





Monday	Tuesday	Wednesday	Thursday
1 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Bingo & Bagels-Communicare Health Care 12:00-3:00 p.m. Rummikub & Cards	2 10:30-11:00 a.m. Sit Down & Tone Up-DVD 11:00-1:00 p.m. Board Games 2:45-3:30 p.m. Floor Yoga-Jessica	3 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	4 
8 9:00-10:00 a.m. Chair Dancing-DVD 10:00-12:00 Movie-Top Dog 12:00-3:00 p.m. Rummikub & Cards	9 9:00-11:00 a.m. Benefit Bank Counselor 10:00-11:00 a.m. Coffee, Cake & Comedy 11:00-1:00 p.m. Board Games 2:45-3:30 p.m. Floor Yoga- Sydney 1:00-2:00 p.m. Produce Market	10 9:30-10:30 a.m. Chair Exercise-Sydney 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	11 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Sydney 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
15 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Foot Doctor 10:00-11:30 a.m. Hospice Support Group 12:00-3:00 p.m. Rummikub & Cards	16 10:30-11:00 a.m. Sit Down & Tone Up-DVD 11:00-1:00 p.m. Board Games 2:45-3:30 p.m. Floor Yoga-Jessica	17 9:30-10:30 a.m. Chair Exercise-Laurie 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	18 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
22 9:00-10:00 a.m. Chair Dancing-DVD 11:00-12:00 p.m. Bring your lunch 12:00-3:00 p.m. Rummikub & Cards	23 9:00-11:00 a.m. OSHIIP Counselor 10:30-11:00 a.m. Sit Down & Tone Up-DVD 11:00-1:00 p.m. Board Games 1:00-3:00 p.m. Benefit Bank Counselor 2:45-3:30 p.m. Floor Yoga-Jessica	24 11:00-1:00 p.m. <i>Mayors Senior Picnic at Memorial Park</i> 	25 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
29 9:00-10:00 a.m. Chair Dancing-DVD 10:00-12:00 p.m. Movie-Happy Accidents 12:00-3:00 p.m. Rummikub & Cards	30 10:30-11:00 a.m. Sit Down & Tone Up-DVD 11:00-1:00 p.m. Board Games 2:45-3:30 p.m. Floor Yoga-Jessica	31 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	<i>Italicize = activity is off site</i>

*All activities subject to change without notice.
 Call Senior Transportation Connection-STC to schedule ride 3 business days in advance or as early as 3 weeks in advance 216.265.1489. **Transportation cancellations are required no later than 7:00 a.m. day of trip.**

North Royalton Senior Center
13500 Ridge Road, North Royalton OH 44133
440-582-6333
Office Hours: 8:00 a.m. – 4:00 p.m. Monday-Thursday

Monday, July 1, Bingo and Bagel will be sponsored by Commuicare. Reada will be calling bingo and providing the prizes. Please call by Thursday, June 27 so we make sure you will get a bagel.

Monday, July 8, Top Dog-Maverick cop Jake Wilder (Chuck Norris) is convinced his career has gone to the dogs when he meets his new partner-a mischievous, high-I.Q. canine named Reno. But when a brutal white supremacist plot is uncovered, Jake and Reno join forces to become fighting machine in this explosive action-thriller.

Tuesdays in July bring your favorite board game to play with others who want to play games. It's a chance to play games that you never tried before or you might have played them when you were younger and it will bring up fun memories. Try scrabble, Jenga, Yahtzee and more.

Tuesday, July 9 at 10:00 a.m. The Sold Sisters invite you to coffee, cake and comedy. Enjoy the lighter side of real estate through comedy and leave with invaluable information. The sisters Laurie, Nancy and Diane will be here to answer questions. Please RSVP by Wednesday, July 3.

Monday, July 15, are you in need of a podiatrist or just forgot to schedule your appointment, well no worries because once a month Dr. Zaccardelli will be at the center to provide basic services. If you are having a hard time bending over to trim your toe nails, Dr. Zaccardelli will do that for you. Just bring your insurance information (your deductible, if you have one) and he will do all the paper work for you. Call the center 440-582-6333 to schedule your appointment.

