

Website: www.vhhohio.org Doris Nelson-Senior Director 216-283-3000 ext. 234 In office: Mon, Tues, & Thurs 9:00 am -1:00 pm

Transportation Specialists: M. (Doc) Brandon 216 287-2464 Henry Payne: 216-346-5470

COURTESY OF MAYOR ROBERT L. NASH

Village of Highland Hills Senior Calendar OCTOBER 2018

MON	TUES	WED	THURS	FRI
1 Water Exercise Bedford Hts. 10:30 am - 11:30 am (Pick up at 9:45 am)	2 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am)	3 Water Exercise Bedford Hts. 10:30am-11:30am (Pick up at 9:45am) MARC'S / OLLIE'S & FUJI GRILL/ Snow Rd. (Pick up at 9:30 am)	4 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am)	5 MOVIE Night School w/ Tiffany Haddish (Pick up TBA)
CLOSED	9 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am) Senior Ad. Bd. Mtg. 11am	10 Water Exercise Bedford Hts 10:30 am-11:30 M (Pick up at 9:45am) Aldi's & Target Macedonia (Pick up at 9:30 am)	11 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am)	12 Southpark Mall (Pick up at 9:30 am)
5 Water Exercise Bedford Hts. 10:30 am - 11:30 am (Pick up at 9:45 am)	16 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am) Seminar on Stormwater	17 Water Exercise Bedford Hts 10:30am-11:30am (Pick up at 9:45am) Miles Market & Dollar Tree / Emery (Pick up at 9:30 am)	18 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am) Health Screenings 10:30	19 Presque Isle Downs Erie, PA \$25 Free Play w/25 people & 4 hr stay (Pick up at 8:00 am)
2 Water Exercise Bedford Hts. 10:30 am - 11:30 am (Pick up at 9:45 am)	23 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am)	24 Water Exercise Bedford Hts. 10:30am-11:30am (Pick up at 9:45am) Walmart/Marshall's Bainbridge/Aurora (Pick up at 9:30 am)	25 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am)	26 Cedar Center - Macy's/Pier One & Tuesday Morning (Pick up at 9:30 am)
9 Water Exercise Bedford Hts. 10:30 am - 11:30 am (Pick up at 9:45 am)	30 Iron Koi Fitness 1st-9:30am-10:15am (Pick up at 9:15am) 2nd10:30am-11:15am (Pick up at 10:00am) 3rd-11:30am-12:15 (Pick up at 11:10am)	31 Water Exercise Bedford Hts. 10:30 am - 11:30 am (Pick up at 9:45 am) Market District & Old Navy –Solon (Pick up at 9:30 am)	Storm Water Seminar Free, but \$10 to make 2 green cleaners Tues., Oct 16, 2018 11am -12:30 pm (Pick up at 10:45 am)	COMMUNITY Health Screenings Thurs., Oct 18 Rm8 10:30 am-12:00 pm (Pick up as needed)

Appointments: Tues.-Fri., Limited Wednesdays; call at least one (1) day in advance and leave your name, phone number, dates & where. Thanks