

# Leisure & Lifestyle Programming



## WEEKLY PROGRAMS

*\*programs are free unless otherwise stated*

*\*programs are for adults unless otherwise stated*

### IN-PERSON

<b>Meditation</b>	Tuesdays 11-11:30
<b>Morning Chat</b>	Tuesdays 11:30-12:00
<b>Crochet</b>	Tuesdays 12:00-2:00
<b>Dance</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday 1:30-2:30
<b>Games</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 1:30-2:30
<b>Chess</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 1:30-2:30
<b>Piano</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 2:30-3:30
<b>Movie</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday 2:30-4:00
<b>Music Group</b>	Every other Tuesday 3:30-5:15
<b>Yoga</b>	Every Tuesday 4:00-5:15

### VIRTUAL

<b>Health Chats</b>	Every Other Monday 6pm
<b>Meditation</b>	Tuesdays 11am
<b>Yoga</b>	Tuesdays 4pm
<b>Coffee Chat</b>	Wednesdays 10am
<b>Wacky Wednesday</b>	Wednesdays 2pm
<b>Trivia</b>	Wednesdays 4pm
<b>Book Discussion</b>	2 <sup>nd</sup> Tuesday of the Month 12-2pm

## SPECIAL EVENTS/EXCURSIONS

### Halloween Party

10am-12pm

Thursday, October 21st

### Fall Adventure Day at Highbrook (for youth)

10am-2pm (\$10)

Saturday, October 23rd

### Fall Winner's Club

10am-12pm

Thursday, November 4th

### Fall Weekend at Highbrook

TBA

### Holidays at Highbrook

9am-4pm (\$10-\$15)

Friday, December 10th

### Shopping for the Holidays

10am-2pm (\$15)

Friday, December 17th

### NOTES FOR PARTICIPATION

All clients over the age of 18 must show proof of COVID-19 vaccination in order to participate in any of the in-person programming (including Highbrook Lodge programs and excursions)

- To log into all virtual programs except yoga: <https://zoom.us/j/3929667319> or call 1 646 558 8656 and input meeting ID 392 966 7319
- To log into yoga: <https://bit.ly/3fw7Blm> or call 1 939 205 6099, and input meeting ID 87 965 948 128 and password 773 059

## Questions?

Call the Leisure & Lifestyle Information Line at 216 658 4600 or Contact L&L Manager, Bobbie Szabo at [bszabo@clevelandsightcenter.org](mailto:bszabo@clevelandsightcenter.org) or 216 658 4597.