

DAILY ACTIVITIES FOR NOVEMBER

NOVEMBER 2020

Registration for November programs starts
October 19th

PICKLEBALL

Mondays 9-11am \$10/Month
Wednesday 9-11am \$8/Month

S.M.I.L.E.*

Mondays 9:15-10am \$5/Month
Tuesdays 11:15am-12pm \$3/Month
Wednesdays 9:15-10am \$4/Month
Thursdays 11:15am-12pm \$3/Month
Fridays 9:15-10am \$4/Month

Free to Grant Members

ASIAN EXERCISE

Mondays 9:15-10am \$25/Month

FUNCTIONAL TRAINING*

Mondays 10:15-11am \$15/Month
Wednesdays 10:15-11am \$12/Month
Fridays 10:15-11am \$9/Month

Free to Grant Members

CARDIO FIT*

Mondays 11:15am-12:00pm \$15/Month
Wednesdays 11:15am-12:00pm \$12/Month
Fridays 11:15am-12:00pm \$9/Month

Free to Grant Members

BINGO

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

QUILTERS

Mondays 1-3pm

YOGA

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

RHYTHM & MOVEMENT

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

CLASSICAL PAINTING

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

WATERCOLOR

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

LINE DANCING

Fridays 10:00-10:45am \$15/Month

OPEN WOODSHOP

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

WII BOWLING

Tuesdays 12:00pm \$3/Month

TAP DANCE

Wednesdays 10:30-11:15am \$20/Month

MEDITATION GROUP

Wednesdays 10:30-11:15am \$9/Month

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

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 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 1:00-3:00 Quilters	Senior Center Closed	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 10:30- 11:15 Meditation Grp 10:30-11:15 Tap Dance 11:15-12:00 Cardio Fit	9:30-11:30 Open Woodshop 10:00-10:45 Yoga 11:15-12:00 SMILE 1:00-3:30 Classical Painting 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 11:15-12:00 Cardio Fit 12:30-3:00 Bingo
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9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 1:00-3:00 Quilters	10:00-10:45 Yoga 11:15-12:00 SMILE 12:00 Wii Bowling 1:00-3:30 Classical Painting	No Meditation Group 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 10:30-11:15 Tap Dance 11:15-12:00 Cardio Fit	HAPPY THANKSGIVING! Senior Center Closed	No Functional Training No Cardio Fit No Bingo 9:15- 10:00 SMILE 9:30-11:30 Watercolor 10:00-10:45 Line Dancing
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