

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 11:00 Aetna Medicare Presentation Maple Room Please RSVP. 12:00 Craft and Light Lunch	4 Giant Eagle and Banks. Bob leaving City Hall at 9:00 a.m.	5 10:00-2:00 FLU SHOT MUST CALL 440-526-2499 FOR APPOINTMENT. Transportation will be provided for 14.	6 7 pm Alzheimer's Support Group Willow Room. Sponsored by the Heights.	7 11:00 Friday Five Maple Room "Assisted Living Waiver Program" Sponsored by Royalton Woods Please RSVP	8
9 3:00 Garfield Heights Players Presents CHICAGO Transportation for 14. Tickets are \$8.00 at the door. Bus Leaving City Hall at 1:30 p.m.	10 11:00 Hot Topic" Seasonal Depression Maple Room Please RSVP	11 Mapleside Farms Lunch and Shopping Bus Leaves City Hall at 10:00 a.m.	12 Marcs-Eddie leaving City Hall at 9:00 a.m.	13 9:20 Smile Exercise 10:00 Senior Meeting – AAA "Tips For Senior Drivers- How To Keep Driving Longer, Better & Safer" 11:00 Lunch \$4.00 Menu: Vegetable Soup, Chicken Salad on Croissants, Fruit, Beverage and Terry's home made cake☺	14- 9:00-1:30Senior Wellness Day in Brecksville. Transportation for Available for 14 FREE LUNCH Sponsored by Brentwood Health Care MUST RSVP 440-526-4074 Menu: Lasagna, Green Beans, Italian Wedding Soup, Garlic Bread and Strawberry Angel Cake Roll.	15 Happy Sweetest Day
16	17 9:00 a.m.-10:00 a.m. Anthem Table and Chair- available for questions.	18 Parmatown Mall. Bob leaving City Hall at 9:00 a.m.	19 Acme- Eddie leaving City Hall at 9:00 a.m. 10:00 am Silver Sneakers Sr. Walk in the Park. Bring your own picnic lunch. Rain Date: October 21 st .	20	21	22 1-6 pm Halloween on The Heights Need Volunteers for Refreshments and Costume Contest 2:00-4:00 p.m.
23	24 9:00 – 10:00 a.m. Glaser Senior Health Insurance, LLC. Table and Chair – available for questions.	25 Shopping and Lunch at Aurora Farms. Bob leaving City Hall at 9:00 a.m.	26 Marcs- Eddie leaving City Hall at 9:00 a.m.	27 9:20 Exercise 10:00 Senior Meeting – Keith Brown, PhD from Benjamin Rose. "HOARDING" 11:00 Lunch \$4.00 Menu: Oktoberfest – Brats, Root Beer, Sauerkraut and Apple Crisp.	28 Casino Trip- Seneca Allegheny Leaving City Hall at 7:00 a.m. Arrive Casino 10:00 am. Leaving Casino 3:00 pm. Returning City Hall at 6:00 pm Cost: \$25.00 \$25.00 Slot \$10.00 Food	29 Operation Medicine Cabinet 9-2pm Route 82 and 21.
30	31 1:00 Halloween Party RSVP. Costumes Encouraged. Sponsored by Mount Royal Villa. Call for Transportation.	OCTOBER 2011 What do birds give out on Halloween Night? Tweets...				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-4 Cards 9:00 Cardio FIT 10:00 SS (MSROM) 12:00 Wii Eagles	9-4 Cards/ 6-9 pm Cards 9:00-10:00 BP Checks 2 nd and 4 th Tuesday 10:00 Cardio Fit-Hickory Rm 10:00 SMILE Exercise 11:00-11:45 SS Yoga 11:00 Bingo-No Bingo if there is a 5th Tuesday	10:00 SS (MSROM) 11:15 SS Walking Club 11:15 Line Dancing	9-4 Cards 10:00 SMILE Exercise 10:00 Cardio Fit-Hickory Room 11:00-11:45 SS Yoga	10:00 SS (MSROM) 11:00 Wii Bowling 1-5 Cards	ZUMBA GOLD 11:15-12:00 Starts June 4th