

HOMEWOOD HEALTHY
ACTIVE LIVING CENTER
7321 Frankstown Avenue
Pittsburgh 15208
(412) 244-4190



Melinda McCormick/ Director
Myron Pennix/ Rec. Leader 1
Ojutobi Ekunfeo/ Rec Leader 1
Bernard Johnson/ Assistant PT
Frances Sumpter/ Assistant PT



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Lunch Served @ Noon .50 cents & Up Donation</p>	<p>1 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>2 LINE DANCE 10 - 12 Ceramics TABLET TIME 9:30</p>	<p>3 KNIT & CROCHET 10 Ceramics MOVE YOUR BODY 10:30-11:30</p>		<p>5 Ceramics BODY WORK W/ TOBI 10:30-11:15 WALKING CLUB 9:30-10:30 WALMART 11:30</p>	<p>All center Activities & Trips Are Subject to Change</p>
<p>Homewood (HAL) Ctr. Funded in Part by ACDHS/AAA</p>	<p>8 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>9 LINE DANCE 10 - 12 Ceramics TABLET TIME 9:30</p>	<p>10 KNIT & CROCHET 10 Ceramics MOVE YOUR BODY 10:30-11:30</p>	<p>11 KNIT & CROCHET 10-12 POKENO 9:30 - 11 BINGO 1:00 Ceramics</p>	<p>12 Ceramics BODY WORK W/ TOBI 9:30- 10:15 WALKING CLUB 9:30-10:30 CAMERA CLUB TO STRIP DIS. 11:30</p>	<p>Health: Ask The Nurse Blood Pressure</p>
<p>CENTER COOKOUT FRIDAY AUGUST 16TH</p>	<p>15 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>16 LINE DANCE 10 - 12 Ceramics TABLET TIME 9:30</p>	<p>17 Knit & Crochet 10 Move Your Body 10:30 Movie Day 1:00</p>	<p>18 KNIT & CROCHET 10-12 POKENO 9:30 - 11 BINGO 1:00 Ceramic</p>	<p>19 Ceramics BODY WORK W/ TOBI 9:30- 10:15 WALKING CLUB 9:30-10:30 LUNCH @ CARMY'S OPT 11:15-2:00</p>	<p>EVENTS CENTER PICNIC HIGHLAND PARK \$10.00 WED. 24TH</p>
<p>UP COMING EVENTS SUPER BINGO CELEBRATION SEPT. 7TH</p>	<p>22 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>23 LINE DANCE 10 - 12 Ceramics TABLET TIME 9:30</p>	<p>24 KNIT & CROCHET 10 Ceramics CENTER PICNIC 9:30</p>	<p>25 KNIT & CROCHET 10-12 POKENO 9:30 - 11 BINGO 1:00 Ceramics MOVE YOUR BODY 10:30</p>	<p>26 Ceramics- 11:30 BODY WORK W/ TOBI 9:30- 10:15 WALKING CLUB 9:30-10:30 BELLA LUNAS OPT 11:00</p>	<p>Warning FORTH TUESDAY of Each Month Don't Park on Center side of the street</p>
<p>UP COMING EVENTS ANNIVERSARY CELEBRATION SEPT. 27TH 1:00-4:00</p>	<p>29 MOVE YOUR BODY 10:30-11:30 FELLOWSHIP 1-2 LINE DANCE 1-3 Ceramics</p>	<p>30 LINE DANCE 10 - 12 Ceramics TABLET TIME 9:30</p>	<p>31 KNIT & CROCHET 10 Move Your Body 10:30 Birthday Celebration</p>			