



SPRING ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 12 IGIA Movement 1 Line Dance (Begin) 2:30 On the Move (6/16-8/4)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Line Dance (Begin)	10 Enhance Fitness 12 Chair Exercise 1 Line Dance (Adv)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga	10 Line Dance (Begin) 11 Soul Aerobics 1 Line Dance (Adv)
Wilkinsburg Room	10 Chess 12 Intro Mahjong	12 Bridge Club	1 Mahjong	11:30 Book Club (2nd Thur) 11:30 Ebony Pennies Club (3rd Thur)	12 Bridge Intro & Practice
East Liberty Room	10 Bible Study 11:45 Vintage Choir	9:30 Quilting 1 Pearls of Wisdom Discussion	1 Balance / Mobility Exercise 2 Parkinson's Support (4/2, 5/7, 6/4)	12:30 Painting	10 Putting 1 Balance / Mobility Exercise
Fitness Studio	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 1-3 Equipment Assistance & Training	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm
Larimer Room			1 Writing	10 Needlepoint/Crochet 12 Diamond Painting	
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)	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)
Hugh Lane Wing			10 Rainbow Trailblazers	6 Rainbow Trailblazers (2nd & 4th)	

Putting Class

Fridays, 10am – East Liberty Room

Interested in learning how to putt? Does your short game need a little practice? Join volunteer Richard Reed at the Vintage putting green!

On The Move Returns!

Mondays at 2:30 pm, June 16 – August 4, Bitzer Room *Instructor: Diane Markovitz*

“On The Move” is an evidenced-based exercise class scientifically proven by physical therapists at the University of Pittsburgh. The classes target the timing and coordination of walking and is designed to improve mobility in older adults who feel they “just aren’t walking like they used to.”

HAVE YOU CONSIDERED VOLUNTEERING?

Front Desk Volunteers

- AM shift 9:00 am to 12:30 pm
- PM shift 12:30 pm to 4:00 pm
- Duties include: Answering phones, helping participants login on the touch screens, and greeting guests.

Lunch Servers

- 10:30 am - Noon
- Duties include: Prepping food for service, dishing food, handing out food items, and delivering trays

Lunch Dishwashers

- 1.5 hours - after lunch service - time of day depends on day of week.
- Duties include: Collecting pans and trays, washing pans, and using the dishwasher to sanitize the trays.

Arbor

- AM shift 9:00 am to 12:30 pm
- PM shift 12:30 to 4:00 pm
- Duties include: Making coffee, stocking the refrigerator/cabinets.
- *Includes handling money & making change.