



SOPREMA
Senior Center
& Cafe

October 2020 Virtual Programming

Though the Soprema Senior Center building is closed until further notice, we are offering virtual & remote programming! Please RSVP by email to ssc@wadsworthcity.org or by phone to 330-335-1513. 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+.

Senior Walking Challenge Through Oct. 31 - *sign up and help us reach our 20,000-mile goal!*

Caregiver Support Groups

Alzheimer's:

Thursday, Oct. 1 at 1 pm

General:

Tuesday, Oct. 6 at 1 pm

Parkinson's:

Tuesday, Oct. 20 at 1 pm

Make Me Happy Hour Fridays, Oct. 2, 9, 16, 23, & 30 at 11 am

Fitness Class Mondays, Oct. 5 & 19 at 11 am

Zoom Basics Wednesday, Oct. 7 at 3 pm

Autobiography Class 10-week class begins Thursday, Oct. 8 at 10 am

Medicare 101 Monday, Oct. 12 at 3 pm

Ask an Attorney (by phone appointment) Tuesday, Oct. 13 starting at 1 pm

Storytime with Wade Tuesday, Oct. 13 at 4 pm

Virtual Bingo Wednesdays, Oct. 14 & 28 at 1 pm

Spiritual Sharing Wednesday, Oct. 14 at 2:30 pm

Buzzing with the Best Monday, Oct. 19 at 9 am

Matter of Balance 8-week workshop begins Monday, Oct. 19 at 12 pm **(RSVP by Oct. 7)**

Puzzling Social Hour Wednesday, Oct. 21 at 10 am

Table Talk with Dr. Patel: "Flu Shots" Wednesday, Oct. 21 at 12 pm

Cooking with Liberty Residence Thursday, Oct. 22 at 3 pm

Fall into a Healthy Weight Friday, Oct. 23 at 1 pm

Senior Employment Opportunity Monday, Oct. 26 at 1 pm

Master Gardeners: "Happy Halloween" Tuesday, Oct. 27 at 11 am

Ear-resistible Trivia Tuesday, Oct. 27 at 1 pm

Money-Saving Pharmacy Tips Wednesday, Oct. 28 at 3 pm

Akron on Deck Thursday, Oct. 29 at 3 pm

Music & Memory Friday, Oct. 30 at 3 pm



For more
information,
please contact us at
ssc@wadsworthcity.org
or **330-335-1513**.