


# October 2018



# Olmsted Senior Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:15 SS Chair Yoga - OCC 10:30 Crafty Creations -JP (#) 10:30 Matter of Balance - JP (#)	<b>2</b> 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 6:30 Caregiver Education Workshop (#)	<b>3</b> 9:15 SS Chair Yoga – OCC 12:00 Lunch N Learn-Optimizing Retirement Income Streams - JP (#*) 1:00 Watercolor - JP (\$)	<b>4</b> 10:00 Benefits Check Up - JP 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance	<b>5</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 11:00 Scrabble - JP 12:00 BINGO (#) 1:00 Brainworks - JP (#)
<b>8</b> 9:15 SS Chair Yoga – OCC 10:30 Matter of Balance - JP (#) 11:30 Newsletter Meeting (#*) 	<b>9</b> 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 12:00 Senior Quick Tips (#*) 6:30 Caregiver Education Workshop (#)	<b>10</b> 9:15 SS Chair Yoga – OCC 10:00 Diabetes Self-Management Workshop - JP 12-4 OSHIIP Rep - JP (#) 1:00 Happy Hour with music by Linda Kirk - JP (#) 1:00 Watercolor - JP (\$)	<b>11</b> 10:00 History of Olmsted Falls - JP (#) 10:30 Blood Pressure W/OFP 11:00-2:00 Flu Shot Clinic - JP (#) <b>Nurse Practitioner on site</b> 11:00 Tai Chi Easy – JP (#)	<b>12</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 11:00 Scrabble - JP 12:00 BINGO (#) 1:00 Brainworks - JP (#)
<b>15</b> 9:15 SS Chair Yoga – OCC 10:30 Matter of Balance - JP (#) 11:00 Pancake & Waffle Brunch -JP (#*)	<b>16</b> 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 11:00 Popcorn Tasting - JP (#) 6:30 Caregiver Education Workshop (#)	<b>17</b> 9:15 SS Chair Yoga – OCC 10:00 AARP Safe Driver Training - JP (#) 10:00 Diabetes Self-Management Workshop - JP 1:00 Watercolor - JP (\$)	<b>18</b> 10:00 OF Library -JP (#) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) 12:00 Lunch N Learn-Preventing Senior Scams - JP (#*)	<b>19</b> 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 11:00 Scrabble - JP 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)
<b>22</b> 9:15 SS Chair Yoga – OCC 10:30 Matter of Balance - JP (#) 1:00 Wine Bottle Craft - JP (#)	<b>23</b> 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 6:30 Caregiver Education Workshop (#)	<b>24</b> 9:15 SS Chair Yoga – OCC 10:00 Diabetes Self-Management Workshop - JP 12:00 Lunch N Learn-Optimizing Retirement Income Streams - JP (#*) 1:00 Watercolor - JP (\$)	<b>25</b> 10:00 Benefits Check Up - JP 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 12:30 Lunch out at ???	<b>26</b> 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 11:00 Scrabble - JP 12:00 Lunch N’ Learn-Healthy Holiday Eating Tips - JP (#*) 1:00 Brainworks - JP (#)
<b>29</b> 9:15 SS Chair Yoga – OCC 10:00 Color w/Barbara - JP 10:30 Matter of Balance - JP (#) 12:00 Update Meeting (#*) 1-3:00 Nurse Practitioner Office Hours - JP	<b>30</b> 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 11:30-12:30 BP Check - OCC 12:00 Halloween Party - OCC (#*) 6:30 Caregiver Workshop (#)	<b>31</b> 9:15 SS Chair Yoga – OCC 10:00 Diabetes Self-Management Workshop - JP 1:00 Watercolor - JP (\$)	<b>1</b> 10:00 Coffee Tasting - JP 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) 12:00 Are You Ready for the Rest of Your Elder Journey?	<b>JP) Jenkins Place</b> <b>(OCC) Olmsted Community Center</b> <b>(#) Registration Required</b> <b>(*) Light Meal Included</b> <b>(\$) Cost for Program</b>

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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](http://www.olmstedfalls.org), the Jenkins Place and the Olmsted Community Center.

Please call Rachel at 440-427-2519 with questions.