



### WHAT is IConnect?

A service that connects people to 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 Concert
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 Movies	Get together as a group and watch your favorite movie from action to drama to the early morning hours.
Bedtime Stories	Go to sleep listening to stories that help you drift off to sleep.
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	Join us as we read and talk about books on our reading list.
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,  friendly	Want to get something off your chest– use this time to 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 & educational series.
Virtual Passport	Take a trip virtually through your ears and eyes and discover places near and far.
Virtual Tours/ world. Fieldtrips	Join us as we visit some fun and cool places around the world.
Walk N' Talk	Enjoy walking in place by either sitting down or standing up.
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:	gcncs.oh@gmail.com
If by MAIL, mail to:	Greater Cleveland Neighborhood Centers Association Wakefield Lofts 1814 East 40th Street, Suite 4D Cleveland, Ohio 44103