


**SHERADEN HEALTHY
ACTIVE LIVING CENTER**
720 Sherwood Avenue
Pittsburgh PA 15204
(412) 777-5012 phone
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OCTOBER 2018

STAFF

Norma Jean Barnes
Acting Center Director
Patricia Freiss, Rec Leader PT
Henry Mallory, Rec Leader PT

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|---|
|  COME ON IN OPEN HOUSE THURS, OCT 11 10-3:00 YOGA CLASS, LUNCH, ARTIST DEMO, GIFTS & MORE! | 1 CCAC AEROBICS 10:00 TOPS 2:00 CRAFT ACTIVITY 12:30 | 2 BLOOD PRESSURE CHECK 11:00 BINGO 12:30 | 3 COMPUTER BASICS- CARNEGIE LIBRARY 10:00 EXERCISE CLASS 10:30 BOWLING 12:00 | 4 SPEAKER-AAA CAREGIVERS PROGRAM 10:30 YOGA 10:30 | 5 SILVER SCRIPTS 10:00 BINGO 12:30 |
|  CCAC LINE DANCE 10:00—FRIDAYS | 8 CCAC AEROBICS 10:00 TOPS 2:00 | 9 GENERAL MEMBERSHIP MTG 9:30 BINGO 12:30 | 10 ADVISORY COUNCIL MTG 9:30 EXERCISE CLASS 10:30 BOWLING 12:00 | 11 SHERADEN—OPEN HOUSE EVENT 10-3:00 YOGA 10:30 | 12 CCAC LINE DANCE 10:00 REP. DEASY— MEDICATION TAKE- BACK 11:00 BINGO 12:30 |
| LUNCH SERVED DAILY Monday-Friday 11:30 AM Provided by the Area Agency on Aging | 15 CCAC AEROBICS 10:00 TOPS 2:00 CRAFT ACTIVITY 12:30 | 16 BINGO 12:30 SPEAKER-AMERICAN WATER 10:30 | 17 EXERCISE CLASS 10:30 BOWLING 12:00 | 18 YOGA 10:30 WALMART 12:00 CCAC HEALTHY COOKING 1:00 | 19 CCAC LINE DANCE 10:00 SPEAKER-UNITED HEALTH CARE 10:30 BINGO 12:30 |
| “Nothing can dim the light which shines within.” Maya Angelou | 22 CCAC AEROBICS 10:00 PHIPPS CONSERVATORY FALL FLOWER SHOW 11:00 TOPS 2:00 | 23 BINGO 12:30 | 24 EXERCISE CLASS 10:30 BOWLING 12:00 POPCORN & A MOVIE 1:00 | 25 YOGA 10:30 LUNCH & LEARN 11:00 HALLOWEEN PARTY 1-4:00 | 26 CCAC LINE DANCE 10:00 BINGO 12:30 |
|  Tues & Fri 12:30 | 29 CCAC AEROBICS 10:00 CRAFT ACTIVITY 12:30 TOPS 2:00 | 30 BINGO 12:30 | 31 EXERCISE CLASS 10:30 BOWLING 12:00 |  | |