

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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!

1 **FREE Stretch & Balance** - 10:45-11:15 am
Canasta - 12:30-3:00 pm
Restaurant Trip: Firebirds Wood Fire Grill- Beachwood
Pinochle - 1-3 pm

2 **FREE Seniors in Motion** - 10:45-11:45 am
Thursday Lunch: Chicken Parmesan, pasta, green beans, garlic bread, cannoli.
Dominoes - 1-4 pm
Bridge After Dark -7-9:45 pm
MetroHealth Safety Day from 9am - 2pm

3 **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: Legacy Mall-Lyndhurst

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

6 **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

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

8
Closed All Day for Tree City USA Awards

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

10 **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

11
Parkinson's Dance Class 11:30-12:30
Shred Your Documents Day 9- Noon at the Muni Lot

13 **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

14 **FREE Seniors in Motion** - 10:45-11:45 am
Canasta - 1-4 pm
Brunch - Scrambled eggs, bacon, potatoes, English muffin, fresh fruit.

15 **FREE Stretch & Balance** - 10:45-11:15 am
Canasta - 12:30-3:00 pm
Restaurant Trip: Don's Lighthouse-Cleveland
Pinochle - 1-3 pm
Free Pizza and Bingo - Noon
Reservations required

16 **FREE Seniors in Motion** - 10:45-11:45 am
Thursday Lunch: Salisbury Steak, mashed potatoes, gravy, baked tomato with bread crumb topping, dinner roll, mixed berry shortcake.
Dominoes - 1-4 pm
Bridge After Dark -7-9:45 pm

17 **FREE Armchair Yoga** - 10:45-11:45 am
FREE Tai Chi - No Class
Bridge - 1-4pm
Texas Hold 'Em - 10am-Noon
Recovery - 10-Noon
Traveler's Trip -Lolly the Trolley

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20 **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

21 **FREE Seniors in Motion** - 10:45-11:45 am
Brunch -Senior Volunteers of the Year Luncheon. Honoring Teri Moenk and Dr. Michael Sabat. No brunch served.
Canasta - 1-4 pm
Brecksville Errands

22 **FREE Stretch & Balance** - 10:45-11:15 am
Restaurant Trip: Flour-Moreland Hills
Canasta - 12:30-3:00 pm
Pinochle - 1-3 pm
Older Americans **Free Pizza Party**- Noon - Reservations required

23 **FREE Seniors in Motion** - 10:45-11:45 am
Thursday Lunch: Teriyaki chicken skewers, sugar cane shrimp skewer, rice, vegetable, dinner roll, birthday cake!!Celebrating Ruth Johnson's 100th!
Dominoes - 1-4 pm
Bridge After Dark - 7-9:45 pm

24 **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

25
FREE Senior Classes
Do Require a Paid Membership

27
Closed for Memorial Day
Parade at 10:30 am

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

29 **FREE Stretch & Balance** - 10:45-11:15 am
Restaurant Trip: 56 Kitchen-Solon
Canasta - 12:30-3:00 pm
Pinochle - 1-3 pm

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

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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

MAY