

July 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>8:30 a.m. Walking on Wednesday's Senior Walking Trail</p> <p>12:00 VNA Guest Speaker</p> <p>12:45 p.m. Movie: Seven Pounds </p> <p>12:50 p.m. Southland</p>	<p>2</p> <p>10:00 a.m. Chair Dancing "Original"</p> <p>11:00 a.m. Blood Pressure – Greenbrier</p> <p>1:00 p.m. Dr. Zaccardelli </p>	<p>3</p> <p>Closed for the holiday</p> 	<p>4</p>
5	<p>6</p> <p>9:00 a.m. Aerobics'</p> <p>10:00 a.m. Chair Dancing "Around the World"</p> <p>12:50 p.m. Chair Yoga</p>	<p>7</p> <p>10:00 a.m. Chair Dancing "Through the Decades" </p> <p>12:45 p.m. Book Club</p> <p>1:00 p.m. Farmers' Market</p> <p>1:00 p.m. Bingo: Greenbiar Senior Living "Treat Bingo" </p>	<p>8</p> <p>8:30 a.m. Walking on Wednesday's Senior Walking Trail</p> <p>11:00 a.m. Library with Bill</p> <p>11:00 a.m. Blood Pressure - Bayada</p> <p>12:50 p.m. Heinen's</p>	<p>9</p> <p>10:00 a.m. Chair Dancing "Original"</p> <p>12:45 p.m. Wii –Home Instead</p> <p>1:00 p.m. Dr. Zaccardelli </p> <p>4:30 p.m. Eddie's Creekside</p>	<p>10</p> <p>9:00 a.m. Aerobics'</p> <p>10:00 a.m. Chair Volleyball </p> <p>10:30 a.m. Toss Across</p> <p>12:00 Lunch Gift Certificate</p> <p>12:30 p.m. Cards</p>	11
12	<p>13</p> <p>9:00 a.m. Aerobics'</p> <p>10:00 a.m. Chair Dancing "Around the World"</p> <p>12:50 p.m. Chair Yoga</p> <p>12:50 p.m. Chuppa's</p>	<p>14</p> <p>9:00 a.m. VNA Health Screening</p> <p>10:00 a.m. Chair Dancing "Through the Decades" </p> <p>12:50 p.m. Kmart</p> <p>1:00 pm Farmers' Market</p> <p>1:00 p.m. Bingo: Legacy Place Parma "Candy" </p>	<p>15</p> <p>8:30 a.m. Walking on Wednesday's Senior Walking Trail</p> <p>12:45 p.m. Movie: Doubt </p> <p>1:00 p.m. Lunch & Bingo with Royal Oaks</p> <p>12:50 p.m. Southland</p>	<p>16</p> <p>10:00 a.m. Chair Dancing "Original"</p> <p>10:00 a.m. Muffin Sale</p> <p>1:00 p.m. Dr. Zaccardelli </p> <p>5:00-8:00 p.m. Free Parma Heights Night Evening Transportation </p>	<p>17</p> <p>9:00 a.m. Aerobics'</p> <p>10:00 a.m. Chair Volleyball </p> <p>10:30 a.m. Corn Hole</p> <p>12:30 p.m. Cards</p>	18
19	<p>20</p> <p>9:00 a.m. Aerobics'</p> <p>10:00 a.m. Chair Dancing "Around the World"</p> <p>12:00 Metro Parks</p> <p>12:50 p.m. Chair Yoga</p>	<p>21</p> <p>10:00 a.m. Chair Dancing "Through the Decades"</p> <p>11:00 a.m. Blood Pressure by Parma Hospital</p> <p>1:00 pm Farmers' Market</p> <p>1:00 p.m. Bingo: Mount Royal Villa "Bakery"</p>	<p>22</p> <p>8:30 a.m. Walking on Wednesday's Senior Walking Trail</p> <p>Post Office on Wheels</p> <p>1:00 p.m. Greenbrier Aloha</p> <p>12:50 p.m. Heinen's</p>	<p>23</p> <p>10:00 a.m. Chair Dancing "Original"</p> <p>12:00 Guardian Angel Guest Speaker</p> <p>12:45 p.m. Harmony Care card making</p> <p>1:00 p.m. Dr. Zaccardelli </p>	<p>24</p> <p>9:00 a.m. Aerobics</p> <p>10:00 a.m. Chair Volleyball </p> <p>10:30 a.m. Ladder Golf</p> <p>12:30 p.m. Cards</p>	25
26	<p>27</p> <p>9:00 a.m. Aerobics'</p> <p>10:00 a.m. Chair Dancing "Around the World"</p> <p>12:50 p.m. Chair Yoga</p>	<p>28</p> <p>10:00 a.m. Chair Dancing "Through the Decades"</p> <p>1:00 pm Farmers' Market</p> <p>1:00 p.m. Bingo: Mount Alverna "Fruity Bingo"</p>	<p>29</p> <p>8:30 a.m. Walking on Wednesday's Senior Walking Trail</p> <p>12:50 p.m. Parmatown, Giant Eagle, Kolhs, Target</p>	<p>30</p> <p>10:00 a.m. Chair Dancing "Original"</p> <p>1:00 p.m. Dr. Zaccardelli </p> <p>4:00 Champps</p>	<p>31</p> <p>9:00 a.m. Aerobics'</p> <p>10:00 a.m. Chair Volleyball </p> <p>10:30 a.m. Toss Across</p> <p>12:30 p.m. Cards</p>	