



HOMewood HEALTHY
ACTIVE LIVING CENTER
7321 Frankstown Avenue
Pittsburgh 15208
(412) 244-4190

OCTOBER 2018

Melinda McCormick/ Director
Myron Pennix/ Rec. Leader 1
Bernard Johnson/ Assistant PT
Frances Sumpter/ Assistant PT



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Lunch Served @ Noon .50 cents & Up</p>	<p>1 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>2 LINE DANCE 10 - 12 Ceramics</p>	<p>3 KNIT & CROCHET 10- 12 CERAMICS CCAC AEROBICS 10:00</p>	<p>4 KNIT & CROCHET 10-12 POKENO 9:30 - 11 BINGO 1:00 Ceramics MOVE YOUR BODY 10:30 CCAC R & R 9:30</p>	<p>5 Ceramics TABLET TIME 9:30 CCAC AEROBICS 10:00 WAL*MART 11:30</p>	<p>Senior Prom Fri. Oct. 19th @ Comfort Inn 699 Rodi Rd Time: 4 -9:00 AAA</p>
<p>All center Activities & Trips Are Subject to Change</p>	<p>8 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics RIVERS CASINO "OPT" 12:00—5:00</p>	<p>9 LINE DANCE 10 - 12 Ceramics ADVISORY MEETING 1:00</p>	<p>10 KNIT & CROCHET 10- 12 CEROMICS CCAC AEROBICS 10:00</p>	<p>11 KNIT & CROCHET 10-12 POKENO 9:30 - 11 BINGO 1:00 United Health Care Speaker "IMPORTANT" 10- 12</p>	<p>12 SILVER SCRIPTS 10:00 TO 12:00 CCAC AEROBICS 10:00 CRACKER BARREL 11:30 DIGITAL CAMERA</p>	<p>CCAC R&R 9:30 Thursday, Oct 4th & 11th Move Your Body 10:30 Thursday, Oct 4th & 11th</p>
<p>14 Steelers Game Day Here at The Ctr Halftime Games Hotdogs & Hamburgers \$5.00 12:00—3:00</p>	<p>15 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>16 LINE DANCE 10 - 12 Ceramics</p>	<p>17 KNIT & CROCHET 10- 12 CEROMICS CCAC AEROBICS 10:00</p>	<p>18 KNIT & CROCHET 10-12 POKENO 9:30 - 11 BINGO 1:00 Ceramics</p>	<p>19 Ceramics TABLET TIME 9:30 Senior Prom "TODAY" 4 -9</p>	 <p>Legal Aid FOR HELP & SERVICE CALL 412-244-4190</p>
<p>Homewood Center Funded in Part by ACDHS/ AAA</p>	<p>22 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>23 LINE DANCE 10 - 12 Ceramics</p>	<p>24 KNIT & CROCHET 10- 12 CEROMICS AEROBICS 10:00 Birthday Celebration 12:00</p>	<p>25 KNIT & CROCHET 10-12 POKENO 9:30 - 11 BINGO 1:00 Ceramics</p>	<p>26 Ceramics TABLET TIME 9:30 CCAC AEROBICS 10:30 BOWLING 11:30 DIGITAL CAMERA 1:00—3:00</p>	<p>United Health Care Speaker On Medicare Important to hear all the in and out of New Changes</p>
<p>Health: Ask The Nurse Blood Pressure</p>	<p>MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>30 LINE DANCE 10 - 12 Ceramics</p>	<p>31 KNIT & CROCHET 10- 12 CEROMICS MOVE YOUR BODY 10:30</p>			