

OCTOBER 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 10:30-11:30 Ten Plagues of Egypt 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 1:00 AI Workshop	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)	9:15 Memory Loss Support 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 12:00 Mah Jongg 1:30 UH Hot Topic: Staying Healthy During Cold & Flu Season 1:30 Cardio Drumming	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 (New) 10:00-11:30 Bunco 10:00 Libby Talk 10:30-11:30 Tap Dance - Intermediate (New) 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 Beginners Zentangle 1:30-2:30 Chair Yoga	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 11:00-12:00 Mah Jongg Instruction (by appt.) 12:30 Open Play 12:30 Mexican Train 12:30-3:00 Bingo
9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 Ten Plagues of Egypt 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 1:00 AI Workshop	9:15-10:00 Express Circuit 9:30 Pinochle Instruction (by appointment) 10:00-2:00 Spry Senior Flu Vaccine Clinic 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	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 10:30-11:30 Pilates for Seniors 12:00 Mah Jongg 1:30 Cardio Drumming Business Expo - Closing at 3pm	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 11:30-12:30 Blood Pressure Checks 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:30-2:30 Chair Yoga	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 11:00-12:00 Mah Jongg Instruction (by appt.) 11:30 Fall Cooking with Chef Fred 12:30 Open Play 12:30 Mexican Train 12:30-3:00 Bingo
9:00-5:00 Art Display 9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics 9:15-10:00 Asian Exercise 9:30-2:00 Sawdust for Beginners 10:15-11:00 Functional Training 10:30-11:30 Ten Plagues of Egypt 12:30 Bridge 12:30 Hand & Foot 1:00 Digital Photography 1:00-3:00 Quilters 1:00 Webinar: History of US Women Astronauts	9:00-5:00 Art Display 9:15-1:00 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 Cleveland's Elephants	9:00-5:00 Art Display 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 12:00 Mah Jongg 1:00 Tech with Teens 1:00-3:30 Beginners Drawing (New) 1:30 Cardio Drumming	9:00-5:00 Art Display 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	9:00-5:00 Art Display 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 No Mah Jongg Instruction 12:30 Open Play 12:30 Mexican Train 12:30-3:00 Bingo
9:00-5:00 Art Display 9:15-10:00 SMILE 9:15-10:00 Bodyweight Basics/Asian Exercise 9:30-2:00 Sawdust for Beginners 10:00 Pokeno 10:15-11:00 Functional Training 10:30-11:30 Ten Plagues of Egypt 10:30 AARP: Six Pillars of Brain Health 12:30 Movie Matinee: <u>When We Get There?</u> 12:30 Bridge/Hand & Foot 1:00-3:00 Quilters 1:00 Digital Photography 2:30 Book Discussion (Strongsville Library)	9:00-5:00 Art Display 9:15-1:00 Medicare Counseling 9:15-10:00 Express Circuit 9:30 Pinochle Instruction (by appointment) 10:00 ILR: History of the Cleveland Browns 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 1:00-2:30 Low Vision Connection	9:00-5:00 Art Display 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 A Shot of Whiskey Island 1:00-3:30 Beginners Drawing 1:30 Cardio Drumming	9:00-5:00 Art Display 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 1:30-2:30 Chair Yoga	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