

Senior Activities – January '08

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Walker Building Closed Happy New Year!!	2 10:00 Senior Advisory 9:00 Walking Video 1:00 Trip Committee	3 10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	4 9:00 Walking Video 10:00 – 12:00 Shopping With Parta 12:00 Stitches from the Heart	5
6	7 9:00 Walking Video 9:00 Massage 9:00 Breakfast Buddies Fresh Start Diner Twinsburg 2:00 Corn Hole Tournament & Ping Pong 2:30 Hands on Cooking	8 9:30-10:30 Beltone Screening 9:30 Breakfast 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise 1:00 Board Games	9 9:00 Walking Video 12:00 A Caribbean New Year's Luncheon	10 10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	11 9:00 Walking Video 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga	12
13	14 9:00 Walking Video 11:00 Lunch Bunch Alessi's in Ravenna	15 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise	16 9:00 Walking Video 9:30 Akron Art Museum Norman Rockwell Exhibit	17 10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	18 9:00 Walking Video 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga	19
20	21 9:00 Walking Video 9:00 Massage 2:00 Corn Hole Tournament & Ping Pong 4:00 Dinner Club Olive Garden	22 9:00 Podiatrist 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise 1:00 Board Games	23 9:00 Walking Video 10:00 Omnimax Theater "Fighter Pilot" Lunch at Chop House	24 10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	25 9:00 Walking Video 9:00 Football Hall of Fame 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga	26
27	28 9:00 Walking Video 2:30 Hands on Cooking	29 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise	30 9:00 Walking Video 11:00 National Packard Museum "Masters of Speed and Sport Exhibit"	31 10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise 12:30 Cleveland PlayHouse "Gershwin Alone"		

Senior Activities – February ‘08

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					<p>1</p> <p>9:00 Walking Video 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga 12:00 Stitches from the Heart</p>	<p>2</p>
<p>3</p> <p>11:30 – 5:00 “Moon over Buffalo” Weathervane Theater</p>	<p>4</p> <p>9:00 Walking Video 9:00 Massage Buddies Bob’s Big Boy Streetsboro 10:30-5:30 Home and Garden Show at the IX Center</p>	<p>5</p> <p>10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise</p>	<p>6</p> <p>9:00 Walking Video 11:30 Carousel Dinner Theater “Odd Couple”</p>	<p>7</p> <p>10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise</p>	<p>8</p> <p>9:00 Walking Video 8:45a – 1:30p Cleveland Orchestra Severance Hall 10 – 11:30 Gentle Yoga</p>	<p>9</p> <p>Pastry Program 1pm-3pm Aurora Library</p>
<p>10</p>	<p>11</p> <p>9:00 Walking Video 2:30 – 4:30 Hands on Cooking Demo 2:00 Corn Hole Tournament & Ping Pong</p>	<p>12</p> <p>9:30 Breakfast 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise 1:00 Board Games</p>	<p>13</p> <p>10:00 Senior Advisory Meets 9:00 Walking Video 12:00 Valentines Day Party Steppin’ Out</p>	<p>14</p> <p>10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise 9:30 – 2:00 Cleveland Botanical Garden Orchid Mania</p>	<p>15</p> <p>9:00 Walking Video 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>9:00 Walking Video 9:00 Massage 11:00 Lunch Bunch Bahama Breeze</p>	<p>19</p> <p>9:00 Podiatrist 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise</p>	<p>20</p> <p>9:00 Walking Video 8:30 – 2:30 First Ladies Museum Entertaining at the White House</p>	<p>21</p> <p>10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise</p>	<p>22</p> <p>9:00 Walking Video 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga</p>	<p>23</p> <p>Author Gail Bellamy “Cleveland Food Memories” 1-3 Library Free</p>
<p>24</p>	<p>25</p> <p>9:00 Walking Video 1:00 Corn Hole Tournament & Ping Pong 2:30 Hands on Cooking Demo</p>	<p>26</p> <p>10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise 1:00 Board Games</p>	<p>27</p> <p>9:00 Walking Video 4:00 Dinner Club Marcelitas</p>	<p>28</p> <p>10:00 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise</p>	<p>29</p> <p>9:00 Walking Video 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga</p>	