

Tue

Wed

Thu

Fri

Located in the Eastwood Mall  
next to JC PENNEY'S [www.mercy.com/Youngstown/locations](http://www.mercy.com/Youngstown/locations)

Open M-F-8-4:30PM-Parking by Target or Dental Works  
Phone: 330-652-7542

BLOOD PRESSURES-Tues- Wed- Thurs...9AM-12PM- Tues. 1:30-3:30pm

**REGISTRATION FOR December CLASSES ON 11/25.**



**1 Walk With the Doc -  
Dr. Margaret Ekwere PreDia-  
betes/Diabetes and Exercise**  
8:45-Cardio Jam-  
9- 60UP BALANCE CLASS-  
10- Chair Yoga-  
11:30- Parkinson's exercise  
**BEAT PROSTATE CANCER!!  
START A MUSTACHE TODAY**

**4** 8:30 Cardio Jam  
9:45—SS Cardio  
**10:00 CHAIR VOLLEYBALL**  
10-Chair Yoga-  
11:15-Easy Yoga-  
11:30-Parkinson' Exercise  
12:15-Strength Class

**5** 8:15- Zumba-  
8:45- Easy Yoga-  
9:30-Silversneaker classic  
10:45-Silversneaker classic  
11:00 Beginner Balance  
**1:00 Prostate Health Discussion**  
**Laura Boomhower, educator**  
**Jonie Abdu Center Register**

**6** 8:30-Cardio Jam- Hallway  
9AM- 60UP BALANCE CLASS-  
**9-11:30, 1:00-3 FLU/COVID SHOT**  
**CLINIC -CALL appt.330-652-7542**  
9:45SilverSneakers Cardio-  
**10::CHAIR VOLLEYBALL!**  
10-Chair Yoga  
11:30-Parkinson's class-

**7** 8:15- Zumba-  
9:30-SilverSneaker classic-  
10- Easy Yoga-  
10:45- SilverSneaker Classic-  
11:15 Advanced Balance-  
12:15 Strength Class  
**3-4 Grief 101 "Coping with Grief**  
**and the Holidays Kim Calhoun,LSW**  
**register 330-549-5901**

**8** 8:30-Cardio Jam  
9- 60UP Balance Class  
10- Chair Yoga- class-  
room  
11:30- Parkinson's exer-  
cise-

**11** 8:30 Cardio Jam  
9:45—SS Cardio  
**10:00 CHAIR VOLLEYBALL**  
10-Chair Yoga-  
11:15-Easy Yoga-  
11:30-Parkinson' Exercise  
12:15- Strength Class

**12** 8:15- Zumba-  
8:45- Easy Yoga-16 limit-  
**9-12- BONE DENSITY**  
**SCREENING -Walk in**  
9:30-Silversneaker classic- I  
10:45-Silversneaker classic-  
11-Beginning Balance-

**13** 8:30 Cardio Jam-Hallway  
9am 60UP Balance Class  
**9-12 FREE ADVANCE DIRECTIVES LIVING WILL &**  
**DURABLE POWER of ATTORNEY for**  
**HEALTHCARE- walkin**  
9:45 SS Cardio  
10:00 Chair Volley ball  
10:00 Chair Yoga  
10-Silver Sneakers Cardio  
11:30 Parkinson's class-  
**1:00 SENIOR TECH DAY IBRING**  
**YOUR SMART DEVICE! 330-652-7542**

**14 8-11 Mammogram**  
**Bus here call 330-652-7542**  
8:15- Zumba-Hallway  
9:30-SilverSneaker classic-  
10- Easy Yoga-  
10:45- SilverSneaker Classic-  
11:15 Advanced Balance  
12:15 Strength Class

**15** 8:30-Cardio Jam-Hallway  
9- 60UP BALANCE CLASS-  
10- Chair Yoga- classroom-  
11:30- Parkinson's exercise  
**1:00-2 MEDICARE 101 UPDATE**  
**Dominic Mararri Lifecare Agent**  
**register 330-652-7542**

**18** 8:30 Cardio Jam-  
**8:30-11 BLOOD SUGAR 10 hr. fast walk-in**  
**8:30-10 Behavioral Health Services- see Alana**  
**MacKenzie,LSW no appt.**  
9:45 -SilverSneaker Cardio.  
**10 CHAIR VOLLEYBALL!!**  
10-Chair Yoga-  
11:15-Easy Yoga-  
11:30-Parkinson's Exercise  
12:15-Strength Class  
**\*\*1-4-Peripheral Vascular Disease**  
**screening by appt. 330652-7542**

**19** 8:15- Zumba-  
8:45- Easy Yoga  
9:30-Silversneaker classic-  
10:45-Silversneaker classic  
11-Beginning Balance-

**20** 8:30-Cardio Jam-  
9AM- 60UP BALANCE CLASS-  
9:45 SS Cardio-  
10:00 Chair Volley Ball  
10:00 Chair Yoga  
11:30 Parkinson's class-  
**12:30- TALK WITH THE DOC-**  
**Dr.Yazan Alzu'bi "Heart Dis-**  
**ease" register-\$4.00 lunch**  
**330652-7542**

**21** 8:15- Zumba- -  
9:30-SilverSneaker classic-  
10- Easy Yoga-  
10:45- SilverSneaker Classic-  
11:15-Advance Balance-  
12:15 Strength Class  
**1-4 -Advance directives Living Walk in**  
1- Hypertension Management Class- free by  
Stephanie Oakes, RN nurse educator register  
33-652-7542

**22** 8:30-Cardio Jam  
9- 60UP BALANCE  
CLASS-  
10- Chair Yoga-  
11:30- Parkinson's exer-  
cise

**25** 8:30 Cardio Jam  
9:45—SS Cardio  
**10:00 CHAIR VOLLEYBALL**  
10-Chair Yoga-  
11:15-Easy Yoga-  
11:30-Parkinson' Exercise  
12:15- Strength Class  
**REGISTER FOR DECEMBER**  
**CLASSES TODAY!!**

**26** 8:15- Zumba-  
8:45- Easy Yoga-  
9:30-Silversneaker clas-  
sic-  
10:45-Silversneaker clas-  
sic  
11-Beginning Balance-

**27** 8:30-Cardio Jam-  
9AM- 60UP BALANCE  
CLASS-  
9:45—SS Cardio  
**10:00 Chair Volley Ball!**  
**10:00 Chair Yoga**  
11:30-Parkinson's class-

**28**  
**HAPPY**  
**THANKSGIVING**

**29**  
**CLOSED FOR**  
**BLACK**  
**FRIDAY**