Glen Hazel Healthy Active Living Center

5344 Second Avenue
Pittsburgh, PA 15207
412-422-6554

Eric Schiller-Center Director
Henry and Ron-Rec. Leaders
Center Hours: 8-4 Mon-Fri

JULY, 2019

DAILY ACTIVITIES: Wii GAMES, DARTS, BRAIN GAMES, CIRCUIT CLUB

Mon	Tue	Wed	Thu	Fri
1 **Group Chair Exercise 10am** **Bingo 1-4pm**	**2** **Community Garden Day 10am (Rear Porch)**	**3** **Fourth of July "Fireworks" BINGO 1-3PM** ***Door Prizes, Raffle Mini-Auction***	**4** **CENTER CLOSED**	**5** **BUCCS & DOGS Mini-Fundraiser 1PM $3**
8 **Advisory Council Meeting 12pm** **BINGO 1-4PM**	***9*** **WALMART DOLLAR TREE/ CITY VAN 12pm**	**10** **Ice Cream Social w/ State Rep Jake Wheatley 11:45am** **BINGO 1-4PM**	**11** **VSA Lower Body Conditioning** 10:30-11:15am	***12*** BLOOD PRESSURE SCREENINGS 10 **EXERCISE 10-10:30**
15 **Clear Caption Presentation 11am**	**16** **Coffee Talk 9am** **Circuit Club 10am**	**17** **UPMC-ASK THE NURSE 10:30-12:30PM** BINGO 1-4PM	**18** VSA Hand Strength 10:30-11:15 **WII BOWLING (Practice) 1-3PM**	**19** **"Together we Tech" 10:30-11:30am** **EXERCISE 10-10:30**
22 **SENIOR SAFETY 11AM** **BINGO 1-4PM**	**23** **Squirrel Hill Re-hab Presentation 11:00am**	**24** **BINGO 1-4PM** Concert Series 'Shinizyn" 7-8pm Flagstaff Hill/OPT	**25** **SALVATION ARMY THRIFT STORE/ CITY VAN /11AM** Wii Bowling Tournament 1-3pm/Home	***26*** **COLORING & CONVERSATION 1-3PM**
29 *History of Music: "12:00-1:00 **BINGO 1-4PM**	**30** **Coffee Talk 9am** **Circuit Club 10am**	**31** **BINGO 1-4PM** Concert Series 'Bobby Short" 7-8pm Flagstaff Hill/OPT	**Wednesday Night "Concert Series" Flagstaff Hill, Schenley Park 7-8pm/OPT**	**COME VISIT US ON HEALTHY WEDNESDAY**