

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

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

**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!

**2** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Chicken Parmesan, penne pasta, red sauce, Italian green beans, garlic roll, garden salad, Napoleon.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm

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

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

**6** **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

**7** **FREE Seniors in Motion** - 10:45-11:45 am  
**Free Senior Balance** - 12:00-12:30  
**Brunch** -Pancakes, applesauce, sausage links, scrambled eggs.  
**Canasta** - 1-4 pm  
Brecksville Errands

**8** **Free Tai Chi - 11 am**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
Square 22-Stronsville  
**Pinochle** - 1-3 pm  
**HS Advisory Board Meeting** 3 pm

**9** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Stuffed cabbage rolls, red gravy, mashed potatoes, mixed vegetable, dinner roll, garden salad, dessert.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm

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

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

**13**  
**Closed Today**  
**Due to Construction**

**14** **FREE Seniors in Motion** - 10:45-11:45 am  
**Free Senior Balance** - 12:00-12:30  
**Canasta** - 1-4 pm  
**Brunch** - Scrambled eggs, bacon, hash brown potatoes, English muffin, lettuce and tomato.

**15** **Free Tai Chi - 11 am**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
Don's Pomeroy House-Strongsville  
**Pinochle** - 1-3 pm  
**Pizza and Bingo** - Noon

**16** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Chicken Devan, broccoli, dinner roll, salad, peach & berry pie.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm

**17** **FREE Armchair Yoga** - 10:45-11:45 am  
**Bridge** - 1-4pm  
**Texas Hold 'Em** - 10am-Noon  
**Recovery** - 10-Noon  
**Bringing History to Life** with Cathie Clager at 11 am. Free Coffee!

**18**

**20** **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

**21** **FREE Seniors in Motion** - 10:45-11:45 am  
**Free Senior Balance** - 12:00-12:30  
**Canasta** - 1-4 pm  
**Brunch** - Egg Stacker: fried egg, Canadian bacon and cheddar cheese stacked on a potato patty and garnished with Hollandaise sauce; toast, fruit.

**22** **Free Tai Chi - 11 am**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
Delmonico's-Independence  
**Pinochle** - 1-3 pm  
**Music Bingo** - Noon

**23** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Swedish meatballs, buttered noodles, vegetable, dinner roll, salad, cake dessert.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** - 7-9:45 pm

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

**25**

**27** **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

**28** **FREE Seniors in Motion** - 10:45-11:45 am  
**Free Senior Balance** - 12:00-12:30  
**Canasta** - 1-4 pm  
**Brunch** - French toast, bacon, scrambled eggs, fruit.

**29** **Free Tai Chi - 11 am**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
D'Agnese's Italian Ristorate-Broadview Hts  
**Pinochle** - 1-3 pm

**30** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Breaded chicken breast with lemon caper sauce, lemon orzo, mixed vegetables, dinner roll, puff pastry dessert.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** - 7-9:45 pm

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

**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

**January**