Dear Readers,

The Monroeville Senior Citizens Center is partnering with the National Institute on Aging (NIA) for the Go4Life campaign, a national exercise and physical activity campaign for people age 50+. The goal of Go4Life is to enlist sedentary older adults – today only 25 percent of people aged 65-74 say they engage in regular physical activity – to reap the health benefits of exercise by making it a part of their everyday lives. Together we will bring this important message and outstanding Go4Life resources to the community of Monroeville. Go4Life is based on studies demonstrating the benefits of exercise and physical activity for older people, including those with chronic health conditions. As a participating organization, we will be incorporating Go4Life into our own health and wellness activities. We will be offering activities through the month of September aimed at engaging older adults in exercise and physical activity at the community level as the campaign moves forward. Make sure to look at page 22 for a list of the Go4Life events.

We hope to see you!

Tara Gresock, Executive Director

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"Lifestyles for Active Adults 50 Years and Older"
Becoming a Member:

Participants who attend regularly scheduled activities at the center, excluding the $500 Jackpot bingo, monthly luncheons, and special events will be required to become a member of the center.

RESIDENTS OF MONROEVILLE AND PITCAIRN

Residents of Monroeville and Pitcairn receive a “FREE” membership to the center. Participants must register in the main office and receive a membership card.

NON RESIDENTS

Non-residents are required to pay a $12 annual fee. Participants must register in the main office and receive a membership card.

YOU WILL BE GIVEN A MEMBERSHIP CARD

Each participant will receive a membership card upon registration. You are required to scan this card each time you enter the building. Just wave the card in front of one of the scanners located at either the front desk, or east/west exits. If you swipe your card at one of the exit doors, you do not have to swipe it at the main desk.

SWIPE YOUR CARD

The membership cards keep track of how many members we have as well as how many visits we receive each month. We are required to report these figures each month to the municipality. These records justify our annual budget and funding.

The Monroeville Senior Citizens Center receives grant funding each year. We are rewarded these funds based on our monthly attendance records. These opportunities will not be available if our attendance records do not show the need!

IT IS IMPORTANT THAT YOU SWIPE YOUR CARD!

DONATIONS:

The Monroeville Senior Citizens Center is owned and operated by the Municipality of Monroeville. The municipality covers the operational costs of the building. All programming expenses are raised and paid for by the Monroeville Council of Senior Citizens.

Each year the Senior Council works hard to raise funds to offset expenses. These funds have helped pay for the following: Exercise equipment, commercial grade appliances for the kitchen, furniture for the lobby, computers, and movie screen/projector. These funds also offset our entertainment.

Donations can make a big difference. Even the smallest amount can help. The center is a 501 © (3) charitable organization and your donation would be tax-deductible. Please contact the main office if you would like to make a contribution!
Weekly Activities

Members are invited to participate in any of these great activities sponsored by the Monroeville Senior Citizens Center. Stop by anytime!

**Quilting:** Wednesdays, 10:00 am and Fridays, 12:30 pm, Craft Rm.

**Crocheting:** Thursdays, 10:00 am, Computer Rm.

**All Cards:** Mondays, 12:30 pm and Fridays, 12:00 pm, Card Rm.

**Contract Bridge:** Tuesdays, 11:00 am, Card Rm.

**500 Card Club:** Wednesdays, 12:00 pm, Card Rm.

**Pinochle:** Thursdays, 12:30 pm, Card Rm.

**Mah Jongg:** Wednesdays, 12:00 pm, Computer Rm.

**Dominos:** 1st Tuesday of the month, 12:30 pm, Computer Rm.

**Cross Stitch Club:** 1st/3rd Thursday of the month, 10:00 am, Craft Rm.

**Dish Craft Club:** 2nd Tuesday of the month, 10:00 am, Craft Rm.

**Bus Transportation**

We provide Monroeville and Pitcairn member’s transportation for any monthly club meeting, $500 Jackpot bingo, luncheons, special events, and movie days. Members will be picked up right at their door! Pick up time will be within the hour prior to the program start time. Return trips will leave immediately following the adjournment of the activity. **Shopping Trips:** The center also provides resident members monthly transportation to local shopping destinations. Trips are held on 2nd Thursday and 2nd Fridays of the month. Your scheduled day depends on where you live. Call or stop by the main office for more information!

If you or someone you know cannot provide meals for themselves. Meals on Wheels can help! Areas served include Monroeville, Pitcairn, Trafford, and Level Green. Meals delivered 5 days a week! Volunteers needed.

Monroeville 412.856.0311  Pitcairn 412.793.4310

“Lifestyles for Active Adults 50 Years and Older”
Join a club that fits your interests. Each club offers regular monthly meetings, monthly programs and activities, luncheons, dinners, trips and tours, and entertainment. It’s a terrific way to meet new friends. Many of us have also found friends we haven’t seen in years by attending a meeting. Clubs are open to all members of the center. Bus transportation is available.

