August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 9:30-2:00 Sawdust for Beginners 10:15-11:00 Functional Training 12:30 Bridge 12:30 Hand & Foot 12:30 Poker 1:00-3:00 Quilters 3	Akron Rubber Ducks Trip 9:15-10:00 Express Circuit 9:30 Pinochle Instruction (by appointment) 9:20-11:30 Attorney 10:00-10:30 Beginner Line Dancing 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 4	9:15 Memory Loss Support Group 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 No Strolling Seniors 10:30-11:30 Beginners Yoga 12:00 Mah Jongg 1:30 UH Hot Topic: Preparing for Fall Vaccines 1:30 Cardio Drumming 5	9:15-10:00 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 11:30-12:30 Blood Pressure Checks 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga 6	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 (by appt.) 12:30 Open Play 12:30 Mexican Train 12:30 Poker 12:30-3:00 Bingo 7
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 9:30-2:00 Sawdust for Beginners 10:15-11:00 Functional Training 12:30 Movie Matinee: Pressure 12:30 Bridge 12:30 Hand & Foot 12:30 Poker No Quilters 10	9:15-1:00 Medicare Counseling 9:15-10:00 Express Circuit 9.30 Pinochle Instruction (by appointment) 10:00 Hearing Aid Service 10:00-10:30 Beginner Line Dancing 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 11	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 Brunch n' Learn: Medical Alert Systems 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30 Strolling Seniors 10:30 Pilates for Seniors 12:00 Mah Jongg 1:15-1:35 Mobile Post Office 1:30 Cardio Drumming 12	Amish Country with Robin Swoboda Trip 9:15-10:00 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 1:00 Zentangle 1:30-2:30 Chair Yoga 13	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 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 (by appt.) 12:30 Open Play 12:30 Mexican Train 12:30 Poker 12:30-3:00 Bingo 14
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 12:30 Bridge 12:30 Hand & Foot 12:30 Poker 1:00-3:00 Quilters 1:00 Strongsville's First Industrial Park 17	9:15-10:00 Express Circuit 9:30 Pinochle Instruction (by appointment) 10:00:10:30 Beginner Line Dancing 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 18	Goodtime III Elvis Luncheon Trip 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 Strolling Seniors 10:30-11:30 Beginners Yoga 12:00 Mah Jongg 1:30 Cardio Drumming 19	9:15-10:00 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 20	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 (by appt.) 12:30 Open Play 12:30 Mexican Train 12:30 Poker 12:30-3:00 Bingo 21
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:00 Pokeno 10:15-11:00 Functional Training 12:30 Movie Matinee: The Devil Wears Prada 2 12:30 Bridge 12:30 Hand & Foot 12:30 Poker 1:00-3:00 Quilters 1:00 ILR: Alfred Hitchcock: The Glass Eye 2:30 Book Discussion (Strongsville Library) 24	9:15-10:00 Express Circuit 9:30 Pinochle Instruction (by appointment) 10:00:10:30 Beginner Line Dancing 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 1:00-2:30 Low Vision Connection 25	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 Genealogy for Beginners 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30 Strolling Seniors 10:30 Pilates for Seniors 12:00 Mah Jongg 1:30 Cardio Drumming 26	9:15-10:00 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 1:00 Zentangle 1:30-2:30 Chair Yoga 27	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:20 Attorney 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction (by appt.) 12:30 Open Play 12:30 Mexican Train 12:30 Poker 12:30-3:00 Bingo 28
The Senior & Recreation Center will be CLOSED for Annual Cleaning Monday, August 31st – Wednesday, September 2nd  31				