



Knoxville Hours of Operation

Monday, Wednesday, and Friday 9AM-2PM

Tuesday and Thursday 8AM-1PM

320 Brownsville Road Pittsburgh, PA 15210

(412) 420-8147

Candice Benson, Site Coordinator

www.lifespanpa.org

*** KNOXVILLE CENTER CLOSED, Fri. May 6th, & Mon. May 30th 2022*****



CCAC Arts & Crafts

6 week sessions

April 1st-May 16th

Time: 9:30am-11:30am

Instructor: Diana Walker



10 participant limit

NEWS FLASH!!
Lunch is back...

When: Beginning Mon. May 2, 2022

Days: Monday-Friday

Time: 12pm-12:30pm

****Menu selection must be placed by 11am at site, 1 day prior to receiving food order.**

Sugg. Donation \$1.50 per meal.



Join us, you're invited!!!

Senior Center Grand Re-Opening

Featuring Special Guests,

Refreshments & Entertainment

Date: Friday, May 27, 2022

Time: 10am-2pm

R&B Music Guest: Darryl and Kim

Space is limited! Sign up now



Sunday, May 8, 2022

(412) 420-8147
Call for more
Information

New and Exciting **Activities**



CARDS



Monday's

12pm-2pm

LCR

66, Spades, more to come

Bible Study
With
Brookline Assembly Church
Thursday's
10am -11am



Silver Sneakers

Wednesday's

11:15AM-11:45AM

Instructor: Gerri Delaney

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



BINGO

Tuesday's & Friday's

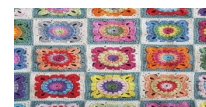
10:30AM-11:30AM

Crochet time with
Blanche



Thursday's

10am-12pm



Salon service with Amber

Hair cut, Style, or Both

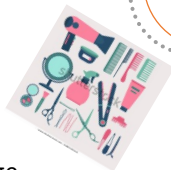
Price list attached on last page.

***Appointment required: 412-330-7992**

Dates: Mon. May 9, 16, 23

Time: 9am-2pm

Sign up sheet and price list attached and within center
lobby.





Fun Healthy Cooking Class

Presented by Hannah Roberts

with Adagio Health

2nd Tuesday of month

April 12-Sept. 13

11am-12pm

Info sessions with Anna Carlson

Humana Health Care

Time 12:00pm-1:00pm



- Tues: May 3rd, 5 causes of Sneaky weight gain. Special Bingo (prizes no cash needed)
- Thurs. May 12th, Simple Ways to boost immune system.
- Thurs. May 19th, is your plate heart healthy.
- **Tues. May. 24th, Stretch your dollars \$ \$**

Advisory Committee Meeting

Thurs. May 26th @ 9:30AM

Let your voice be heard,

Trips:

Fri. May 13th, 11am-1pm

Carnegie Museum of Natural History, (Location: Oakland)

Wed. May 18th 11:30am-2pm

Bucca Di Beppo Restaurant
(Location: Station Square)

Rivers Casino To be announced

Coming in June, 2022

Special Bingo Lunch Hour

Music Guest:

“JOE COLLINCINI”

“FORMER, HEY JOE WITH A MIKE”

***More activities, events,
coming soon!***



Salon Services

(Simple styling included with all haircuts)

Men's Clipper Cut

(Clipper ONLY cut)

\$15

Trim

(Reshape current hairstyle)

\$20

Scissor Cut

(Full haircut or Clipper and Scissor cut)

\$25

Beard Trim

\$5

All services are paid in cash by client.

Medical Assistance may cover the cost of those who qualify.

Appointment available on
Mondays 10:00am to 2:00pm