

February

Monday

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

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

Wednesday

FREE Senior Classes
Do Require a Paid Membership

Thursday

Friday

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

Saturday

3 **Blood Pressure** -
9 - 11:45 am
Watercolor - 10:00 to Noon
FREE Armchair Yoga -
10:45-11:45 am
Handcrafters - 1-3 pm
Bridge - 1 - 4 pm

4 **FREE Seniors in Motion** -
10:45-11:45 am
Free Senior Balance - 12:00-12:30
Brunch -Eggs Benedict, Hollandaise
sauce, hash brown potatoes, fruit.
Canasta - 1-4 pm
Kiwanis Empty Bowls -
CVCC 5pm

5 **Free Tai Chi - 11 am**
Canasta - 12:30-3:00 pm
Restaurant Trip:
Firebirds Wood Fire Grill-Pinecrest
Pinochle - 1-3 pm

6 **FREE Seniors in Motion** -
10:45-11:45 am
Thursday Lunch: Veal stew,
spaetzle, mixed vegetable, dinner roll,
garden salad, apple pie.
Dominoes - 1-4 pm
Bridge After Dark -7-9:45 pm

7 **FREE Armchair Yoga** -
10:45-11:45 am
Bridge - 1-4pm
Texas Hold 'Em - 10am-Noon
Recovery - 10-Noon
Mall Trip - Southpark Mall-
Strongsville

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

10 **Blood Pressure** -
9 - 11:45 am
Watercolor - 10:00 to Noon
FREE Armchair Yoga -
10:45-11:45 am
Handcrafters - 1-3 pm
Bridge - 1 - 4 pm

11 **FREE Seniors in Motion** -
10:45-11:45 am
Free Senior Balance - 12:00-12:30
Canasta - 1-4 pm
Brunch - Blueberry French toast
casserole, blueberry sauce, sausage
links, scrambled eggs.

12 **Free Tai Chi - 11 am**
Canasta - 12:30-3:00 pm
Restaurant Trip:
Ken Stewart's Lodge-Bath
Pinochle - 1-3 pm
Pizza and Bingo - Noon
HS Advisory Board Meeting 3 pm

13 **FREE Seniors in Motion** -
10:45-11:45 am
Thursday Lunch: Lasagna, Italian
green beans, garlic roll, salad, cannoli.
Dominoes - 1-4 pm
Bridge After Dark -7-9:45 pm

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

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CLOSED for President's Day

18 **FREE Seniors in Motion** -
10:45-11:45 am
Free Senior Balance - 12:00-12:30
Canasta - 1-4 pm
Brunch - No brunch served.
Conversation with the Mayor - 2pm
Gathering Room

19 **Free Tai Chi - 11 am**
Canasta - 12:30-3:00 pm
Restaurant Trip:
Corleone's Ristorante-Parma
Pinochle - 1-3 pm
Music Bingo - Noon
Mayor Hruby's State of the City
Address 6pm

20 **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
Volunteer Tea - Noon.

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

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24 **Blood Pressure** -
9 - 11:45 am
Watercolor - 10:00 to Noon
FREE Armchair Yoga -
10:45-11:45 am
Handcrafters - 1-3 pm
Bridge - 1 - 4 pm

25 **FREE Seniors in Motion** -
10:45-11:45 am
Free Senior Balance - 12:00-12:30
Canasta - 1-4 pm
Brunch - Scrambled eggs with diced
ham and cheddar cheese; salsa, fried
potatoes, cornmeal muffin, fruit.

26 **Free Tai Chi - 11 am**
Canasta - 12:30-3:00 pm
Restaurant Trip:
Bonefish Grill-Independence
Pinochle - 1-3 pm

27 **FREE Seniors in Motion**-
10:45-11:45 am
Thursday Lunch: Chicken cordon
blue, rice pilaf, vegetable, dinner
roll, garden salad, dessert.
Dominoes - 1-4 pm
Bridge After Dark - 7-9:45 pm
Free Bowling - 1:30-3:30 pm
Sponsored by Jennings

28 **FREE Armchair Yoga** -
10:45-11:45 am
Bridge - 1-4pm
Recovery - 10-Noon
Texas Hold 'Em - 10am-Noon
Brecksville Travelers Trip -
Mount Augustine Archives tour
& lunch

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