





September 2019

Olmsted Senior Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day-Center Closed 	3 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC	4 9:30 SS Chair Yoga – OCC 1:00 Watercolor - JP (\$) Senior Safari at the Zoo 10 am - 5 pm	5 9:30 Outdoor Walk -JP 10:00 Scrabble - JP (#) 11:00 Tai Chi Easy – JP (#) For Wellness & Balance	6 9:15 First Friday Breakfast - JP (#*) 10:30 SS Exercise - OCC 12:00 BINGO (#) 1:00 Brainworks - JP (#)
9 9:30 Outdoor Walk -JP 9:30 SS Chair Yoga – OCC 10:00 Mah jongg - JP (#) 11:00 Mini Golf @ Sweetie’s North Ridgeville (#*\$)	10 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 12:00 Senior Quick Tips (#*)	11 9:30 SS Chair Yoga – OCC 10:30 Chronic Disease Self-Management - JP (#) 11:00 It’s All About Aprons - JP (#) 12-4 OSHIIP Rep - JP (#) 1:00 Watercolor - JP (\$)	12 9:30 Outdoor Walk -JP 10:00 Scrabble - JP (#) 11:00 Tai Chi Easy- JP (#)	13 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)
16 9:30 Outdoor Walk -JP 9:30 SS Chair Yoga – OCC 10:00 Aging Mastery Program - JP (#) 10:00 Mah jongg - JP (#)	17 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 1:00 Living History - JP (#)	18 9:30 SS Chair Yoga – OCC 10:30 Chronic Disease Self-Management - JP (#) 1:00 Watercolor - JP (\$)	19 9:30 Outdoor Walk -JP 10:00 OF Library at JP (*#) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) 12:00 Have a Laugh Lunch N Learn -JP (#*)	20 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 Ins and Outs of Immunizations LNL - JP (*#) 1:00 Brainworks - JP (#) 2:00-4:00 Nurse Practitioner
23 9:30 Outdoor Walk -JP 9:30 SS Chair Yoga – OCC 10:00 Aging Mastery Program - JP (#)	24 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 (#*) 12:45 Birthday Celebration (July-Sept)-JP (#)	25 9:30 SS Chair Yoga – OCC 9-11 am Hearing Screening - JP (#) 10:30 Chronic Disease Self-Management - JP (#) 11:30 Brain Fit LNL -JP (#*) 1:00 Watercolor - JP (\$)	26 9:30 Outdoor Walk -JP 10:00 Scrabble - JP (#) 11:00 Tai Chi Easy – JP (#) 12:30 Lunch out at Gandalf’s Pub (#\$)	27 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)
30 9:30 Outdoor Walk -JP 9:30 SS Chair Yoga – OCC 10:00 Aging Mastery Program - JP (#) 10:00 Art 101 w/Barbara - JP 12:00 Lunch & A Show - JP (#)	(JP) Jenkins Place (OCC) Olmsted Community Center (#) Registration Required (*) Light Meal Included (\$) Cost for Program	 	September 4 - 10 am- 5 pm Senior Safari at Cleveland Metroparks Zoo Free entrance for ages 62 and older September 14 9 am - 12 pm FREE Community Shredding @ City Hall	• Brainworks each Friday is provided by The Renaissance 

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 - September - 2019



What is the best way to recycle?

Cans: Remove labels, empty and rinse.

Cartons: Empty and rinse. Replace the cap - it's too small to be recycled by itself!

Glass bottles & jars: Empty and rinse

Paper & boxes: Flatten cardboard items and cereal boxes to save space

Plastic bottles & jugs: Remove labels, empty and rinse. Replace the cap.

We'll be putting Green Tips in the newsletter as space allows. If you have a Green Tip you would like to share, please contact Annette Towner, Sunshine Chairperson