

# SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Labor Day</b></p> <p><b>Senior Center Closed</b></p>	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15 Memory Loss Support Group 9:15- 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:00 Blood Pressure Checks 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability	Pittsburgh Trip 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:45-11:45 Yoga 10:00-12:00 Bunco 10:00-12:00 A Matter of Balance 11:30-12:15 SMILE 12:30 Open Play 12:30-1:15 Flex, Movement & Balance 1:00-3:00 Knit/Crochet	9:15 – 10:00 SMILE 9:15 Benefits Check Up 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo
2	3	4	5	6
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30-11:30 Thomas Jefferson's Bible 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee "The Fall Guy" 1:00-3:00 Quilters	9:15 Medicare Counseling 9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00 Hearing Aid Service 10:00 Tie Dye Party 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 2:00 Cleveland & the Civil War	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 12:30 Chronic Disease 1:00-3:00 Knit/Crochet 1:00 Zentangle	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00 The A, B, C's and D's of Medicare 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30-3:00 Bingo 12:30 Open Play
9	10	11	12	13
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30-11:30 Thomas Jefferson's Bible 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00 The Science of Mindfulness 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00 Classical Painting 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 1:00 Dementia & the 5 Senses 1:00 TechKNOWledg with Teens 1:00 Sewing 101 (new)	Barberton Mum Festival 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 12:30 Chronic Disease 1:00-3:00 Knit/Crochet	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo
16	17	18	19	20
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:00 Pokeno 10:15-11:00 Functional Training 10:30-11:30 Thomas Jefferson's Bible 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee "Hard Miles" 1:00-3:00 Quilters 2:30 Book Discussion (Strongs. Library)	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-Low Vision Connection	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 1:00 History of Amusement Parks 1:00 Sewing 101	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance (new) 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 12:30 Chronic Disease 1:00-3:00 Knit/Crochet 1:00 Zentangle 1:30 High Fall Risk Medications	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00 Attorney 10:00 Leave Your Legacy Behind 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo
23	24	25	26	27
Senior Art Display 9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30 The Garden of Eden (new) 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters				
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