



SUMMER 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	12 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 1 Diamond Painting	9:30 Quilting 1 Pearls of Wisdom Discussion	1 Balance / Mobility Exercise 2 Parkinson's Support (7/2, 8/6, 9/3)	12:30 Painting	1 Balance / Mobility Exercise
Fitness Studio	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 1-3 Equip't Training (7/15, 8/12, 9/16)	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	
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)	