





# September 2018

# Olmsted Senior Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(JP) <a href="#">Jenkins Place</a> (OCC) <a href="#">Olmsted Community Center</a></p>	<p>• Brainworks each Friday is provided by  <b>The Renaissance Jennings</b> <small>choices for aging well</small></p>			<p>(#) <a href="#">Registration Required</a> (* ) <a href="#">Light Meal Included</a> (\$ ) <a href="#">Cost for Program</a></p>
<p><b>3</b> Labor Day-Center Closed</p> 	<p><b>4</b> 8:30 Outdoor Walking Club 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 12:00 Senior Quick Tips (#*)</p>	<p><b>5</b> 9:15 SS Chair Yoga - OCC 10:00 Yahtzee - JP (#) 11:00 Joel Keller's Rock N Roll History: Cleveland Connection - JP (#) 1:00 Watercolor - JP</p>	<p><b>6</b> 10:00 Aging &amp; Mindfulness - JP (#) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy - JP (#) For Wellness &amp; Balance 12:00 Hummus Tasting - JP (#*)</p>	<p><b>7</b> 9-11 am Hearing Screening - JP 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards - JP (#) 12:00 BINGO (#) 1:00 Brainworks - JP (#)</p>
<p><b>10</b> 9:15 SS Chair Yoga - OCC 9:30 Grandparent Day Breakfast - JP (#*) 10:30 Matter of Balance - JP (#) 11:30 Newsletter Meeting (#*)</p>	<p><b>11</b> 8:30 Outdoor Walking Club 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 1:00 Journaling 101- JP (#)</p>	<p><b>12</b> 9:15 SS Chair Yoga - OCC 10:00 Scrabble - JP (#) 11:00 Energy Assistance Programs - JP (#) 12-4 OSHIIP Rep - JP (#) 1:00 Watercolor - JP</p>	<p><b>13</b> 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) For Wellness &amp; Balance 12:00 Lunch N Learn-Normal Aging vs. Dementia - JP (#*)</p>	<p><b>14</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards - JP (#) 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p><b>17</b> 9:15 SS Chair Yoga - OCC 10:30 Matter of Balance - JP (#) 12:30 pm Real Estate 101 Lunch N' Learn - JP (#*)</p>	<p><b>18</b> 8:30 Outdoor Walking Club 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 6:30 Caregiver Education Workshop (#)</p>	<p><b>19</b> 9:15 SS Chair Yoga - OCC 10:00 Yahtzee - JP (#) 12:00 Lunch N' Learn-What's on Your Financial Bucket List? - JP (#*) 1:00 Watercolor - JP</p>	<p><b>20</b> 10:00 <b>OF Library</b> at JP (*#) Music Bingo 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy - JP (#) 12:00 Lunch out at Clementine's (#\$)</p>	<p><b>21</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards - JP (#) 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p><b>24</b> 9:15 SS Chair Yoga - OCC 10:00 Color w/Barbara - JP 10:30 Matter of Balance - JP (#) 1-3:00 Nurse Practitioner Office Hours - JP</p>	<p><b>25</b> 8:30 Outdoor Walking Club 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 11:30-12:30 BP Check 12:00 Update Meeting (#*) 6:30 Caregiver Education Workshop (#)</p>	<p><b>26</b> 9:15 SS Chair Yoga - OCC 10:00 Scrabble - JP (#) 1:00 Watercolor - JP</p>	<p><b>27</b> 9-11 am Memory Screening - JP 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy - JP (#) For Wellness &amp; Balance 12:00 Lunch N Learn Stress &amp; Aging - JP (#*)</p>	<p><b>28</b> 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 Billiards - JP (#) 12:00 BINGO - JP (#) 12:45 Birthday Celebration (July-Sept)-JP (#) 1:00 Brainworks - JP (#)</p>

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

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