


August 2019

Olmsted Senior Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(JP) <u>Jenkins Place</u> (OCC) <u>Olmsted Community Center</u> (#) <u>Registration Required</u> (*) <u>Light Meal Included</u> (\$) <u>Cost for Program</u></p>			<p>1 9:00 -11:00 Vision & Glaucoma Screening - JP (#) 9:30 Outdoor Walk - JP 10:15 Cornhole - JP (#) 11:00 Tai Chi Easy – JP (#)</p>	<p>2 9:15 First Friday Breakfast - JP (#*) 10:30 SS Exercise - OCC 11:00 Scrabble - JP (#) 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p>5 9:30 Outdoor Walk - JP 9:30 SS Chair Yoga - OCC 10:30 Crafty Meet Up -JP (#) 12:00 Estate Planning Seminar Lunch N Learn - JP (#*)</p>	<p>6 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 1:00 Telestrations - JP (#)</p>	<p>7 9:30 SS Chair Yoga – OCC 11:00 KanJam - JP (#) 11:00-1:00 Tech Help - JP (#) 1:00 Watercolor - JP (\$) 1:00 Indians Game - JP (#*)</p>	<p>8 9:30 Outdoor Walk - JP 10:15 Cornhole - JP (#) 11:00 Tai Chi Easy – JP (#) For Wellness & Balance</p>	<p>9 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 11:00 Scrabble - JP (#) 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p>12 9:30 Outdoor Walk - JP 9:30 SS Chair Yoga – OCC 1:00 50 Years Later: Looking Back at the Summer of Love, Altamont and Woodstock - JP (#)</p>	<p>13 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 12:00 Senior Quick Tips (#) 1:00 Scrabble - JP (#)</p>	<p>14 9:30 SS Chair Yoga – OCC 11:00 KanJam - JP (#) 11:00-1:00 Tech Help - JP (#) 12-4 OSHIIP Rep - JP (#) 1:00 Watercolor - JP (\$) 1:00 Indians Game - JP (#*)</p>	<p>15 9:30 Outdoor Walk - JP 10:00 OF Library at JP (#) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) 12:00 Depression Screening LNL -JP (#*) 1:00 Advanced Directives Screening (#)</p>	<p>16 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 11:00 Scrabble - JP (#) 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p>19 9:30 Outdoor Walk - JP 9:30 SS Chair Yoga – OCC 11:00 Mini Golf @ Dairy Queen (#*\$)</p>	<p>20 9:15 SS Exercise - OCC 10:00 Wii Bowling -JP 10:30 SS Exercise - OCC 12:00 Hummus Tasting - JP (#*) 1:00 Scrabble - JP (#)</p>	<p>21 9:30 SS Chair Yoga – OCC 11:00 KanJam - JP (#) 11:00-1:00 Tech Help - JP (#) 1:00 Watercolor - JP (\$) 1:00 Summer Craft - JP (#)</p>	<p>22 9:30 Outdoor Walk - JP 10:15 Cornhole - JP (#) 11:00 Tai Chi Easy – JP (#) 1:00 Happy Hour with Linda & Dale Kirk - JP (#)</p>	<p>23 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 11:00 Scrabble - JP (#) 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p>26 9:30 Outdoor Walk - JP 9:30 SS Chair Yoga – OCC 10:00 Art 101 w/Barbara - JP (#) 2-4:00 Nurse Practitioner Office Hours - JP</p>	<p>27 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 11:30-12:30 BP Check 12:00 Update Meeting (#*) 1:00 Scrabble - JP (#)</p>	<p>28 9:30 SS Chair Yoga – OCC 11:00 KanJam - JP (#) 12:00 Lunch & A Show - JP (#) 1:00 Watercolor - JP (\$) 1:00 Indians Game - JP (#*)</p>	<p>29 9:30 Outdoor Walk - JP 10:15 Cornhole - JP (#) 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 12:30 Out to Lunch @ Zach’s Steakhouse (#\$)</p>	<p>30 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 11:00 Scrabble - JP (#) 12:00 Stroke Prevention & Awareness LNL - JP (#*) 1:00 Brainworks - JP (#)</p>

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The Jenkins Place Senior Center is funded in part by the Cuyahoga County Division of Senior and Adult Services through the Health and Services levy.

More information about the programs listed on the calendar can be found in our monthly newsletter, The Jenkins Observer. It can be found at www.olmstedfalls.org, the Jenkins Place and the Olmsted Community Center.

Please call Rachel at 440-427-2519 with questions.

GREEN TIP OF THE MONTH - August - 2019



Snack bags are not included in the Cuyahoga County collections. So rather than just throw them in the trash, try to find other uses. Angie LaCaria shared how she uses her bags. First she cleans out the inside to remove crumbs and grease. Then she reinforces the open end with duct or packing tape. She inserts a cold water or



other bottled drink into the bag, rolls it up and puts a rubber band around it to keep it cool.

Thanks for sharing Angie!

We will be putting Green Tips in the newsletter as space allows. If you have a Green Tip you would like to share, please contact Annette Towner, Sunshine Chairperson.