

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

January



Cards, Games & Other

- * Bingo-
Mon & Wed- 12:15 –2:00
- * Bridge -Tuesday & Thursday 10:30-3
- * Hand & Foot-Tuesday @ 10:30
- * Po-ke-no - January 10th - 11:30-3:00
- * 500 Bid - January 8th - 12:00-3:00
- * Pinochle- January 4th & 18th 12-3!
- * Quilting Every Monday 12:30 - 2:30

Special Events

- * Residence at Logan: January 16th @ 12PM. The Residence at Logan will be sponsoring bingo!
- * Lunch Bunch Outing: January 17th OPT pick up 10:30 OPT return 1:30. Al's Café, Sign up by January 10th!
- * Advisory Council Meeting: January 17th @ 11
- * Craft Day: January 24th @ 10AM, provided by Comfort Keepers and Arden Courts! Craft will be Sun Catchers! Please

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

Happy New Year 2019



Center Visitors (Discussions, Screenings, etc.)

- January 2nd - Blood Pressure @ 10:30, Compassionate Care Hospice
- January 14th– University of Pittsburgh @ 11:30
- January 16th - Blood Pressure @ 10:30, Meadowcrest
- January 22nd– Blood Pressure @ 10, Gateway Hospice
- January 23rd– Humana @ 11, Fall Prevention

Center Closures!

January 21st, 2019

LifeSpan will be closed for
Martin Luther King Jr. Day!