



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

October 2018

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

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
SIGN UP FOR TRIPS AS EARLY AS YOU CAN AT THE BEGINNING OF THE MONTH!	1 10:00 Cards 12:00 Lunch 1:00 Games Computer Lab	2 12:00 Lunch Television Watching	3  10:30 Walking for Health 1:00 Tripoli 12:00 Lunch 12:30-2:30 Adult Coloring Pittsburgh –OPT Botanical Garden's	4  10:00 Blood Pressure Reading 12:00 Lunch 1:00 Games Artistic Creations @ Lynn Williams Apts - OPT	5  10:00 Cards 12:00 Lunch 12:30-2:30 Adult Coloring 1:00 Games Pittsburgh Glass-OPT	6
7 	8  10:00 Cards 12:00 Lunch 1:00 Games "A Quiet Place" Legacy Theatre - OPT Computer Lab	9 12:00 Lunch Television Watching	10  10:30 Walking for Health 1:00 Tripoli 12:00 Lunch 12:30-2:30 Adult Coloring Computer Lab	11  10:00 Blood Pressure Reading 12:00 Lunch 1:00 Games 11:15 District Attorney/speaker	12 10:00 Cards 12:00 Lunch 12:30-2:30 Adult Coloring 1:00 Games Walmart - OPT	13
14  Come in and get a Blood Pressure Reading	15  10:00 Cards 12:00 Lunch 1:00 Games Hoagie Sale Begins the Wed. 31st	16  11:15 University of Pgh Speaker/Aging Brain 12:00 Lunch	17  10:30 Walking for Health 1:00 Tripoli 12:00 Lunch 12:30-2:30 Adult Coloring Computer Lab	18  10:00 Blood Pressure Reading 12:00 Lunch 1:00 Games	19 10:00 Cards 12:00 Lunch 12:30-2:30 Adult Coloring 1:00 Games Walmart - OPT	20
21 LUNCH SERVED DAILY Monday-Friday CALL AHEAD 412-323-7240	22  10:30 ADVISORY COUNCIL MTG 10:00 Cards 12 Lunch 1:00 Games Computer Lab	23 12:00 Lunch Television Watching	24  10:30 Walking for Health 1:00 Tripoli 12:00 Lunch 12:30-2:30 Adult Coloring Computer Lab	25  10:00 Blood Pressure Reading 12:00 Lunch 1:00 Games	26 10:00 Cards 12:00 Lunch 12:30-2:30 Adult Coloring 1:00 Games	27
28 Northview funded in Part by ACDHS/AAA	29 10:00 Cards 12:00 Lunch 1:00 Games Computer Lab	30  12:00 Lunch Television Watching	31  10:30 Walking for Health 1:00 Tripoli 12:00 Lunch 12:30-2:30 Adult Coloring Computer Lab			

~Suggested Donation of 50 Cents for Meals~