

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Paint & Sculpt 11:30am Lunch	2 10:00am Yoga 11:30am Lunch 11:45am Lunch and Learn
5 10:00am Chair Exercise 11:30am Lunch 11:45am Lunch and Learn 12:00pm Cards	6 9:00am SilverSneakers 9:30am UPMC Table 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	7 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Arts & Crafts	8 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Paint & Sculpt 11:30am Lunch	9 10:00am Yoga 11:30am Lunch 11:45am Breath Pittsburgh 12:30pm Movie & Discussion
12 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 1:00pm Who Said it?!	13 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Treasury Dept. Table 11:30am Lunch 12:00 Bingo	14 10:30am ACCESS Proposed Changes Presentation 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	15 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Paint & Sculpt 11:30am Lunch 12:30pm Banking Event	16 10:00am Yoga 11:30am Lunch 11:45am AHN Neighbor Hospitals Presentation 12:30pm Pokeno Party
19 9:30am Rivers Casino 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards	20 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	21 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Arts & Crafts	22 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm All you can Play Bingo	23 10:00am Yoga 11:30am Lunch 12:30pm – 3pm Cooking for Crowds 1:00pm Pre-Memorial Day Celebration
26 Closed	27 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	28 9:00am Health Fair Pittsburgh Zoo 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	29 OPEN HOUSE 9am – 2pm	30 9am – 1pm Wills Project 10:00am Yoga 11:30am Lunch 11:45am Mental Health Awareness Presentation