

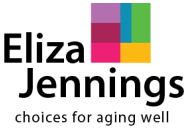


Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 SS Chair Yoga - OCC 10:30 Crafty Creations -JP (#) Knitting 10:30 Pain Management - JP (#) 1:00 Scrabble - JP (#)	2 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC	3 9:30 SS Chair Yoga – OCC 1:00 Watercolor Class -JP (\$)	4 10:00 Coffee & Scrabble -JP (#) 11:00 Tai Chi Easy - JP (#) 12:30 The Players Theater Group- JP (#)	5 10:30 SS Exercise - OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)
8 9:30 SS Chair Yoga - OCC 10:30 Pain Management - JP (#) 1:00 Scrabble - JP (#)	9 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC 12:00 Senior Quick Tips (#)	10 9:30 SS Chair Yoga – OCC 12-4 OSHIIP Rep - JP (#) 1:00 Watercolor Class (\$) 1:10 Indians Game -JP (#*)	11 10:00 Coffee & Scrabble -JP (#) 11:00 Tai Chi Easy – JP (#) 12:00 Estate Planning Myths Lunch N Learn -JP (#*)	12 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)
15 9:30 SS Chair Yoga – OCC 10:30 Pain Management - JP (#) 1:00 Scrabble - JP (#)	16 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 12:00 Vitamins & Supplements Lunch N Learn - JP (#*)	17 9:30 SS Chair Yoga – OCC 12:30 Wild West Happy Hour with Linda & Dale Kirk - JP (#*) 1:00 Watercolor Class -JP (\$) 6:00 Pizza & Game Night JP (#*)	18 10:00 60’s Music Trivia with OF Library - JP (#) 10:30 Blood Pressure Check 11:00 Tai Chi Easy- JP (#) 12:00 Funeral Pre-Planning Lunch N Learn - JP (#*)	19 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)
22 9:30 SS Chair Yoga – OCC 10:30 Pain Management - JP (#) 	23 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 (#*)	24 9:30 SS Chair Yoga – OCC 1:00 Watercolor Class -JP (\$) 	25 10:00 Coffee & Scrabble -JP (#) 11:00 Tai Chi Easy – JP (#) For Wellness & Balance 12:30 Out to Lunch @ Perk Cup Café - (#\$)	26 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 CBD Oil: Is it Safe and Effective? Lunch N Learn - JP (*#) 1:00 Brainworks - JP (#)
29 9:30 SS Chair Yoga – OCC 10:00 Art 101 w/Barbara - JP 10:30 Pain Management - JP (#) 1:00 Scrabble - JP (#) 2-4:00 Nurse Practitioner Office Hours - JP	30 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:15 Lolly the Trolley Trip 10:30 SS Exercise - OCC	1 9:30 SS Chair Yoga – OCC 1:00 Container Gardening - JP (#) 1:00 Watercolor Class -JP (\$)	(JP) Jenkins Place (OCC) Olmsted Community Center (#) Registration Required (*) Light Lunch Included (\$) Cost for Program	
				<ul style="list-style-type: none"> Brainworks each Friday is a SAIDO Learning Experience provided by The Renaissance 

Jenkins Place Senior Center 26100 Bagley Road ~ Olmsted Falls, Ohio 44138
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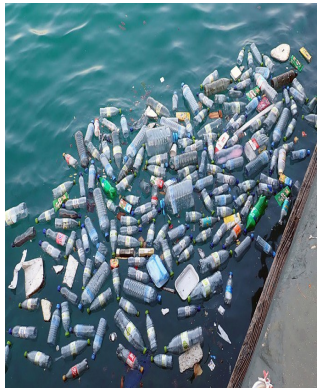
The Jenkins Place Senior Center is funded in part by the Cuyahoga County Division of Senior and Adult Services through the Health and Services levy.

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 - April- 2019

Many of us like the convenience of bottled water. But do we consider that plastic bottles are the most common source of marine debris in our lakes, rivers and oceans?



They can be mistaken as food by birds, fish and other sea life, many of which are becoming extinct. Plastic can take hundreds of years to decompose. In America, we use over 2.5 million plastic bottles each hour. They are purposely designed for one use only. If we recycle them to make new products, it saves 66 percent of the energy over using virgin materials. Better yet, get a reusable water bottle to fill.

We will 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.