


DAILY ACTIVITIES FOR JUNE

*Free to Grant Members		
<u>MEMORY LOSS SUPPORT GROUP</u>		
1st Wednesday 10:00-10:45am		
<u>S.M.I.L.E*</u>		
Mondays	9:15-10am	\$4/Month
Tuesdays	11:15am-12pm	\$5/Month
Wednesdays	9:15-10am	\$5/Month
Thursdays	11:15am-12pm	\$4/Month
Fridays	9:15-10am	\$4/Month
<u>ASIAN EXERCISE</u>		
Mondays	9:15-10am	\$20/Month
<u>FUNCTIONAL TRAINING*</u>		
Mondays	10:15-11am	\$12/Month
Wednesdays	10:15-11am	\$15/Month
Fridays	10:30-11:15am	\$12/Month
<u>CARDIO FIT*</u>		
Mondays	11:15am-12pm	\$12/Month
Wednesdays	11:15am-12pm	\$15/Month
Fridays	11:30am-12:15pm	\$12/Month
<u>WOODCARVERS</u>		
Tuesdays	1-3pm	
<u>WII BOWLING*</u>		
Tuesdays	12:00pm	\$5/Month
<u>BINGO</u>		
Fridays	12:30-3pm	\$1/4 cards
No Bingo 6/18		
<u>LOW VISION SUPPORT GROUP</u>		
4th Tuesday 1:00-2:30pm		
<u>SCATTERGORIES FUN</u>		
Wednesday 6/16 1pm Free		
<u>QUILTERS</u>		
Mondays	1-3pm	
<u>PICKLEBALL</u>		
Mondays	9:00-11:00am	\$8/Month
Wednesdays	9:00-11:00am	\$10/Month
<u>YOGA</u>		
Tuesday	10:00-10:45am	\$20/Month
Thursdays	10:00-10:45am	\$16/Month
Thursdays	1:30-2:15pm	\$16/Month
<u>RHYTHM & MOVEMENT</u>		
Wednesday	10-10:45am	\$20/Month
<u>OPEN WOODSHOP</u>		
Wednesdays	9:30-11:30am	\$15/Month
Thursdays	9:30-11:30am	\$12/Month
<u>WATERCOLOR</u>		
Fridays	9:30-11:30am	\$36/Month
<u>MEDITATION GROUP</u>		
Wednesdays	10:30am	\$15/Month

<u>BETTER BALANCE*</u>		
Mondays	10:15-11:00am	\$4/Month
Tuesdays	12:15-1:00pm	\$5/Month
Wednesdays	10:15-11:00am	\$5/Month
Thursdays	12:15pm-1:00pm	\$4/Month
Fridays	10:15-11:00am	\$4/Month
<u>MINI GOLF</u>		
Fridays	10:00am	\$3
Mr. Divots 13393 York Rd N. Royalton		
<u>CLASSICAL PAINTING</u>		
Tuesday	1:00-3:30pm	\$45/Month
<u>MOVIE MATINEE</u>		
Tuesdays	12:30pm	\$3/per movie
6/8 & 6/22 (includes drink & popcorn)		
6/8 "Minari" A tender and sweeping story about what roots us, Minari follows a Korean-American family that moves to a tiny Arkansas farm in search of their own American Dream. The family home changes completely with the arrival of their sly, foul-mouthed, but incredibly loving grandmother. Amidst the instability and challenges of this new life in the rugged Ozarks, Minari shows the undeniable resilience of family and what really makes a home. 1Hr 55Mins		
6/22 "The Father" Anthony (Anthony Hopkins) is 80, mischievous, living defiantly alone and rejecting the caregivers that his daughter, Anne (Olivia Colman), encouragingly introduces. THE FATHER warmly embraces real life, through loving reflection upon the vibrant human condition; heart-breaking and uncompromisingly poignant -- a movie that nestles in the truth of our own lives. 1Hr 37Mins		
<u>REMINDERS</u>		
*Members only		
*Pre-Registration is required- no day of registration.		
*Masks must be worn while in the facility.		
-Mask may be removed while actively exercising		
*There will be no refunds or make ups for programs that are unattended.		
*All Pickleball participants must enter through the Rec Center entrance and bring their own paddle.		
*All Yoga participants must bring their own supplies including mat.		
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		

JUNE 2021

Registration for June daily programs starts
May 18th

Monday	Tuesday	Wednesday	Thursday	Friday
	10:00-10:45 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:30 Classical Painting 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:15 Memory Loss SG 9:30-11:30 Open Woodshop 10:00-10:45 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 10:00-10:45 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 1:30-2:15 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 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 9:30 Sawdust for Beginners 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-10:45 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 12:30 Movie Matinee "Minari" 1:00-3:30 Classical Painting 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-10:45 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 10:00-10:45 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 1:30-2:15 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 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 9:30 Sawdust for Beginners 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-10:45 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 1:00-3:30 Classical Painting 1:00-3:00 Woodcarvers	9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-10:45 R & M 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30 Meditation Grp 11:15-12:00 Cardio Fit 1:00 Scattergories Fun (Sponsored by Westwood Place)	9:30-11:30 Open Woodshop 10:00-10:45 Yoga 11:15-12:00 SMILE 11:30-1:00 Father's Day Lunch Pick-Up 12:15-1:00 Better Balance 1:30-2:15 Yoga	No Bingo 9:15- 10:00 SMILE 9:30-11:30 Watercolor 10:00 Mini Golf 10:30-11:15 Functional Training 10:15-11:00 Better Balance 11:30-12:15 Cardio Fit
9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 9:30 Sawdust for Beginners 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 1:00-3:00 Quilters	10:00-10:45 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 12:15-1:00 Better Balance 12:30 Movie Matinee "The Father" 1:00-3:00 Woodcarvers 1:00-3:30 Classical Painting 1:00 Low Vision Support	9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00-10:45 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 10:00-10:45 Yoga 11:15-12:00 SMILE 12:15-1:00 Better Balance 1:30-2:15 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 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
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