

# JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			 <b>WE WILL BE CLOSED NEW YEAR'S DAY</b>	
<p>9:15-10:00 SMILE 9:15-10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 12:30 Bridge 12:30 Hand &amp; Foot 1:00-3:00 Quilters</p>	<p>9:20-11:30 Attorney 9:15-10:00 Express Circuit (New Time) 9:30 Pinochle Instruction (by appointment) No Beginner Line Dancing No Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE No Blood Pressure Screenings (Canceled) 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement &amp; Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers</p>	<p>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 10:30-11:30 Beginners Yoga 12:00 Mah Jongg 1:30 UH Hot Topic: Winter Wellness</p>	<p>9:15-10:00 Express Circuit (New Time) 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 &amp; Balance 12:30 Open Play 1:00 Zentangle 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga</p>	<p>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 No Bingo</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p>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 &amp; Foot No Quilters</p>	<p>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 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 &amp; Balance No Mobile Post Office in January 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers</p>	<p>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 Pilates for Seniors 12:00 Mah Jongg 1:00 BBB: Online Shopping Safely</p>	<p>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 &amp; Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga</p>	<p>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 12:30-3:00 Bingo</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p>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 &amp; Foot 1:00-3:00 Quilters</p>	<p>9:15-10:00 Express Circuit 9:30 Pinochle Instruction (by appointment) 10:30-11:30 Yoga 10:00 Beginner Line Dancing 10:30-11:30 Line Dancing 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement &amp; Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers</p>	<p>9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 Yellowstone: Hooves, Paws &amp; Claws 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 12:00 Mah Jongg</p>	<p>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 &amp; Balance 12:30 Open Play 1:00 Zentangle 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga</p>	<p>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 12:30-3:00 Bingo</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:00 Webinar: How We Create Pandemics 10:00 Pokeno 10:15-11:00 Functional Training 12:30 Bridge 12:30 Hand &amp; Foot 1:00-3:00 Quilters 2:30 Book Discussion (Strongsville Library)</p>	<p>9:15-10:00 Express Circuit 9:30 Pinochle Instruction (by appointment) 10:00 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 &amp; Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-2:30 Low Vision Connection</p>	<p>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 Pilates for Seniors 12:00 Fight off the Winter Blues 12:00 Mah Jongg</p>	<p>9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-10:30 Beginner Tap Dancing (New) 10:00-11:30 Bunco 10:30-11:30 Intermediate Tap Dancing (New) 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement &amp; Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga</p>	<p>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 12:30-3:00 Bingo</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>