



WINTER ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	9:15 Walking 10 Enhance Fitness 12 IGIA Movement 1 Line Dance (Begin)	9:15 Walking 10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Line Dance (Begin)	9:15 Walking 10 Enhance Fitness 12 Chair Exercise 1 Line Dance (Adv)	9:15 Walking 10 Silver Sneakers 11:30 Tai Chi 1 Yoga	9:15 Walking 10 Line Dance (Begin) 11 Soul Aerobics 11:45 Your Health, Your Way (3/7-4/11) 1 Line Dance (Adv)
Wilkinsburg Room	10 Chess 12 Intro Mahjong	12 Bridge Club	12 Bible Study 1 Mahjong	11:30 Book Club (2nd Thur) 11:30 Ebony Pennies Club (3rd Thur)	12 Bridge Intro & Practice
East Liberty Room	12 Bingo sponsored by MediConnect	10 Mega Morning Bingo sponsored by MediConnect	11:30 Acting Class (2/5-4/23)	12:30 Painting	12 Bingo sponsored by MediConnect
Homewood Room	10 Bible Study 11:45 Vintage Choir	9:30 Quilting 1 Pearls of Wisdom Discussion	1 Balance / Mobility Exercise 2 Parkinson's Support (1/8, 2/5, 3/5, 4/2)	12 Diamond Painting 1 Memory Café (1/9, 2/6, 3/6, 4/3)	1 Balance / Mobility Exercise
Fitness Studio	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 1-3 Equipment Assistance & Training (Jan. & Feb.)	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm
Larimer Room			1 Writing		1 Anna's Bible Discussion
Point Breeze I & II	Billiards 9 am - 4 pm	Billiards 9 am - 4 pm	Billiards 9 am - 4 pm	Billiards 9 am - 4 pm	Billiards 9 am - 4 pm
Bloomfield Room	Cards 9 am - 4 pm	Cards 9 am - 4 pm	Cards 9 am - 4 pm	Cards 9 am - 4 pm	Cards 9 am - 4 pm
Sidney Hills Room	10 Blood Pressure by Nurse	1 Wii Bowling	12 Movie of the Week	TV Room 9 am - 4 pm	TV Room 9 am - 4 pm
Technology Center	Individual Coaching (by Appointment)	1 Computer Workshops	Individual Coaching (by Appointment)	9:30 Chromebook Workshop (1/23 - 3/27) Individual Coaching (by Appointment)	Individual Coaching (by Appointment)
Shadyside Room	9:30 Smart Driver (3/3)	9:30 Smart Driver (3/4)	Taxes (Feb. - Apr.) 12 Wise Neighbors Project (1/22)	Taxes (Feb. - Apr.)	
Hugh Lane Wing			10 Rainbow Trail- blazers	6 Rainbow Trail- blazers (2nd & 4th)	