



Monday	Tuesday	Wednesday	Thursday	Friday
3.) 1.) Fitness 2.) Safe Food Handling Cooking Club Around the World Open M	4.) 1.) Ways to Be Fit 2.) How Food is Contaminated Newsletter Cleveland Clinic ReStore	5.) 1.) Drinking Water 2.) Handwashing Library Sign language club Choir Craft Club	6.) 1.) Heart Rate 2.) Hand Care Adult Fitness Class Book Club Access	7.) Taco Bell – Group 1 Target- Group 2 Choir Spa Day Friendship Club Food Bank
10.) 1.) Burning Calories 2.) Gloves Cooking Club Around the World Open M	11.) 1.) Walking for Fitness 2.) Other Good Personal Hygiene Practices Newsletter Cleveland Clinic ReStore	12.) 1.) Chair Yoga 2.) Reporting Health Issues Nature Drawing Sign language club Choir Art w/Ashley Bright Star	13.) 1.) Stretching 2.) Assessment Book Club Adapted Art YMCA	14.) Putt Putt Golfing~ Lock 3  Choir Salvation Army
17.) 1.) 10 Benefits of Exercise 2.) Cross Contamination Cooking Club Around the World Open M	18.) 1.) Muscle Versus Fat 2.) Time & Temperature Newsletter Cleveland Clinic ReStore	19.) 1.) Proper Lifting 2.) Food Thermometers Library Sign language club Choir Craft Club	20.) 1.) Diet & Exercise Jeopardy 2.) Recording Temperatures Adult Fitness Class Book Club Access	21.) Taco Bell - Group 2 Target- Group 1 Choir Spa Day Friendship Club
24.) 1.) Personal Hygiene and Grooming 2.) Choosing Quality Food Cooking Club Around the World Open M	25.) 1.) Daily Habits 2.) Inspecting Food Cleveland Clinic ReStore	26.) Art w/Beth 1.) Creating a Hygiene Routine 2.) Proper Packaging Sign language club Choir	27.) 1.) Dental Care 2.) Assessment Adapted Art Book Club YMCA	28.) Chili Cook Off  Family, Friends and SSA's are welcomed.


Monthly Rights:

- 1.) Your right to go to a doctor or dentist when you are sick
- 2.) Your right to have people help you with the way you walk, talk, do things with your hands, act or feel, if/when you need it.

Group 2: Brad, Stephen, Sarah, Kari, David, Pam, Ryan, Cheryl, Brian, Ashley, Jack, Joe, Christian

Adapted Art & Adult Fitness Class ~ City of Cuyahoga Falls Special Recreation Programs.

- These programs are located at Lion's Park recreational center. These classes give you a better understanding of the importance of physical activity. Did you know physical activity is not only good for your health but it's good for your overall mood and wellbeing?

Chili Cook Off – Family, Friends and SSA's are welcome to join us at HQ @11am come and enjoy our many different flavors of chili. You won't be disappointed. 

Cooking Club

3rd ~ Apple Chips

10th ~ Puppy Chow

17th ~ Spinach Wraps

24th ~ Root Beer Floats

Putt Putt Golf Lock 3

Winter is a blast at Lock 3, with a host of many attractions. Do you like to golf? Try your luck at the 9 holes of indoor putt-putt golf room. The cost of this trip is \$3 for 9 holes.

Pizza & Bowling-

Bowl for \$2.00 at Legend Lanes or stay back at HUB and order pizza for lunch. Pizza is a \$1.00 a slice and \$1.00 for a pop.

Nature Drawing: Will be held at the Summit Metro Park located on Smith Rd. You will have the opportunity to join an interpretive artist on an entertaining lesson of a nature drawing. Beginners are welcomed. CCNEO will provide a sketchbook and pencils. So, bring your good eye and sense of humor 😊 class will be from 10am-12p.

All events that involve money are voluntary. Other opportunities will be available for those who choose not to attend.