

Glen Hazel Healthy Active Living Center

945 Roselle Ct.
Pittsburgh, PA 15207
412-422-6554



Eric Schiller-Center Director
Henry and Ron-Rec. Leaders
Center Hours: 9-3 Mon-Fri

JANUARY

2019

Mon	Tue	Wed	Thu	Fri
	<p>1 CENTER CLOSED</p>	<p>2 EXERCISE 10-10:30 BINGO 1-3PM</p>	<p>3 COFFEE TALK 10AM VSA Hand Strengthening 10:30-11:15</p>	<p>4 EXERCISE 10-10:30</p>
<p>7 EXERCISE 10-10:30 BINGO 1-3PM</p>	<p>8 ADVISORY COUNCIL MTG 10AM</p>	<p>9 EXERCISE 10-10:30 BINGO 1-3PM</p>	<p>10 WII-BOWLING (AWAY) 1-3PM</p>	<p>11 EXERCISE 10-10:30</p>
<p>14 COFFEE TALK 10AM BINGO 1-3PM</p>	<p>15 COFFEE TALKS 10AM</p>	<p>16 UPMC B/P TESTING 10-12pm BINGO 1-3PM</p>	<p>17 COFFEE TALK 10AM CKP Luncheon (\$2 Donation) 12pm/PR3</p>	<p>18 COFFEE TALK 10AM</p>
<p>21 EXERCISE 10-10:30 BINGO 1-3PM</p>	<p>22 WALMART 12:30pm (CITY VAN)</p>	<p>23 EXERCISE 10-10:30 BINGO 1-3PM</p>	<p>24 WII-BOWLING (HOME) 1-3PM</p>	<p>25 COFFEE TALK 10AM</p>
<p>28 COFFEE TALK 10AM Duquesne Light/ Holy Family Inst. Presentation 11am</p>	<p>29 Golden Corral 12pm/city van</p>	<p>30 <i>EXERCISE 10-10:30</i></p>	<p>31 COFFEE TALK 1PM VSA Lower body balance 10:30-11:15</p>	