


NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		9:15– 10:00 SMILE 9:15 Memory Loss Support Group 9:30 Bob Ross Painting Class 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	Tara Mansion Trip 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:00 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 10:00-12:00 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 12:30-2:30 Living with Low Vision 1:00-1:30 Better Balance
		1	2	3
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 More Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 1:00-1:30 Better Balance 1:00-3:00 Quilters	9:15 Medicare Counseling 9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 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 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 1:00 Veterans Day Remembrance (Doors open at 12:45am)	9:30-3:30 Book & Puzzle Sale 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:00 Tap Dance 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30-1:30 Yoga 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	9:30-2:30 Book & Puzzle Sale 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 12:30-2:30 Living with Low Vision 12:30-3:00 Bingo 12:30 Open Play 1:00-1:30 Better Balance
6	7	8	9	10
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 More Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 1:00-1:30 Better Balance	9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00 Hearing Aid Service 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 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 11:30-1:00 Thanksgiving Drive-Thru Lunch 12:00 Mah Jongg 1:00-1:30 Better Balance 1:00 TechKNOWledgy with Teens	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00 Exercise and Aging 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	9:15– 10:00 SMILE 9:15 Benefits Check Up 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00 Attorney 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 12:30-2:30 Living with Low Vision
13	14	15	16	17
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 More Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 1:00-1:30 Better Balance	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 12:30-1:15 Flex, Movement & Balance 12:30 Pinochle 12:30 Movie Matinee "Jules" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 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	<h2 style="margin: 0;">Happy Thanksgiving</h2> <h3 style="margin: 0;">Senior Center Closed</h3> 	<h2 style="margin: 0;">Senior Center Closed</h2>
20	21	22	23	24
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 More Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 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 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 12:30 Movie Matinee "Nandor Fodor & the Talking Mongoose" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 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 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	
27	28	29	30	