





July 2018

Olmsted Senior Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15 SS Chair Yoga - OCC 10:30 Crafty Creations -JP (#)	3 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC	4  Happy Independence Day!	5 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance	6 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 10:30 Scrabble -JP (#) 12:00 Billiards -JP 12:00 BINGO (#)
9 9:15 SS Chair Yoga - OCC 11:30 Newsletter Meeting (#*)	10 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 12:00 Senior Quick Tips (#*)	11 9:15 SS Chair Yoga – OCC 10:30 KanJam -JP (#) 12-4 OSHIIP Rep - JP (#) 1:00 Brainworks - JP (#)	12 10:00 Breakfast with Teresa (#*) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance	13 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 10:30 Yahtzee (#) 12:00 Billiards - JP 12:00 BINGO (#)
16 9:15 SS Chair Yoga – OCC 11:00 History in Person: Selma, AL 1965 (#)	17 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 12:00 Lunch out at Wild Mango (#\$)	18 9:15 SS Chair Yoga – OCC 10:30 Healthy Summer BBQ Ideas -JP (#) 1:00 Brainworks - JP (#)	19 10:00 How to Make Your Home "Age-In-Place" Friendly 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) For Wellness & Balance 12:00 Lunch N Learn Healthy & Hydrated (#*)	20 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 10:30 Scrabble- JP (#) 12:00 Billiards - JP 12:00 BINGO - JP (#)
23 9:15 SS Chair Yoga – OCC 11:30 Lunch N Learn Estate Planning 101 (#*)	24 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 11:30-12:30 BP Check with Southwest Hospital 12:00 Update Meeting (#*)	25 9:15 SS Chair Yoga – OCC 10:30 KanJam -JP (#) 12:30 Brainworks - JP (#) 1:00 Watercolor - JP (\$) 1:10 Indians Game - JP (#*)	26 10:00 OF Library at JP (#) Musical Trivia & Games 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance	27 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 10:30 Yahtzee - JP (#) 12:00 Billiards - JP 12:00 BINGO - JP (#)
30 9:15 SS Chair Yoga – OCC 10:00 Color w/Barbara - JP (#) 1-3:00 Nurse Practitioner Office Hours - JP	31 9:00 Bus Trip to Ohio State Fair - Leaves from JP parking lot 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC	(JP) Jenkins Place (OCC) Olmsted Community Center (#) Registration Required (*) Light Meal Included (\$)Cost for Program	<ul style="list-style-type: none"> Brainworks each week is a SAIDO Learning Experience provided by The Renaissance Eliza Jennings choices for aging well  	<ul style="list-style-type: none"> Outdoor walking club meets at 8:30 am each Tuesday outside Jenkins Place.  

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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.