


March 2020

Olmsted Senior Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 SS Chair Yoga – OCC 10:00 Open Crafting - JP (#)	3 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC	4 9:30 SS Chair Yoga – OCC 10:00 Stars & Skies Field Trip (#\$) 1:00 Watercolor - JP (\$)	5 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 12:00 Soup Potluck - JP (#*)	6 9:15 First Friday Breakfast - JP (#*) 10:30 SS Exercise - OCC 11:00 Scrabble - JP (#) 12:00 BINGO - JP (#) 1:00 Brain Fit - JP (#)
9 9:30 SS Chair Yoga – OCC 10:00 Open Crafting - JP (#) 12:00 Passport Lunch - JP (#*) 3:30 Mind Challenge Trivia @ Rocky River *Daylight Savings Time begins March 8	10 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 12:00 Senior Quick Tips - JP (#)	11 9:30 SS Chair Yoga – OCC 12-4 OSHIIP Rep - JP (#) 1:00 Watercolor - JP (\$) 1:00 Scrabble - JP (#)	12 9:00-1:00 Foot Care - JP (#\$) 10:00 Mexican Train Dominoes - JP (#) 11:00 Tai Chi Easy – JP (#) 12:30 Emergency Preparedness & Evacuation LNL - JP (#*)	13 9:15 SS Exercise - OCC 11:00 Irish Dancing - OCC 12:00 St. Patrick's Day Party - OCC (#*)
16 9:30 SS Chair Yoga – OCC 12:00 Oral Health LNL - JP (#*) 2-4:00 Nurse Practitioner Office Hours - JP Pick up your NCAA basketball bracket	17 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC	18 9:30 SS Chair Yoga – OCC 1:00 Watercolor - JP (\$) 1:00 Scrabble - JP (#)	19 9-11 Memory Screening - JP (#) 10:00 OF Library at JP -(#) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy - JP (#) 12:00 March Madness Basketball - JP (#*)	20 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 11:00 Scrabble - JP (#) 12:00 BINGO - JP (#) 1:00 Brain Fit - JP (#)
23 9:30 SS Chair Yoga – OCC 10:00 Open Crafting - JP (#) 6:00 Tech Support - JP (#) 6:00 Pizza & Game Night - JP (#*)	24 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 12:00 Update Meeting -JP (#*) 1:00 Birthday Celebration (Jan-March) - JP (#)	25 9:30 SS Chair Yoga – OCC 1:00 Watercolor - JP (\$) 1:00 Scrabble - JP (#) 6:00 Dinner & A Show (#\$)	26 10:00 Mexican Train Dominoes - JP (#) 11:00 Tai Chi Easy- JP (#) 12:30 Out to Lunch @ German Cultural Center (#\$)	27 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00-2:00 Health & Wellness Fair - JP (#*)
30 9:30 SS Chair Yoga – OCC 10:00 Art 101 w/Barbara - JP (#) 12:00 Lunch & A Show - JP (#)	31 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

Jenkins Place Senior Center 26100 Bagley Road ~ Olmsted Falls, Ohio 44138
jenkinsplace@olmstedfalls.org 440-427-2519 www.olmstedfalls.org

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 - MARCH - 2020

Green is a color often associated with March, St. Patrick's Day and Leprechauns. Here are some ideas to help you make your life greener while you reduce, reuse and recycle. You may even save some money!



- 1. Don't use straws. They are not recyclable, ending up in landfills and often mistaken as food by wildlife. Going without straws also can help avoid wrinkles around your lips!**
- 2. Press "No" when the gas pump asks if you want a receipt.**
- 3. Use cloth napkins instead of paper. Even if you do this once a week, it will add up. Try it!**
- 4. Use cruise control when driving to save gas, just not in the rain or snow.**
- 5. Get a reusable water bottle and fill it up at home. If flying, fill up after going through security at many of the water bottle stations in most airports.**

If you have a Green Tip you would like to share, please contact Annette Towner, Sunshine Person.