



### Knoxville Hours of Operation

Monday, Wednesday, and Friday 9AM-2PM

Tuesday and Thursday 8AM-1PM

320 Brownsville Road Pittsburgh, PA 15210

(412) 420-8147

Amanda Gordon, Site Coordinator

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



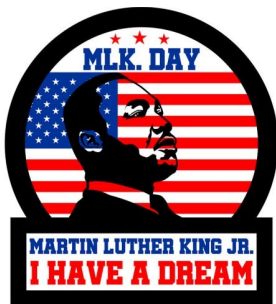
### Center Closures

All LifeSpan Centers will be closed Monday, January 2nd, 2023 for New Years! Centers will reopen on Tuesday, January 3rd, 2023!

All LifeSpan Centers will be closed Monday, January 16th, 2023 for Martin Luther King Day! Centers will reopen on Tuesday, January 17th, 2023!

### Daily Lunch Service

Lunch will be served daily at 11:30AM, please arrive on time! Lunch reservations must be made at least the day before by 11:00AM! Lunch is a suggested donation of \$1.50! We are excited to have everyone back at the center for a hot and ready meal!



**(412) 420-8147**  
**Call for more**  
**Information**

# New and Exciting Activities

## Cards Available Daily!!



**During operating hours!**



**LCR, 66, Spades, more to come!**

**If you are interested in starting a card group,  
see LifeSpan office!**



## BINGO

**Tuesday, Thursday**

**10:30am-11:30am**



## Silver Sneakers

There will be **NO** Silver Sneakers January, February,  
or March 2023!!

Classes will resume in April of 2023!!

## Line Dancing with Claudette

Every Wednesday @ 12:00

Join us for some fun line dancing  
moves!

We look forward to seeing you  
there!



## Canvas Painting with Carolyn

Wednesday, January 18th, 2023

10:30

Theme: TBA



**UPMC**  
LIFE CHANGING MEDICINE



## **Diabetes Series**

Sponsored by: Hilltop Pharmacy

**Tuesday, January 10th, 2023**

**11:30AM**

Tuesday, January 24th, 2023

11:30AM

**HILLTOP**  
PHARMACY

## Advisory Committee Meeting

Let your voice be heard and suggestions made.

January 17th, 2023 at 11:45 am



## Walmart Outing

Thursday, January 12th, 2023

OPT Pick Up 10:00, OPT Return 12:30

Please sign up by January 6th!

## Lunch Outing

Denny's (West Mifflin location)

Wednesday, January 11th, 2023

OPT Pick Up 10:00, OPT Return 12:30

Please sign up by January 6th!!

## Valentine's Day Party

Tuesday, February 14th, 2023

Time: TBA

More details coming soon!!!

