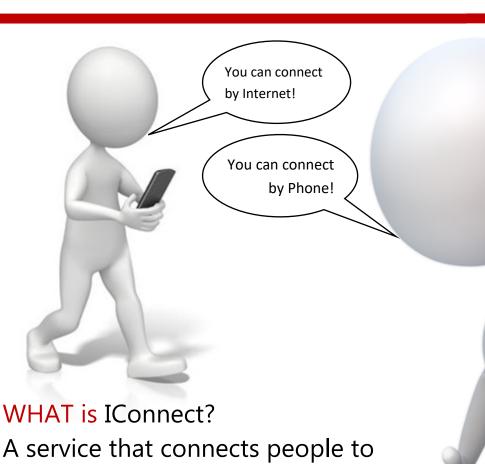


NOVEMBER SESSIONS



experiences and opportunities.

What EXPERIENCES and

OPPORTUNITIES?

Connect to museums, concerts, classes, community events, and more.

WHO participates in IConnect?

People age 55+ who want to learn new things, socialize with others and be connected.



WEEKLY SCHEDULE

Sunday

3:30pm-4:30pm Virtual Passport 6pm - 8pm Gospel Sounds

Monday

9am - 9:30am Morning Inspiration

9:30am - 10am Chair Exercise

11am - 12pm Green Thumb Series

1pm - 2pm Nutrition Series

2:30pm - 3:30pm Docuseries

4pm - 5pm Monday Night Football

5pm - 6pm Dinnertainment

7pm - 8pm Salute (Veterans Program)

Tuesday

9am - 9:30am Morning Inspiration

9:30am - 10am Walk N' Talk

11am - 12pm Get Connected (Cleveland Rec Ctrs)

1pm - 2pm Book Club

3pm - 4pm BINGO

5pm - 6pm Dinnertainment

10pm - 10:30pm Bedtime Stories

Wednesday

9am - 9:30am Morning Inspiration

9:30am - 10am Chair Exercise

10:30am -11:30am This is Cleveland

12:30pm - 1pm Name that tune

1pm - 2pm Fun N Games

3pm - 4pm Virtual Tours/Fieldtrips

5pm - 6pm Dinnertainment

WEEKLY SCHEDULE cont'd

Thursday

9am - 9:30am Morning Inspiration

9:30am - 10am Walk N' Talk

12pm - 1pm Lunchtainment- Live Classical Piano Con-

cert

3pm - 4pm BINGO

5pm - 6pm Dinnertainment

7pm - 8:30pm Bible Study

10pm - 10:30pm Bedtime Stories

Friday

9am - 9:30am Morning Inspiration

9:30am - 10am Chair Exercise

12pm - 1pm Craft Corner

1pm - 2pm Freestyle Friday

3pm - 4pm What's Underwater

5pm - 6pm Dinnertainment

7pm - 9pm At the Movies

11:00pm - 1am Late Night Movies

Saturday

1am - 3am Late, Late Night Movies

1pm - 2pm Cooking with Keena

3pm - 4pm Art in Me!

5pm - 6pm Storytelling

SESSION	DESCRIPTION
Art in ME!	Have fun bringing out the artist in you through fun creative projects.
At the Movies Late Night Movies Late, Late Night Movi	Get together as a group and watch your favorite movie from action to drama to the early morning hours. es
Bedtime Stories sleep.	Go to sleep listening to stories that help you drift off to
Bible Study	Weekly Bible Study class.
BINGO	Enjoy a fun game of BINGO played at a moderate pace with A variety of patterns.
Book Club list.	Join us as we read and talk about books on our reading
Chair Exercise	Get an effective workout while sitting down in your chair.
Cooking with Keena	Stuck in a food rut? Learn to cook new meals and get the recipe.
Craft Corner	Work on your project or learn to make something new with common items.
Dinnertainment	Be edutained while sharing some dinner conversation.
Docuseries	Watch documentaries from a variety of topics and interests.
Freestyle Friday vent,	Want to get something off your chest– use this time to
friendly	Express yourself (artistically, emotionally, etc), share in conversation.
Green Thumb Series	Learn about various plants and gardening techniques.

SESSION	DESCRIPTION (cont.)
Lunchtainment	Enjoy lunch while listening to a piano live.
Morning Inspiration	Get inspired or inspire others through inspirational conversations.
Monday Night talk Football	Enjoy a lively conversation with other Football Fans. Or about your Fantasy Football Leagues.
Name that Tune	Test your memory and quickness with this musical game.
Nutrition Series plans &	Learn what your body needs to fuel itself. Exercise, diet recipes.
Salute	Enjoy friendly conversation with other veterans.
Storytelling	Be the teller or be the listener of engaging stories.
This is Cleveland tional	Explore the rich history of Cleveland in this fun & education series.
Virtual Passport	Take a trip virtually through your ears and eyes and disco places near and far.
Virtual Tours/ world. Fieldtrips	Join us as we visit some fun and cool places around the
Walk N' Talk	Enjoy walking in place by either sitting down or standing
What's Underwater	Learn what lives in our waters from lakes to oceans.

HOW DO IConnect?

You can connect to experiences and opportunities 2 ways.



TELEPHONE

You can connect



INTERNET

You can connect via browser or app.

You choose how to connect. Phone? Internet? Both?
Once you REGISTER, you will receive information on how to connect to sessions.

Are there OTHER experiences and opportunities I can connect to?

Yes, there are other experiences and opportunities you can connect to.

We work with you to figure out what experiences and opportunities interest you and do our best to connect you to it. Just ask to get connected to other experiences and opportunities.

Ready to IConnect? Then Let's REGISTER.

Choose phone, email, or mail to register.

If by PHONE, call: 216-298-4440 ext. 23.

If by EMAIL, email to: gcnca.oh@gmail.com

If by MAIL, mail to: Greater Cleveland Neighborhood

Centers Association

Wakefield Lofts

1814 East 40th Street, Suite 4D

Cleveland, Ohio 44103