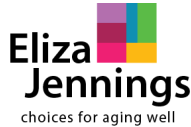




March 2019

Olmsted Senior Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(JP) <u>Jenkins Place</u> (OCC) <u>Olmsted Community Center</u> (#) <u>Registration Required</u> (*) <u>Light Meal Included</u> (\$) <u>Cost for Program</u></p>	<ul style="list-style-type: none"> Brainworks each Friday is a SAIDO Learning Experience provided by The Renaissance 			<p>1 10:30 SS Exercise - OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p>4 9:30 SS Chair Yoga – OCC 10:30 Crafty Creations -JP (#) Knitting 12:00 Lunch N Scrabble - JP (#)</p>	<p>5 9:15 SS Exercise - OCC 10:00 Wii Bowling – JP 10:30 SS Exercise – OCC</p> <p style="text-align: center;">Fat Tuesday</p>	<p>6 9:30 SS Chair Yoga – OCC 11:00 Wii Tennis - JP (#) 11:30 ClearCaptions Lunch N Learn -JP (#*) 1:00 Watercolor - JP (\$)</p>	<p>7 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy – JP (#) For Wellness & Balance</p>	<p>8 9:15 SS Exercise - OCC 10:30 SS Exercise - OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p>11 9:30 SS Chair Yoga – OCC 11:00 Self Defense Demo - JP (#) 12:00 Lunch N Scrabble - JP (#)</p>	<p>12 9:15 SS Exercise – OCC 10:00 Wii Bowling – JP 10:30 SS Exercise - OCC 12:00 Senior Quick Tips - JP (#)</p>	<p>13 9:30 SS Chair Yoga – OCC 11:00 Wii Tennis - JP (#) 11:30 Lunch N Learn at Symphony at Olmsted Falls (#*) 12-4 OSHIIP Rep - JP (#) 1:00 Watercolor - JP (\$)</p>	<p>14 9:30 Longevity & Vitality Breakfast - JP (#*) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy - JP (#) 1:00 Beware the Ides of March - JP (#)</p>	<p>15 9:15 SS Exercise - OCC 10:30 Irish Dance Lesson – OCC 12:00 St. Patrick’s Day Party - OCC (#*) Brainworks to follow party</p>
<p>18 9:30 SS Chair Yoga – OCC 12:00 Travel Time - JP (#)</p>	<p>19 9:15 SS Exercise - OCC 10:00 Wii Bowling - JP 10:30 SS Exercise - OCC 12:00 “Now What Was I Saying?” Lunch N Learn - JP (#*)</p>	<p>20 9:30 SS Chair Yoga – OCC 10:00 Coffee Tasting at Village Bean - (#) 11:00 Wii Tennis - JP (#) 1:00 Watercolor - JP (\$)</p> <p style="text-align: center;">First Day of Spring</p>	<p>21 9-11 Memory Screening 10:00 OF Library at JP -(#) 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) 12:00 MARCH MADNESS - JP (#*)</p>	<p>22 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC 12:00 BINGO - JP (#) 1:00 Brainworks - JP (#)</p>
<p>25 9:30 SS Chair Yoga – OCC 10:00 Art 101 w/Barbara - JP (#) 12:00 Lunch N Scrabble - JP (#) 2-4:00 Nurse Practitioner Office Hours - JP</p>	<p>26 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 -JP (#*)</p>	<p>27 9:30 SS Chair Yoga – OCC 9:30 Tips, Techniques & Tools for Vision Loss - JP (#) 11:30 Healthy Cooking Demo - JP (#*) 1:00 Watercolor - JP (\$)</p>	<p>28 10:30 Blood Pressure W/OFP 11:00 Tai Chi Easy- JP (#) For Wellness & Balance 12:30 Out to Lunch at Jo Jo’s</p>	<p>29 9:15 SS Exercise - OCC 10:30 SS Exercise – OCC</p> <p style="text-align: center;">12-2 Senior Health & Wellness Fair @ Jenkins Place</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, the Jenkins Place and the Olmsted Community Center.

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

GREEN TIP OF THE MONTH - March 2019

March 22 is World Water Day! Use these ideas to help conservation water & costs.



- ◆ Turn off the water while you brush your teeth and washing your hands
- ◆ Use a pitcher or bucket in your tub to run the water until it gets warm enough to turn on the shower. Set it aside and use it to rinse the tub, flush the toilet, or water plants.
- ◆ Flush with less. Older toilets use a lot of water. Reduce the usage by sinking a half-gallon jug of water into the toilet tank. Do NOT use a brick. It will break down and can cause damage.
- ◆ Save pasta boiling water—thoroughly cool, then use it to water your plants.

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.