



# JUNE 2019 WILLOW HEIGHTS LIFESTYLE PROGRAM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAST DAY OF MONTH 30		ROOM LOCATION KEY				FIRST DAY OF MONTH 1
10:30 CHURCH VAN TRIPS (O) 10:30 CATHOLIC COMMUNION (WL) 2:00 PROVIDENCE PRESBYTERIAN CHURCH (WL) 	<b>Independent Living LifeSTYLE Program Coordinator</b> <b>Jessica Derx</b> (412) 875-4180 Jderx@willowsseniorliving.com 	(K) KITCHEN/CRAFT AREA (LY) LOBBY (O) OUT IN THE COMMUNITY (LR) LIVING ROOM (L) LIBRARY (DR) DINING ROOM (WL) WILLOW LANE (P) PUB (PA) PATIO 				11:00 COFFEE, TEA & CONVERSATION (DR) 12:30 BINGO W/ BILL R. (DR) 1:30 SCRABBLE (K) 1:30 MOVIE MATINEE ~ FRIED GREEN TOMATOES (P) 7:00 POKER NIGHT (LR)
2	3	4	5	D-DAY 6	7	8
10:30 CHURCH VAN TRIPS (O) 10:30 CATHOLIC COMMUNION (WL) 2:00 MCKEES ROCKS ASSEMBLY OF GOD (WL)  	9:30 GIANT EAGLE & BANK (O) 10:15 SIT & BE FIT W/ DAN FROM HOMEINSTEAD (K) 11:00 KENNEDY GARDEN CLUB PLANTING FLOWERS 11:30 LUNCH AT YA FEI (O) 2:00 CATHOLIC MASS (WL) 2:30 JULY ACTIVITY PLANNING MTG (K) 7:00 BINGO W/ BILL R. (DR)	10:30 LEMONADE STORIES(LR) 11:00 BALANCE&STRENGTH(P) 12:00 WESTERN & SOUTHERN LIFE LUNCH & LEARN (DR) 1:00 BIBLE STUDY (L) 2:00 WELLNESS AFTERNOON BY PROGRESSIVE (DR) 2:30 ROSARY (L) 4:30 DINNER OUTING TO HAROLDS (O) 	9:30 RITE AID SHOPPING TRIP (20% OFF DAY) (O) 10:00 GROUP WALK W/ JESS (LY) 10:15 SIT & BE FIT (K) 11:00 BAND CONCERT FROM PROPEL MONTOUR HS (DR) 2:00 LIVE MUSIC FROM DJ TOM (DR) 6:30 500 BID NIGHT (WL-P) 7:00 POKER NIGHT (LR) 	10:30 BALANCE&STRENGTH (P) 11:00 LEMONADE STORIES (LR) 11:30 GYM TRAINING W/ JESS 1:00 BETTER BALANCE W/ SALLY - PT UNLIMITED (K) 2:30 RESIDENT COMMUNITY MEETING (DR) 3:30 LAUNDRY MACHINE Q&A/TRAINING 7:00 BINGO W/ BILL R. (DR) 	9:30 DOLLAR TREE (O) 10:15 SIT & BE FIT (K) 12:00 FRIDAY LUNCH (DR) 1:00 ACTIVE AT ANY AGE - STRENGTH & YOGA (P) 2:30 THEMED HAPPY HOUR (K) 	11:00 COFFEE, TEA & CONVERSATION (DR) 12:30 BINGO W/ BILL R. (DR) 1:30 SCRABBLE (K) 1:30 MOVIE MATINEE ~ OPERATION DUMBO DROP (P) 7:00 POKER NIGHT (LR) 
JESSICA IN THE BLDG 9	10	11	12	13	FLAG DAY 14	15
10:30 CHURCH VAN TRIPS (O) 10:30 CATHOLIC COMMUNION (WL) 1:30 CRAFT HOUR W/ JESS (K) 2:00 CHRISTIAN CHURCH SERVICE W/ JOHN (WL) 4:00 BASEBALL GAME AT WILD THINGS STADIUM - WASHINGTON WILD THINGS VS FLORENCE FREEDOM - TICKETS \$15 (O)	9:30 GIANT EAGLE & BANK (O) 10:15 SIT & BE FIT (K) 11:30 LUNCH AT SUBWAY (O) 1:00 CHOIR FROM PROPEL MONTOUR HS (DR) 2:00 JUNE BIRTHDAY CELEBRATION (DR)  3:45 HOLY TRINITY FARMERS MARKET (O) 7:00 BINGO W/ BILL R. (DR)	10:30 LEMONADE STORIES(LR) 11:00 BALANCE&STRENGTH(P) 1:00 BIBLE STUDY (L) 2:00 FALL PREVENTION PRESENTATION BY COMFORT KEEPERS (DR) 2:30 ROSARY (L) 6:30 TECH TRAINING W/ MARK GANLEY - IPADS, CELL PHONES, TABLETS ETC. (L)	9:30 MEADOWS CASINO (O) 10:15 SIT & BE FIT (K) 12:00 FATHERS DAY LUNCHEON (DR)  2:30 WII BOWLING (P) 7:00 POKER NIGHT (LR)	10:00 GROUP WALK W/ JESS (LY) 10:30 LEMONADE STORIES (LR) 11:00 BALANCE&STRENGTH (P) 1:00 BETTER BALANCE W/ SALLY - PT UNLIMITED (K) 2:00 LIVE MUSIC FROM PATRICK GANLEY (DR) 7:00 BINGO W/ BILL R. (DR)	10:00 GIANT EAGLE JOHN DRIVING (O)  10:15 SIT & BE FIT (K) 12:00 FRIDAY LUNCH (DR) 1:00 ACTIVE AT ANY AGE - STRENGTH & YOGA (P) 7:00 "LCR" GAME - .25 CENTS PER GAME (K)	11:00 COFFEE, TEA & CONVERSATION (DR) 12:30 BINGO W/ BILL R. (DR) 1:30 SCRABBLE (K) 1:30 MOVIE MATINEE ~ AMELIA (P) 7:00 POKER NIGHT (LR) 
