

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Tuesday Brunch Every Week from 9-10:30 am Just \$5 and open to all Brecksville residents of all ages! No Reservations Needed!

1 HAPPY NEW YEAR!!! WE'RE CLOSED!!

2 FREE Stretch & Balance - 10:45-11:15 am Canasta - 12:30-3:00 pm Restaurant Trip: Cafe Toscano - Aurora

3 FREE Seniors in Motion - 10:45-11:45 am Thursday Lunch: No Lunch Served Dominoes - 1-4 pm Bridge After Dark -7-9:45 pm

4 FREE Armchair Yoga - 10:45-11:45 am FREE Tai Chi - 10:45-11:45 am Bridge - 1-4pm Texas Hold 'Em - 10am-Noon Recovery - 10-Noon Mall Trip: Summit Mall

5 Thursday Lunch! Every Thursday at Noon Must be 60 years of age. Cost is \$7 for residents and \$9 non-resident guests. Must call for reservations!

7 Blood Pressure - 9 - 11:45 am FREE Armchair Yoga - 10:45-11:45 am Free Tai-Chi - 6:30-7:45pm

8 FREE Seniors in Motion - 10:45-11:45 am Brunch -Sausage gravy over biscuit with sausage patty, scrambled eggs, lettuce & tomato. Canasta - 1-4 pm Brecksville Errands FREE Meditation - 7-9 pm

9 FREE Stretch & Balance - 10:45-11:15 am Canasta - 12:30-3:00 pm Restaurant Trip: Berea Depot - Berea

10 FREE Seniors in Motion - 10:45-11:45 am Thursday Lunch: Stuffed pepper, mashed potatoes, corn, dinner roll, salad, peach pie. Dominoes - 1-4 pm Bridge After Dark -7-9:45 pm

11 FREE Armchair Yoga - 10:45-11:45 am FREE Tai Chi - 10:45-11:45 am Bridge - 1-4pm Texas Hold 'Em - 10am-Noon Recovery - 10-Noon

12 Parkinson's Dance Class 11:30-12:30

14 Blood Pressure - 9 - 11:45 am FREE Armchair Yoga - 10:45-11:45 am Free Tai-Chi - 6:30-7:45pm

15 FREE Seniors in Motion - 10:45-11:45 am Canasta - 1-4 pm Brunch - Scrambled eggs, bacon, hash brown potatoes, English muffin, fruit. Brecksville Errands FREE Meditation- Advanced 7-9 pm

16 FREE Stretch & Balance - 10:45-11:15 am Canasta - 12:30-3:00 pm Restaurant Trip: Square 22 Restaurant & Bar - Strongsville Free Pizza and Bingo - Noon Reservations required

17 FREE Seniors in Motion - 10:45-11:45 am Thursday Lunch: Beef brisket in a mashed potato bowl, mixed vegetable, dinner roll, peach & cottage cheese salad, Jello poke cake. Dominoes - 1-4 pm Bridge After Dark - 7-9:45 pm

18 FREE Armchair Yoga - 10:45-11:45 am FREE Tai Chi - 10:45-11:45 am Bridge - 1-4pm Texas Hold 'Em - 10am-Noon Recovery - 10-Noon

19

21 Blood Pressure - 9 - 11:45 am FREE Armchair Yoga - 10:45-11:45 am Free Tai-Chi - 6:30-7:45pm

22 FREE Seniors in Motion - 10:45-11:45 am Brunch - Pancakes, sausage links, applesauce, scrambled eggs. Canasta - 1-4 pm Brecksville Errands FREE Meditation-7-9 pm

23 FREE Stretch & Balance - 10:45-11:15 Restaurant Trip: Olesia's Place - North Royalton Canasta - 12:30-3:00 pm

24 FREE Seniors in Motion - 10:45-11:45 am Thursday Lunch: Lasagna, Italian green beans, ciabatta bread, garden salad, cannoli. Dominoes - 1-4 pm Bridge After Dark - 7-9:45 pm

25 FREE Armchair Yoga - 10:45-11:45 am FREE Tai Chi - 10:45-11:45 am Bridge - 1-4pm Recovery - 10-Noon Texas Hold 'Em - 10am-Noon

26 FREE Senior Classes Do Require a Paid Membership

28 Blood Pressure - 9 - 11:45 am FREE Armchair Yoga - 10:45-11:45 am Free Tai-Chi - 6:30-7:45pm

29 FREE Seniors in Motion - 10:45-11:45 am Brunch - Scrambled eggs with diced ham and cheddar cheese, salsa, smiley fries, cornmeal muffin, fruit. Canasta - 1-4 pm Brecksville Errands FREE Meditation-7-9 pm

30 FREE Stretch & Balance - 10:45-11:15 Restaurant Trip: Delmonico's - Independence Canasta - 12:30-3:00 pm

31 FREE Seniors in Motion - 10:45-11:45 am Thursday Lunch: Breaded chicken breast, lemon orzo, broccoli, bow knot roll, Cole slaw, chocolate candy bar cake. Dominoes - 1-4 pm Bridge After Dark - 7-9:45 pm

Class Instructors: FREE Seniors in Motion - Charlie FREE Armchair Yoga - Mary Pat Mondays Dana Fridays Stretch & Balance - Charlie FREE Tai Chi - Li

Announcements We think you're pretty special and would like to recognize you on your special day. If you would like us to announce your birthday or an anniversary, please let us know. 440-526-2499

January