

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**2** **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

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

**4** **Free Tai Chi - 11 am**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
Cedar Creek Grill-Beachwood  
**Pinochle** - 1-3 pm

**5** **FREE Seniors in Motion**- 10:45-11:45 am  
**Thursday Lunch:** Spaghetti & meatballs, broccoli, ciabatta bread, garden salad, chocolate candy bar cake.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** - 7-9:45 p

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

**7**

**9** **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

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

**11** **Free Tai Chi - 11 am**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
Brio-Lyndhurst  
**Pinochle** - 1-3 pm  
**Learn How to Play Bridge** - 6:30-8pm

**12** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** St. Patrick's Day Party! Corned beef sandwich, Colcannon potatoes, glazed carrots, Cole slaw, pistachio cake.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm

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

**14**  
**Parkinson's Dance Class**  
11:30-12:30

**16** **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

**17** **FREE Seniors in Motion** - 10:45-11:45 am  
**Free Senior Balance** - 12:00-12:30  
**Canasta** - 1-4 pm  
**Brunch** - Egg McMuffin: Irish muffin topped with scrambled eggs, ham, pot o'gold cheddar cheese; potatoes, green grapes, and good luck.

**18** **Free Tai Chi - 11 am**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
Flour-Moreland Hills  
**Pinochle** - 1-3 pm  
**Pizza and Bingo** - Noon  
**HS Advisory Board Meeting** 3 pm

**19** **FREE Seniors in Motion** - 10:45-11:45 am  
**Thursday Lunch:** Parmesan crusted tilapia, lemon orzo, mixed vegetable, dinner roll, salad, lemon meringue pie.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** -7-9:45 pm  
**First Day of Spring !!!!**

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

**21**  
**Statewide Tornado Drill**

**23** **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

**24** **FREE Seniors in Motion** - 10:45-11:45 am  
**Free Senior Balance** - 12:00-12:30  
**Canasta** - 1-4 pm  
**Brunch** - Sausage gravy over biscuit, sausage patty, scrambled eggs, lettuce & tomato.

**25** **Free Tai Chi - 11 am**  
**Canasta** - 12:30-3:00 pm  
**Restaurant Trip:**  
Aldo's-Brooklyn  
**Pinochle** - 1-3 pm  
**Music Bingo** - Noon - 1pm  
**Learn How to Play Bridge** - 6:30-8pm

**26** **FREE Seniors in Motion**- 10:45-11:45 am  
**Thursday Lunch:** Beef stroganoff, buttered noodles, vegetable, dinner roll, salad, carrot cake.  
**Dominoes** - 1-4 pm  
**Bridge After Dark** - 7-9:45 pm  
**Bowling with Jennings** - 1:30-3:30pm

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

**28**

**30** **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

**31** **FREE Seniors in Motion** - 10:45-11:45 am  
**Free Senior Balance** - 12:00-12:30  
**Canasta** - 1-4 pm  
**Brunch** - Egg Stacker: Fried potato oval, sliced cheddar cheese, Canadian bacon, fried egg, Hollandaise sauce; fruit.

**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!

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

**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

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

**March**