


North Olmsted Senior Center
 28114 Lorain Road
 North Olmsted, Ohio 44070
 (440) 777-8100
 Monday-Friday 8AM-4:30PM

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Years Day Senior Center Closed	2 9:30 Chair Yoga 9:30 Knit/Crochet 11:30 Luncheon 12:00 Live Music	3 8:45 Geri Fit
6 8:45 Geri Fit 10:30 Blood Pressure 11:30-3:00 Bridge & Pinochle 12:00-3:00 Mexican Train Dominoes	7 9:30 Chair Yoga 9:30 Knit/Crochet 11:30 Luncheon 12:30 Movie	8 10:00 Chair Volleyball 10:00 Seniors Strong 11:00 Art 7:30 MS Support	9 9:30 Chair Yoga 9:30 Knit/Crochet 11:30 Luncheon 12:00 Live Music	10 8:45 Geri Fit
13 8:45 Geri Fit 10:30 Blood Pressure 11:30-3:00 Bridge & Pinochle 12:00-3:00 Mexican Train Dominoes	14 9:30 Chair Yoga 9:30 Knit/Crochet 11:30 Luncheon 12:30 Movie 1:00 Card O Rama	15 11:00 Art 12:00-4:00 OSHIIP Counseling	16 9:30 Chair Yoga 9:30 Knit/Crochet 11:30 Luncheon 12:00 Live Music	17 8:45 Geri Fit 11:00 Volunteer Group 1:00 Book Club
20 8:45 Geri Fit 10:30 Blood Pressure 11:30-3:00 Bridge & Pinochle 12:00-3:00 Mexican Train Dominoes	21 9:30 Chair Yoga 9:30 Knit/Crochet 11:30 Luncheon 12:30 Movie	22 10:00 Chair Volleyball 11:00 Art 12:00 Fundraiser Luncheon	23 9:30 Chair Yoga 9:30 Knit/Crochet 11:30 Luncheon 12:00 Live Music	24 8:45 Geri Fit
27 8:45 Geri Fit 10:30 Blood Pressure 11:30-3:00 Bridge & Pinochle 12:00-3:00 Mexican Train Dominoes	28 9:30 Chair Yoga 9:30 Knit/Crochet 9:30 Newsletter Volunteers 11:30 Luncheon 12:30 Movie	29 11:00 Art	30 9:30 Chair Yoga 9:30 Knit/Crochet 11:30 Luncheon 12:00 Live Music	31 8:30 Rocksino Trip 8:45 Geri Fit