

DAILY ACTIVITIES FOR JULY

*Free to Grant Members

MEMORY LOSS SUPPORT GROUP

1st Wednesday 10:00-10:45am

S.M.I.L.E.*

Mondays 9:15-10am \$4/Month
 Tuesdays 11:15am-12pm \$4/Month
 Wednesdays 9:15-10am \$4/Month
 Thursdays 11:15am-12pm \$5/Month
 Fridays 9:15-10am \$5/Month

ASIAN EXERCISE

Mondays 9:15-10am \$20/Month

FUNCTIONAL TRAINING*

Mondays 10:15-11am \$12/Month
 Wednesdays 10:15-11am \$12/Month
 Fridays 10:30-11:15am \$15/Month

CARDIO FIT*

Mondays 11:15am-12pm \$12/Month
 Wednesdays 11:15am-12pm \$12/Month
 Fridays 11:30am-12:15pm \$15/Month

WOODCARVERS

Tuesdays 1-3pm Free

WII BOWLING*

Tuesdays 12:00pm \$4/Month

BINGO

Fridays 12:30-3pm \$1/4 cards

LOW VISION SUPPORT GROUP

4th Tuesday 1:00-2:30pm Free

SCATTERGORIES FUN

Wednesday 7/21 10am Free

QUILTERS

Mondays 1-3pm

YOGA

Tuesday 10:00-11:00am \$16/Month

Thursdays 10:00-11:00am \$20/Month

Thursdays 1:30-2:30pm \$20/Month

RHYTHM & MOVEMENT

Wednesday 10-11:00am \$16/Month

OPEN WOODSHOP

Wednesdays 9:30-11:30am \$12/Month

Thursdays 9:30-11:30am \$15/Month

Fridays 9:30-11:30am \$15/Month

WATERCOLOR

Thursdays 9:30-11:30am \$45/Month

Fridays 9:30-11:30am \$45/Month

MEDITATION GROUP

Wednesdays 10:30am \$12/Month

BETTER BALANCE*

Mondays 10:15-11:00am \$4/Month
 Tuesdays 12:15-1:00pm \$4/Month
 Wednesdays 10:15-11:00am \$4/Month
 Thursdays 12:15pm-1:00pm \$5/Month
 Fridays 10:15-11:00am \$5/Month

MINI GOLF

Fridays 10:00am \$3
 Mr. Divots 13393 York Rd N. Royalton

BOCCE

Wednesday 9:00am Free
 St. John Neumann Church

PICKLEBALL

Mondays 9:00-11:00am \$2/Day
 Wednesdays 9:00-11:00am \$2/Day

MOVIE MATINEE

Thursdays 12:30pm \$3/per movie
 7/1 & 7/15 (includes drink & popcorn)

GAMES

Mondays Bridge 12:30pm
 Tuesdays Pinochle 12:15pm
 Rummikub/Dominoes 1:00pm
 Wednesdays Mah Jongg 12:00pm
 Thursdays Bunco 9:30am
 Open Play 12:30pm
 Fridays Open Play 12:30pm

New for July. . .

You are now able to drop into many of our classes. Although, paying monthly, and in advance will offer you our lowest rates, we do recognize this might not always work for you due to appointments, vacations, etc. The following classes will be offered with daily drop-in fees for members, residents and non-residents starting July 1st:

Asian Exercise, Cardio Fit, Functional Training
 Open Woodshop, Rhythm & Movement,
 Watercolor, Yoga

If dropping, in please remember to give yourself enough time as we will be checking in multiple classes. Regardless of monthly registrations or drop ins, everyone must check in at the front desk.

Strongsville Senior Center

18100 Royalton Road
 440-580-3275

Hours Mon - Fri 9am - 5pm

Senior Wheels Call Center 440-826-0800

Kitchen Orders- 440-580-3268

JULY 2021

Registration for July daily programs starts
 June 22nd

Monday	Tuesday	Wednesday	Thursday	Friday
			9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00-11:00 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 12:30 Movie Matinee "The Courier"	9:15- 10:00 SMILE 9:30-11:30 Watercolor 9:30-11:30 Open Woodshop 10:00 Mini Golf 10:30-11:15 Functional Training 10:15-11:00 Better Balance 11:30-12:15 Cardio Fit 12:30-3:00 Bingo
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-11:00 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:00 Bocce (St. John Neumann) 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-11:00 R & M 10:00 Memory Loss SG 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit	1:30-2:30 Yoga	12:30-3:00 Bingo
5	6	7	8	9
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-11:00 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:00 Bocce (St. John Neumann) 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-11:00 R & M 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00-11:00 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 12:30 Movie Matinee "Land"	9:15- 10:00 SMILE 9:30-11:30 Watercolor 9:30-11:30 Open Woodshop 10:00 Mini Golf 10:30-11:15 Functional Training 10:15-11:00 Better Balance 11:30-12:15 Cardio Fit 12:30-3:00 Bingo
12	13	14	15	16
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-11:00 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:00 Bocce (St. John Neumann) 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-11:00 R & M 10:00 Scattergories Fun 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00-11:00 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 1:30-2:30 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 9:30-11:30 Open Woodshop 10:00 Mini Golf 10:30-11:15 Functional Training 10:15-11:00 Better Balance 11:30-12:15 Cardio Fit
19	20	21	22	23
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-11:00 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:00 Woodcarvers 1:00 Low Vision Support	9:00-11:00 Pickleball 9:00 Bocce (St. John Neumann) 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-11:00 R & M 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 9:30-11:30 Watercolor 10:00-11:00 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 1:30-2:30 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 9:30-11:30 Open Woodshop 10:00 Mini Golf 10:30-11:15 Functional Training 10:15-11:00 Better Balance 11:30-12:15 Cardio Fit 12:30-3:00 Bingo
26	27	28	29	30