DAILY ACTIVITIES FOR OCTOBER

PICKLEBALL

Mondays 9-11am \$8/Month Thursdays 9-11am \$10/Month

$S.M.I.L.E^*$

Mondays 9:15-10am \$4/Month Tuesdays 11:15am-12pm \$4/Month Wednesdays 9:15-10am \$4/Month Thursdays 11:15am-12pm \$5/Month Fridays 9:15-10am \$5/Month

Free to Grant Members

ASIAN EXERCISE

Mondays 9:15-10am \$20/Month

FUNCTIONAL TRAINING*

Mondays 10:15-11am \$12/Month

Wednesdays 10:15-11am \$12/Month

Fridays 10:15-11am \$12/Month

Free to Grant Members

CARDIO FIT*

Mondays 11:30am-12:15pm \$12/Month Wednesdays 11:30am-12:15pm \$12/Month

11:30am-12:15pm \$12/Month

Fridays

Free to Grant Members

BINGO

Mondays 12:30-3pm \$1/4 cards Fridays 12:30-3pm \$1/4 cards

QUILTERS

Mondays 1-3pm

YOGA

Tuesday 10:00-10:45am \$16/Month Thursdays 10:00-10:45am \$20/Month

Thursdays 1:30-2:15pm \$20/Month

RHYTHM & MOVEMENT

Wednesday 10-10:45am \$16/Month

CLASSICAL PAINTING

Tuesdays 1-3:30pm \$36/Month Thursdays 1-3:30pm \$36/Month

WATERCOLOR

Fridays 9:30-11:30am \$36/Month

LINE DANCING

Fridays 10:00-10:45am \$20/Month

REMINDERS

*Pre-Registration is required- no day of registration.

*Members only

*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

October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
n.				0.00.44.00 Ph. H. H.	No Watercolor
				9:00-11:00 Pickleball 10:00-10:45 Yoga	9:15- 10:00 SMILE
				11:15-12:00 SMILE	10:00-10:45 Line Dancing
				1:00-3:30 Classical Painting	10:15-11:00 Functional Training
				1:30-2:15 Yoga	11:30-12:15 Cardio Fit
				_	12:30-3:00 Bingo
	9:00-11:00 Pickleball			1	2
	9:15– 10:00 SMILE	10:00-10:45 Yoga	9:15- 10:00 SMILE	9:00-11:00 Pickleball	No Line Dance No Bingo
ne		11:15-12:00 SMILE	10:00-10:45 Rhythm & Movement	10:00-10:45 Yoga	9:15– 10:00 SMILE
е	10:15-11:00 Functional Training	1:00-3:30 Classical Painting	10:15-11:00 Functional Training	11:15-12:00 SMILE 1:00-3:30 Classical Painting	9:30-11:30 Watercolor
	11:30-12:15 Cardio Fit		11:30-12:15 Cardio Fit	1:30-2:15 Yoga	10:15-11:00 Functional Training
	12:30-3:00 Bingo	<u></u>	1		11:30-12:15 Cardio Fit
	1:00-3:00 Quilters 5	<u> </u>		<u> 7 </u>	 1
	9:00-11:00 Pickleball	40.00 40.45 Vara	9:15- 10:00 SMILE	9:00-11:00 Pickleball	No Functional Training No Cardio Fit
	9:15– 10:00 SMILE	10:00-10:45 Yoga 11:15-12:00 SMILE	10:00-10:45 Rhythm &	10:00-10:45 Yoga	9:15- 10:00 SMILE
	9:15– 10:00 Asian Exercise	11.13-12.00 SWILL	Movement	11:15-12:00 SMILE	9:30-11:30 Watercolor
	10:15-11:00 Functional Training	1:00-3:30 Classical Painting	10:15-11:00 Functional Training	1:00-3:30 Classical Painting 1:30-2:15 Yoga	10:00-10:45 Line Dancing
	11:30-12:15 Cardio Fit		11:30-12:15 Cardio Fit	1.00 2.10 1094	12:30-3:00 Bingo
	12:30-3:00 Bingo]	1		
	1:00-3:00 Quilters 12 9:00-11:00 Pickleball			14 15	i <u>16</u> I
	9:15– 10:00 SMILE	10:00-10:45 Yoga	9:15-10:00 SMILE	9:00-11:00 Pickleball	9:15- 10:00 SMILE
		11:15-12:00 SMILE	10:00-10:45 Rhythm &	10:00-10:45 Yoga	9:30-11:30 Watercolor
	9:15– 10:00 Asian Exercise	1:00-3:30 Classical Painting	Movement	11:15-12:00 SMILE 1:00-3:30 Classical Painting	10:00-10:45 Line Dancing
	10:15-11:00 Functional Training	noo oloo olaooloan amilang	10:15-11:00 Functional Training	1:30-2:15 Yoga	10:15-11:00 Functional Training
	11:30-12:15 Cardio Fit		11:30-12:15 Cardio Fit		11:30-12:15 Cardio Fit
	12:30-3:00 Bingo 1:00-3:00 Quilters		1	21 22	12:30-3:00 Bingo <u>73</u>
	9:00-11:00 Pickleball	[20	<u>, </u>	<u> </u>	
	9:15- 10:00 SMILE		9:15- 10:00 SMILE	9:00-11:00 Pickleball	9:15- 10:00 SMILE
	9:15– 10:00 Asian Exercise	10:00-10:45 Yoga	10:00-10:45 Rhythm & Movement	10:00-10:45 Yoga 11:15-12:00 SMILE	9:30-11:30 Watercolor
	10:15-11:00 Functional	11:15-12:00 SMILE	10:15-11:00 Functional	1:00-3:30 Classical Painting	10:00-10:45 Line Dancing
	Training	1:00-3:30 Classical Painting	Training	1:30-2:15 Yoga	10:15-11:00 Functional Training
	11:30-12:15 Cardio Fit		11:30-12:15 Cardio Fit		11:30-12:15 Cardio Fit
	12:30-3:00 Bingo]	1		L
	1:00-3:00 Quilters 26	27		28 29	[30-3:00 Bingo