



Knoxville Hours of Operation

Monday, Wednesday, and Friday 9AM-2PM

Tuesday and Thursday 8AM-1PM

320 Brownsville Road Pittsburgh, PA 15210

(412) 381-6900

Sami Burnworth: Regional Manager/I&R Specialist

Kimberly A. Simmons: Site Coordinator

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.



Advisory Committee Meeting

April 26th @ 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!

BLOOD PRESSURE SCREENING!

April 9th @ 10:00AM UPMC Nurse Sandy



CCAC Line Dancing

6 week class on Monday's
starting March 11th and
ending April 22rd @ 10AM

FREE CLASS

Please sign up!

Silver Sneaker's every Tuesday and Thursday

10:15AM-11:30AM

Instructor: Gerri
Delaney

Chair Exercise every Tuesday & Thursday

9:30AM-10:15AM

Instructor: Joanne Tate



CARDS

Monday— Friday

Spades: @ 9:00am

Hand & Foot: @ 9:00AM

Kings In the Corner @9:00



Indoor Workout Gym

Monday, Wednesday,
and Friday

9AM-2PM

Tuesday and Thursday

8AM-1PM

Lunch Bunch Outings

Calabria's Restaurant

April 8, 2019

11:30AM-2:15



Interchange

March 22, 2019

11:30AM-2:15PM



SPEAKERS AND PRESENTATIONS

April 3rd: All Of Us PA with Nadia @ 10:30am

April 5th: Silver Scripts Follow Up @ 10:00am

April 12th: DA Office w/Cyndi (Emotional Abuse) 10:00am

April 23rd: Vascular Access Center w/Rhonda 10:30am

April 29th: OPT Trip Walmart 11:30am—2:15pm

Grab some friends
and gather in the
Computer Room!



Join in

Knoxville Arts & Crafts

April 25th, 2019

Popsicle Stick Bird
Feeder



BINGO

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

