



**FOR IMMEDIATE RELEASE**  
 April 29, 2016

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**Older Americans Month 2016 Celebrated with Activities Throughout County**

**PITTSBURGH** – Allegheny County Executive Rich Fitzgerald today issued a proclamation designating the month of May as “Older Americans Month” in Allegheny County and released a list of activities planned in senior centers throughout the county to celebrate the month.

“This year’s theme for Older Americans Month is ‘Blaze a Trail’ which encourages older Americans to continue to be trailblazers by advocating for themselves, their peers and their communities,” said Fitzgerald. “We are fortunate to have so many residents who continue to remain engaged in their communities even after retirement. We want to support their efforts by promoting and engaging them in activity, wellness and social involvement and emphasizing services that support independent living. We have much to learn from older Americans and should recognize their contributions and experiences all year round, not just during this month.”

The Department of Human Services’ Area Agency on Aging (AAA) assists Allegheny County residents, 60 years of age and older, to live safe, healthy and, when possible, independent lives. AAA offers a variety of services to choose from; many without regard to income or activity level. This includes a network of senior community centers in the county that offer weekday activities including creative arts and learning, educational programs, exercise, wellness and physical fitness programs, financial and benefit counseling, lunch, referrals to services, special off-site activities, volunteer opportunities and more.

The complete schedule for Older Americans Month 2016 follows, and is subject to change. To confirm an activity or details, please contact the specific center:

MONDAY, May 2, 2016	
<b>Cake to celebrate Older Americans Month</b> <i>LifeSpan – Century III</i> <i>Century III Mall, Ste. 948, Level 2, 3075 Clairton Road, West Mifflin</i>	11:00 a.m.
<b>Ice Cream Social</b> <i>LifeSpan – Imperial Resource Center / The Gathering Place</i> <i>540 Penn Lincoln Drive, Imperial</i> <i>Cost \$1.00 – Call (724) 218-1669 for more information</i>	12:00 – 1:00 p.m.
<b>Trail Blazer Stories</b> <i>Our seniors will share their stories about venturing into new types of hobbies, volunteering groups and new age activities that they are doing.</i>	10:00 - 11:00 a.m.

<p><i>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></p> <p><i>Lutheran Primetime Activity Center 440 Lincoln Avenue, Pittsburgh Call (412) 307-1782 for more information</i></p>	
<b>WEDNESDAY, May 4, 2016</b>	
<p><b>Older Americans Month Luncheon</b></p> <p><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.
<b>THURSDAY, May 5, 2016</b>	
<p><b>Cinco de Mayo Roof Top Party</b></p> <p><i>Northern Area Multi-Service Center – Highland’s Senior Center 704 2<sup>nd</sup> Avenue, Dalton’s Edge, Tarentum Call (724) 224-1552 for more information</i></p>	2:00 p.m.
<b>FRIDAY, May 6, 2016</b>	
<p><b>Mother’s Day Event</b></p> <p><i>Vintage 401 N. Highland Avenue, East Liberty Cost \$3.00 – RSVP at (412) 361-5003 x 104</i></p>	10:00 a.m.
<b>MONDAY, May 9, 2016</b>	
<p><b>“Walk with Ease” Program</b></p> <p><i>Begin a regular walking program to gain the benefits of regular aerobic exercise. Groups meet for 6 weeks, 3 times per week</i></p> <p><i>Eastern Area Adult Services 7350 McClure Avenue, Swissvale No fee – call (412) 731-6125 to register</i></p>	9:00 a.m.
<p><b>Older Americans Month Breakfast</b></p> <p><i>LifeSpan – Knoxville Resource Center 320 Brownsville Road, Pittsburgh Call (412) 381-6900 for more information</i></p>	10:00 a.m.
<b>TUESDAY, May 10, 2016</b>	
<p><b>Vintage Theater Guild meeting</b></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>	10:00 a.m.
<b>THURSDAY, May 12, 2016</b>	

