

JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		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 Strolling Seniors 10:30-11:30 Beginners Yoga 12:00 Mah Jongg 1:30 Cardio Drumming 1:30-2:30 Celebrate America's 250 th	9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop No 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 No 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
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 12:15-1:15 Dance for Your Inner Superstar 12:30 Bridge 12:30 Hand & Foot 12:30 Poker 1:00-3:00 Quilters	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	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-1:30 AARP Driver Safety Program 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30 Strolling Seniors 10:30 Pilates for Seniors 11:30-12:30 Blood Pressure Checks 12:00 Mah Jongg 1:00 John Strong—The Founder at 250 1:30 Cardio Drumming	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	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
6	7	8	9	10
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 12:15-1:15 Dance for Your Inner Superstar 12:30 Movie Matinee: <u>Michael</u> 12:30 Bridge 12:30 Hand & Foot 12:30 Poker No Quilters	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 10:30 Balance Smart™ Program 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 The Wit and Wisdom of JFK	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 10:00 Strongsville K-9 Unit 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 1:15-1:35 Post Office on Wheels 1:30 Cardio Drumming	Summer Wine Adventure 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 1:30-2:30 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 History of Chocolate 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
13	14	15	16	17
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 12:15-1:15 Dance for Your Inner Superstar 12:30-2:00 Member Appreciation Day 12:30 Bridge 12:30 Hand & Foot 12:30 Poker 1:00-3:00 Quilters	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	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 Pilates for Seniors 12:00 Mah Jongg 1:30 Cardio Drumming	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	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 6:00 Rotary Senior Picnic (doors open 5:45)
20	21	22	23	24
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:00 Pokeno 10:00 Malala Yousafzai Webinar 10:15-11:00 Functional Training 12:15-1:15 Dance for Your Inner Superstar 12:30 Movie Matinee: <u>Eternity</u> 12:30 Bridge 12:30 Hand & Foot 12:30 Poker 1:00-3:00 Quilters 2:30 Book Discussion (Strongsville Library)	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	Shawshank in a Day 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 12:00 Mah Jongg 1:30 Cardio Drumming	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	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
27	28	29	30	31