





Mount Washington Healthy
Active Living Center
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October 2018

Breast Cancer Awareness Month

STAFF
Noreen O'Malley,
Center Director
Patti Barone
Lisa Wilson

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 GAME DAY	2 Healthy Endeavors 9:15 CCAC Aerobics 10:00	3 Rivers Casino 12:30 OPT CCAC Healthy Cooking 1:00	4 Healthy Endeavors 9:15 General Meeting 10:30 Bingo 12:30 Scoglio's 3:30 OPT	5 Silver Scripts 10:00 Pleasure Bar 3:30 OPT	
	8 Heinz History Center 12:30 CITY VAN	9 Healthy Endeavors 9:15 CCAC Aerobics 10:00 Walmart Robinson 12:30 OPT	10 Advisory Council 10:00 Red, White & Blue Rt. 65 12:30 OPT	11 Healthy Endeavors 9:15 Christian Home Health Care 10:30 Bingo 12:30 Longhorn 3:30 OPT	12 Hofbrau Haus Southside Works 3:30 OPT	
	15 CCAC Boost Your Brain Health 9:15 GAME DAY Big Jims 3:30 OPT	16 Healthy Endeavors 9:15 CCAC Aerobics 10:00 Trader Joe's 12:30 OPT	17 CCAC Healthy Cooking 1:00 Kuhn's Banksville Road 12:30 OPT	18 Healthy Endeavors 9:15 Bingo 12:30 Golden Corral Robinson 3:30 OPT	19 Chili's Waterworks 3:30 OPT	
	22 CCAC Boost Your Brain Health 9:15 Movies at the Waterfront 12:30 OPT	23 Healthy Endeavors 9:15 CCAC Aerobics 10:00 Whole Foods 12:30 OPT	24 CCAC Healthy Cooking 1:00	25 Healthy Endeavors 9:15 Rep. Dan Deasy Update 10:45 Bingo 12:30 Red Lobster McKnight Rd 3:30 OPT	26 TGI Fridays Village Square 3:30 OPT	EVERY THURSDAY WILL BE "PINK THE CENTER" WEAR YOUR PINK
OTHER PROGRAMS Arts and Crafts Health Speakers Cultural Events Casino Trips Holiday Parties Center Outings Shopping Trips Picnics Movies Museum Trips Other Speakers	29 CCAC Boost Your Brain Health 9:15 Halloween Dressup Party 12:30	30 Healthy Endeavors 9:15 CCAC Aerobics 10:00 Settler's Ridge 12:30 OPT	31 Golden Agers 1:00		DAILY PROGRAMS Cards Computers Puzzles Reading Material Television Lunchtime Exercises Wii Bowling Billiards Darts Exercise Equipment	