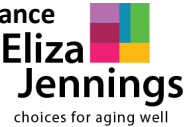






November 2018

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>	<ul style="list-style-type: none"> Brainworks each Friday is a SAIDO Learning Experience provided by The Renaissance Eliza Jennings choices for aging well 	 	<p>1 10:00 Coffee Tasting - JP 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 12:00 Stano Law Lunch N Learn (#*)</p>	<p>2 10:30 SS Exercise - OCC 11:00 Scrabble -JP 12:00 BINGO (#) 1:00 Brainworks - JP (#)</p>
<p>5 9:15 SS Chair Yoga – OCC 10:30 Crafty Creations -JP (#)</p>	<p>6 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 12:00 The Olive Scene Tasting - JP (#*)</p>	<p>7 9:15 SS Chair Yoga – OCC 10:00 Diabetes Self-Management Workshop - JP 10:30 Board Game Surprise - JP (#) 12:00 Sandee Kirkwood Lunch N Learn (#*) 1:00 Watercolor</p>	<p>8 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 12:00 Hope for the Holidays Lunch N Learn (#*)</p>	<p>9 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 11:00 Scrabble -JP 12:00 THANKS BINGO*(#) 1:00 Brainworks - JP (#) *Bring food item to donate if you are able.</p>
<p>12 9:15 SS Chair Yoga – OCC 12:00 Veterans Day Potluck (#*) 1:00 Newsletter Meeting</p> 	<p>13 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 11:00 Gratitude Journal - JP (#) 12:00 Senior Quick Tips (#*)</p>	<p>14 9:15 SS Chair Yoga – OCC 10:00 Diabetes Self-Management Workshop - JP 10:30 Card Making - JP (#) 12-4 OSHIIP Rep - JP (#) 1:00 Watercolor</p>	<p>15 10:00 OF Library at JP - Pictionary (#) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) 12:00 Guide Dog & Therapy Dog Lunch N Learn (#*)</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 9:15 SS Chair Yoga – OCC 10:00 Colored Pencils w/ Barbara - JP 12:00 Passport Lunch (Mexico) - JP (#*)</p>	<p>20 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC</p>	<p>21 9:15 SS Chair Yoga – OCC JENKINS PLACE CLOSED</p>	<p>22</p> 	<p>23 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC JENKINS PLACE CLOSED</p>
<p>26 9:15 SS Chair Yoga – OCC 10:30 Thanksgiving “Hangover” Breakfast - JP (#*) 1-3:00 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 with Southwest Hospital 12:00 Update Meeting (#*)</p>	<p>28 9:15 SS Chair Yoga – OCC 10:30 Board Game Surprise - JP (#) 1:00 Watercolor</p>	<p>29 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 12:30 Lunch out at Macaroni Grill (#*)</p>	<p>30 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 11:00 Scrabble -JP 12:00 BINGO - 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.