



# Beechview











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 Staff: Renee Flaherty, Jessica Blumling, Frank Cuspard



**Daily Activities Include:** Computers, Tablets,  
 Exercise Equipment, Puzzles, Volunteer Opportunities, Cards, Board Games & Reading (CLP)

## October 2018

MON	TUE	WED	THU	FRI
<p>1 <u>*CCAC Tai Chi</u> 10:00 – 11:00</p> <p><u>Blood Pressure Screening</u> 11:00 -11:30</p>	<p>2 <u>*CCAC Arts &amp; Crafts</u> 10:30 -11:30</p> <p> 12:15 -2:30</p>	<p>3 <u>Stretching</u> 10:30 - 11:00</p> <p><u>Strengthening</u> 11:00 -11:30</p> <p>*<u>Tech Time CLP</u> 12:30—1:30</p>	<p>4 <u>*Walking Club</u> 10:30—11:00</p> <p>*<u>CCAC Healthy Cooking</u> 1:00 - 3:00</p> <p></p>	<p>5 <u>*State Services</u> <b>10:00 – 12:00</b></p> <p>*<u>CV-Princess Lanes</u> (Bowling) 12:00</p> <p>*Sun. 10/7 - <u>OPT - Zoo</u> 10:00 - 2:00</p>
<p>8 <b><u>OPEN HOUSE</u></b> <b>10:00 -2:00</b></p> <p>*<u>CCAC Tai Chi</u> 10:00 – 11:00</p> <p><u>Blood Pressure Screening</u> 11:00 -11:30</p> <p>*<u>Painting</u> -12:30 - 1:30</p>	<p>9 <u>Pres. AmeriHealth Caritas</u> 10:15 –11:15</p> <p> 12:15 -2:30</p>	<p>10 <u>Stretching</u> 10:30 - 11:00</p> <p><u>Strengthening</u> 11:00 -11:30</p> <p><u>CV - Trax Farm</u> 11:30</p>	<p>11 <u>*Walking Club</u> 10:30—11:00</p> <p><u>Advisory Council Meeting</u> 10:00 -11:00</p> <p>*<u>CCAC Healthy Cooking</u> 1:00 - 3:00</p>	<p>12 <u>Beginners Tai Chi</u> 10:30 – 11:00</p> <p>*<u>State Services</u> <b>10:00 – 12:00</b></p> <p>*<u>OPT-Aldi</u> 12:00 - 2:00</p>
<p>15 <u>*CCAC Tai Chi</u> 10:00 – 11:00</p> <p><u>Blood Pressure Screening</u> 11:00 -11:30</p>	<p>16 <u>UPMC Community HealthChoices</u> <u>Aroma Therapy</u> 10:15 - 11:15</p> <p> 12:15 -2:30</p>	<p>17 <u>Stretching</u> 10:30 - 11:00</p> <p><u>Strengthening</u> 11:00 -11:30</p> <p>*<u>Tech Time CLP</u> 12:30—1:30</p>	<p>18 <u>*CV - Senior Health Fair (West End)</u> 10:00 - 11:30</p> <p>*<u>CCAC Healthy Cooking</u> - 1:00 - 3:00</p> <p></p>	<p>19 <u>Beginners Tai Chi</u> 10:30 – 11:00</p> <p>*<u>State Services</u> <b>10:00 – 12:00</b></p>
<p>22 <u>*CCAC Tai Chi</u> 10:00 – 11:00</p> <p><u>Blood Pressure Screening</u> 11:00 -11:30</p>	<p>23 <u>Rep. Dan Deasy's Office: Updates</u> 11:00 –11:30</p> <p>*<u>American Healthcare: Flu Shots</u> 10:00-11:00</p> <p></p>	<p>24 <u>Stretching</u> 10:30 - 11:00</p> <p><u>Strengthening</u> 11:00 -11:30</p> <p>* <u>CV - Walmart</u> 11:30</p>	<p>25 <u>*Walking Club</u> 10:30—11:00</p> <p> 12:15 -2:30</p> <p>*<u>Halloween Party \$3</u> <b>3:00 –5:00</b></p>	<p>26 <u>Beginners Tai Chi</u> 10:30 – 11:00</p> <p>*<u>State Services</u> <b>10:00 – 12:00</b></p> <p>*<u>OPT- Pat Catan's</u> 12:00 - 2:00</p>
<p>29 <u>*CCAC Tai Chi</u> 10:00 – 11:00</p> <p><u>Blood Pressure Screening</u> 11:00 -11:30</p> <p>*<u>OPT - Golden Corral</u> 4:00 PM</p>	<p>30 <u>Blood Pressure Screening</u> 10:00 -11:00</p> <p><u>Police: Updates</u> 11:00 - 11:30</p> <p></p>	<p>31 <b><u>HAPPY HALLOWEEN</u></b></p> <p>*<u>Walking Club</u> 10:30—11:00</p> <p>*<u>Tech Time CLP</u> 12:30—1:30</p> <p> <u>Hoagie Pick-up</u> 1:30—3:30</p>	<p></p> <p>*<u>COLOR UP BEECHVIEW</u> 3:30 -5:00 10/4 &amp; 10/18</p>	<p><b>Lunch Served Daily</b> <b>Mon., Wed.- Fri.</b> <b>11:45am</b></p> <p>*<b>Tuesday</b> <b>11:30 a.m.</b></p> <p>Provided by the Area Agency on Aging (Suggested donation \$0.50)</p>

**Please Sign-up w/ Staff for Trips and Classes**