



CITIPARKS

HEALTHY ACTIVE LIVING

*Event Schedule Subject to Change

Lawrenceville H A L

Phone 412-622-6918
4600 Butler St pgh pa 15201

April

Margaret Randall
Center Director

Laverne Blumling
PT Rec Leader

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| Super Bingo May 2nd Doors Open at 10:00AM | | Walking 8AM Easter Party Bingo 9AM-3PM | Easter Egg Hunt 8AM Easter Craft 9AM Opt Trip Walmart 11AM | CLOSED Good Friday |
| Meditation 8-9AM Skin and Beauty Tips 10AM Travel Tour YouTube 11am | Walking 8AM Chair Aerobics 9:30AM Nutrition class 10AM Games 12PM | Leg Exercise 8AM Speaker from Altovise Forever Loving Hands 10AM Bingo 12PM | Name That Tune 8-9AM Opt Trip - Senior Expo 9:00AM | Dancing to the Oldies 8:00AM Arts & Crafts 9:00AM Movie 10-11:30AM |
| Walking 8:00AM Healthy Cooking 9:00AM Nutrition Tips 10:00AM | Chair Exercise 8:00AM Boost Your Brain 9:00AM Solo Living 11:00AM | Hand Exercise 8:30AM Ryan Abbott Medical Divise 10AM Bingo 12PM | Silver Sneakers 8AM Coping with Stress 9AM Speaker Baltimore Life 10AM Opt Dining Trip 11AM | Open Discussion 8AM Becca from UPMC 9AM Chair Exercise 10AM Bingo 12PM |
| Walking 8AM Tech Class with Laverne 9AM Solo Living 11AM | Fitness Class 8AM Video on Scam Call 9AM Painting 10AM Movie & Treats 12PM | Leg Exercise 8AM History of Lawrenceville 9AM Cards & Games 10AM Bingo 12PM | Tips for Spring Cleaning 8-9AM Monthly Recalls 10AM Dancing Twist & Shot 10-11AM | YouTube Video Famous Artist 8-9AM Hand Exercise 10AM Bingo 12PM |
| Love the Skin You're In 8AM Walking 9AM Eating Right 10-11AM | Motown Exercise to the Oldies 8AM Cooking Tips 9AM Open Talk 10AM | Hand Exercise 8AM Speaker Humana 9AM Eat Less Sugar 10AM Bingo 12PM | Silver Sneakers 8AM Visit from Southside 9AM Pickleball 10AM Cards 12PM | |