

# AUGUST 2019 WILLOW HEIGHTS LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ROOM LOCATION KEY			1	2	3
<p><b>Independent Living LifeSTYLE Program</b>                      Coordinator  <b>Jessica Derx</b>                      (412) 875-4180                      Jderx@willowsseniorliving.com</p>  	(O) OUT IN THE COMMUNITY (K) KITCHEN/CRAFT AREA (LY) LOBBY (LR) LIVING ROOM (L) LIBRARY (DR) DINING ROOM (WL) WILLOW LANE (P) PUB (PA) PATIO			10:30 BALANCE&STRENGTH (P) 11:00 LEMONADE STORIES (LR) 1:00 BETTER BALANCE W/ SALLY - PT UNLIMITED (K) 2:30 "YOU BE THE JUDGE" STORIES W/ JESS (K) 6:30 CONCERT AT CRAFTON PARK - MANSFIELD FIVE (O) 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) 2:00 JOY RIDE W/ JESS (O) 7:00 "LCR" GAME - .25 CENTS PER GAME (K)	11:00 COFFEE, TEA & CONVERSATION (DR) 11:30 HOLY TRINITY FESTIVAL W/ LISA (O) 12:30 BINGO W/ BILL R. (DR) 1:30 SCRABBLE (K) 1:30 MOVIE MATINEE ~ THE MOUNTAIN BETWEEN US (P) 7:00 POKER NIGHT (LR)
4	5	6	7	8	9	10
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) 11:30 LUNCH AT CRACKER BARREL (O) 2:30 SEPTEMBER ACTIVITY PLANNING MTG (K) 3:30 HOLY TRINITY FARMERS MARKET (O) 7:00 BINGO W/ BILL R. (DR)	10:00 GROUP WALK W/ JESS (LY) 10:30 LEMONADE STORIES (LR) 11:00 BALANCE&STRENGTH (P) 11:30 GYM TRAINING W/ JESS W/ JESS (L) 1:00 BIBLE STUDY (K) 2:30 ROSARY (L) 2:30 WII BOWLING (P)	9:30 RITE AID SHOPPING TRIP (20% OFF DAY) (O) 10:15 SIT & BE FIT (K) 11:30 TECH 101: CELL PHONES, IPADS ETC. 2:00 AUGUST BIRTHDAY CELEBRATION (DR) 6:30 500 BID NIGHT (WL-P) 7:00 POKER NIGHT (LR)	10:30 LEMONADE STORIES (LR) 11:00 BALANCE&STRENGTH (P) 1:00 BETTER BALANCE W/ SALLY - PT UNLIMITED (K) 2:00 LIVE MUSIC FROM TRACY LEE ~ THE UKELELE LADY (DR) 6:30 CONCERT AT CRAFTON PARK - COMMUNITY BAND SOUTH (O) 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) 2:30 HAPPY HOUR (PA)	11:00 COFFEE, TEA & CONVERSATION (DR) 12:30 BINGO W/ BILL R. (DR) 1:30 SCRABBLE (K) 1:30 MOVIE MATINEE ~ THE LADY IN THE VAN (P) 7:00 POKER NIGHT (LR)
11	12	13	14	15	16	17
10:30 CHURCH VAN TRIPS (O) 10:30 CATHOLIC COMMUNION (WL) 2:00 CHRISTIAN CHURCH SERVICE W/ JOHN (WL)	9:30 GIANT EAGLE & BANK (O) 10:15 SIT & BE FIT (K) 11:30 LUNCH AT BAHAMA BREEZE (O) 2:30 SING-A-LONGS - 50'S FUN! (P) 7:00 BINGO W/ BILL R. (DR)	10:00 GROUP WALK W/ JESS (LY) 10:30 LEMONADE STORIES (LR) 11:00 BALANCE&STRENGTH (P) 12:00 LADIES LUNCHEON (DR) 1:00 BIBLE STUDY (K) 2:00 W.H. VETERANS ASSOCIATION W/ JOHN D. (P) 2:30 ROSARY (L)	10:15 SIT & BE FIT (K) 11:30 HOME GOODS/KIRKLANDS (O) 1:00 LAUNDRY ROOM Q&A W/ JESS 2:00 RESIDENT COMMUNITY MEETING (DR) 7:00 POKER NIGHT (LR)	10:30 BALANCE&STRENGTH (P) 11:00 LEMONADE