

NORDONIA HILLS SENIOR CENTER

WEDNESDAY 9:30am-2:00pm
Sponsored by the Nordonia Hills Area
At Macedonia City Hall - 9691 Valley View Rd.
330.468.8300 x432

OCT
2018

Happy Halloween

October 3rd

Cards Available

10:00 - Exercise

11:00 - **Flu Shots**

12:15 - Lunch

1:00 - BINGO

October 10th

Cards Available

10:00 - Exercise

11:00 - **Knee Pain**

12:15 - Lunch

1:00 - BINGO

October 17th

Cards Available

10:00 - Exercise

11:00 - **Free Health Screenings**

12:15 - Lunch

1:00 - BINGO

October 24th

Cards Available

10:00 - Exercise

11:00 - **Medicare Update**

12:15 - Lunch

1:00 - BINGO

October 31st

Cards Available

10:00 - Exercise

11:00 - **Halloween Party**

12:15 - Lunch

1:00 - BINGO

Health Info

Flu Shots are from Marc's
pharmacy. Health Screenings
provided by University Hospital.
Blood pressure taken by Vista
Springs every last Wed.

Lunch Fee:
\$3.00 Per Person