

**Lunch is served daily at
11:30am. Please call
at least the day before
BY 11AM to sign up.**



Cards, Games & Other

- * Bingo-
Mon & Wed- 12:15 –2:00
- * Bridge -Tuesday & Thursday 10:30-3
- * Hand & Foot-Tuesday @ 10:30
- * Po-ke-no - February 14th - 11:30-3:00
- * 500 Bid - February 5th - 12:00-3:00
- * Pinochle- February 1st & 15th 12-3!
- * Quilting Every Monday 12:30 - 2:30

Fitness & Activities

- * Fitness Class- \$3 per class
Tuesday & Thursday, 9:15-10:15
- * Advance Line Dancing- \$3 per class
Tuesday 9:30-11:30
- * Beginner's Line Dance- \$3 per class
Friday 9:30-11:30
- * Tia Chi- \$4 per class
Thursday 11:15-12:15
- * Chair Exercise- \$3 per class
Friday 9:30-10:30
- * Walking track available Monday thru
Friday from 9-3



Special Events

- * Waffle Day: February 4th @ 9:30, provided by Overlook Green. Please sign up in advance!
- * Paramount Bethel Park: February 11th, sponsoring bingo with prizes, snacks, and refreshments!
- * CCAC Healthy Cooking: 3 week session on Wednesdays starting February 20th through March 6th @ 9:30! Limited space, sign up today!
- * Lunch Bunch Outing: February 21st OPT pick up 10:30 OPT return 1:30. The Galleria you choose where you want to eat, Sign up by February 14th!
- * Advisory Council Meeting: February 18th @ 11

Center Visitors (Discussions, Screenings, etc.)

- February 6th - Blood Pressure @ 10:30, Compassionate Care Hospice
- February 6th– Henney's Family Services @ 11:30, upcoming event info
- February 12th- Blood Pressure @ 10, Jefferson Hospital
- February 13th- Atria @ 11:30. Heart Health with Fox Rehab
- February 13th– Dr. Hess @ 11:45, Foot Doctor
- February 15th– Silver Scripts @ 10, Pitt Pharmacy Students
- February 20th - Blood Pressure @ 10:30, Meadowcrest
- February 20th– Gateway Health @ 10, Heart Health
- February 26th– Blood Pressure @ 10, Gateway Hospice