Monday, July 15, Hospice support group is for older adults grieving the loss of a loved one. A safe place to express your emotions, tell your story, get educated about grief and loss, make new friends. Hospice grief support is held the 3rd Monday of every month from 10:00-11:30 a.m.

Wednesday, July 24, Mayor Antoskiewicz will be hosting a Summer Senior Citizen Picnic that will be held 11:00 a.m. at Memorial Park Pavilion. The mayor will be cooking hot dogs & hamburgers accompanied with sides and dessert. For those who feel lucky we will be playing music bingo. Hopefully, it will be perfect picnic weather and a great way to get together to enjoy friends. Place your reservations by July 18, by calling 440-582-6333. If you don't want to eat at a picnic table, bring a lawn chair to sit and enjoy your lunch.

Monday, July 29, Happy Accidents-Lovelorn, recovering co-dependent Ruby Weaver (Maris Tomei) has just about given up on finding the right man when she bumps into Sam Deed (Vincent D'Onofrio), a sweet newcomer from Dubuque, Iowa. They quickly fall for each other but almost as fast their relationship takes a mysterious turn. Just as Ruby is beginning to relish her first "healthy" relationship, Sam begins muttering about being a time traveler from the year 2470.

July 2,3,9,10,16,17,30 and 31 if you are 60 years or old, your income is for 1 person \$0-\$27,861 and you do not have a computer to register online, you can come to the office from 9:00 a.m.-2:00 p.m. on the days listed and we will be happy to register you for Senior Farmer Market Nutrient Program. This program entitles you to \$50 to use at a local farm to purchase fresh fruits and vegetables.



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<i>Italicize = activity is off site</i>			1 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
5 9:00-10:00 a.m. Chair Dancing-DVD 11:00-11:45 a.m. Meditation-Sydney 12:00-3:00 p.m. Rummikub & Cards	6 10:30-11:00 a.m. Sit Down & Tone Up-DVD 11:00-1:00 p.m. Board Games 2:45-3:30 p.m. Floor Yoga- Jessica	7 9:00-10:00 a.m. Blood Pressure & Glucose Screening 9:30-10:15 a.m. Chair Exercise-Jessica 10:15-10:30 a.m. Dr. Steve Paciorek 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	8 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
12 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Bingo & Bagel 12:00-3:00 p.m. Rummikub & Cards	13 9:00-11:00 a.m. Benefit Bank 10:30-11:00 a.m. Sit Down & Tone Up-DVD 11:00-1:00 p.m. Board Games 2:45-3:30 p.m. Floor Yoga-Jessica 1:00-2:00 p.m. Produce Market	14 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	15 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
19 9:00-10:00 a.m. Chair Dancing-DVD 10:00-11:00 a.m. Foot Doctor 10:00-11:30 a.m. Loss Support Group 12:00-3:00 p.m. Rummikub & Cards	20 10:30-11:00 a.m. Sit Down & Tone Up-DVD 11:00-11:00 p.m. Board Games 2:45-3:30 p.m. Floor Yoga-Jessica	21 9:30-10:30 a.m. Chair Exercise-Laurie 11:00-1:00 p.m. "Bag Ladies" 1:00-2:00 p.m. Ice Cream Social -Jennings	22 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling
26 9:00-10:00 a.m. Chair Dancing-DVD 10:00-12:00 p.m. Movie French Exit 12:00-3:00 p.m. Rummikub & Cards	27 9:00-11:00 a.m. OSHIIP 10:30-11:00 a.m. Sit Down & Tone Up-DVD 11:00-12:00 p.m. Baron Law presentation 1:00-3:00 p.m. Benefit Bank 2:45-3:30 p.m. Floor Yoga-Jessica	28 9:30-10:30 a.m. Chair Exercise-Jessica 11:00-1:00 p.m. "Bag Ladies" 1:00-3:00 p.m. Mexican Train Dominos	29 9:30-10:30 a.m. Chair Exercise-DVD 10:30-11:30 a.m. Chair Yoga-Jessica 11:30-1:30 p.m. Crafts 1:30-3:00 p.m. Wii Bowling

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August 5th at 11 a.m. join us for an introductory session on meditation and breath work with Sydney Podolski. Experience firsthand the benefits of these practices through guided sessions, explore how they can enhance your well-being, and get the opportunity to ask any related questions you may have. With over 10 years of meditation and yoga experience, Sydney is eager to introduce you to these transformative practices.

