|  |  |
| --- | --- |
| July **CENTER NORTH SENIOR CENTER ♦ 4517 Mt Royal Blvd ♦ Allison Park, PA 15101****412-486-6426 ♦** [**www.buildingindependence.org**](http://www.buildingindependence.org) **Coordinator can be reached 9 AM – 2 PM Monday-Friday****PLEASE ORDER YOUR LUNCH BY 11 AM THE DAY BEFORE** | 2019 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | **1.****9:00 Cards** **9:45 Resistance Exercise****10:45 Seated Yoga****12:00 Lunch****2:00 Free Movie @ Legacy****“Leave No Trace”** | 2**9:30 BINGO!****10:00 Quilting****12:00 LUNCH****12:45 Aldis Trip****1:00 Cards/Scrabble** | **3****9:30 5 Card Up****12:00 LUNCH** **12:30 Ice Cream Social** **1:00 Scrabble/Cards** | **4*****Center Closed***  | **5****9:00 Cards****9:30 BINGO!****12:00 LUNCH****12:30 Cards/Scrabble** | 6 |
| 7 | **8****9:00 Cards****9:45 Resistance Exercise** **10:45 Seated Yoga** **12:00 LUNCH****1:00 Cards****Soergels Trip** | **9.****9:30 BINGO!****10:00 DA Office Talk****(Current Scams)****12:00 LUNCH****12:45 Walmart Trip****1:00 Cards/Scrabble** | **10.****9:30 5 Cards Up****10:00 Bridge Instruction****12:00 LUNCH** **1:00 Scrabble/Cards** | **11.****9:30 Vitas sponsored Bingo****11:30 LUNCH****12:00 Giant Eagle Trip****12:30 Cards** | **12. Birthday Menu****9:00 Cards****9:30 BINGO!****10:00 Mother’s Day Craft****12:00 LUNCH****12:45 Rivers Casino**  | 13 |
| 14 | **15.****9:00 Cards** **9:45 Resistance Exercise****10:45 Seated Yoga****12:00 Lunch****2:00 Free Movie @ Legacy** **“The Upside”** | **16.****9:30 BINGO! Sponsored by Stonecrest****10:00 Bible Study****12:00 LUNCH** **12:45 Dollar Tree Trip****1:00 Cards/Scrabble** | **17.****9:30 5 Cards Up****12:00 LUNCH & LEARN** **1:00 Scrabble/Cards****1:00 Flea Market****Phipps Conservatory Trip** | **18.** **9:30 Bingo****11:30 LUNCH****12:00 Giant Eagle Trip****12:30 Scrabble/ Cards** | **19.****9:00 Cards****9:30 BINGO!****12:00 LUNCH****12:30 Cards/Scrabble****All Saints Festival Trip** | 20 |
| 21 | **22.****9:00 Cards** **9:45 Resistance Exercise****10:45 Seated Yoga****1200 LUNCH** **2:00 Free Movie @ Legacy****“Stan & Ollie”**  | **23.****9:30 BINGO!****10:00 Book Club****12:00 LUNCH****12:45 Target Trip****1:00 Cards/Scrabble** | **24.****9:30 5 Cards Up****10:00 Bridge Instruction****12:00 LUNCH****12:30 Scrabble/Cards** | **25.****9:30 BINGO!****11:30 LUNCH****12:00 Giant Eagle Trip****1:00 Scrabble / Cards** | **26.****9:00 Cards****9:30 BINGO!****12:00 LUNCH****12:30 Cards/Scrabble** | 27 |
| 28 | **29.****9:00 Cards****9:45 Resistance Exercise** **10:45 Seated Yoga** **12:00 LUNCH****2:00 Free Movie @ Legacy****“Aquaman”** | **30.****9:30 BINGO!****10:00 Quilting****12:00 LUNCH****12:45 Aldis Trip****1:00 Cards/Scrabble** | **31.****9:30 5 Cards Up****12:00 LUNCH & LEARN** **1:00 Scrabble/Cards****1:00 Flea Market** |  |  |  |