



SOPREMA
Senior Center
& Cafe

September 2020 Virtual Programming

Though the Soprema Senior Center building is closed until further notice, we are offering a variety of virtual programs designed to ease social isolation from the comfort and safety of home. A complete list of programs and descriptions can be found in our newsletter at www.wadsworthcity.com/289/Current-Newsletter. Membership is FREE and open to adults 55+.

For more information about the Soprema Senior Center, memberships, or to RSVP for virtual programs, please email us at ssc@wadsworthcity.org or call the Center at **330-335-1513**.

Caregiver Support Groups

General: *Sept. 1 at 1:00 pm*

Alzheimer's: *Sept. 3 at 1:00 pm*

Parkinson's: *Sept. 15 at 1:00 pm*

Senior Walking Challenge *Sept. 1 through Oct.31*

Canning Basics *Thursday, Sept. 3 at 1:30 pm*

by OSU Extension

Make Me Happy Hour *Fridays, Sept. 4, 11, 18 & 25 at 11:00 am*

by Cindy McQuown/Medina County Office for Older Adults

Storytime with Wade *Tuesday, Sept. 8 at 4:00 pm*

by Stacey Ries

Virtual Bingo *Wednesdays, Sept. 9 & 30 at 1:00 pm*

by Menorah Park Home Health

Tour of the Products & Tools People use for Daily Living *Wednesday, Sept. 9 at 1:30 pm*

by the Cleveland Sight Center

Medicare 101 *Monday, Sept. 14 at 3:00 pm*

by Stacey Ries

Table Talk with Dr. Patel - "High Blood Pressure" *Wednesday, Sept. 16 at 12:00 pm*

by Dr. Rachel Patel/Community Health Care

Pandemic Mystery Game *Friday, Sept. 18 at 12:00 pm*

by the Medina County Senior Services Network

Fighting Financial Fraud *Friday, Sept. 18 at 1:00 pm*

by the Better Business Bureau of Akron

Buzzing with the Best *Monday, Sept. 21 at 9:00 am*

by LaChelle Rininger/Incare Ohio Home Health

House Plants 101 *Tuesday, Sept. 22 at 11:00 am*

by Master Gardeners from OSU Extension