August 7th, Dr. Steve Paciorek, Director of Human Services for the City of Brecksville, an adjunct faculty member for the College of Public Health at Kent State University, and the Director of the Kent State University Northeast Ohio Senior Center Research Consortium (KSUNOSCR) will be here on August 7 to provide some information on a very important Community Health Needs Assessment survey. The Consortium has been created to understand better the needs of older adults in Cuyahoga County and Northeast Ohio. This assessment aims to describe the needs of the older adult population in Cuyahoga County and provide Senior Centers and aging services data that can help meet their short- and long-term goals of providing and maintaining services for our diverse older adult population. The Consortium, led by Dr. Paciorek and graduate students from Kent State University's College of Public Health will guide the project. Through evaluation and analysis, the Consortium will offer guidance to the community through a comprehensive analytical report that outlines current and long-term Senior Center facility needs specific to the county and its desire to achieve and maintain services and spaces that promote equity, inclusivity, and growth. The feedback received from the assessment will help Senior Center directors and community stakeholders learn about Northeast Ohio residents. The survey will provide crucial information regarding the community's opinion of older adults' needs and priorities, an essential component of the Senior Center Needs Assessment.

August 12th there is no better way to play bingo in the morning then having bagels to eat while playing. Communicare Health Care will be providing the bagels and prizes on Monday, August 12. Please call in your reservations by Thursday, August 8.

August 19th, are you in need of a podiatrist or just forgot to schedule your appointment, well no worries because once a month Dr. Zaccardelli will be at the center to provide basic services. If you are having a hard time bending over to trim your toe nails, Dr. Zaccardelli will do that for you. Just bring your insurance information (your deductible, if you have one) and he will do all the paper work for you. Call the center 440-582-6333 to schedule your appointment.

August 21, celebrate the first day of school (August 21), Jennings of Brecksville will be providing us with an Ice Cream Social. Come to the center to socialize with old and new friends while enjoying an ice cream sundae that you will get to make yourself. You can put one topping or load it up with many, but don't leave the center with ice cream hang over. 😊 Make your reservations by Thursday, August 15.

August 26, French Exit will be showing. "My plan was to die before the money ran out," says 60-year-old, penniless Manhattan socialite Frances Price (Michelle Pfeiffer), but things didn't go as planned. Her husband, Franklin, has been dead for 12 years. With his vast inheritance gone, she cashes in the last of her possessions and resolves to live out her twilight days anonymously in a borrowed apartment in Paris, accompanied by her directionless son, Malcolm (Lucas Hedges), and a cat named Small Frank-who may or may not embody the spirit of Frances' dead husband.

August 27, Baron Law will be at the center to discuss basic estate planning workshop. Having a basic Will does not avoid probate. Moreover, relying on just a basic Will is only one element of the many estate planning tools that every family should have in place: Last Will, Healthcare POA, Financial POA, Guardianship, HIPAA, Living Will, Executorship. This is a Hands-on event, so seniors are encouraged to ask questions along the way as long as they are general questions. For those more specific to ones needs, Attorney Dan Baron will be available after the presentation. Baron Law will provide lunch, snack bag and beverage for the seniors along with a handout. Please make your reservations by Thursday, August 22.

August 6,7,8,13,14,20,21 and 27 if you are 60 years or older, your income is for 1 person \$0-\$27,861, 2 persons \$0-37,814 and you do not have a computer to register online, you can come to the office from 9:00 a.m.-2:00 p.m. on the days listed and we will be happy to register you for Senior Farmer Market Nutrient Program. This program entitles you to \$50 to use at a local farm to purchase fresh fruits and vegetables.