

412-464-1300 X121
JESSICA
OR X123 ALICE

DATES OF INTEREST:

2ND X-MAS TRIP

7TH OPT OUT TO LUNCH TRIP - GOLD-EN CORRAL

8TH SENIOR COMPANION MEETING

7TH & 21ST LESSONS WITH DENNIS

14TH 10AM X-MAS BINGO WITH ATRIA & SOUTHWESTERN FOLLOWED BY TAI CHI @ 12:30

16TH UNO'S DOUGH RAISER FOR LIFESPAN'S HOME DELIVERED MEALS DEPARTMENT ALL DAY

Offered Daily:

- Video Exercise
- Computer Lab New!
- Lending Library
- Cards
- Games

Register here for:

- OPT
- Access
- Bus Pass

Lifespan

West Mifflin Borough

DECEMBER 2011

3000 LEBANON CHURCH RD

Happy Holiday!!



Daily schedule

Hours of Operation

Monday 9am - 1pm

Wednesday 9am - 1pm

Friday 10am - 2pm

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
9-10am Brain Games	9am-10am Brain Games	10am-2pm Card Club
10-11am Video Exercise	10am-11am Video Exercise	Boxed Lunches 2nd & 16th
11-1 Movie Or Crafts	11am-1pm Book Club	

New New New!! Tai Chi Schedule All classes are 12:30pm - 1:30pm

Wed Nov 23rd	Wed Nov 30th
Wed Dec 7th	Fri Dec 9th
Wed Dec 14th	Fri Dec 16th

JOIN US!!



Holiday Closing Schedule

Friday the 23rd Closed no card Club

Monday the 26th Closed

Friday the 30th Closed no card Club

Current Affairs

Blood Pressure by Baldwin EMT's Every 3rd Wednesday @ 9:30am

Group Lifestyle Balance Program (GLB)

A research program for adults at risk for type 2 diabetes and or heart disease. 18 or older, do not have diabetes, and are overweight Call [877-444-3772](tel:877-444-3772) to find out if you are eligible. For those who join the study: Take part in a lifestyle change program to help prevent diabetes & Learn how to improve eating and activity habits and to safely lose weight.

Screenings have started and are taking place here!

Trip News!

Washington DC May 4th-7th 2012

Mackinac Island September 9th-15th 2012

See Alice or Jessica for a flyer

Do you have a small group of 4 or more that wants to get out and enjoy life and see the exciting things Pittsburgh has to offer. Well see Jessica or Alice to have them help you plan an OPT day trip today. We are HERE for YOU!

