




October 2018 LAWRENCEVILLE 4600 Butler Street, Pgh. PA 15201—412-622-6918

Katie Bradbury Director John Provident & Tom Horan Rec. Leaders

Daily Lunch served at 11:30 am—Open Daily Monday-Friday 8 am-4 pm—Closed weekends/holidays

OCcurring ACTIVITIES ARE LISTED BELOW UNDER EACH DAY OF THE WEEK



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Water Aerobics 10:30 to 11:30am	Van or OPT Shopping Trip 11:30am	Water Aerobics 10:30 to 11:30am BINGO 1:00 to 3:15pm		Water Aerobics 10:30 to 11:30am BINGO 1:00 to 3:15pm	NOTE: Other daily activities include: Billiards, Wii Bowling, TV, Reading, Puzzles, walking, board games, cards & computers
	1 Crafts with Ceil 10:30 to 11:30	2 OPT Shopping	3 LINE DANCING @ 10:30 Stress Less Adult Coloring @10:30	4 Penn State Nutrition 10:30 AM	5 Silver Scripts @ 9:00am Tai Chi w/Zyhier @ 10:30-11:30	6
7	8	9 JANOSKI'S FARM LEAVING AT 10:00AM *Be here before 10*	10 LINE DANCING @ 10:30 Stress Less Adult Coloring @10:30	11 Penn State Nutrition 10:30 AM ADVISORY COUNCIL @ 10:00am	12 Tai Chi w/Zyhier @ 10:30-11:30 Fraud Prevention Speaker 10:30	13
14	15	16 OPT Shopping	17 LINE DANCING @ 10:30 Relaxation technique @ 11:00-11:30am	18 Rivers Casino Trip Stress Less Adult Coloring @ 10:30am	19 Tai Chi w/Zyhier @ 10:30-11:30 Blood Pressure Check	20
21	22 Hand & Foot Tournament 10:00am	23 OPT Shopping	24 LINE DANCING @ 10:30 Stress Less Adult Coloring @10:30	25	26 Tai Chi w/Zyhier @ 10:30-11:30 FALL FESTIVAL SUPER BINGO OPEN HOUSE *BINGO STARTS @1:00*	27
28	29	30 OPT Shopping <i>RSVP Birthday Celebration</i>	31 LINE DANCING @ 10:30 Stress Less Adult Coloring @10:30 Birthday Celebrations	 CITIPARKS HEALTHY ACTIVE LIVING		