

OCTOBER 2022

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 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 9:20 Attorney 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 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 9:30-11:30 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	9:00-11:00 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	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
3	4	5	6	7
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 Aging in Place- Kitchens & Bathrooms 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 "Mrs. Harris Goes to Paris" 12:40 Mobile Post Office 1:00 Rummikub/Dominos 1:00-3:30 Classical Painting 1:00-3:00 Woodcarvers	9:00-10:00 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 Senior Center closes at 3:00pm	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 10:00 Alfred Hitchcock 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30-1:30 Yoga 12:30 Open Play 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 12:30-3:00 Bingo 12:30 Open Play
10	11	12	13	14
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 1:00-3:30 Classical Painting	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	9:00-11:00 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 Fall Prevention & Safety at Home 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 9:30-11:30 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
17	18	19	20	21
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 2:30 Library Book Discussion (at Strongsville Library)	Autumn Surprise Mystery Trip 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 12:00 Movie Matinee "Elvis" 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 1:00 Low Vision Support Group	9:00-10:00 Beginner Pickleball (Rec Center) 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 9:30 HEAP Program 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	9:00-11:00 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	9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00 Attorney 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
24	25	26	27	28
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- Part 2 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters				
31		28		