



JANUARY 2019

SHERADEN HEALTHY ACTIVE LIVING CENTER

720 Sherwood Avenue, Pittsburgh PA 15204

(412) 777-5012 phone ▪ Hours: M-F 8-4



GAME NIGHT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mon, Jan 14 5-7 pm West End HALC Family Fun & Games Refreshments	31 <i>FITNESS WITH TOBI</i> 10:00	1  SHERADEN CLOSED	2 <i>FITNESS WITH TOBI</i> 10:00 <i>BOWLING</i> 12:00	3 <i>YOGA</i> 10:00	4 <i>BINGO</i> 12:30
 RSVP by 1/10 412.937.3068 <small>Hosted by: WestEnd, Sheraden & Brighton Hts HALC</small>	7 <i>FITNESS WITH TOBI</i> 10:00 <i>TOPS</i> 2:00	8 <i>BLOOD PRESSURE</i> 10:30 <i>BINGO</i> 12:30	9 <i>ADVISORY COUNCIL</i> <i>MTG</i> 9:30 <i>FITNESS WITH TOBI</i> 10:00 <i>BOWLING</i> 12:00	10 <i>YOGA</i> 10:00 <i>WALMART LUNCH & LEARN</i> 12:00	11 <i>BINGO</i> 12:30
LUNCH SERVED DAILY Monday-Friday 11:30 AM Provided by the Area Agency on Aging	14 <i>FITNESS WITH TOBI</i> 10:00 <i>SPEAKER-CHRISTIAN GROUP</i> 10:30 <i>CRAFT ACTIVITY</i> 1:00 <i>TOPS</i> 2:00 <i>GAME NIGHT-WEST END HALC-5-7:30</i>	15 <i>CLP-TECH TIME</i> 9:45 <i>SPEAKER-NLSA</i> 10:30 <i>BINGO</i> 12:30	16 <i>FITNESS WITH TOBI</i> 10:00	17 <i>YOGA</i> 10:00	18 <i>BIRTHDAY CELEBRATION</i> <i>UPDATE-REP DAN DEASY</i> 11AM <i>BINGO</i> 12:30
LUNCH @ 11:30 Suggested donation .50 cents. Please pre-register by 12:00 the day before!!	21  SHERADEN CLOSED	22 <i>BINGO</i> 12:30	23 <i>FITNESS WITH TOBI</i> 10:00 <i>POPCORN & A MOVIE</i> 1:00	24 <i>YOGA</i> 10:00	25 <i>BINGO</i> 12:30
 Tues & Fri 12:30	28 <i>FITNESS WITH TOBI</i> 10:00 <i>CRAFT ACTIVITY</i> 12:30 <i>TOPS</i> 2:00	29 <i>BINGO</i> 12:30	30 <i>FITNESS WITH TOBI</i> 10:00	31 <i>YOGA</i> 10:00 <i>HEALTHY COOKING WITH CHEF SAD</i> 1:00	STAFF <i>Norma Jean Barnes</i> Acting Center Director <i>Ojutobi Ekunfeo</i> Rec Leader I <i>Patricia Freiss</i> Rec Leader PT