



## September 2019

### Knoxville Hours of Operation

Monday, Wednesday, and Friday 9AM-2PM

Tuesday and Thursday 8AM-1PM

320 Brownsville Road Pittsburgh, PA 15210

(412) 381-6900

Pam Lowe: Site Coordinator

Sami Burnworth: Regional Manager/I&R Specialist

[www.lifespanpa.org](http://www.lifespanpa.org)

Lunch is served daily at 11:30AM, please arrive on time. Lunch reservations must be made at least the day before by 11AM. Lunch donation \$1.50



### Center Closure

Monday, September 2nd,  
2019

Centers will be closed for  
Labor Day!



### Advisory Committee Meeting

September 25th @ 10:00AM

*Let your voice be heard,*

This meeting is for any person with ideas, suggestions, or concerns to help improve daily operations. All ideas and comments welcome!



### Silver Sneakers

Tuesday and Thursday

10:00AM-10:45AM

Instructor: Gerri Delaney

Enjoy light aerobics, meet new friends,  
and stay healthy and fit with this great  
class!

### Indoor Workout Gym

Monday, Wednesday, and Friday

9AM-2PM

Tuesday and Thursday

8AM-1PM

### CCAC Chair Exercise

12 week session on Tuesdays starting  
September 3rd through November 19th

10:00AM-11:00AM

### CARDS:

#### Monday-Friday

Spades: @ 9:00am

Hand & Foot: @ 9:00AM

Kings In the Corner @ 9:00AM



### CCAC Arts & Crafts

3 week session on Mondays  
starting September 9th through  
September 23rd

9:30AM-11:30AM

### BINGO

Wednesday & Friday

10:30AM-11:30AM &  
12:15PM-1:30PM



### National Aviary

Friday, September 27th, 2019

OPT Pick Up 9:30AM, OPT Return 1:30PM

\$11 per person (group rate)

Must have at least 10 participants

Enjoy a light lunch at the Café or bring a Brown Bag Lunch

Please sign up and pay in office by September 20th!

**NO REFUNDS**



# Lunch Bunch Outings

## Watami Hibachi Steakhouse

West Mifflin

Thursday, September 12th, 2019

OPT Pick Up 11:30AM, OPT Return  
2:15PM

## Red Lion Restaurant

Elizabeth

Thursday, September 26th, 2019

OPT Pick up 11:30AM, OPT Return  
2:15PM

## SPEAKERS AND PRESENTATIONS

September 4th : Representative Mike Doyle's Office @ 11:30 Information and Services

## Walmart Trip



Tuesday, September 24th, 2019

OPT Pick Up 11:30, OPT Return 2:15

## CASHTOBERFEST



Friday, October 11th, 2019

Salvatore's, 5001 Curry Rd. Pittsburgh, PA 15236



5:00PM-10:00PM

\$25.00 per ticket-2 numbers on a ticket! Drawings every 15 minutes

ONLY 500 tickets sold-Cash winners need not be present

Includes dinner buffet, beer, music and dancing

Cash Bar-No outside alcohol is permitted-MUST BE 21 YEARS OLD

Doors open at 5:00PM, Dinner at 6:00PM, Drawings start at 7:00PM

For more information or tickets please visit any LifeSpan Center or call (412) 464-1300