

DAILY ACTIVITIES FOR OCTOBER

OCTOBER 2020

PICKLEBALL

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

S.M.I.L.E*

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

Free to Grant Members

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

Free to Grant Members

CARDIO FIT*

Mondays 11:30am-12:15pm \$12/Month
 Wednesdays 11:30am-12:15pm \$12/Month
 Fridays 11:30am-12:15pm \$12/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 \$16/Month
 Thursdays 10:00-10:45am \$20/Month
 Thursdays 1:30-2:15pm \$20/Month

RHYTHM & MOVEMENT

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

CLASSICAL PAINTING

Tuesdays 1-3:30pm \$36/Month
 Thursdays 1-3:30pm \$36/Month

WATERCOLOR

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

LINE DANCING

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

REMINDERS

*Pre-Registration is required- no day of registration.

*Members only

*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 10:00-10:45 Yoga 11:15-12:00 SMILE 1:00-3:30 Classical Painting 1:30-2:15 Yoga | No Watercolor 9:15- 10:00 SMILE 10:00-10:45 Line Dancing 10:15-11:00 Functional Training 11:30-12:15 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 11:30-12:15 Cardio Fit 12:30-3:00 Bingo 1:00-3:00 Quilters | 10:00-10:45 Yoga 11:15-12:00 SMILE 1:00-3:30 Classical Painting | 9:15- 10:00 SMILE 10:00-10:45 Rhythm & Movement 10:15-11:00 Functional Training 11:30-12:15 Cardio Fit | 9:00-11:00 Pickleball 10:00-10:45 Yoga 11:15-12:00 SMILE 1:00-3:30 Classical Painting 1:30-2:15 Yoga | No Line Dance No Bingo 9:15- 10:00 SMILE 9:30-11:30 Watercolor 10:15-11:00 Functional Training 11:30-12:15 Cardio Fit |
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