

MONDAY, May 2, 2016	
<p>Cake to celebrate Older Americans Month <i>LifeSpan – Century III Century III Mall, Ste. 948, Level 2, 3075 Clairton Road, West Mifflin</i></p>	11:00 a.m.
<p>Ice Cream Social <i>LifeSpan – Imperial Resource Center / The Gathering Place 540 Penn Lincoln Drive, Imperial Cost \$1.00 – Call (724) 218-1669 for more information</i></p>	12:00 – 1:00 p.m.
<p>Trail Blazer Stories <i>Our seniors will share their stories about venturing into new types of hobbies, volunteering groups and new age activities that they are doing. One of our seniors will discuss a volunteer group that he started that teaches Knifty Knitting at a major craft store. His group then donates all of the items to charities.</i> <i>Lutheran Primetime Activity Center 440 Lincoln Avenue, Pittsburgh Call (412) 307-1782 for more information</i></p>	10:00 - 11:00 a.m.
WEDNESDAY, May 4, 2016	
<p>Older Americans Month Luncheon <i>Catholic Youth Association 286 Main Street, Lawrenceville Call (412) 621-3342 for more information</i></p>	11:30 a.m. – 2:30 p.m.
THURSDAY, May 5, 2016	
<p>Cinco de Mayo Roof Top Party <i>Northern Area Multi-Service Center – Highland's Senior Center 704 2nd Avenue, Dalton's Edge, Tarentum Call (724) 224-1552 for more information</i></p>	2:00 p.m.
FRIDAY, May 6, 2016	
<p>Mother's Day Event <i>Vintage 401 N. Highland Avenue, East Liberty Cost \$3.00 – RSVP at (412) 361-5003 x 104</i></p>	10:00 a.m.
MONDAY, May 9, 2016	
<p>“Walk with Ease” Program <i>Begin a regular walking program to gain the benefits of regular aerobic exercise. Groups meet for 6 weeks, 3 times per week</i> <i>Eastern Area Adult Services 7350 McClure Avenue, Swissvale No fee – call (412) 731-6125 to register</i></p>	9:00 a.m.

<p>Older Americans Month Breakfast</p> <p><i>LifeSpan – Knoxville Resource Center 320 Brownsville Road, Pittsburgh Call (412) 381-6900 for more information</i></p>	<p>10:00 a.m.</p>
<p>TUESDAY, May 10, 2016</p>	
<p>Vintage Theater Guild meeting</p> <p><i>Help Vintage plan trips to Cultural District productions and local attractions</i></p> <p><i>Vintage 421 N. Highland Avenue, East Liberty Cost \$2.00 – RSVP (412) 361-5003 ext. 104</i></p>	<p>10:00 a.m.</p>
<p>THURSDAY, May 12, 2016</p>	
<p>Program “Health Benefits of Eliminating Stress”</p> <p><i>Presented by Forbes Family Practice</i></p> <p><i>Eastern Area Adult Services 607 Braddock Avenue, Turtle Creek No Fee – call (412) 824-6880 to register</i></p>	<p>11:00 a.m.</p>
<p>Older Americans Month Breakfast</p> <p><i>LifeSpan – Chartiers Area Resource Center 300 Lincoln Avenue, Carnegie \$3.00 cost includes breakfast casseroles, pancakes, juice and fruit Call (412) 276-5056 for more information</i></p>	<p>9:00 – 11:00 a.m.</p>
<p>Special lunch & shopping trip to South Hills Village Mall</p> <p><i>LifeSpan – Knoxville Resource Center 320 Brownsville Road, Pittsburgh Call (412) 381-6900 for more information</i></p>	<p>10:15 a.m.</p>
<p>FRIDAY, May 13, 2016</p>	
<p>Intergenerational Interviews</p> <p><i>We will be joined by grade school and high school students for a presentation from some of our seniors who will be talking about some really interesting history that they have experienced. One gentlemen will talk about being stationed in Greenland just miles from the Arctic Circle. Another gentlemen will talk about running the dances and music at the West View Dance Land where he met Frankie Vali who started his career there.</i></p> <p><i>Lutheran Primetime Activity Center 440 Lincoln Avenue, Pittsburgh Call (412) 307-1782 for more information</i></p>	<p>12:00 – 1:00 p.m.</p>

