

## 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. You must attend minimum of 20 classes and pay your fee each class in order to be eligible for the party invite.

- **Light Aerobics & Strength Training (Tuesdays & Thursdays @ 9:30):**

-A light exercise program focusing on cardio and strength training. Some exercises are done from the chair but not all. Classes are \$0.50. You must attend a minimum of 20 classes and pay your fee each class in order to be eligible for the party invite.

- **Adapted Jazzercise (Tuesdays @ 1:00 PM):**

-This modified exercise program is designed in an easy to follow format, set to music with elements of dance moves. Begin with a warm up, light aerobic routines, muscle toning and ending with a cool down. The county covers the 1st and 3rd Tuesday, while the 2nd, 4th, and 5th (if applied) is \$3.00 per class. There are no parties for this exercise class.

- **Zumba For Seniors (Thursdays @ 12:30 PM):**

-Zumba designed for senior citizens. Seniors meet to stay fit while enjoying Latin dance moves. Classes are \$3.00. There are no parties for this exercise program.

- **Tai Chi (Tuesdays & Thursdays @ 12:30 PM):**

-Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. There is no cost for this exercise program.

- **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!

- **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 per card.

- **"This & That" (Wednesdays @ 12:30 PM):**

-An informal Social Club where seniors who have a love for reading gather to discuss different books as well as world news or a topic of their choice.

- **Books & Puzzles (Mondays & Wednesdays @ 9:30 AM):**

-Come socialize with a group and enjoy books, puzzles, adult coloring books, and more!

- **Memory Fitness Class (COMING SOON)**

- **Chair Volleyball (COMING SOON)**