November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 2	9:15-2:15 Medicare Counseling 9:15-10:00 Express Circuit 9:20-11:00 Attorney 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 1:00-3:30 Classical Painting (New) 3	9:15 Memory Loss Support 9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00-11:30 Veteran's Day Remembrance 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30 Beginners Yoga 12:00 Mah Jongg 1:00-3:30 Beginners Drawing 1:00 7 Habits of Highly Healthy Women 1:30 UH Hot Topic: Vitamins/Supplements 1:30 Cardio Drumming 4	9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-10:30 Tap Dance - Beginners 10:00-11:30 Bunco 10:30-11:30 Tap Dance - Intermediate 10:45-11:45 Yoga 11:00 Funeral Pre-Planning Lunch n' Learn 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 5	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 No Mah Jongg Instruction 12:30 Open Play 12:30 Mexican Train 12:30-3:00 Bingo 6
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 12:30 Movie Matinee: Spiderman: A Brand New Day 12:30 Bridge 12:30 Hand & Foot No Quilters 9	9:15-2:15 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 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 1:00-3:30 Classical Painting 10	9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-2:00 AARP Driver Safety Class 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Pilates for Seniors 12:00 Mah Jongg 1:00-3:30 Beginners Drawing 1:30 Cardio Drumming 11	9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-10:30 Tap Dance - Beginners 10:00-11:30 Bunco 10:30-11:30 Tap Dance - Intermediate 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 12	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 No Mah Jongg Instruction 12:30 Open Play 12:30 Mexican Train 12:30-3:00 Bingo 13
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 1:00 ILR: Thanksgiving & Harvest Time 16	9:15-2:15 Medicare Counseling 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 1:00-3:30 Classical Painting 1:00 Strongsville's Revolutionary War Vets 17	9:00-12:00 Mini Health Screening Clinic 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 Beginners Yoga 11:30 Health, Nutrition & Wellness Panel 11:30-1:00 Thanksgiving Drive-By Lunch 12:00 Mah Jongg 1:00 Tech with Teens 1:00-3:30 Beginners Drawing 1:30 Cardio Drumming 18	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 Salt of the Earth: Cleveland's Salt Mine 1:30-2:30 Chair Yoga 19	Cleveland Orchestra Trip 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 12:30-3:00 Bingo 20
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:00 Pokeno 10:00 Webinar: History of the Smithsonian 10:15-11:00 Functional Training 12:30 Movie Matinee: Practical Magic 2 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 2:30 Book Discussion (Strongsville Library) 23	9:15-2:15 Medicare Counseling 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 1:00-3:30 Classical Painting No Low Vision Connection 24	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 Pilates for Seniors 12:00 Mah Jongg 1:00 Cardio Drumming 25	**Senior Center Closed** 26	**Senior Center Closed** 27
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 30				