



# Senior Life Programming Schedule August



Room C	Tuesday, Aug. 3	Tuesday, Aug. 10	Tuesday, Aug. 17	Tuesday, Aug. 24
8:00 am	Yoga with Cyndi	Yoga with Cyndi	Yoga with Cyndi	Yoga with Cyndi
9:00 am	Card Games (in Sr. Lounge)	Card Games (in Sr. Lounge)	Card Games (in Sr. Lounge)	Card Games (in Sr. Lounge)
10:00 am	Bagles & Bingo (sponsored by Parkside Villa) #6021.311	Craft Time (sponsored by Altenheim) #6021.314		Brainercize (sponsored by Generations Sr. Living) #6021.323
11:00 am		Lunch & Learn (sponsored by O'Neill Healthcare) *11:30 am start #6021.315	Lunch & Learn (Sponsored by Southern Hills) *11:30 am start #6021.319	Lunch & Learn (sponsored by Baron Law) *11:30 am start #6021.324
12:00 pm				
1:00 pm	Senior Life Dance (sponsored by Altenheim)	Me and My (Adult) Kid (sponsored by West Side Elder Law) # 6021.328		Bingo (sponsored by Devoted Health) #6021.325
2:00 pm				

Classroom	Thursday, Aug 5	Thursday, Aug 12	Thursday, Aug 19	Thursday, Aug 26
8:00 am	Fitness with Laurie	Fitness with Laurie	Fitness with Laurie	Fitness with Laurie
9:00 am	Board Games (in Sr. Lounge)	Board Games (in Sr. Lounge)	Board Games (in Sr. Lounge)	Board Games (in Sr. Lounge)
10:00 am		MH Library #6021.316	Craft Time (sponsored by Promedica Parma) #6021.321	Tea Talk (sponsored by Caring Transitions) #6021.326
11:00 am	Lunch & Learn (sponsored by Sage Partners, LLC) *11:30 am start #6021.313		Medicare 101 (sponsored by Home Instead & Hospice of the Western Reserve) *11:30 start 6021.322	Pizza & a Movie (POMS) (sponsored by JKM Insurance) *11:30 am start #6021.327
12:00 pm				
1:00 pm				
2:00 pm				



# Senior Life Programming Schedule August



Room C	Tuesday, Aug. 31			
8:00 am	Yoga with Cyndi			
9:00 am	Card Games (in Sr. Lounge)			
10:00 am	Trivia Game Time (sponsored by Westwood Place) #6021.318			
11:00 am				
12:00 pm				
1:00 pm				
2:00 pm				

Classroom				
8:00 am				
9:00 am				
10:00 am				
11:00 am				
12:00 pm				
1:00 pm				
2:00 pm				



# Senior Life September '21 Programming Schedule



Room C	Tuesday, Sept. 7	Tuesday, Sept. 14	Tuesday, Sept. 21	Tuesday, Sept. 28
8:00 am	Yoga with Cyndi	Yoga with Cyndi	Yoga with Cyndi	Yoga with Cyndi
9:00 am	Card Games (in Sr. Lounge)	Card Games (in Sr. Lounge)	Card Games (in Sr. Lounge)	Card Games (in Sr. Lounge)
10:00 am	Bagles & Bingo (Parkside Villa) #6021.401	Craft Time (Altenheim) #6021.404	Trivia Game Time (Westwood Place) #6021.409	Brainercize (Generations Sr. Living) #6021.415
11:30 am		Lunch & Learn (O'Neill Healthcare) #6021.405	Lunch & Learn (Southern Hills) #6021.410	Lunch & Learn (Baron Law) #6021.416
12:30 pm				
1:00 pm	Senior Life Dance (Altenheim)	Me and My (Adult) Kid (sponsored by West Side Elder Law) # 6021.406	Senior Life Dance (Devoted Health)	Bingo (Devoted Health) #6021.417
2:00 pm				

Classroom	Thurs., Sept. 2	Thurs., Sept. 9	Thurs., Sept. 16	Thurs., Sept. 23
8:00 am	Fitness with Laurie	Fitness with Laurie	Fitness with Laurie	Fitness with Laurie
9:00 am	Board Games (in Sr. Lounge)	Board Games (in Sr. Lounge)	Board Games (in Sr. Lounge)	Board Games (in Sr. Lounge)
10:00 am	Home HealthCare 101 (Angel Care Home Health) \$6021.402	MH Library #6021.407	Craft Time (sponsored by Promedica Parma) #6021.412	Tea Time (sponsored by Caring Transitions) #6021.418
11:30 am	Lunch & Learn (Sage Partners, LLC) #6021.403		Medicare 101 (Home Instead & HWR) 6021.413	Pizza & a Movie (Murder Mystery) (JKM Insurance) #6021.419
12:30 pm				
1:00 pm		Bingo (Aetna) #6021.411	Bingo (Anthem) #6021.414	
2:00 pm				



# Senior Life Programming Schedule September



<b>Room C</b>				
<b>8:00 am</b>				
<b>9:00 am</b>				
<b>10:00 am</b>				
<b>11:00 am</b>				
<b>12:00 pm</b>				
<b>1:00 pm</b>				
<b>2:00 pm</b>				

<b>Classroom</b>	<b>Thur., Sept. 30</b>			
<b>8:00 am</b>	Fitness with Laurie			
<b>9:00 am</b>	Board Games (in Sr. Lounge)			
<b>10:00 am</b>				
<b>11:00 am</b>				
<b>12:00 pm</b>				
<b>1:00 pm</b>				
<b>2:00 pm</b>				