






May 2018 (REVISED)
West Side Community House Healthy Aging Center
 (216) 771-7297 ext. 303/www.WSCHouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="background-color: yellow; border: 1px solid black; padding: 5px; width: fit-content;"> Activities may change without notice </div>	1 10:00 Rhythm & Memory 11:00 Bingo 11:00 Western Dancing	2 10:00 Tai-Chi 11:00 Pump It Up 12:30 Shop at Aldi's	3 9:30 Express thru Art 10:45 Yoga 11:00 Bingo 11:00 Western Dancing	4 10:00 Post Office 10:00 Guidestone Group 11:00 Chair Volleyball 11:15 Chair Exercise
7 10:30 Google 11:00 Volleyball 11:00 Dance Fitness	8 10:00 Health Screens 10:00 Rhythm & Memory 11:00 Bingo 11:00 Western Dancing	9 10:00 Tai-Chi 11:00 Pump It Up 12:30 Shop Steel yards Walmart	10 9:30 Express thru Art 10:45 Yoga 11:00 Bingo 11:00 Western Dancing	11 9:30 Chess 10:00 GuideStone Group 11:00 Chair Volleyball 11:15 Chair Exercise
14 10:30 Google 11:00 Volleyball 11:00 Dance Fitness	15 10:00 Rhythm & Memory 11:00 Bingo 11:00 Western Dancing	16 10:00 Tai-Chi 11:00 Pump It Up 12:30 Shop at Bid-dulph Plaza	17 9:30 Express thru Art 10:45 Yoga 11:00 Bingo 11:00 Western Dancing	18 9:30 Chess 10:00 Foot Doctor 10:00 GuideStone Group 11:00 Chair Volleyball 11:15 Chair Exercise
21 10:30 Google 11:00 Volleyball 11:00 Dance Fitness	22 10:00 Rhythm & Memory 11:00 Bingo 11:00 Western Dancing	23 	24 9:30 Express thru Art Senior Day at Cleveland Public Hall 	25 9:30 Chess 10:00 GuideStone Group 11:00 Chair Volleyball 11:15 Chair Exercise
28 Site Closed 	29 10:00 Rhythm & Memory 11:00 Bingo 11:00 Western Dancing 11:30 Site Council	30 10:00 Tai-Chi 11:00 Pump It Up 12:30 Shop at Marc's	31 9:30 Express thru Art 10:45 Yoga 11:00 Bingo 11:00 Western Dancing	Please Note: Thurs.—9:30 a.m. Art Express & BP Wii Bowling & Pool Table 8:00am-Noon Cards all morning