




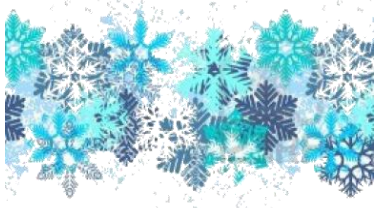


# JANUARY 2024



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <b>1</b><br>11:30am Goodtimers Lunch<br> <b>SENIOR CENTER CLOSED</b> | <b>2</b><br>12:00 Card Playing<br><b>1:00 Movie:</b><br><i>Vacation Friends 2</i><br>2:00 Needle Crafters              | <b>3</b><br>9:30 Art Class<br>12:30 Card Playing<br><b>1:00 Binge: The Crown</b>   | <b>4</b><br><b>10:00 Coffee w/ a Firefighter</b><br>11:15 SS Chair Yoga<br><b>12:00 Lunch</b><br>1:00 Card Playing<br><b>2:00 Book Club</b>   | <b>5</b><br><b>10:00-11:00 Coffee w/ a Cop</b><br>10:30 SS Classic<br>11:30 SS Stability<br><b>12:00 Lunch</b><br><b>1:00 Winter Craft</b><br>1:00 Card Playing |
| <b>8</b><br>9:45 SS Chair Yoga<br>10:45 SS Classic<br>11:00 Blood Pressure<br><b>11:30 Lunch</b><br>12:00 Bingo<br>1:00 Discussion Group             | <b>9</b><br>12:00 Card Playing<br><b>1:00 Movie: Indiana Jones And the Dial of Destiny</b>                             | <b>10</b><br>9:30 Art Class<br><b>11:30 Lunch &amp; Learn: Emergency Preparedness</b><br>12:30 Card Playing<br><b>1:00 Binge: The Crown</b>  | <b>11</b><br>11:15 SS Chair Yoga<br><b>12:00 Lunch</b><br>1:00 Card Playing   | <b>12</b><br>10:30 SS Classic<br>11:30 SS Stability<br><b>12:00 Lunch</b><br>1:00 Card Playing<br><b>1:00 Talk &amp; Treat: Every Step Seniors</b>              |
| <b>15</b><br>9:45 SS Chair Yoga<br>10:45 SS Classic<br>11:00 Blood Pressure<br><b>12:00 PASTA PARTY BINGO</b><br>1:00 Discussion Group               | <b>16</b><br>12:00 Card Playing<br><b>1:00 Movie: You Are So Not Invited to My Bat Mitzvah</b><br>2:00 Needle Crafters | <b>17</b><br>9:30 Art Class<br>12:30 Card Playing<br><b>1:00 Binge: The Crown</b>  | <b>18</b><br>11:15 SS Chair Yoga<br><b>12:00 Lunch</b><br>1:00 Card Playing   | <b>19</b><br>10:30 SS Classic<br>11:30 SS Stability<br><b>12:00 Lunch</b><br>1:00 Card Playing  |
| <b>22</b><br>9:45 SS Chair Yoga<br>10:45 SS Classic<br>11:00 Blood Pressure<br><b>11:30 Lunch</b><br>12:00 Bingo<br>1:00 Discussion Group            | <b>23</b><br>12:00 Card Playing<br><b>1:00 Movie: You Hurt My Feelings</b>   | <b>24</b><br>9:30 Art Class<br>9:30 Senior Advisory Council<br><b>11:30 Lunch &amp; Learn: Benefits of Neuro-Acupuncture</b><br>12:30 Card Playing<br><b>1:00 Binge: The Crown</b> | <b>25</b><br>11:15 SS Chair Yoga<br><b>12:00 Lunch</b><br>1:00 Card Playing   | <b>26</b><br>10:30 SS Classic<br>11:30 SS Stability<br><b>12:00 Lunch</b><br>1:00 Card Playing<br><b>1:00 Valentine's Day Craft</b>                             |
| <b>29</b><br>9:45 SS Chair Yoga<br>10:45 SS Classic<br>11:00 Blood Pressure<br><b>11:30 Lunch</b><br>12:00 Bingo<br>1:00 Discussion Group            | <b>30</b><br>12:00 Card Playing<br><b>1:00 Movie: The Outlaws</b>  | <b>31</b><br>9:30 Art Class<br>12:30 Card Playing<br><b>1:00 Binge: The Crown</b>  | <b>The Senior Life Office:</b><br><b>Laura Brondos, Director 440-356-4436</b><br><b>Sandy Milos, Social Worker 440-356-4463</b><br><b>Cathy Eble, Site Coordinator 440-356-4437</b><br><b>Tiffany Cornell-Van Trans. 440-356-4439</b> |   |

