

Senior Activities – November ‘11

<p>Fairway Fitness Center at the Aurora Golf Club is having an Open House Sunday, October 23 2pm-3:30pm Stop by to see their facility and have some refreshments!</p>		<p>1 9am -10am Discuss Medicare Part D and Flu Shots 10:30 Bingo Donuts by Home Instead 11:30 Canasta 12:30 Arthritis Found. Exercise</p>	<p>2 9:00 Walking Video 9:30 -11:00 Water Color 12:00 Thanksgiving Luncheon Sponsored by Grande Village 2:00 Slide Show Promoting the Sedona Trip in April /All Invited</p>	<p>3 10:30 Dulcimer 10:00-4:45 Canasta/Cards 10:00 Miss Mollys and tour Root Candles 11:30 Chair Volleyball 12:30 Arthritis Found. Exercise</p>	<p>4 9:00 Walking Video 10:00 Gentle Yoga 12-4pm AARP Drivers Safety Course Free For all ***Veterans***</p>	
<p>6</p>	<p>7 7:30m-8:30pm Seneca Allegany Casino Trip 9:00 Walking Video 9:00 Breakfast Buddies Perkins in Streetsboro 11:30 Movie Madness at Cinemark Aurora Barrington Town Square \$10 Includes snacks, movie and goodie bag!</p>	<p>8 10am-4pm Game On Sweepstakes Café and Business Center /Internet Café (Casino) Free Breakfast and Lunch / Special drawings for group! Sign Up Walker Building Closed: Election Day</p>	<p>9 9:00 Walking Video 9:30 -11:00 Water Color 2 – 3pm Lifefolio Seminar With New York Life</p>	<p>10 10:30 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:30 Arthritis Found. Exercise 5:45-11pm “La Cage Aux Folles”</p>	<p>11 9:00 Walking Video 9am-2pm Massage With Susan 10:00 Gentle Yoga 9:30am-5pm The Fabulous Food Show at the IX Center See Bobby Flay</p>	<p>12</p>
<p>13</p>	<p>14 9:00 Walking Video 1pm -2pm Holiday Appetizer Exchange 2:30 Movie and Popcorn “Kate and Leopold”</p>	<p>15 9am Podiatrist 10:30 Bingo Donuts Provided by Anna Maria at Home 11:30 Canasta 12:30 Arthritis Found. Exercise</p>	<p>16 9:00 Walking Video 9:30 -11:00 Water Color 8:30am-5pm Red Hat Trip to Tara and Shopping in Sharon Pa.</p>	<p>17 10:30 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:30 Arthritis Found. Exercise 5:45pm-10:30pm Double Grande’ America’s Premier Vocal/Piano Duo</p>	<p>18 9:00 Walking Video 10:00 Gentle Yoga 9:30am-4pm IX Center Christmas Connection</p>	<p>19</p>
<p>20</p>	<p>21 9:00 Walking Video 11:00 Lunch Bunch The Italian Garden in Mantua</p>	<p>22 10:30 Bingo Donuts by Aurora Manor 11:30 Amish Baked Goods 11:30 Canasta 12:30 Arthritis Found. Exercise</p>	<p>23 9:00 Walking Video 9:30 -11:00 Water Color</p>	<p>24 Happy Thanksgiving</p>	<p>25 The Walker Building is Closed for the Holiday Weekend</p>	<p>26</p>
<p>27</p>	<p>28 9:00 Walking Video</p>	<p>29 10:30 Bingo Donuts by Independence Village 11:30 Canasta 12:30 Arthritis Found. Exercise</p>	<p>30 9:00 Walking Video 9:30 -11:00 Water Color</p>			

Senior Activities – December ‘11

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:30 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:30 Arthritis Foundation Exercise	2 9:00 Walking Video 10:00 Gentle Yoga 1:00 Zumba Gold Free Session See How You Like it!	3
4	5 9:00 Walking Video 9:00 Breakfast Buddies Chicago Deli in Solon 11:30 Christmas Lunch Bunch Brewsters in Twinsburg	6 9am Podiatrist 10:30 Bingo Donuts by Home Instead 11:30 Canasta 12:30 Arthritis Foundation Exercise	7 9:00 Walking Video 9:30 -11:00 Water Color 9:30-12pm Manicure & Pedicures 12:15-2pm Dulcimer Group to Perform for Macedonia Seniors	8 10:30 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:30 Arthritis Foundation Exercise	9 9:00 Walking Video 9am-2pm Massage With Susan 10:00 Gentle Yoga 9-3Cleveland Botanical Gardens Winter Show 1:00 Zumba Gold	10
11	12 9:00 Walking Video 2:00 Movie and Popcorn 5:00- 8:00 Cleveland Christmas Light Tour and Dinner Sponsored by Grande Village	13 9:30 Breakfast Before Bingo 10:30 Bingo 11:30 Canasta 12:30 Arthritis Foundation Exercise 5:45pm-10:30pm Warren Civic Association The Texas Tenors	14 9:00 Walking Video 9:30 -11:00 Water Color 12:00 -2pm Christmas Party Hilton Garden Inn in Twinsburg	15 10:30 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:30 Arthritis Foundation Exercise	16 9:00 Walking Video 10:00 Gentle Yoga 11:15 Red Hat Outing 1:00 Zumba Gold	17 1:45-5:15pm Severance Hall Christmas Concert
18	19 9:00 Walking Video 12:00 Quarterly Birthday Potluck & Bingo Sponsored by Anna Maria 2pm Movie "National Lampoons Christmas Vacation "	20 10:30 Bingo Donuts Provided by Gardens of Western Reserve 11:30 Amish Baked Goods 11:30 Canasta 12:30 Arthritis Foundation Exercise	21 9:00 Walking Video 9:30 -11:00 Water Color 9:30am2:30pm Museum of Divine Statues & Messiah Sings- Trinity Episcopal Church	22 10:30 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:30 Arthritis Foundation Exercise	23 Walker Building is Closed for the Holiday!! Merry Christmas	24
25	26 Walker Building is Closed for the Holiday!!	27 10:30 Bingo Donuts by Aurora Manor 11:30 Canasta 12:30 Arthritis Foundation Exercise	28 9:00 Walking Video 9:30 -11:00 Water Color	29 10:30 Dulcimer 10:00-4:45 Canasta/Cards 11:30 Chair Volleyball 12:30 Arthritis Foundation Exercise	30 Walker Building is Closed Happy New Year!!!	31