



Northview Heights Healthy Active Living Center

533 Mount Pleasant Road, Pittsburgh, PA 15214

Phone: (412) 323-7240 Fax: (412) 323-7935

Hours: 10:00 AM – 3:00 PM



Staff - Ely Mitchell ~ Marilyn Williams



CITIPARKS
City of Pittsburgh
Department of Parks & Recreation

January 2019

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

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
LUNCH SERVED DAILY Monday-Friday CALL AHEAD 412-323-7240		1 CENTER CLOSED HAVE A HAPPY AND SAFE NEW YEAR!	2 10:30 Walking for Health 10:00 Arts & Craft (Renita) 1:00 Tripoli 12:00 Lunch Computer Lab/High Rise	3 10:30 Prog. Hlth/Poetry Workshop 12:00 Lunch TV Time	4 12:00 Lunch TV Time	5
6 REMEMBER TO INQUIRE ABOUT THE LEGACY THEATRE FREE MATINEE MOVIE LINEUP	7 12:00 Lunch 12:30—"Life of the Party" Legacy Theatre (OPT)	8 12:00 Lunch TV Time	9 1:00 Tripoli 12:00 Lunch Computer Lab/High Rise	10 10:00 Blood Pressure Reading 12:00 Lunch TV Time	11 12:00 Lunch TV Time 10:00 Walmart (OPT)	12  Check & Stay in control of your blood pressure...
13 AND PLAN YOUR OPT TRIPS IN ADVANCE WITH STAFF. EXPLORE AND ENJOY!	14 12:00 Lunch 10:30 ADV. COUNCIL MTG 12:30—"Jurassic World" Legacy Theatre (OPT)	15 12:00 Lunch TV Time	16 10:00 Arts & Craft (Renita) 12:00 Lunch 1:00 Tripoli Computer Lab/High Rise	17 10:00 Blood Pressure Reading 12:00 Lunch TV Time	18 12:00 Lunch TV Time	19
20 SIGN UP FOR TRIPS AS EARLY AS YOU CAN AT THE BEGINNING OF THE MONTH!	21 12:00 Lunch 12:30—"Calendar Girls" Comedy Legacy Theatre (OPT) Martin Luther King - Day of Remembrance	22 12:00 Lunch TV Time	23 12:00 Lunch 1:00 Tripoli Computer Lab/High Rise	24 12:00 Lunch TV Time	25 12:00 Lunch TV Time	26
27 Northview funded in Part by ACDHS/AAA	28 12:00 Lunch TV Time 12:30—"Avengers: Infinity War" Legacy Theatre (OPT)	29 12:00 Lunch TV Time	30 12:00 Lunch 1:00 Tripoli Computer Lab/High Rise	31 12:00 Lunch TV Time	<i>Friends make the world beautiful.</i>	

~Suggested Donation of 50 Cents for Meals~