FATHERS DAY 16	17	18	19	20	FIRST DAY OF SUMMER 21	22
10:30 CHURCH VAN TRIPS (O) 10:30 CATHOLIC COMMUNION (WL) 1:45 WEST MIDDLETOWN BAPTIST WITH YOUTH (WL)  	9:30 GIANT EAGLE & BANK (O) 10:15 SIT & BE FIT W/ DAN FROM HOMEINSTEAD (K) 11:00 ON THE MOVE GROUP (DR) 11:15 LUNCH AT BOBBY D'S (O) 12:30 - 1:15 BOOKMOBILE (WL) 1:30 - 3:30 HEARING AID SCREENING AT OVH (O) 2:00 DUQUESNE UNIVERSITY TAMBURITZANS "NEVER FORGET" SEASON DVD (P) 7:00 BINGO W/ BILL R. (DR)	10:00 HAND MASSAGES (L) 10:30 LEMONADE STORIES(LR) 11:00 BALANCE&STRENGTH(P) 11:30 LAUNDRY MACHINE Q&A/TRAINING 1:00 BIBLE STUDY (L) 2:00 W.H. VETERANS ASSOCIATION W/ JOHN D. (P) 2:30 ROSARY (L) 7:00 LIVE MUSIC FROM HEY JOE W/ MIKE (DR) 	10:00 GROUP WALK W/ JESS (LY) 10:15 SIT & BE FIT (K) 11:30 PICNIC LUNCH AT FAIRHAVEN PARK (O) 2:30 "YOU BE THE JUDGE" STORIES W/ JESS (K) 6:30 500 BID NIGHT (WL-P) 7:00 POKER NIGHT (LR) 	10:30 BALANCE&STRENGTH (P) 11:00 LEMONADE STORIES (LR) 11:00 ON THE MOVE GROUP (DR) 11:30 GYM TRAINING W/ JESS 1:00 BETTER BALANCE W/ SALLY - PT UNLIMITED (K) 2:00 TRAVEL THEMED TRIVIA & DESSERT (K) 7:00 BINGO W/ BILL R. (DR)	9:30 WALMART (O) 10:15 SIT & BE FIT (K) 12:00 FRIDAY LUNCH (DR) 1:00 ACTIVE AT ANY AGE - STRENGTH & YOGA (P) 2:00 ICE CREAM OUTING TO BRUSTER'S IN BEAVER (OUTDOOR SEATING AVAILABLE) (O)	11:00 COFFEE, TEA & CONVERSATION (DR) 12:30 BINGO W/ BILL R. (DR) 1:30 SCRABBLE (K) 1:30 MOVIE MATINEE ~ WHEN HARRY MET SALLY (P) 7:00 POKER NIGHT (LR)  
23	24	25	26	27	28	29
10:30 CHURCH VAN TRIPS (O) 10:30 CATHOLIC COMMUNION (WL) 2:00 MCKEES ROCKS ASSEMBLY OF GOD (WL) 	9:30 GIANT EAGLE (O) 10:15 SIT & BE FIT (K) 11:00 ON THE MOVE GROUP (DR) 11:30 LUNCH AT DEE JAYS BBQ IN WEST VIRGINIA (O) 2:30 SING-A-LONGS - GRANDMAS PARLOUR (P) 7:00 ARENA DANCE GROUP PERFORMANCE (DR)	10:30 LEMONADE STORIES(LR) 11:00 BALANCE&STRENGTH(P) 12:00 LADIES LUNCHEON (DR) 1:00 BIBLE STUDY (L) 2:00 TRAVEL DESTINATION: HAWAII! ALL BOARDING (P) 2:30 ROSARY (L) 	10:15 SIT & BE FIT (K) 10:00 KOHL'S (O) 10:30 DONUTS & TRIVIA (DR) 1:00 "EYES ARE THE WINDOW TO YOUR HEALTH" PRESENTATION BY DR. WENDEL (DR) 2:00 BOOK CLUB MTG (PA) 7:00 POKER NIGHT (LR)	10:00 GROUP WALK W/ JESS (LY) 10:30 LEMONADE STORIES (LR) 11:00 BALANCE&STRENGTH (P) 11:00 ON THE MOVE GROUP (DR) 11:30 TECH 101: CELL PHONES, IPADS ETC W/ JESS (L) 1:00 BETTER BALANCE W/ SALLY - PT UNLIMITED (K) 2:00 POETRY WORKSHOP (K) 7:00 BINGO W/ BILL R. (DR)	9:30 SHOP N SAVE (O) 10:15 SIT & BE FIT (K) 10:30 - NOON MONTHLY BRUNCH (DR) 1:00 ACTIVE AT ANY AGE - STRENGTH & YOGA (P) 2:30 HAPPY HOUR (PA) 7:00 "LCR" GAME - .25 CENTS PER GAME (K)	11:00 COFFEE, TEA & CONVERSATION (DR) 12:30 BINGO W/ BILL R. (DR) 1:30 SCRABBLE (K) 1:30 MOVIE MATINEE ~ GRACE UNPLUGGED (P) 7:00 POKER NIGHT (LR)