

# 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** -No Brunch today  
**Canasta** - 1-4 pm  
 Brecksville Errands

**3**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
 Bibibop Asian Grill-Beachwood  
**Pinochle** - 1-3 pm

**4**  
**Happy Fourth of July!!!**  
**We're Closed!**

**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:** Crocker Park

**6**  
**Class Instructors:**  
**FREE Seniors in Motion** - Charlie  
**FREE Armchair Yoga**  
 Mary on Monday,  
 Christina on Friday  
**FREE Tai Chi** with Li

**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** -Pancakes, applesauce,, sausage, scrambled eggs.  
**Canasta** - 1-4 pm  
 Brecksville Errands

**10**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
 Hudson's Restaurant-Hudson  
**Pinochle** - 1-3 pm

**11** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Chicken tetrazzini, broccoli, dinner roll, salad, peach pie.  
**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

**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** - Vegetable strata, sausage, corn muffin, fresh fruit.

**17**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
 Charm Thai-Parma  
**Pinochle** - 1-3 pm  
**Free Pizza and Bingo** - Noon  
 Reservations required

**18** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Pork chow mein, rice, egg roll, salad, cherry turnover.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm

**19** **FREE Armchair Yoga** - 10:45-11:45 am  
**FREE Tai Chi** - No Class  
**Bridge** - 1-4pm  
**Texas Hold 'Em** - 10am-Noon  
**Recovery** - 10-Noon  
**Brecksville Travelers** Porthouse Theatre to see Tintypes. **SOLD OUT**

**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** -Scrambled eggs, bacon, hash brown potatoes, English muffin, lettuce & tomato.  
**Canasta** - 1-4 pm  
 Brecksville Errands

**24**  
**Restaurant Trip:**  
 Cracker Barrel Old Country Store-Twinsburg  
**Canasta** - 12:30-3:00 pm  
**Pinochle** - 1-3 pm

**25** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Chicken salad, fresh fruit, sherbet, dinner roll, chocolate 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  
**Summer July Cookout**  
 5:30-7:30pm \$10

**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** - Eggs Benedict, hash brown potatoes, fresh fruit.  
**Canasta** - 1-4 pm  
 Brecksville Errands

**31**  
**Restaurant Trip:**  
 Choolah Indian BBQ - Woodmere  
**Canasta** - 12:30-3:00 pm  
**Pinochle** - 1-3 pm

**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!**

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

**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

