

March 2008 Senior Activities

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3 9:00 Breakfast Buddies 9:00 Walking Video 12:00 Lunch and Learn Bring Your Prescription 2:30 Hands on Cooking w/ BK	4 9:00 Podiatrist 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise 1:00 Trip Committee	5 9:00 Walking Video 8:00 – 6:00 Tiffin Trip	6 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise 11:30 – 5:30 “Wicked”	7 9:00 Walking Video 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga 11:45 Stitches From the Heart	8 10:30–1:00pm Paganini’s School of Cooking Luncheon \$20.00 \$23
9	10 9:00 Walking Video 9:00 Massage 11:00 Lunch Bunch Sterle’s Restaurant in Cleveland	11 9:00 Beltone Hearing Screening 9:30 Breakfast 10-10:30 Blood Pressure Clinic 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise 1:00 Senior Advisory Meets	12 9:00 Walking Video 12:00 St. Patricks Day Party Steel Drummer with a Selection of Irish Songs to Sing A Long to	13 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise 12:30 -5:30 Cleveland Play House “Doubt”	14 9:00 Walking Video 8:45 – 1:30 Cleveland Orchestra Severance Hall Tamberg Trumpet Concerto Ravel Daphnis et Chloe 10 – 11:30 Gentle Yoga	15
16	17 9:00 Walking Video 4:30 Dinner at the Moose in Streetsboro	18 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise	19 9:00 Walking Video 1:00 Yoga Demonstration	20 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	21 Walker Building is Closed	22
23 Happy Easter 	24 9:00 Walking Video 9:30 Book Discussion Group 2:30 Hands on Cooking w/ BK	25 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise	26 9:00 Walking Video 11:30 Carousel Dinner Theater “The King and I” 2:30 Yoga at Anna Maria	27 10:00-4:45 Canasta/Cards 10:00 – 2:00 Senior Expo and Health Fair at Independence Village 12:00 Arthritis Foundation Exercise	28 9:00 Walking Video 10:00 – 12:00 Shopping With Parta 10 – 11:30 Gentle Yoga	29
30	31 9:00 Walking Video 9:00 Massage 8am – 9pm Seneca Allegany Casino Trip					

April 2008 Senior Activities

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise	2 9:00 Walking Video 2:00 Movie and Popcorn 2:30 Yoga at Anna Maria	3 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	4 9:00 Walking Video 9:00 – 10:00 Walking Club 10:00 – 11:30 Gentle Yoga 11:45 Stitches From the Heart	5 12:30 Metropolitan Opera brings “La Boheme” To Cinemark 24
6	7 9:00 Walking Video 9:00 Breakfast Buddies 9am-3pm Western Reserve Historical Society “WWII: Up Front and Personal Northeast Ohioans Remember the War”	8 9:30 Breakfast 10- 10:30Blood Pressure Clinic 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise 1:00 Learn About the “DASH” Diet	9 10:00 Senior Advisory Meets 9:00 Walking Video 11:30 Lunch and Bingo Extravaganza at Stratford Commons 2:30 Yoga at Anna Maria	10 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	11 9:00 Walking Video 9:00 – 11:00 Walking Club South Chagrin Reservation 10:00 – 11:30 Gentle Yoga	12
13	14 9:00 Walking Video 9am – 1pm Massage 11:00 Lunch Bunch On Tap in Stow 2:30 Hands on Cooking w/ BK	15 9:00 Podiatrist 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise	16 9:00 Walking Video 2:30 Yoga at Anna Maria	17 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	18 9:00 Walking Video 9:00 – 11:00 Walking Club Headwater’s Trail 10:00 – 11:30 Gentle Yoga 11:30 Red Hat	19
20	21 9:00 Walking Video 12:00 Lunch and Learn “A Good Nights Sleep is Not Only a Dream” 4:00 Dinner Club Arnie’s in West Branch	22 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise Chagrin Cinema “Young at Heart” (Time TBA)	23 9:00 Walking Video 9am – 7pm Valant, Pa, Grove City & Tara for tour & Dinner 2:30 Yoga at Anna Maria	24 9:00 Golf at Raccoon Hills 10-1pm Spring Into Health Fair Streetsboro 10:30 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:00 Arthritis Foundation Exercise	25 9:00 Walking Video 8:45 – 10:00 Walking Club Sunny Lake 10:00 – 11:30 Gentle Yoga 9:00 – 1:30 Cleveland Orchestra Severance Hall Bartok	26
27	28 9:00 Walking Video 9:00 Massage 9:30 Book Discussion Group 2:30 Hands on Cooking w/ BK	29 10:30 Bingo 11:30 Canasta 12:00 Arthritis Foundation Exercise	30 9:00 Walking Video 9am-3pm Maps Air Museum 2:30 Yoga at Anna Maria			