




May 2018

Olmsted Senior Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>(JP) Jenkins Place (OCC) Olmsted Community Center (#) Registration Required (*) Light Lunch Included (\$) Cost for Program</p> | <p>1 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC</p> | <p>2 9:15 SS Chair Yoga – OCC 11:00 Card Game - JP 1:00 Watercolor Class (\$) 1:10 Indians Game -JP (#*)</p> | <p>3 10:30 Blood Pressure Check 11:00 Tai Chi Easy - JP (#) For Wellness & Balance</p> | <p>4 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards -JP 12:00 Cinco de Mayo Party - JP (#*)</p> |
| <p>7 9:15 SS Chair Yoga - OCC 10:30 Crafty Creations -JP (#) 12:00 Senior Veteran Services Aid & Attendance Benefits Presentation (#)</p> | <p>8 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 12:00 Senior Quick Tips (#*)</p> | <p>9 9:15 SS Chair Yoga – OCC 11:00 Card Game - JP 12-4 OSHIIP Rep - JP (#) 1:00 Watercolor Class (\$) </p> | <p>10 10:00 OF Library at JP (#) Musical Trivia & Games 10:30 Blood Pressure Check 11:00 Tai Chi Easy – JP (#) For Wellness & Balance</p> | <p>11 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards - JP 12:00 Mother’s Day Tea - JP (#*)</p> |
| <p>14 9:15 SS Chair Yoga – OCC 10:30 Meet Our Nurse Practitioner - JP 11:30 Newsletter Meeting (#*)</p> | <p>15 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 1:00 Talk and Toss - JP (#)</p> | <p>16 9:15 SS Chair Yoga – OCC 11:00 Card Game - JP 12:00 Lunch N’ Learn-Sunset Memorial (#*) 1:00 Watercolor Class (\$) </p> | <p>17 10:30 Aging of Eyes- JP (#) 10:30 Blood Pressure Check 11:00 Tai Chi Easy- JP (#) For Wellness & Balance 2:00 Trader Joe’s (#)</p> | <p>18 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 Billiards - JP 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p> |
| <p>21 9:15 SS Chair Yoga – OCC 10:30 Cooking for 1 or 2 -JP (#)</p> | <p>22 9:15 SS Exercise - OCC 10:00 Wii Bowling Tournament- JP 10:30 SS Exercise - OCC</p> | <p>23 9:15 SS Chair Yoga – OCC 1:00 Watercolor Class (\$) </p>  | <p>24 10:30 Blood Pressure Check 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 1:30 ClearCaptions Ice Cream Social (#*)</p> | <p>25 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 Billiards - JP 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#) 1-3:00 Nurse Practitioner Office Hours - JP</p> |
| <p>28 Center Closed for Memorial Day  Olmsted Falls Parade begins at 9:30 and concludes with a ceremony at Village Green</p> | <p>29 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:00 Color w/Barbara - JP 10:30 SS Exercise - OCC 12:00 Update Meeting (#*) 11:30-12:30 BP Check with Southwest Hospital</p> | <p>30 9:15 SS Chair Yoga – OCC 11:00 Card Game - JP 1:00 Watercolor Class (\$) </p>  | <p>31 10:00 Compose the Song of Your Life (#) 10:30 Blood Pressure Check 11:00 Tai Chi Easy – JP (#) For Wellness & Balance</p> | <ul style="list-style-type: none"> • Brainworks each Friday is a SAIDO Learning Experience provided by The Renaissance • Walking Club meets at OCC M-F at 11:30 am • Prizes for BINGO on 5/25 sponsored by Symphony of Olmsted Falls |