

JULY 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
	9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:30-11:30 Yoga 10:30-11:30 Line Dance 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	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 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 12:30-2:30 Matter of Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting No 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	Senior Center Closed 
9:15-10:00 SMILE 9:15-10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30 History of Christianity (new) 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Movie Matinee "Audrey's Children" 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters	Summer Mystery Tour Trip 9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00 Hearing Aid Service 10:30-11:30 Yoga 10:30-11:30 Line Dancing 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:40 Mobile Post Office 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	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 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 12:30-2:30 Matter of Balance	9:30-10:15 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 1:00 Zentangle 1:30-2:30 Chair Yoga	9:15-10:00 SMILE 9:15 Benefits Check Up 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 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30 Mexican Train 12:30-3:00 Bingo
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 10:30 History of Christianity 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:30-2:00 Member Appreciation Day	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:30-11:30 Yoga 10:30-11:30 Line Dance 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	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 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 1:00-2:30 Diabetes Empowerment (new)	9:30-10:15 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	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 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30 Mexican Train 12:30-3:00 Bingo
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 10:30 History of Christianity 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Movie Matinee "Snow White" 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 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 Low Vision Connection	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 10:00 "Who Killed JFK?" 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:00 Medicare Counseling 12:15-1:00 Senior Stability 1:00-2:30 Diabetes Empowerment	Archbold & Sandpiper River Cruise Trip 9:30-10:15 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 Open Play 12:30-1:15 Flex, Movement & Balance 1:00-3:00 Knit/Crochet 1:00 Zentangle 1:30-2:30 Chair Yoga	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 Attorney 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30 Mexican Train 12:30-3:00 Bingo
9:15-10:00 SMILE 9:15-10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:00 Pokeno 10:15-11:00 Functional Training 10:30 History of Christianity 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 2:30 Book Discussion (Strongsville Library)	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:30-11:30 Yoga 10:30-11:30 Line Dance 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	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 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 1:00-2:30 Diabetes Empowerment	9:30-10:15 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 Open Play 12:30-1:15 Flex, Movement & Balance 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga	