





# JULY 2019 LAWRENCEVILLE 4600 Butler Street, Pgh. PA 15201—412-622-6918

Steve Hartman Director / Tom Horan & Margaret Randall Rec. Leaders

**Daily Lunch served at 11:45 am—Open Daily Monday-Friday 8 am-4 pm—Closed weekends/holidays**

**REOCCURRING ACTIVITIES ARE LISTED BELOW UNDER EACH DAY OF THE WEEK**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Water Aerobics 10:45 to 11:30am	Van or OPT Shopping Trip 11:30am	Water Aerobics 10:45 to 11:30am  BINGO 1:00 to 3:15pm	Closed on July 4th!!	Water Aerobics 10:45 to 11:30am  BINGO 1:00 to 3:15pm	<b>NOTE: Other daily activities include: Wii Bowling, Reading, Puzzles, walking, board games, cards &amp; computers</b>
	1	2 Virtual Senior Academy @10:30am @1:00pm	3 Bingo @1pm		5 Tai Chi@10:30 Bingo @1pm	6
7	8 Virtual Senior Academy @10:30	9 North Hills OPT SHOPPING TRIP 11:30 am—2:00 *please be at the center at 11:00am*	10 Bingo @1pm	11 National Blueberry Muffins Day!! Nutrition@10am Chair Yoga 10:30AM	12 ADVISORY COUNCIL MEETING @ 10:00am Tai Chi@10:30 Bingo @1pm	13
14	15 Crafts w/ CEIL @10	16 OPT Dining Out: Cracker Barrel in Robinson	17 National Hotdog Day!! Virtual Senior Academy @10:30 Bingo @1pm	18 Nutrition Class@10 Virtual Senior Academy @10:30 Chair Yoga 10:30AM Casino Trip@11:30	19 Tai Chi@10:30 Bingo @1pm	20
21	22 Virtual Senior Academy @10:30 HAND AND FOOT TOURNAMENT	23 Pgh Mills OPT SHOPPING TRIP 11:30 am—2:00 *please be at the center at 11:00am*	24 Virtual Senior Academy @10:30 Bingo @1pm	25 Chair Yoga 10:30AM	26 Tai Chi@10:30 Bingo @1pm	27
28	29 Crafts w/ CEIL @10	30 Penn Hills OPT SHOPPING TRIP *please be at the center at 11:00am*	31 Bingo @1pm	 <b>CITIPARKS</b> HEALTHY ACTIVE LIVING		