30-3:30 Puzzle & Book Sale 9:00-11:00 Pickleball 9:15-10:00 Express Circuit 9:30-11:30 Watercolor 9:30-11:30 Open Woodshop 9:30-11:30 Tap Dance 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-3:30 Classical Painting | Lake Erie Wine Trail 9:30-2:30 Puzzle & Book Sale 9:15 – 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 9:30 AARP Driver Safety Program 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 12:30 Open Play |
| 1 | 2 | 3 | 4 | 5 |
| 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 10:30-11:30 The Nature of Fear (New) 11:15-12:00 Cardio Fit 12:30 Bridge | 9:15-10:00 Express Circuit 10:00-11:00 Line Dance 10:00 Hearing Aid Service 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:30 Movie Matinee “” 12:40 Mobile Post Office 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers | 9:00-11:00 Beginner Pickleball (Rec Ctr) 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 Patriotic Musical Celebration | 9:00-11:00 Pickleball 9:15-10:00 Express Circuit 9:30-11:30 Watercolor 9:30-11:30 Open Woodshop 9:30-11:30 Tap Dance 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30-1:30 Yoga 12:30 Open Play | 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 12:30 Open Play |
| 6 | 7 | 8 | 9 | 10 |
| 9:00-11:00 Pickleball 9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:30-2:00 Sawdust for Beginners 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30-11:30 The Nature of Fear 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters | 9:15-10:00 Express Circuit 9:15 Medicare Counseling 10:00-11:00 Line Dancing 10:15-11:15 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 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 11:30-1:00 Thanksgiving Drive By Lunch 12:00 Mah Jongg | 9:00-11:00 Pickleball 9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 9:30-11:30 Tap Dance 10:00 Healthy Eating for the Holidays 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-3:30 Classical Painting | 9:15– 10:00 SMILE 9:15 Benefits Check Up 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo |
| 11 | 12 | 13 | 14 | 15 |
| 9:00-11:00 Pickleball 9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:30-2:00 Sawdust for Beginners 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30-11:30 The Nature of Fear 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters | 9:15-10:00 Express Circuit 9:15 Medicare Counseling 10:00-11:00 Line Dancing 10:00 The Art of Pop Music– Billy Joel 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:00 Movie Matinee “” 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00 Low Vision Support Group | 9:00-11:00 Beginner Pickleball (Rec Center) 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:00 Mah Jongg | <h2 style="margin: 0;">Senior Center Closed</h2> <h2 style="margin: 0;">Happy Thanksgiving</h2> | <h2 style="margin: 0;">Senior Center Closed</h2> |
| 16 | 17 | 18 | 19 | 20 |
| 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 10:30-11:30 The Nature of Fear 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters 2:30 Library Book Discussion (at Strongsville Library) | 9:15-10:00 Express Circuit 9:15 Medicare Counseling 10:00-11:00 Line Dancing 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Movie Matinee “ <i>Where the Crawdads Sing</i> ” 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 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:00 Mah Jongg | | |
| 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |