

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**1** **Blood Pressure** - 9 - 11:45 am  
**FREE Armchair Yoga** - 10:45-11:45 am  
**Free Tai-Chi** - 6:30-7:45pm  
**Handcrafters** - 1-3 pm

**2** **FREE Seniors in Motion** - 10:45-11:45 am  
**Brunch** - Scrambled eggs, bacon, hash browns, vanilla yogurt with honey-almond granola and fresh fruit.  
**Canasta** - 1-4 pm  
 Brecksville Errands

**3** **FREE Stretch & Balance** - 10:45-11:15 am  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:** Tavern of Independence  
**Pinochle** - 1-3 pm

**4** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Bruschetta chicken, oven-roasted potatoes, green beans, dinner roll, surprise dessert!  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm

**5** **FREE Armchair Yoga** - 10:45-11:45 am  
**FREE Tai Chi** - 10:45-11:45 am  
**Bridge** - 1-4pm  
**Texas Hold 'Em** - 10am-Noon  
**Recovery** - 10-Noon  
**Mall Trip:** Great Northern Mall

**6**

**8** **Blood Pressure** - 9 - 11:45 am  
**FREE Armchair Yoga** - 10:45-11:45 am  
**Free Tai-Chi** - 6:30-7:45pm  
**Handcrafters** - 1-3 pm

**9** **FREE Seniors in Motion** - 10:45-11:45 am  
**Brunch** - Vegetable strata, sausage links, roasted red-skin potatoes, English muffin, fruit.  
**Canasta** - 1-4 pm  
 Brecksville Errands

**10** **FREE Stretch & Balance** - 10:45-11:15 am  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:** Carrie Cerino's - Parma  
**Pinochle** - 1-3 pm

**11** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Meatloaf, mashed potatoes, peas & carrots, yeast roll, peach & cottage cheese salad, yellow cake Trifle with chocolate crunch topping.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm

**12** **FREE Armchair Yoga** - 10:45-11:45 am  
**FREE Tai Chi** - 10:45-11:45 am  
**Bridge** - 1-4pm  
**Texas Hold 'Em** - 10am-Noon  
**Recovery** - 10-Noon  
**Traveler's Trip** -b.a. Sweeties!! YUM!

**13** **Parkinson's Dance Class** 11:30-12:30

**15** **Blood Pressure** - 9 - 11:45 am  
**FREE Armchair Yoga** - 10:45-11:45 am  
**Free Tai-Chi** - 6:30-7:45pm  
**Handcrafters** - 1-3 pm

**16** **FREE Seniors in Motion** - 10:45-11:45 am  
**Canasta** - 1-4 pm  
**Brunch** - No brunch served.

**17** **FREE Stretch & Balance** - 10:45-11:15 am  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:** Club House Pub & Grub - Parma Hts.  
**Pinochle** - 1-3 pm  
**Free Pizza and Bingo** - Noon  
 Reservations required

**18** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** No lunch served.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm

**19** **Closed for Good Friday!**

**20**

**22** **Blood Pressure** - 9 - 11:45 am  
**FREE Armchair Yoga** - 10:45-11:45 am  
**Free Tai-Chi** - 6:30-7:45pm  
**Handcrafters** - 1-3 pm

**23** **FREE Seniors in Motion** - 10:45-11:45 am  
**Brunch** - Sausage gravy over biscuit, sausage patty, scrambled eggs, lettuce and tomato.  
**Canasta** - 1-4 pm  
 Brecksville Errands

**24** **FREE Stretch & Balance** - 10:45-11:15 am  
**Restaurant Trip:** Das Schnitzel Haus - Parma  
**Canasta** - 12:30-3:00 pm  
**Pinochle** - 1-3 pm

**25** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Easter Celebration! Ham with grilled pineapple ring, cheese potatoes, asparagus, dinner roll, spring mix salad, Daffodil cake.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** - 7-9:45 pm

**26** **FREE Armchair Yoga** - 10:45-11:45 am  
**FREE Tai Chi** - 10:45-11:45 am  
**Bridge** - 1-4pm  
**Recovery** - 10-Noon  
**Texas Hold 'Em** - 10am-Noon

**27** **FREE Senior Classes Do Require a Paid Membership**

**29** **Blood Pressure** - 9 - 11:45 am  
**FREE Armchair Yoga** - 10:45-11:45 am  
**Free Tai-Chi** - 6:30-7:45pm  
**Handcrafters** - 1-3 pm

**30** **FREE Seniors in Motion** - 10:45-11:45 am  
**Brunch** - Strawberry topped pancakes, bacon, scrambled eggs.  
**Canasta** - 1-4 pm  
 Brecksville Errands

**Tuesday Brunch Every Week from 9-10:30 am Just \$5 and open to everyone of all ages! No Reservations Needed!**

**Thursday Lunch! Every Thursday at Noon Must be 60 years of age. Cost is \$7 for residents and \$9 non-resident guests. Must call for reservations!**

**Class Instructors: FREE Seniors in Motion - Charlie FREE Armchair Yoga - Mary Pat Mondays Dana Fridays Stretch & Balance - Charlie FREE Tai Chi - Li**

**Announcements** We think you're pretty special and would like to recognize you on your special day. If you would like us to announce your birthday or an anniversary, please let us know. 440-526-2499

**April**