




# March 2018

# Olmsted Senior Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		(#) <u>Sign Up Required.</u> (*) <u>Light Lunch Included</u> (\$) <u>Cost for Program</u> (JP) <u>Jenkins Place</u> (OCC) <u>Olmsted Community Center</u>	<b>1</b> 10:00 Blood Pressure W/OFP 11:00 Tai Chi Easy - JP For Wellness & Balance (#)	<b>2</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards (#) 1:00 Brainworks - a SAIDO Learning experience provided by <b>The Renaissance</b> - JP (#)
<b>5</b> 9:15 SS Yoga - OCC 10:30 Crafty Creations (#) -JP	<b>6</b> 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 12:00 Lunch N’ Learn (#*) Overview of <b>Medicare</b> - JP	<b>7</b> 9:15 SS Yoga – OCC 10:00 Games and Puzzle - JP 1:00 Watercolor Class (\$)	<b>8</b> 10:00 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP For Wellness & Balance (#) 12:00 January - March Birthday Celebration w/ Cake -JP (#)	<b>9</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards - JP (#) 1: 00 Brainworks - a SAIDO Learning experience provided by <b>The Renaissance</b> - JP (#)
<b>12</b> 9:15 SS Yoga – OCC 11:30 Newsletter Meeting (#*)	<b>13</b> 9:15 SS Exercise - OCC 10 Wii Bowling Tournament – JP 10:30 SS Exercise - OCC 12:00 Senior Quick Tips (#*)	<b>14</b> 8:30 Coffee with the Mayor 9:15 SS Yoga – OCC 10:00 Games and Puzzle - JP 1:00 Watercolor Class (\$)	<b>15</b> 10:00 <b>OF Library</b> at JP (#) Musical Trivia & Games 10:00 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#)	<b>16</b> 9:15 SS Exercise - OCC  10:30 Irish Dancing - OCC 12-2:00 Saint. Patrick’s Day Party OCC (#*)
<b>19</b> 9:15 SS Yoga – OCC 10:00 Craft Class – Make Your Own Easter Cards - JP	<b>20</b> 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 12-4:00 Smart Driver Course <b>AARP</b> –JP (\$) #)	<b>21</b> 9:15 SS Yoga – OCC 10:00 Games and Puzzle - JP 1:00 Watercolor Class (\$)	<b>22</b> 9:30 Breakfast with Teresa (#*) (OF Mayor’s Wife) 10:00 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP For Wellness & Balance (#)	<b>23</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12 -2:00 <b>Olmsted Community Health &amp; Wellness Fair 2018</b> - JP
<b>26</b> 9:15 SS Yoga – OCC 10:00 Color w/ Barbara (#) -JP 1-3:00 Office Hours For Our Nurse Practitioner - JP	<b>27</b> 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 12:00 Update Meeting (#*)	<b>28</b> 9:15 SS Yoga – OCC 10:00 Games and Puzzle - JP 1:00 Watercolor Class - JP (\$)	<b>29</b> 10:00 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) 12:00 Lunch N’ Learn (#*) w/ <b>Riverview Pointe</b> The Do’s and Don’ts of Falling Down & Getting Back Up Again	<b>30</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards (#) 1:00 Brainworks - a SAIDO Learning experience provided by <b>The Renaissance</b> - JP (#)