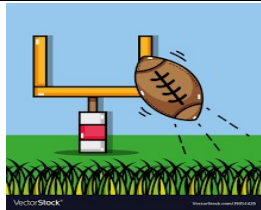



| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| <p>2</p> <p>LABOR DAY</p> <p>CLOSED</p> | <p>3 8:15- Zumba– 8:45– Easy Yoga– 9:30–Silversneaker classic 10:45–Silversneaker classic– 11-Beginning Balance–</p> | <p>4 8:30 Cardio Jam 9:45—SS Cardio 10–Chair Yoga– 11:15–Easy Yoga– 11:30–Parkinson’s</p> | <p>5 8:15– Zumba– 9:30–SilverSneaker classic 10– Easy Yoga– 10:45– SilverSneaker Classic– 11:15–Advance Balance– 1:00–1:40 Strength Class</p> | <p>6 7:45 Walk With the Doc - <u>Dr. Kelly Tomasic “Cholesterol Numbers/What They Mean”</u> <u>TARGET HALLWAY</u> 8:45–Cardio Jam– 9- 60UP BALANCE CLASS– 10– Chair Yoga– classroom– 11:30– Parkinson’s exercise–</p> |
| <p>9 8:30 Cardio Jam 9:45—SS Cardio 10–Chair Yoga– 11:15–Easy Yoga– 11:30–Parkinson’ 1-1:40 Strength Class</p> | <p>10 8:15– Zumba– 9:30–SilverSneaker classic BONE DENSITY 9-12 walk-ins 10– Easy Yoga– limit 16 10:45– SilverSneaker Classic– – limit 30</p> | <p>11 8:30-Cardio Jam– 9AM- 60UP BALANCE 9-12 -Free Advance directives Living Will & Durable Power of Attorney walk in 9:45– – SilverSneakers Cardio 10–Chair Yoga–limit 30– 11:30–Parkinson’s class–</p> | <p>12 8:15– Zumba– 9:30–SilverSneaker classic— 10– Easy Yoga– 10:45– SilverSneaker Classic– 11:15–Advance Balance– 1-1:40 Strength Class 3:00-4:00 GRIEF 101 Support</p> | <p>13 8:30-Cardio Jam–Hallway 9- 60UP BALANCE CLASS– 10– Chair Yoga– 11:30– Parkinson’s exercise—</p> |
| <p>16 8:30-Cardio Jam– 8:30-11 BLOOD SUGAR 10 hr. fast walk-in 8:30-10 Behavioral Health Services- see Alana MacKenzie, LSW no appt. 9:45- SS Cardio 10– Chair Yoga– classroom 11:30– Parkinson’s exercise 1:00–1:40 Strength Class 1:00HEALTHY EATING COOKING DEMO Jessica Romeo, RDN,LD no cost!! Register!!</p> | <p>17 8:15- Zumba– 8:45– Easy Yoga– 9-2:00 Mammovan Bus here today reg!! 330-652-7542 9:30–Silversneaker classic– I 10:45–Silversneaker classic– 11-Beginning Balance– *11– 3:00 TRUMBULL COUNTY EASTWOOD MALL HEALTH WELLNESS EXPO mall main concourse FREE!!</p> | <p>18 8:30-Cardio Jam– Hallway 9AM- 60UP BALANCE CLASS– 9:45 - SilverSneakers Cardio 10- Chair Yoga–limit 30 11:30–Parkinson’s class– 12:30– TALK WITH THE DOC -Dr Paul Wright Healthy Aging Healthy Hearts/Calcutta Missions with St. Mother Theresal-Register-\$3 lunch</p> | <p>19 8:15– Zumba– – 9:30–SilverSneaker classic– 10– Easy Yoga– 10:45– SilverSneaker Classic– – 11:15–Advance Balance- I 1- Hypertension Management Class- Stephanie Oakes RN, MSN 1:00-1:40 Strength Class</p> | <p>20 8:30-Cardio Jam–Hallway 9- 60UP BALANCE CLASS– exercise 10– Chair Yoga– classroom 11:30– Parkinson’s exercise</p> |
| <p>23 8:30 Cardio Jam–Hallway 9:45 -SilverSneaker Cardio. 10–Chair Yoga– 11:15–Easy Yoga– 11:30–Parkinson’s Exercise 1-3:00- STEPPING OUT CLASS- SENIOR HEALTH,SAFETY, BALANCE by Mercy Health Trauma Coordinators REGISTER 6 classes! 1-1:40 Strength Class REGISTER for OCTOBER CLASSES!!!</p> | <p>24 8:15- Zumba– 8:45– Easy Yoga–Exercise 9:30–Silversneaker classic– 10:45–Silversneaker classic 11-Beginning Balance– 2-3CAR SEAT CLASS- TCCHD register 330 -675-2489</p> | <p>25 8:30-Cardio Jam– 9AM- 60UP BALANCE 9:45- SilverSneakers Cardio 10 Chair Yoga– -11:30–Parkinson’s class 1:00-MEDICARE UP-DATES Kim Tokovich, Medicare Life Agent Register 330-652-7542</p> | <p>26 8:15– Zumba– 9:30–SilverSneaker classic– – 10– Easy Yoga– 10:45– SilverSneaker Classic- I 11:15–Advance Balance– 1:00-2:00DIABETIC EDUCATION CLASS Katie Rebraca RN Educator reg. 1-1:40 Strength Class 1-4-Peripheral Vascular Disease screening by appt. 1-4 -Advance directives Living Will & Durable Power of Attorney for Healthcare Walk in</p> | <p>27 8:30-Cardio Jam– 9- 60UP BALANCE CLASS– 10– Chair Yoga– limit 30 11:30– Parkinson’s exercise—</p> |
| <p>30 8:30-Cardio Jam–Hallway 9:45 SS Cardio 10– Chair Yoga– 11:15 Easy Yoga 11:30– Parkinson’s exercise— 1:00-1:40 Strength Class 1-3:00- STEPPING OUT CLASS- SENIOR HEALTH,SAFETY, BALANCE -Trauma Regis-</p> | <p>Open M-F-8-4:30PM-Parking by Target or Dental Works Phone: 330-652-7542 BLOOD PRESSURES-Tues- Wed- Thurs...9AM-12PM– Tues. 1:30-3:30pm</p> <p>REGISTRATION FOR OCTOBER on 9/23</p> <div style="display: flex; justify-content: space-around;">   </div> | | | |