


Orange Senior Center 216-831-8601 x5700


Senior Independence Adult Day meets Wednesdays, Thursday & Fridays at 10 am

November 2011

M	T	W	T	F
	Painting 9:00 (P) Bone Fitness 10:00 (B) Knitting 11:00 (G) Arts & Crafts 1:30 (G) Tai Chi 1:30 (B) Film Festival 2:45 (B) One Stroke 6:00 (P) Film Festival 6:00 (B) 1	Cardio 9:15 (B) Handwork 10:00 (G) Zumba 1:30 (B) 2	BP (C) Bridge Improv 9:30 (G) Strength 10:15 (B) Food Addicts 2:00 (B) 3	Cardio 9:15 (B) Drop-in Bridge 12:30 4
Bridge II 9:30 (P) Drop-in Bridge 9:30 (G) Cardio 9:15 (B) Line Dance 1:30 (P) Food Addicts 2:00 (B) 7	Painting 9:00 (P) Bone Fitness 10:00 (B) Knitting 11:00 (G) Low Vision 1:00 (P) Arts & Crafts 1:30 (G) Tai Chi 1:30 (B) Film Festival 2:45 (B) Manicure/Pedicure 5:00 One Stroke 6:00 (P) Film Festival 6:00 (B) 8	Cardio 9:15 (B) Handwork 10:00 (G) Zumba 1:30 (B) 9	BP (C) Bridge Improv 9:30 (G) Strength 10:15 (B) Food Addicts 2:00 (B) 10	Cardio 9:15 (B) Veteran's Day 10:30 (B) Drop-in Bridge 12:30 Lunch Bunch: 1:30 Glenwillow Grill HOLIDAY BOUTIQUE PREVIEW 2:30 11
Podiatry 9:00 (C) Bridge II 9:30 (P) Drop-in Bridge 9:30 (G) Cardio 9:15 (B) Line Dance 1:30 (P) Food Addicts 2:00 (B) 14	Painting 9:00 (P) Bone Fitness 10:00 (B) Knitting 11:00 (G) Arts & Crafts 1:30 (G) Tai Chi 1:30 (B) Film Festival 2:45 (B) Caregiver Support 3 (G) One Stroke 6:00 (P) Film Festival 6:00 (B) 15	Cardio 9:15 (B) Hillcrest Dolls 10:00 (G) Handwork 10:00 (G) Zumba 1:30 (B) 16	BP (C) Bridge Improv 9:30 (G) Strength 10:15 (B) Book Club 1:30 (G) Food Addicts 2:00 (B) 17	Cardio 9:15 (B) Arthritis Talk 10:30 (B) Drop-in Bridge 12:30 18
Bridge II 9:30 (P) Drop-in Bridge 9:30 (G) Cardio 9:15 (B) Massage 10:00 (C) Line Dance 1:30 (P) Food Addicts 2:00 (B) 21	Painting 9:00 (P) Knitting 11:00 (G) Bone Fitness 10:00 (B) Arts & Crafts 1:30 (G) Tai Chi 1:30 (B) Film Festival 2:45 (B) One Stroke 6:00 (P) Film Festival 6:00 (B) 22	CLOSED	CLOSED	CLOSED
Podiatry 9:00 (C) Bridge II 9:30 (P) Drop-in Bridge 9:30 (G) Cardio 9:15 (B) Garden Club 10:30 (B) Fancy Fingers 11:30 (G) Line Dance 1:30 (P) Food Addicts 2:00 (B) 28	Painting 9:00 (P) Bone Fitness 10:00 (B) Knit 11:00 (G) Tai Chi 1:30 (B) Film Festival 2:45 (B) One Stroke 6:00 (P) Film Festival 6:00 (B) 29	Cardio 9:15 (B) OSACA 10:30 Handwork 10:00 (G) Zumba 1:30 (B) 30		B = Blue Room P = Purple Room G = Green Room C = Clinic

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Senior Independence Adult Day meets Wednesdays, Thursday & Fridays at 10 am
December 2011

M	T	W	T	F
	B = Blue Room P = Purple Room G = Green Room C = Clinic		BP (C) Bridge Improv 9:30 (G) Strength 10:15 (B) Food Addicts 2:00 (B)	Cardio 9:15 (B) Drop-in Bridge 12:30
Bridge II 9:30 (P) Drop-in Bridge 9:30 (G) Cardio 9:15 (B) Line Dance 1:30 (P) Food Addicts 2:00 (B)	Painting 9:00 (P) Bone Fitness 10:00 (B) Knit 11:00 (G) Hungarian 1:00 (B) Tai Chi 1:30 (P)	Cardio 9:15 (B) Handwork 10:00 (G) Zumba 1:30 (B)	BP (C) Bridge Improv 9:30 (G) Strength 10:15 (B) Food Addicts 2:00 (B)	Cardio 9:15 (B) HOLIDAY PARTY 12:00
5	6	7	8	9
Podiatry 9:00 (C) Bridge II 9:30 (P) Drop-in Bridge 9:30 (G) Cardio 9:15 (B) Line Dance 1:30 (P) Food Addicts 2:00 (B)	Painting 9:00 (P) Bone Fitness 10:00 (B) Tai Chi 1:30 (B)	Cardio 9:15 (B) Handwork 10:00 (G) Zumba 1:30 (B)	BP (C) Bridge Improv 9:30 (G) Strength 10:15 (B) Book Club 1:30 - 2:30 Food Addicts 2:00 (B)	Cardio 9:15 (B) Drop-in Bridge 12:30
12	13	14	15	16
Cardio 9:15 (B) Drop-in Bridge 9:30 (G) Massage 10:00 (C) Line Dance 1:30 (P) Food Addicts 2:00 (B)	Painting 9:00 (P) Tai Chi 1:30 (B) Caregiver Sup 3:00	Cardio 9:15 (B) Handwork 10:00 (G)	BP (C) Strength 10:15 (B) Food Addicts 2:00 (B)	CLOSED
19	20	21	22	23
CLOSED	Painting 9:00 (P) Tai Chi 1:30 (B)	Cardio 9:15 (B) Handwork 10:00 (G) Zumba 1:30 (B)	Strength 10:15 (B) Food Addicts 2:00 (B)	Cardio & Core 9:15 (B) Drop In Bridge 12:30(G)
26	27	28	29	30