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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 Walking11:00 Coloring Therapy11:30 LUNCH12:00 Sit, Stand, Fit! 12:30 Bingo with Irma | 2 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH12:00 Exercise 12:00 Applebee’s12:30 Cards 50012:30 Pizza & Prayer   | 3 9:00 Destination Walking10:00 Tai Chi – 3rd floor10:30 Coloring Therapy11:00 Alle-Kiski Health Foun11:30 LUNCH12:00 Sit, Stand, Fit! 12:30 HIGHLAND BINGO12:30 Walmart –NH-2 hours 3:00 4th of July PICNIC  | 4 4th of JULYCenterClosed | 59:00 Heart Healthy Walking 9 to 11 Crafts/card Making11:00 Coloring Therapy11:30 LUNCH12:00 Sit, Stand, Fit!12:30 Cards 50012:30 Poke12:30 Walmart NH 4 Hours  | 6 |
| 7 | 89:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH 12:00 Sit, Stand. Fit!12:30 Bingo with Irma12:30 Com Mkt / Big Lots | 9 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH12:00 Exercise12:30 Cards 50012:30 Pizza & Prayer 1:30 Cahal Dune LHP  | 10 :9:00 Destination Walking10:00 Tai Chi – 3rd floor10:30 Coloring Therapy11:30 LUNCH12:00 Sit, Stand, Fit12:30 Walmart-NH-2 hours | 11 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 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 Making11:00 Coloring Therapy11:30 LUNCH12:00 Sit, Stand , Fit12:30 Cards 500/Poker12:30 Rivers Casino | 13 |
| 14 | 15 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH12:00 Sit, Stand, Fit12:30 Bingo with IrmaMovie at Pgh Mills time TBA | 16 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH12:00 Exercise12:00 Chiili’s12:30 Pizza & Prayer12:30 Cards 500  | 17 9:00 Destination Walking10:00 Tai Chi -3rd floor11:00 Coloring Therapy11:30 LUNCH12:00 Sit, Stand, Fit12:30 HIGHLAND BINGO12:30 Walmart NH -2 hours | 18 9:00 Heart Healthy Walking11:00 Coloring Therapy11:00 Blood Pressure-LMK11:30 LUNCH12:00 Exercise12:30 Coupon Club12:30 Target  | 199:00 Heart Healthy Walking 9 to 11 Crafts/ Card Making11:00 Color Therapy11:30 LUNCH12:00 Sit, Stan, Fit!12:30 Cards – Poker12:30 Walmart NH 4 hours | 20 |
| 21 | 22 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH12:00 Sit, Stand, Fit12:30 Bingo with Irma12:30 Aldii’s Pgh Mills | 23 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH12:30 Cards 50012:30 Pizza & Prayer 1:30 Etta Cox - LHP | 24 9:00 Destination Walking10:00 Tai Chi – 3rd floor11:00 Coloring Therapy 11:30 LUNCH12:00 Sit, Stand, Fit!12:30 Walmart-NH-2 hours | 25 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH12:00 Exercise 12:30 Coupon Cub 2:30 Genealogy  4:30 Cheesecake Factory | 26 9:00 Heart Healthy Walking 9 to 11 Crafts/ Card Making11:00 Coloring therapy11:30 LUNCH12:00 Sit, Stand, Fit12:30 Cards 500/ Poker12:30 Walmart NH 4 hourss | 27 |
| 28 | 29 9:00 Heart Healthy Walking11:00 Coloring Therapy11:30 LUNCH 12:00 Sit, Stand, Fit12:30 Bingo with Irma | 30 9:00 Heart Healthy Walking 11:00 Coloring Therapy11:30 LUNCH12:30 Cards 50012:30 Pizza & Prayer12:30 Aldi’s, Michaels, Ross  |  |  **WEDNESDAY JULY 3****12:30 HIGHLAND BINGO**  **3:00 4TH OF JULY PICNIC**: |