

# SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				9:15 – 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 10:15-11:15 Beginning Yoga 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance
<b>Senior Center Closed</b>  <b>Labor Day</b>	9:20 Attorney 9:30 Pinochle Instruction 9:30-10:15 Express Circuit 10:00-11:00 Line Dance 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 1:00-1:30 Better Balance 1:00 Classical Painting ( <i>New</i> )	9:15– 10:00 SMILE 9:15 Memory Loss Support Group 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 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 1:00-1:30 Better Balance	9:15– 10:00 SMILE 9:15 Benefits Check Up 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 12:30-3:00 Bingo 12:30 Open Play 1:00-1:30 Better Balance
4	5	6	7	8
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 The Beatles Redux ( <i>New</i> ) 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-1:30 Better Balance	A Day in Chautauqua Trip 9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 12:30 Pinochle 10:00-11:00 Line Dance 10:00 Hearing Aid Service 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30-1:15 Flex, Movement & Balance 12:30 Movie Matinee "Asteroid City" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00 Classical Painting	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15– 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:30– 2:30 Painted Wine Glasses 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 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 1:00-1:30 Better Balance	9:15– 10:00 SMILE 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 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance
11	12	13	14	15
FALL PREVENTION WEEK 9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise (FREE) 10:15-11:00 Functional Training 10:30-11:30 The Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-1:30 Better Balance 1:00-3:00 Quilters	FALL PREVENTION WEEK 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 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 (Free) 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance 1:00 Classical Painting	FALL PREVENTION WEEK 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15– 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 Fall Prevention 1:00-1:30 Better Balance 1:00 TechKNOWledgy with Teens	FALL PREVENTION WEEK 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance ( <i>New</i> ) 10:00 Exercise and Aging 10:30-11:30 Yoga 10:30-12:00 Bunco 11:15-12:30 Blood Pressure Check 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	FALL PREVENTION WEEK 9:15– 10:00 SMILE 10:00 Attorney 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 10:30-11:00 Better Balance (Free) 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance (Free)
18	19	20	21	22
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 The Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters 1:00-1:30 Better Balance 2:30 Book Discussion (Strongsville Library)	Dear Soldier– Ohio Star Theater 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 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 12:30 Movie Matinee "Love Again" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00 Low Vision Connection 1:00 Classical Painting	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15– 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 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 1:00-1:30 Better Balance 1:30– Hyperlipidemia	9:15– 10:00 SMILE 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 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance
25	26	27	28	29