



Monday	Tuesday	Wednesday	Thursday	Friday
 	1 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC	2 9:30 SS Chair Yoga – OCC 11:00 Scrabble - JP (#) 1:00 Have You Ever? - JP (#)	3 10:00 Mexican Train Dominoes - JP (#) 11:00 Tai Chi Easy – JP (#) For Wellness & Balance	4 9:15 First Friday Breakfast - JP (#*) 10:30 SS Exercise - OCC 12:00 BINGO (#) 1:00 Brainworks - JP (#)
7 9:30 SS Chair Yoga – OCC 10:00 Mah Jongg - JP (#) 1:00 Learn to Skype - JP (#)	8 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 12:00 Senior Quick Tips (#)	9 9:30 SS Chair Yoga – OCC 11:00 Fun Pong - JP (#) 12-4 OSHIIP Rep - JP (#) 1:00 Building of the Transcontinental Railroad - JP (#)	10 Field Trip on the Cuyahoga Valley Scenic Railroad 11:00 Tai Chi Easy – JP (#)	11 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 BINGO (#) 1:00 Brainworks - JP (#)
14 9:30 SS Chair Yoga – OCC	15 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 1:00 Paint at Pinot’s Palette (#\$)	16 9:30 SS Chair Yoga – OCC 11:30 Climate Change Lunch N Learn - JP (#*) 1:00 Watercolor - JP (\$)	17 10:00 OF Library -JP (#) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) 1:00 Lavender Event - JP (#)	18 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)
21 9:30 SS Chair Yoga – OCC 10:00 Mah Jongg - JP (#) 12:00 Northwest Bank LNL - JP (#*) 2:00 Matter of Balance - JP (#)	22 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 11:30-12:30 BP Check - JP 12:00 Update Meeting (#*) 1:00 Breast Cancer Awareness Talk - JP (#) 2:00-4:00 Nurse Practitioner	23 9:30 SS Chair Yoga – OCC 11:00 Scrabble - JP (#) 1:00 Watercolor - JP (\$) 1:00 Cake Tasting - JP (#)	24 10:00 Mexican Train Dominoes - JP (#) 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 1:00 Happy Hour with Heart 2 Heart - JP (#)	25 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 Cooking for One LNL - JP (#*) 1:00 Brainworks - JP (#)
28 9:30 SS Chair Yoga – OCC 10:00 Art 101 w/Barbara - JP (#) 12:00 Lunch & A Show - JP (#) 2:00 Matter of Balance - JP (#)	29 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 12:00 Halloween Party - OCC (#*)	30 9:30 SS Chair Yoga – OCC 11:00 Fun Pong - JP (#) 1:00 Watercolor - JP (\$) 6:30 Tech Help - JP (#)	31 10:00 Board Game Bonanza - JP (#) 11:00 Tai Chi Easy – JP (#) 12:30 Lunch out at Tavalo 72	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
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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.

GREEN TIP OF THE MONTH - October - 2019

Halloween will be here soon. Here' are some ideas to make it more eco friendly for you and your family.



Make your own decorations from items found around your house. Use a can of orange spray paint on an empty milk or bleach jug with magic marker face make a face for a reusable Jack-O-Lantern.

Store bought costumes are often full of synthetic materials, are totally NOT eco-friendly, and many are a wear once then throw away adding to our overflowing landfills. Instead, make your own costume from recycled clothing, or objects you already have in your home. Old sheets make ghosts and goblins galore!



October is the perfect time to start composting. Just rake a pile of leaves, toss in your old carved pumpkins and you've got a compost pile that will supply lots of rich soil for your flower-beds in the spring.