

SOUTHSIDE MARKET HOUSE HAL CENTER 49 S 12th Street **412-488-8404**

Katelyn Cooper, Director - Kristin Coyne, Rec. 1 PT - Tiffany Randall, Rec. 1 PT Agency: Citiparks

OCTOBER 2018

LUNCH BEGINS AT 11:30 AM - \$0.50 DONATION - CENTER HOURS: M-F 8:00AM- 4:00PM

MONDAY Wii Fitness 10:00-10:30AM	TUESDAY Pick Up Pickleball 9:00-11:30AM	WEDNESDAY Art Studio Classes 9:00-11:00AM	THURSDAY Pick Up Pickleball 9:00-11:30AM	FRIDAY Wii Fitness 10:00-10:30AM
1) Tech Time (Carnegie Library) 12:00-1:00PM MUSIC WITH JUDY Piano 1-2:00; African Drums 2-3:00; Recorder 3-4:00	2) Boost Your Brain Health 10:00-10:30AM CCAC Healthy Cooking 1:00-3:00PM TAI CHI 12:30-1:30PM FOOD BOX DELIVERY	3) Stress Management (Carlow Students) 12:00-1:00PM BOTANICAL GARDENS 9:30-1:00 	4) UNITED HEALTHCARE 10:00-11:00 (Lunch Provided) Chair Yoga(\$2) 10:15-11:00AM BINGO 10:00-3:00	5) PGH GLASS CENTER 9:30-1:00 Explore Your Family History 1:00-3:00PM Healthy Endeavors (\$1) 12:30-1:00PM AEROBICS 12:30-1:30PM
8) HEINZ HISTORY CENTER 9:30-1:00 Golden Coral 12:00-3:00 MUSIC WITH JUDY Piano 1-2:00; African Drums 2-3:00; Recorder 3-4:00	9) Boost Your Brain Health 10:00-10:30AM ADVISORY COUNCIL MEETING 10:00-11:00 TAI CHI 12:30-1:30PM	10) Fall Prevention Tai Chi 12:30-1:30 (\$2) Princess Lanes Bowling (OPT) 12:00-3:00PM Walmart Century III 12:30-3:30PM Adopt a Senior 3:00-5:00PM 	11) AEROBICS CLASS 10:15-11:15AM BINGO (Health Day) 10:00-3:00 BREAST CANCER AWARENESS- FAIR 10:00-2:00	12) Explore Your Family History 1:00-3:00PM NLSA Attorney (By Appointment) 1:30-3:30 Applebee's 3:00-6:00PM
15) Tech Time (Carnegie Library) 12:00-1:00PM MUSIC WITH JUDY Piano 1-2:00; African Drums 2-3:00; Recorder 3-4:00	16) Boost Your Brain Health 10:00-10:30AM TAI CHI 12:30-1:30PM	17) Wheeling Casino (Limited Availability) 10:00AM Adopt a Senior (Ormsby Rec.) 3:00-5:00PM	18) AEROBICS CLASS 10:15-11:15AM Chair Yoga(\$2) 10:15-11:00AM BINGO 10:00-3:00	19) Healthy Endeavors 12:30-1:00PM (\$1) AEROBICS 12:30-1:30PM Explore Your Family History 1:00-3:00PM Red Lobster 3:00-6:00PM
22) Outback Steakhouse 12:00-3:00 MUSIC WITH JUDY Piano 1-2:00; African Drums 2-3:00; Recorder 3-4:00	23) Boost Your Brain Health 10:00-10:30AM TAI CHI 12:30-1:30PM	24) Fall Prevention Tai Chi 12:30-1:30 (\$2) Adopt a Senior (Ormsby Rec.) 3:00-5:00PM	25) HALLOWEEN PARTY 9:00-4:00 (\$5) AEROBICS CLASS 10:15-11:15AM BINGO (Donut Day) 10:00-3:00	26) AEROBICS 12:30-1:30PM Explore Your Family History 1:00-3:00PM
29) Tech Time (Carnegie Library) 12:00-1:00PM MUSIC WITH JUDY Piano 1-2:00; African Drums 2-3:00; Recorder 3-4:00	30) Steel & Immigrants Presentation 10:00-11:30AM TAI CHI 12:30-1:30PM BIRTHDAY PARTY	31) Walmart Century III 12:30-3:30PM BLOOD PRESSURE CHECK 10:00-11:00AM	BINGO BASH Sat. 10/6 (\$20)  12:00-5:00PM	CARNEGIE SCIENCE CENTER (OPT) SUNDAY, 10/14 9:30-1:00