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| 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 |

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| 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** |  |  |  |