

DAILY ACTIVITIES FOR MAY

*Free to Grant Members

LINE DANCING

Fridays 10:00-10:45am \$20/Month

S.M.I.L.E*

Mondays 9:15-10am \$4/Month
 Tuesdays 11:15am-12pm \$3/Month
 Wednesdays 9:15-10am \$4/Month
 Thursdays 11:15am-12pm \$4/Month
 Fridays 9:15-10am \$4/Month

ASIAN EXERCISE

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

FUNCTIONAL TRAINING*

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

CARDIO FIT*

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

WOODCARVERS

Tuesdays 1-3pm

WII BOWLING*

Tuesdays 12:00pm \$3/Month

BINGO

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

CLASSICAL PAINTING

Tuesdays 1-3:30pm \$27/Month

QUILTERS

Mondays 1-3pm

PICKLEBALL

Mondays 9:00-11:00am \$8/Month
 Wednesdays 9:00-11:00am \$8/Month

YOGA

Tuesday 10:00-10:45am \$12/Month
 Thursdays 10:00-10:45am \$16/Month
 Thursdays 1:30-2:15pm \$16/Month

RHYTHM & MOVEMENT

Wednesday 10-10:45am \$16/Month

OPEN WOODSHOP

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

WATERCOLOR

Fridays 9:30-11:30am \$36/Month

MEDITATION GROUP

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

BETTER BALANCE*

Mondays 10:15-11:00am \$4/Month
 Tuesdays 12:15-1:00pm \$3/Month
 Wednesdays 10:15-11:00am \$4/Month
 Thursdays 12:15pm-1:00pm \$4/Month
 Fridays 10:15-11:00am \$4/Month

MOVIE CLUB

Thursdays 12:30pm \$6/Month
 5/6 & 5/20 (includes drink & popcorn)

5/6 "News of the World" Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd crosses paths with a 10-year-old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the harsh and unforgiving plains of Texas. However, the long journey soon turns into a fight for survival as the traveling companions encounter danger at every turn -- both human and natural. **1Hr 58Mins**

5/20 "Hero Dog: The Journey Home" Starring Natasha Hentsridge this breathtaking family adventure shows how one animal's courage can inspire us all. Crossing a lake by boat to return to his family, Royce, who is blind, is stranded when the boat's captain suddenly falls ill. To find help, Royce enlists Chinook, a brave malamute, to serve as his seeing-eye dog as they navigate the wilderness. Chinook must protect Royce from treacherous rapids, jagged rocks, and savage mountain lions on their long, heroic journey of survival. **1Hr 30Mins**

REMINDERS

*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

*Bring your own water, all water fountains are turned off.

*There will be no refunds or make ups for programs that are unattended.

*Please arrive no earlier than 10 minutes before the scheduled start time of your program.

*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

MAY 2021

Registration for May daily programs starts
 April 13th

Monday	Tuesday	Wednesday	Thursday	Friday
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	Senior Center Closed Election Day	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- 11:15 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 12:30 Movie Club "News of the World" 1:30-2:15 Yoga	9:15- 10:00 SMILE 9:30-11:30 Watercolor 10:00-10:45 Line Dancing 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 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	10:00-10:45 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- 11:15 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 10:00-10:45 Line Dancing 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-3:00 Bingo
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Memorial Day				
Senior Center Closed				