

Daily Activities include:

Card & Games
 Billiards
 Shuffle Board
 Adult Coloring Tablets
 Exercise Equipment
 TV & Wii

Brighton Heights Healthy Active Living Center

3515 McClure Avenue, Pittsburgh, PA 15212

Phone: (412) 766-4656 Fax: (412) 766-4657

Hours: 8:00 AM – 4:00 PM







STAFF – Ely Mitchell ~ Kim Katariski ~ Judy Sucola



CITIPARKS
 City of Pittsburgh
 Department of Parks & Recreation

October 2018

Meals Funded by Allegheny County Department of Human Services/Area Agency on Aging

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1 10:30 Bone Builders 11:00 Stretch 10:30 Knitting	2 10:00 Tablet class 10:30 Chair Yoga 12:00 PM Card Players 1:00 Cinema Movie at Brighton...Free Popcorn 11:30Walmart/	3 10:30 Bone Builders 11:15 Speaker... 11:00 Stretch 12:00 Lunch & Learn 12:30 B L N G O Pittsburgh Botanical Garden's - OPT Blood Pressure	4 9:30 Walkers 10:00Card Players 1:00 Card Players Artistic Creations @ Lynn Williams Apts	5 10:00 Line Dancing 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 BINGO 1-3:00 Ice Cream Social Pittsburgh Glass-OPT(noon)	6
 7 Tablet classes... Sign up for a Tablet Class!	8 10:30 Bone Builders 10:30 Knitting 11:00 Stretch "A Quiet Place" Legacy Theatre – OPT (12:30)	9 10:30 Chair Yoga 12:00 PM Card Players 1:00 Cinema Movie at Brighton...Free Popcorn Sorgel's (farmer's market) Make-up (noon)	10 10:00Speaker/Poetry 10:30 Bone Builders 11:15 Speaker... 11:00 Stretch 12:00 Lunch & Learn 12:30 B L N G O Blood Pressure	11 9:30 Walkers 10:00AM Card Players 1:00 PM Card Players	12 10:00 Line Dancing 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 B L N G O 1-3:00 Hot Dog Sale	13
 14 Come in and check your blood pressure anytime...	15 10:30 Bone Builders 11:00 Stretch 10:30 Knitting "Black Panther" Legacy (12:30)	16 10:00 Tablet class 10:30 Chair Yoga 12:00 PM Card Players 1:00 Cinema Movie at Brighton...Free Popcorn	17 10:30 Bone Builders 11:00 Stretch 11:15 Speaker/Medicare Seminar 12:00 Lunch & Learn 12:30 B L N G O	18 9:30 Walkers 10:00 Adv. Council Meeting 10:00AM Card Players 1:00 Card Players 11:30 Smokey Bones	19 10:00 Line Dancing 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 B L N G O Blood Pressure	20
 21 Reminder Film/Book Club	22 10:30 Bone Builders 11:00 Stretch 10:30 Knitting "Chappaquiddick" Legacy (12:30)	23 10:30 Chair Yoga 12:00 PM Card Players 1:00 Cinema Movie at Brighton...Free Popcorn	24 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 B L N G O Blood Pressure	25 9:30 Walkers 10:00AM Card Players 1:00 Card Players 11:30 Applebee's	26 10:00 Line Dancing 10:30 Bone Builders 11:00 Stretch 11:15Speaker/Dist. Attorney 12:00 Lunch & Learn 12:30 B L N G O Blood Pressure	27
28 Brighton Heights funded in Part By ACDHS/AAA	29 10:30 Bone Builders 11:00 Stretch 10:30 Knitting "Adrift" Legacy (12:30)	30 10:30 Chair Yoga 11:45 Birthday Celebration 12:00 PM Card Players 1:00 Cinema Movie at Brighton...Free Popcorn	31 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 B L N G O 1-3PM Fall Party/Bring Ugly Sweater			

- - - Suggested Donation of 50 Cents for Meals - - -