

Garfield Heights Senior Center

Activities

- **Flexibility Class (Mondays and Wednesdays @ 10:00 AM):** A moderate exercise program working mostly from chairs. Focus of exercise is flexibility and range of motion. Classes are \$0.50 a class. You must attend a **MINIMUM** of 20 classes and pay your fee each class in order to be eligible for the party invite.
- **Wii Bowling (Mondays & Wednesdays during season):** Bowling with your teammate from the Wii game console system. Each season is 12 weeks. Cost to bowl is \$2.00. You must pay all 12 weeks in order to be eligible for the end of season banquet.
- **Password (Mondays @ 12:30 PM):** Pick your words wisely. Use only one-word clues to describe the password to your teammates. One word answer, one word clue, one great game! There is no cost for this activity.
- **Light Aerobics & Strength Training (Tuesdays & Thursdays starting @ 9:30):** A light exercise program focusing on cardio and strength training. Some exercises are done from the chair but not all. Cost for aerobics and strength training is \$0.50 a class. You must attend a **MINIMUM** of 20 classes and pay your fee each class in order to be eligible for the party invite.
- **Bingo (Tuesdays & Thursdays @ 12:30 PM):** A game of chance played with different randomly drawn numbers that have been pre-printed on cards. Cost is \$0.25 a card.
- **Creative writing (Tuesdays @ 12:30):** Class encourages you to use your creativity as you write on different subjects. There is no cost for this class.
- **"This & That" (Every other Wednesday of the month):** An informal Social Club where seniors who have a love for reading gather to discuss different books as well as world news or topic of their choice. There is no cost for this class.
- **Jazzercise (Tuesdays @ 1:00 PM):** An upbeat and energetic class that infuses dance with exercise. This program is ran by a certified trainer and is provided by the county. There is no cost for this activity.
- **Pinochle (Mondays & Wednesdays @ 12:30 PM):** Seniors meet to play a trick-taking card game in the cafeteria. There is no cost for this activity. **PINOCHLE TOURNAMENTS ARE HELD EVERY SECOND FRIDAY OF THE MONTH @ 12:15.**
- **Zumba Gold (Thursdays @ 12:30 PM):** Zumba designed for senior citizens. Seniors meet to stay fit while enjoying Latin dance moves. Cost of class is \$3.00. Cost covers the certified instructors in house fee. There are no parties for this exercise program.
- **Walking Club (Thursdays @ 10:30 AM):** Take an active stroll around the neighborhood when weather permits with other seniors. There is no cost for this activity.