

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
CENTER HOURS: M-TH 8:00 - 4:00 FR 8:00 - 2:00 Center Phone: 440-373-5015	Wickliffe Nutrition 440-373-5017 *Please call this number with issues regarding Lunches or Meals on Wheels. Thank you.* 		1 CENTER CLOSED NEW YEAR'S DAY	2 Senior Exercise - 10 AM Lunch 11:30 AM
5 Senior Exercise - 9:00 AM Senior Free Dance - 10:15 Lunch 11:30 AM Pinochle 12:30 PM Crochet Club - 12:30 PM	6 Chair Yoga - 9:00 AM Lunch 11:30 AM	7 Podiatrist (Appt. Only Starts at 9:00 AM) Stretch & Balance 10 AM Lunch 11:30 AM Line Dancing 1:00 PM	8 Chair Yoga - 9:00 AM Lunch 11:30 AM Wii Bowling 12:30 PM Meditation - 12:30 PM	9 Happy Bingo - 9:00 AM Senior Exercise - 10 AM Lunch 11:30 AM
12 Senior Exercise - 9:00 AM Center Focus Group - 10 AM Senior Free Dance - 10:15 Chair Msg - 10:15 AM (Appt Req) Lunch 11:30 AM Pinochle 12:30 PM Crochet Club - 12:30 PM	13 Chair Yoga - 9:00 AM Board Meeting - 10 AM Lunch 11:30 AM Arts & Crafts Project - 12:30 PM	14 Wii Bowling 9:00 AM Lunch 11:30 AM Center Focus Group - 12:30 PM Line Dancing 1:00 PM	15 Chair Yoga - 9:00 AM Euclid Beach Presentation - 10 AM Reiki - 10 AM (appt req) Lunch 11:30 AM Wii Bowling 12:30 PM	16 Attorney Appts 9-11 AM *Appointment req* Senior Exercise - 10 AM Lunch 11:30 AM
19 CENTER CLOSED MLK JR DAY	20 Chair Yoga - 9:00 AM Donut Day - 10 AM Reader's Theatre - 10:00 AM Lunch 11:30 AM Crochet Club - 12:30 PM	21 Bus Trip - Breakfast and Trinity Cathedral Brown Bag Concert - 9:45 AM Stretch & Balance 10 AM LCCOA Table - 10:30 AM Lunch 11:30 AM Line Dancing 1:00 PM	22 Chair Yoga - 9:00 AM Reader's Theatre - 10:00 AM Lunch 11:30 AM Wii Bowling 12:30 PM Meditation - 12:30 PM Senior's Trivia - 12:30 PM	23 Senior Exercise - 10 AM Lunch 11:30 AM Book Club - 12:30 PM
26 Senior Exercise - 9:00 AM Senior Free Dance - 10:15 Chair Msg - 10:15 AM (Appt Req) Lunch 11:30 AM Pinochle 12:30 PM	27 Chair Yoga - 9:00 AM Reader's Theatre - 10:00 AM Lunch 11:30 AM Joyful Bingo - 12:30 PM	28 Wii Bowling 9:00 AM Medicare 101 - 10:00 AM Mystery Lunch Trip - 11 AM Lunch 11:30 AM Line Dancing 1:00 PM	29 Chair Yoga - 9:00 AM Reader's Theatre - 10:00 AM Lunch 11:30 AM Wii Bowling 12:30 PM Popcorn Classic Movie "Legally Blonde" - 12:30 PM	30 Senior Exercise - 10 AM Lunch 11:30 AM