

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3 **Blood Pressure** - 9 - 11:45 am
FREE Senior Yoga - 10:45-11:45 am
Handcrafters - 1-3 pm

4
Brunch No Brunch Today!
Canasta - 1-3 pm

5 **Free Balance** - 10 am
FREE Seniors in Motion - 10:45-11:45 am
Canasta - 12:30-3:00 pm
Mah Jongg - 9am-Noon
Pinochle - 1-3 pm
FREE Pizza and Bingo - Noon
 Call for reservations.

6
Grab 'n Go: Creamy Cavatappi Pasta & Cheese topped with Herbed Breadcrumbs, Haricot Vert Salad, Chocolate Cherry Cake.
Dominoes - 1-3 pm

7
Recovery - 10-Noon
Bridge - 12:30-4pm
Pinochle - 1-3 pm
Restaurant Trip: Don's Pomeroy House - Strongsville, call for reservations.

8

10 **Blood Pressure** - 9 - 11:45 am
FREE Senior Yoga - 10:45-11:45 am
Handcrafters - 1-3 pm

11
Brunch No Brunch Today!
Canasta - 1-3 pm
HS Advisory Board Meeting 3 pm

12 **Free Balance** - 10 am
FREE Seniors in Motion - 10:45-11:45 am
Canasta - 12:30-3:00 pm
Mah Jongg - 9am-Noon
Pinochle - 1-3 pm

13
Grab 'n Go: Sesame Orange Chicken, Bazmati Rice with Green Onion & Peanuts, Vegetable Blend, Pear Streusal Cake.
Dominoes - 1-3 pm

14
Recovery - 10-Noon
Bridge - 12:30-4pm
Pinochle - 1-3 pm

15
Parkinson's Dance Class 11:30-12:30

17 **MLK Day! We're Open!**
Blood Pressure - 9 - 11:45 am
FREE Senior Yoga - 10:45-11:45 am
Handcrafters - 1-3 pm

18
Brunch Pumpkin Spice Pancakes, Scrambled Eggs, Bacon, Cottage Cheese.
Canasta - 1-3 pm

19 **Free Balance** - 10 am
FREE Seniors in Motion - 10:45-11:45 am
Canasta - 12:30-3:00 pm
Mah Jongg - 9am-Noon
Pinochle - 1-3 pm

20
Grab 'n Go: Pork Tenderloin with Apricot Dijon Sauce, Roasted Vegetables, Caramel Toffee Apple Cake.
Dominoes - 1-3 pm

21
Recovery - 10-Noon
Bridge - 12:30-4pm
Pinochle - 1-3 pm

22

24 **Blood Pressure** - 9 - 11:45 am
FREE Senior Yoga - 10:45-11:45 am
Handcrafters - 1-3 pm

25
Brunch Breakfast Sliders- (Eggs, Canadian bacon & cheese, Hawaiian roll) Hashbrown, and Fruit.
Canasta - 1-3 pm

26 **Free Balance** - 10 am
FREE Seniors in Motion - 10:45-11:45 am
Canasta - 12:30-3:00 pm
Mah Jongg - 9am-Noon
Pinochle - 1-3 pm

27
Grab 'n Go: Kielbasa & Sauerkraut, Potato Gratin, Peanut Butter Chocolate Blondie Bars.
Dominoes - 1-3 pm

28
Recovery - 10-Noon
Bridge - 12:30-4pm
Pinochle - 1-3 pm

29

31 **Blood Pressure** - 9 - 11:45 am
FREE Senior Yoga - 10:45-11:45 am
Handcrafters - 1-3 pm



FREE Senior Classes
 Require a Paid Membership
Class Instructors:
 FREE Seniors in Motion with Eve
 FREE Balance with Jane
 FREE Senior Yoga with Alyce

Thursday Grab 'n Go
 \$5 per person
 Must call for reservations!
 440-526-2499

Tuesday Brunch
 \$5 per person.
 Serving from 9:30-10:30 am
 Dining Room open til 11 am
 Must call for reservations!
 440-526-2499





January