

Garfield Heights Senior Center Activities

- **Flexibility Class (Mondays and Wednesdays @ 10:00 AM):**

-A moderate instructor based exercise program working mostly from chairs. Focus of exercise is flexibility and range of motion. Classes are \$0.50.

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

-A light instructor based exercise program focusing on cardio and strength training. Some exercises are done from the chair, but not all. Classes are \$0.50.

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

-This modified instructor based exercise program is designed in an easy to follow format, set to music with elements of dance moves. The 1st and 3rd Tuesday are free, while the 2nd, 4th, and 5th (if applied) are \$3.00 per class.

- **Zumba For Seniors (Thursdays @ 12:45 PM):**

-Zumba designed for senior citizens. Seniors meet to stay fit while enjoying Latin dance moves. Classes are \$3.00.

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

-Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class is video based and free.

- **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 per week. 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! This activity is free.

- **Bingo (First Tuesday of the month at 12:30 PM):**

-A game of chance played with different randomly drawn numbers that have been pre-printed on cards. Bingo is free and sponsored by Pleasant Lake Villa.

- **"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. This activity is free.

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

-Come socialize with a group and enjoy books, puzzles, adult coloring books, and more! This activity is free.

- **Memory Class (Please check monthly calendar for dates and times):**

-Have some fun and train your brain! This class is free.

- **Chair Volleyball (Please check monthly calendar for dates and times):**

-Chair volleyball is played with a beach ball and a five foot net. Only rule is that you must stay seated at all times! This activity is free.

- **Cornhole (Wednesdays @ 12:30 PM):**

-Get some friends together and come learn the game of cornhole! This activity is free.