



SPRING ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 12 CCAC Aerobics (4/7-5/27) 12 IGIA Movement (6/3-7/8) 1 Line Dance (Begin) 2:30 Pilates	10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Line Dance (Begin)	10 Enhance Fitness 12 Chair Exercise 12 CCAC Chair Exercise (4/23-5/21) 1 Line Dance (Adv)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Pilates	10 Line Dance (Begin) 11:30 Your Health Your Way (4/12-5/17) 12 Chair Exercise 1 Line Dance (Adv)
Wilksburg Room	10 Chess 12 Intro Mahjong	12 Bridge Club	10 Stroke Group (1st & 3rd) 12 Bible Study 1 Writing 2 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 Latin Dance (4/29-5/20)	9:30 Quilting 1 Pearls of Wisdom Discussion	12 Music for the Mind 1 Balance/Mobility Exercise	12:30 Painting	12 Music for the Mind 1 Balance/Mobility Exercise
Homewood Room	12 Bingo	10 Mega Morning Bingo	1 Familylinks CORE Classes	9:30 Boost Your Brain (4/25-5/16) 1 Cookie/Cake Decorating (5/9-16)	12 Bingo
Fitness Studio	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 10 & 11 Equipment Orientation (4/18,5/16,6/20)	Exercise Equipment 9 am - 4 pm
Larimer Room			12 Pokeno	10 Crochet 12 Discussion Group	
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)
Shadyside Room			9:30 Smart Driver (6/5)	9:30 Smart Driver (6/6)	
Atrium				12 Penny Bingo (2nd & 4th)	
Hugh Lane Wing			9:30 LGBTQ Senior Group		