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| JULY  **HIGHLAND SENIOR CENTER**  **704 East 2nd Avenue Tarentum. PA 15084**  **DARA TIMKO - Senior Center Coordinator - 724-224-1552**  **www.buildingindependence.org** | 2019 |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand, Fit!  12:30 Bingo with Irma | 2  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Exercise  12:00 Applebee’s  12:30 Cards 500  12:30 Pizza & Prayer | 3  9:00 Destination Walking  10:00 Tai Chi – 3rd floor  10:30 Coloring Therapy  11:00 Alle-Kiski Health Foun  11:30 LUNCH  12:00 Sit, Stand, Fit!  12:30 HIGHLAND BINGO  12:30 Walmart –NH-2 hours  3:00 4th of July PICNIC | 4    4th of JULY  Center  Closed | 5  9:00 Heart Healthy Walking  9 to 11 Crafts/card Making  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand, Fit!  12:30 Cards 500  12:30 Poke  12:30 Walmart NH 4 Hours | 6 |
| 7 | 8  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand. Fit!  12:30 Bingo with Irma  12:30 Com Mkt / Big Lots | 9  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Exercise  12:30 Cards 500  12:30 Pizza & Prayer  1:30 Cahal Dune LHP | 10  :9:00 Destination Walking  10:00 Tai Chi – 3rd floor  10:30 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand, Fit  12:30 Walmart-NH-2 hours | 11  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Exercise  12:30 Highland Free bingo  2:00 Coupon Club  4:30 Red Lobster | 12  9:00 Heart Healthy Walking  9 to 11 Crafts/ Card Making  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand , Fit  12:30 Cards 500/Poker  12:30 Rivers Casino | 13 |
| 14 | 15  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand, Fit  12:30 Bingo with Irma  Movie at Pgh Mills time TBA | 16  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Exercise  12:00 Chiili’s  12:30 Pizza & Prayer  12:30 Cards 500 | 17  9:00 Destination Walking  10:00 Tai Chi -3rd floor  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand, Fit  12:30 HIGHLAND BINGO  12:30 Walmart NH -2 hours | 18  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:00 Blood Pressure-LMK  11:30 LUNCH  12:00 Exercise  12:30 Coupon Club  12:30 Target | 19  9:00 Heart Healthy Walking  9 to 11 Crafts/ Card Making  11:00 Color Therapy  11:30 LUNCH  12:00 Sit, Stan, Fit!  12:30 Cards – Poker  12:30 Walmart NH 4 hours | 20 |
| 21 | 22  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand, Fit  12:30 Bingo with Irma  12:30 Aldii’s Pgh Mills | 23  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:30 Cards 500  12:30 Pizza & Prayer  1:30 Etta Cox - LHP | 24  9:00 Destination Walking  10:00 Tai Chi – 3rd floor  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand, Fit!  12:30 Walmart-NH-2 hours | 25  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Exercise  12:30 Coupon Cub  2:30 Genealogy  4:30 Cheesecake Factory | 26  9:00 Heart Healthy Walking  9 to 11 Crafts/ Card Making  11:00 Coloring therapy  11:30 LUNCH  12:00 Sit, Stand, Fit  12:30 Cards 500/ Poker  12:30 Walmart NH 4 hourss | 27 |
| 28 | 29  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:00 Sit, Stand, Fit  12:30 Bingo with Irma | 30  9:00 Heart Healthy Walking  11:00 Coloring Therapy  11:30 LUNCH  12:30 Cards 500  12:30 Pizza & Prayer  12:30 Aldi’s, Michaels, Ross |  | **WEDNESDAY JULY 3**  **12:30 HIGHLAND BINGO**  **3:00 4TH OF JULY PICNIC**  : | | |