SATURDAY, May 14, 2016	
<p>Highmark Walk for a Healthy Community Join Vintage at Stage AE Northshore</p> <p>Log on and register at www.walkforahealthycommunity.org Call Vintage at (412) 361-5003 ext. 104 for more information</p>	<p>7:45 a.m. - Registration 9:00 a.m. - Walk 9:15 a.m. - One-Mile Fun Walk</p>
MONDAY, May 16, 2016	
<p>“Walk with Ease” Program Begin a regular walking program to gain the benefits of regular aerobic exercise. Groups meet for 6 weeks, 3 times per week</p> <p>Eastern Area Adult Services 607 Braddock Avenue, Turtle Creek No fee – call (412) 824-6880 to register</p>	<p>2:00 p.m.</p>
<p>Talent Show A group of our seniors will demonstrate the Line Dancing they recently learned through our CCAC classes and another senior will demonstrate his Disco dancing.</p> <p>Lutheran Primetime Activity Center 440 Lincoln Avenue, Pittsburgh Call (412) 307-1782 for more information</p>	<p>10:00 – 11:00 a.m.</p>
THURSDAY, May 19, 2016	
<p>Older Americans’ Wine & Cheese afternoon With entertainment by Mike Hammel</p> <p>Catholic Youth Association 286 Main Street, Lawrenceville Call (412) 621-3342 for more information</p>	<p>11:30 a.m. – 2:30 p.m.</p>
<p>Veterans Meeting Bi-monthly Veterans meeting – all senior veterans welcome Italian pasta meal will be served</p> <p>Penn Hills Senior Center 147 Jefferson Road, Pittsburgh Please call (412) 244-3400 for reservation</p>	<p>2:45 – 4:00 p.m.</p>
FRIDAY, May 20, 2016	
<p>Spring Walk</p> <p>Catholic Youth Association Call (412) 621-3342 for more information</p>	<p>10:00 a.m. – 2:00 p.m.</p>
<p>Grill Out in the Court Yard</p> <p>LifeSpan – Heritage House Resource Center 308 East 8th Avenue, Homestead Call (412) 464-1300 for reservation</p>	<p>10:00 a.m. – 1:00 p.m.</p>

MONDAY, May 23, 2016	
Senior Celebration Picnic <i>Seton Center - Brookline 1900 Pioneer Avenue, Pittsburgh Call (412) 344-4777 for more information</i>	10:00 a.m.
WEDNESDAY, May 25, 2016	
Special Banquet <i>Catered meal by Apple Harvest followed by bingo LifeSpan – Bethel Park 5151 Park Avenue, Bethel Park Cost \$15 per person includes meal and bingo package Call (412) 831-7111 for more information</i>	10:30 a.m.
THURSDAY, May 26, 2016	
Senior Picnic in the Park (at Renzie Park) <i>Features entertainer, Chuck Corby; includes bingo, lunch, give-aways and door prizes at 2:00 p.m.; tickets are \$10.00 each Call LifeSpan – Knoxville Resource Center (412) 381-6900 or LifeSpan – Mon Valley (412) 664-5434 for more information</i>	10:00 a.m. – 3:00 p.m.
SATURDAY, May 28, 2016	
Sock Hop <i>The Center will transform into the 1948-1950's era: a disc jockey playing rock and roll music, a soda fountain for root beer floats, traditional foods such as hot dogs and French fries and our seniors wearing 50's attire of poodle skirts and jeans, etc. Hill House 2038 Bedford Avenue, Pittsburgh Call (412) 392-4450 for more information</i>	4:00 – 8:00 p.m.
TUESDAY, May 31, 2016	
Special Trip to “Flowers in the Attic” <i>For a “proper” tea LifeSpan – Bethel Park 5151 Park Avenue, Bethel Park Cost \$30 per person - call (412) 831-7111 for more information</i>	9:45 a.m. – 1:00 p.m.

PRIVATE EVENTS

THURSDAY, May 19, 2016	
<p>Volunteer Breakfast <i>We'll honor our Volunteers at a Breakfast</i></p> <p><i>JCC</i> <i>5738 Forbes Avenue, Pittsburgh</i> <i>Call (412) 521-7044 for more information</i></p>	<p>9:30 – 10:45 a.m.</p>
THURSDAY, May 26, 2016	
<p>90+ Celebration <i>For our 90+ seniors along with a guest at Edgewood Country Club</i></p> <p><i>Please call Penn Hills Senior Center at (412) 244-3400 for more information</i></p>	<p>1:00 – 4:00 p.m.</p>