# FEBRUARY 2024



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>The Senior Life Office:</b><br><b>Laura Brondos, Director</b> 440-356-4436<br><b>Sandy Milos, Social Worker</b> 440-356-4463<br><b>Cathy Eble, Site Coordinator</b> 440-356-4437<br><b>Tiffany Cornell-Van Trans.</b> 440-356-4439 |  |   |  | <b>1</b><br>10:00- Coffee w/ a Firefighter<br>11:15 SS Chair Yoga<br>12:00 Lunch<br>1:00 Card Playing<br>2:00 Book Club           |
| <b>5</b><br>11:30am Goodtimers Lunch<br> <b>SENIOR CENTER CLOSED</b>  |  | <b>7</b><br>9:30 Art Class<br>11:30 Lunch & Learn:<br>Aging & Mental Health<br>12:30 Card Playing<br>1:00 Binge: Call the Midwife | <b>8</b><br>11:15 SS Chair Yoga<br>12:00 Lunch<br>1:00 Card Playing  | <b>9</b><br>10:30 SS Classic<br>11:30 SS Stability<br>12:00 Lunch<br>1:00 Card Playing  |
| <b>12</b><br>9:45 SS Chair Yoga<br>10:45 SS Classic<br>11:00 Blood Pressure<br>12:00 BINGO<br>11:30 Lunch<br>1:00 Discussion Group  | <b>13</b><br>12:00 Card Playing<br>12:00 Mardi Gras Party<br>1:00 Movie: Creed III<br>***AARP Tax Appointments             | <b>14</b><br>9:30 Art Class<br>12:30 Card Playing<br>1:00 Binge: Call the Midwife   | <b>15</b><br>11:15 SS Chair Yoga<br>12:00 Lunch<br>1:00 Card Playing | <b>16</b><br>10:30 SS Classic<br>11:30 SS Stability<br>12:00 Lunch<br>1:00 Card Playing<br>1:00 Paint 'n Sip                      |
| <b>19</b><br>9:45 SS Chair Yoga<br>10:45 SS Classic<br>11:00 Blood Pressure<br>11:00 Breakfast BINGO<br>1:00 Discussion Group   | <b>20</b><br>12:00 Card Playing<br>1:00 Movie: Magic Mike's Last Dance<br>2:00 Needle Crafters<br>***AARP Tax Appointments | <b>21</b><br>9:30 Art Class<br>12:30 Card Playing<br>1:00 Binge: Call the Midwife   | <b>22</b><br>11:15 SS Chair Yoga<br>12:00 Lunch<br>1:00 Card Playing | <b>23</b><br>10:30 SS Classic<br>11:30 SS Stability<br>12:00 Lunch<br>1:00 Card Playing<br>1:00 Talk & Treat:<br>Prayer & Healing |
| <b>26</b><br>9:45 SS Chair Yoga<br>10:45 SS Classic<br>11:00 Blood Pressure<br>12:00 BINGO<br>1:00 Discussion Group   | <b>27</b><br>12:00 Card Playing<br>1:00 Movie: Hamilton<br>2:00 Needle Crafters<br>***AARP Tax Appointments                | <b>28</b><br>9:30 Art Class<br>12:30 Card Playing<br>1:00 Binge: Call the Midwife   | <b>29</b><br>11:15 SS Chair Yoga<br>12:00 Lunch<br>1:00 Card Playing |    |