


OCTOBER 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|--|--|--|---|-----------|
| Fantasy Walk Starts 9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 9:30- 2:00 Sawdust for Beginners 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters 1:00-1:30 Better Balance | 9:30 Pinochle Instruction 9:30-10:15 Express Circuit 10:00-11:00 Line Dance 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 1:00-1:30 Better Balance 1:00 Classical Painting | 9:15- 10:00 SMILE 9:15 Memory Loss Support Group 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance | 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance | 9:15 - 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 10:15-11:15 Beginning Yoga 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance | |
| 2 | 3 | 4 | 5 | 6 | |
| Student Art Display 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 9:30- 2:00 Sawdust for Beginners 10:15-11:00 Functional Training 10:30-11:30 The Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-1:30 Better Balance | Student Art Display 9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 12:30 Pinochle 10:00-11:00 Line Dance 10:00 Hearing Aid Service 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30-1:15 Flex, Movement & Balance 12:30 Movie Matinee "Sun Moon" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00 Classical Painting | Student Art Display 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15- 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance | Student Art Display 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance | Student Art Display 9:15- 10:00 SMILE 9:15 Benefits Check Up 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-12:00 Living with Low Vision 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 12:30 Open Play 1:00-1:30 Better Balance | |
| 9 | 10 | 11 | 12 | 13 | |
| Student Art Display 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 The Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-1:30 Better Balance 1:00-3:00 Quilters | Student Art Display 9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 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 1:00-1:30 Better Balance | Student Art Display 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15- 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance 1:00 TechKNOWledgy with Teens | Student Art Display 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 10:00 Journey Through Dementia Series 10:30-11:30 Yoga 10:30-12:00 Bunco 11:15-12:30 Blood Pressure Check 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance | Student Art Display Roscoe Village Trip 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-12:00 Living with Low Vision 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance | |
| 16 | 17 | 18 | 19 | 20 | |
| 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 9:30- AARP Driver's Safety 10:15-11:00 Functional Training 10:30-11:30 The Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters 1:00-1:30 Better Balance 2:30 Book Discussion (Strongsville Library) | 9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 12:30 Pinochle 10:00-11:00 Line Dancing 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00 Low Vision Connection 1:00 Classical Painting 1:00-1:30 Better Balance | 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15- 11:00 Rhythm & Movement 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance | 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance 1:30- Asthma/COPD | 9:15- 10:00 SMILE 9:15-12:30 HEAP Sign Ups 10:00 Attorney 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-12:00 Living with Low Vision 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance | |
| 23 | 24 | 25 | 26 | 27 | |
| 9:00-11:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 More Beatles Redux (New) 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters 1:00-1:30 Better Balance | 9:15 Medicare Counseling 9:30 Pinochle Instruction 9:30-10:15 Express Circuit 10:30-11:30 Yoga 10:00-11:00 Line Dance 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:30 Movie Matinee "Dungeons & Dragons" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00 Classical Painting 1:00-1:30 Better Balance |  | | | 31 |
| 30 | 31 | | | | |