



# 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

## January 2019



**CITIPARKS**  
City of Pittsburgh  
Department of Parks & Recreation

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

Sun	Mon	Tue	Wed	Thurs	Fri	Sa
 Tablet classes... Sign up for a Tablet Class!	 <b>A NEW YEAR</b> <i>Renewed Hope</i> <i>* New Opportunities</i> <i>* New Adventures</i> <i>* New Ways to Give and Love.</i> <i>May this be your best year ever!</i>	<b>1</b> <b>CENTER CLOSED</b> <b>HAVE A HAPPY AND SAFE NEW YEAR!</b>	<b>2</b> 10:30 Bone Builders 11:00 Stretch 11:30 Lunch Lunch & Learn (Slip & fall prevention) 12:30 	<b>3</b> 9:30 Walkers 10:00 Card Players 1:00 Card Players	<b>4</b> 10:00 Line Dancing 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 	<b>5</b>
<b>6</b> <b>REMEMBER TO INQUIRE ABOUT THE LEGACY THEATRE FREE MATINEE MOVIE LINEUP</b>	<b>7</b> 10:30 Bone Builders 10:30 Knitting 11:00 Stretch 1:00 Arts & Craft <b>12:30—"Life of the Party" Legacy Theatre</b>	<b>8</b> 10:00 Card Players 1:00 Card Players 1:00 Cinema Movie Day...Free Popcorn <b>12:00 Walmart (OPT)</b>	<b>9</b> 10:30 Bone Builders 11:00 Stretch 11:30 Lunch Lunch & Learn (Ways to stay warm) 12:30  Blood Pressure Reading	<b>10</b> 10:00 Card Players 1:00 Card Players <b>11:00 OPT – Eat N' Park</b>	<b>11</b> 10:00 Line Dancing 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 	<b>12</b>
<b>13</b> <b>AND PLAN YOUR OPT TRIPS IN ADVANCE WITH STAFF. EXPLORE AND ENJOY!</b>	<b>14</b> <b>4-7 PM Game Nite @ West End HALC</b> 10:30 Bone Builders 10:30 Knitting 11:00 Stretch <b>12:30—"Jurassic World" Legacy Theatre</b>	<b>15</b> 10:00 Tablet class 10:00 Card Players 1:00 Card Players 1:00 Cinema Movie Day...Free Popcorn	<b>16</b> 10:00 Prog. Health /Poetry Workshop 10:30 Bone Builders 11:00 Stretch 12:30  11:30 Lunch Lunch & Learn Blood Pressure	<b>17</b> 10:00 Card Players <b>10:00 Adv. Council Meeting</b> 1:00 Card Players <b>11:00 OPT – Olive Garden</b>	<b>18</b> 10:00 Line Dancing 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 	<b>19</b>
 <b>Check &amp; stay in control of your blood pressure...</b>	<b>21</b> 10:30 Bone Builders 11:00 Stretch 10:30 Knitting <b>12:30—"Calendar Girls" Comedy Legacy Theatre</b> <b>Martin Luther King - Day of Remembrance</b>	<b>22</b> 10:00 Card Players 1:00 Card Players 1:00 Cinema Movie Day...Free Popcorn	<b>23</b> 10:30 Bone Builders 11:00 Stretch 11:30 Lunch Lunch & Learn 12:30  Blood Pressure Reading	<b>24</b> 9:30 Walkers 10:00 Card Players 1:00 Card Players <b>11:00 OPT – Longhorn Steakhouse</b>	<b>25</b> 10:00 Line Dancing 10:30 Bone Builders 11:00 Stretch 12:00 Lunch & Learn 12:30 	<b>26</b>
Brighton Heights funded in Part By ACDHS/AAA	<b>28</b> 10:30 Bone Builders 11:00 Stretch 10:30 Knitting <b>12:30-"Avengers: Infinity War" Legacy Theatre</b>	<b>29</b> 10:00 Card Players 1:00 Card Players 1:00 Cinema Movie Day...Free Popcorn	<b>30</b> 10:30 Bone Builders 11:00 Stretch 11:30 Lunch Lunch & Learn 12:30  Blood Pressure Reading	<b>31</b> 9:30 Walkers 10:00 Card Players 1:00 Card Players		

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