<p><b>Program “Health Benefits of Eliminating Stress”</b>  Presented by Forbes Family Practice</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><b>Older Americans Month Breakfast</b></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><b>Special lunch &amp; shopping trip to South Hills Village Mall</b></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><b>FRIDAY, May 13, 2016</b></p>	
<p><b>Intergenerational Interviews</b></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 gentleman will talk about being stationed in Greenland just miles from the Arctic Circle. Another gentleman 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>
<p><b>SATURDAY, May 14, 2016</b></p>	
<p><b>Highmark Walk for a Healthy Community</b></p> <p><i>Join Vintage at Stage AE Northshore</i></p> <p><i>Log on and register at <a href="http://www.walkforahealthycommunity.org">www.walkforahealthycommunity.org</a>  Call Vintage at (412) 361-5003 ext. 104 for more information</i></p>	<p>7:45 a.m. - Registration  9:00 a.m. - Walk  9:15 a.m. -  One-Mile Fun Walk</p>
<p><b>MONDAY, May 16, 2016</b></p>	
<p><b>“Walk with Ease” Program</b></p> <p><i>Begin a regular walking program to gain the benefits of regular aerobic exercise. Groups meet for 6 weeks, 3 times per week</i></p> <p><i>Eastern Area Adult Services  607 Braddock Avenue, Turtle Creek  No fee – call (412) 824-6880 to register</i></p>	<p>2:00 p.m.</p>
<p><b>Talent Show</b></p> <p><i>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.</i></p> <p><i>Lutheran Primetime Activity Center</i></p>	<p>10:00 – 11:00 a.m.</p>

<p>440 Lincoln Avenue, Pittsburgh  Call (412) 307-1782 for more information</p>	
<b>THURSDAY, May 19, 2016</b>	
<p><b>Older Americans' Wine &amp; Cheese afternoon</b>  <i>With entertainment by Mike Hammel</i></p> <p>Catholic Youth Association  286 Main Street, Lawrenceville  Call (412) 621-3342 for more information</p>	11:30 a.m. – 2:30 p.m.
<p><b>Veterans Meeting</b>  <i>Bi-monthly Veterans meeting – all senior veterans welcome</i>  <i>Italian pasta meal will be served</i></p> <p>Penn Hills Senior Center  147 Jefferson Road, Pittsburgh  Please call (412) 244-3400 for reservation</p>	2:45 – 4:00 p.m.
<b>FRIDAY, May 20, 2016</b>	
<p><b>Spring Walk</b></p> <p>Catholic Youth Association  Call (412) 621-3342 for more information</p>	10:00 a.m. – 2:00 p.m.
<p><b>Grill Out in the Court Yard</b></p> <p>LifeSpan – Heritage House Resource Center  308 East 8<sup>th</sup> Avenue, Homestead  Call (412) 464-1300 for reservation</p>	10:00 a.m. – 1:00 p.m.
<b>MONDAY, May 23, 2016</b>	
<p><b>Senior Celebration Picnic</b></p> <p>Seton Center - Brookline  1900 Pioneer Avenue, Pittsburgh  Call (412) 344-4777 for more information</p>	10:00 a.m.
<b>WEDNESDAY, May 25, 2016</b>	
<p><b>Special Banquet</b>  <i>Catered meal by Apple Harvest followed by bingo</i></p> <p>LifeSpan – Bethel Park  5151 Park Avenue, Bethel Park  Cost \$15 per person includes meal and bingo package  Call (412) 831-7111 for more information</p>	10:30 a.m.
<b>THURSDAY, May 26, 2016</b>	
<p><b>Senior Picnic in the Park (at Renzie Park)</b>  <i>Features entertainer, Chuck Corby; includes bingo, lunch, give-aways and door prizes at 2:00 p.m.; tickets are \$10.00 each</i></p> <p>Call LifeSpan – Knoxville Resource Center (412) 381-6900 or  LifeSpan – Mon Valley (412) 664-5434 for more information</p>	10:00 a.m. – 3:00 p.m.

**SATURDAY, May 28, 2016**

**Sock Hop**

*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*

4:00 – 8:00 p.m.

**TUESDAY, May 31, 2016**

**Special Trip to "Flowers in the Attic"**

*For a "proper" tea*

*LifeSpan – Bethel Park  
5151 Park Avenue, Bethel Park  
Cost \$30 per person - call (412) 831-7111 for more information*

9:45 a.m. – 1:00 p.m.

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**OFFICE OF THE COUNTY EXECUTIVE**

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