

# Morningside Healthy Active Living center

6944 President Way, Pittsburgh, PA 15206 Phone 412-665-4342 Fax 412-665-4333

Hours of Operation: Monday - Friday 8 am - 4 pm Lunch Served at Noon

Center Director - Roberta Jones Recreation Leaders - David Washington, Floretta Irvin, & Janice King








## OCTOBER 2018

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

Suggested Voluntary Donation of 50  
Cents for Meals

### UPCOMING EVENTS:

NOVEMBER 29, 2018 WHEELING & OGLEBAY CHRISTMAS LIGHTS  
MORNINGSIDE TRAVELERS: DECEMBER 5, 2018 CHRISTMAS AT THE INN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1-2 TAI CHI 6:30-8 GENTLE YOGA W/LEAH	2 10-11:30 WII BOWLING LEAGUE 1-3 CARDS	3 1-3 HAND & FOOT TOURNAMENT	4 1-3 YOUNG @ HEART BINGO 1-3 CARDS	5 10-1 RAD DAY @PGH GLASS CENTER 1-3 BINGO
8 10:30 ADVISORY COUNCIL MEETING 11-3 RAD DAY @ HEINZ HISTORY CENTER 1-2 TAI CHI 6:30-8 GENTLE YOGA W/LEAH	9 10-11:30 WII BOWLING LEAGUE 1-3 CARDS 3-4 VSA PATTY BAKES 7:30-9 PGH SYMPHONY ORCHESTRA	10 11-2 DINING OUT E TOWN BAR & GRILLE 	11 1-3 YOUNG @ HEART BINGO 1-3 CARDS	12 1-3 BINGO BLACK & GOLD DAY 
15 12:30-3 ALDI & DOLLAR TREE 1-2 TAI CHI 6:30-8 GENTLE YOGA W/LEAH	16 10-11:30 WII BOWLING LEAGUE 1-3 CARDS	17 1-3 HAND & FOOT PICK UP 	18 10-3:30 RIVER'S CASINO 11-12 VSA 10 SIGNS OF ALZHEIMERS 1-3 YOUNG @ HEART BINGO	19 1-3 BINGO 
22 11-2 SOERGEL'S FARM 1-2 TAI CHI 6:30-8 GENTLE YOGA W/LEAH	23 10-11:30 WII BOWLING LEAGUE 1-3 CARDS	24 11-1 RED, WHITE, & BLUE 2-3 VSA EXPLORE THE HISTORY OF HALLOWEEN 	25 1-3 YOUNG @ HEART BINGO 1-3 CARDS	26 1-3 BINGO BLACK & GOLD DAY 
29 1-2 TAI CHI 6:30-8 GENTLE YOGA W/LEAH	30 10-11:30 WII BOWLING LEAGUE 1-2 VSA ASTRONOMY CLUB 1-3 CARDS	31 1-3:30 HALLOWEEN PARTY 	Daily Activities Include: TV, Reading Materials, Darts, Rummikub, Wii Games, Exercise Equipment  TABLETS ARE AVAILBLR FOR USE ANYTIME! SIGN ONE OUT TODAY AND USE THE FREE WIFI	