STORIES (LR) 1:00 BETTER BALANCE W/ SALLY - PT UNLIMITED (K) 2:30 CRAFT HOUR W/ JESS (K) 6:30 CONCERT AT CRAFTON PARK - RIVER CITY BRASS ENSEMBLE (O) 7:00 BINGO W/ BILL R. (DR)	10:00 DUTCH VILLAGE INN DINNER THEATRE: THE HONEYCOMB (O) 10:15 SIT & BE FIT (K) 12:00 FRIDAY LUNCH (DR) 1:00 ACTIVE AT ANY AGE - STRENGTH & YOGA (P) 2:00 ADULT COLORING (K) 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 ~ MY BIG FAT GREEK WEDDING (P) 7:00 POKER NIGHT (LR)
18	19	20	21	22	23	24
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) 11:30 LUNCH AT WENDY'S (O) 12:30 - 1:15 BOOKMOBILE (WL) 2:00 CATHOLIC MASS (WL) 2:30 NEW RESIDENT WELCOME SOCIAL (DR) 3:30 HOLY TRINITY FARMERS MARKET (O) 7:00 BINGO W/ BILL R. (DR)	10:00 HAND MASSAGES (L) 10:30 LEMONADE STORIES (LR) 11:00 BALANCE&STRENGTH (P) 12:00 MENS LUNCHEON (K) 1:00 BIBLE STUDY (K) 2:30 ROSARY (L) 2:30 TRAVEL THEMED TRIVIA & DESSERT (K) 6:30 TECH TRAINING W/ MARK GANLEY - IPADS, CELL PHONES, TABLETS ETC. (L)	10:15 SIT & BE FIT (K) 11:30 PICNIC LUNCH AT FAIRHAVEN PARK : PITTSBURGH SPIRIT THEMED (O) 2:30 WQED KENNYWOOD MEMROIES SPECIAL (P) 6:30 500 BID NIGHT (WL-P) 7:00 POKER NIGHT (LR)	10:00 GROUP WALK W/ JESS (LY) 10:30 LEMONADE STORIES (LR) 11:00 BALANCE&STRENGTH (P) 11:30 GYM TRAINING W/ JESS W/ SALLY - PT UNLIMITED (K) 2:30 BALLOON VOLLEYBALL (K) 7:00 BINGO W/ BILL R. (DR)	9:30 SHOP N SAVE (O) 10:15 SIT & BE FIT (K) 12:00 FRIDAY LUNCH (DR) 1:00 ACTIVE AT ANY AGE - STRENGTH & YOGA (P) 2:30 TRAVEL 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 ~ MY BIG FAT GREEK WEDDING 2 (P) 7:00 POKER NIGHT (LR)
25	26	27	28	29	30	31
10:30 CHURCH VAN TRIPS (O) 10:30 CATHOLIC COMMUNION (WL) 2:00 PROVIDENCE PRESBYTERIAN CHURCH (WL)	9:30 GIANT EAGLE & BANK (O) 10:15 SIT & BE FIT (K) 11:15 LUNCH AT MIKE & TONY'S GYROS (O) 2:00 TRAVEL DESTINATION: TOUR OF GREECE (P) 7:00 BINGO W/ BILL R. (DR)	10:00 GROUP WALK W/ JESS (LY) 10:30 LEMONADE STORIES (LR) 11:00 BALANCE&STRENGTH (P) 1:00 BIBLE STUDY (K) 2:30 ROSARY (L) 2:30 WII BOWLING (P) 4:30 DINNER OUTING TO CADILLAC RANCH (O)	9:30 RIVERS CASINO (O) 10:15 SIT & BE FIT (K) 10:30 DONUTS & TRIVIA (DR) 1:00 PRESENTATION BY COMFORT KEEPERS (DR) 2:00 BOOK CLUB MEETING -THE ASTRONAUT WIVES CLUB: A TRUE STORY (PA) 7:00 POKER NIGHT (LR)	11:00 BALANCE&STRENGTH (P) 12:00 LABOR DAY PICNIC (DR) 1:00 BETTER BALANCE W/ SALLY - PT UNLIMITED (K) 2:00 LIVE MUSIC FROM STEVE TORI (DR) 7:00 BINGO W/ BILL R. (DR)	9:30 GIANT EAGLE (O) 10:15 SIT & BE FIT (K) 1:00 ACTIVE AT ANY AGE - STRENGTH & YOGA (P) 2:00 NEW RELEASE MOVIE MATINEE & POPCORN (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 ~ AUGUST RUSH (P) 7:00 POKER NIGHT (LR)