**Mid Century Club**

Club meets the 2nd Wednesday, 12:00 pm

Club President: Judy Diel (724)989-9318

Board Meetings:
Tuesday, September 6th @ 1:00 pm
Tuesday, October 4th @ 1:00 pm

**SEPTMBER CLUB MEETING:**
Wednesday, September 14th @ 12:00 pm
Pizza Day with Bingo
Pizza Hut Personal Pan Pizza (cheese or pepperoni)
Served with Fruit Cup and Refreshments
$5 per person Ticket Deadline: Sept. 9th
Contact Orita Wood to buy tickets. 412.380.3002

**OCTOBER CLUB MEETING:**
Wednesday, October 12th @ 12:00 pm
Brown Bag Luncheon with Bingo
Bring your own lunch.
Dessert & Refreshments provided

**Mid Century Holiday Party:**
Wednesday, December 14th @ 12:00 pm
Menu: (Choose one)
Stuffed Pork Chop, Roast Beef, or Scrod
Served with mashed potatoes, peas, coleslaw, and dessert (Marble Cake)
Entertainment: Kevin Solecki
$15 Members/$20 Guests Ticket Deadline: 12/7
Contact Orita Wood to buy tickets. 412.380.3002

**Prime Timers Club**

Club meets the 4th Wednesday, 12:00 pm

Club President: Judy Diel (724)989-9318

Board Meeting:
Wednesday, September 21st @ 10:30 am
Wednesday, October 19th @ 10:30 am

**SEPTMBER CLUB MEETING:**
Wednesday, September 28th @ 12:00 pm
Subway Hoagie Day Luncheon
Choice of: Turkey or Italian 6 inch Sub
Served with Chips, dessert & Refreshments
$5 per person Ticket Deadline:
Entertainment: Banjo All Stars
Contact Jim Kovach to buy tickets. 724.325.1991

**OCTOBER CLUB MEETING:**
Wednesday, October 26th @ 12:00 pm
Brown Bag Luncheon with Entertainment
Dessert & refreshments provided.

**Prime Timer Holiday Party**
Wednesday, December 7th @ 12:00 pm
Holiday Buffet by “Yes We Cater, Inc.”
Entertainment: Liz Calfo & Duke
$17 Members/$20 Guests
Contact Jim Kovach to buy tickets. 724.325.1991

**BUS TRANSPORTATION IS AVAILABLE!**
Activity Groups

**Wii BOWLING GROUP**
To truly understand Wii gaming, you have to try it for yourself. Wii bowling is for everyone. The league is based on individual scores with a big tournament at the end of the 10 week session.
League Meets - Thursdays, 10:00 am

**SHUFFLEBOARD LEAGUES**
For those of you whom like shuffleboard, don’t let the weather make you stop playing. New and would like to learn? Everyone is welcome! We have two indoor courts that provide a great place for play.
Leagues Meet – Wednesdays, 3:00 pm or Fridays, 1:00 pm

**STROKE SUPPORT GROUP**
This free program was created to provide support not only for stroke victims, but any person who has suffered from a brain injury. Join us for socializing, sharing, support, educational activities, physical exercise, rehabilitation updates, outings, and guest speakers.
Group Meets – 1st & 3rd Thursdays, 1:00 pm

**COMPUTER CONCEPTS CLUB**
Would you like to learn more about your computer? How about the internet? Join a congenial group and expand your horizons. Bring your questions and your experiences and be prepared to share both with the group. Topics include the new windows 10 plus software such as Word & Excel. Group Meets – 2nd Tuesday, 9:30 am

**DINE AROUND TOWN**
Join us each month as we travel around Pittsburgh, on the Senior Center bus, trying out the new and trendy restaurants! Participants will be ordering off of the menu at their own cost. We meet the 1st Wednesday of the month. Bus leaves at 11:00 am.

Wednesday, September 7th   Hoffstot’s Café Monaco, Oakmont  (Signups begin August 8th)
Wednesday, October 5th   Hines Ward Table 86, Cranberry  (Signups begin Sept. 12th)
Wednesday, November 2nd   Cheesecake Factory, South Side  (Signups begin Oct. 10th)

LIMITED SPACES... FIRST COME FIRST SERVE! Sign up in the main office.
$3 per person (Administrative Fee)

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Singles Group:
The Monroeville Singles is a group of single seniors that meets once a month at a local area of interest. This club meets the 2nd Monday of the month, unless otherwise noted. As a group the singles have enjoyed lunch at most of the local restaurants, theater parties, tours, shopping trips, and much more...

**September Meeting:**
Monday, September 12th
Applebees, Murrysville
Bus leaves center @ 11:30am $3pp paid at reservation!

**October Meeting:**
Monday, October 10th
Rivertowne, Monroeville
Bus leaves center @11:15 am $3pp paid at reservation!

Bus transportation available. If you need picked up at home, you must call the center on Friday to be placed on the pick-up list.

We will be ordering from menu, separate checks.
Reservation must be made even if you are driving. To make reservations contact, Lois Lewis (412) 372-6384

“Lifestyles for Active Adults 50 Years and Older”
Investing in your health and wellness and making time for you is the best gift you could give yourself!

We hope that the fitness facility will provide you with the motivation, encouragement, and support you need to help improve your level of wellness.

We recommend that participants consult with their physician before beginning any exercise program.

Each participant must register in the main office and complete a physical activity Readiness Questionnaire, which may require a Physician’s Clearance Form. All individuals will be required to sign an “Assumption of Risk Waiver”.

All participants will be given a “Required Orientation” prior to using the fitness facility. Orientations will be scheduled once all the paperwork is completed and submitted to office.

The orientation introduces you to the equipment, including how to adjust each piece to fit you properly and correct exercise techniques. Rules and policies of the fitness center will also be explained. Upon completion of your orientation you may utilize the fitness room anytime.

Our facility features a great line of senior friendly cardiovascular and strength training equipment. State of the art equipment with the newest technology to make your experience a positive one!

**HOURS OF OPERATIONS:**
Monday – Thursday
8:00 am – 8:00 pm
Friday 8:00 am – 4:30 pm

**FITNESS MEMBERSHIPS:**
Monroeville Residents
65 years + are FREE!
Residents, 50 – 64 years
Choose a Package:
$60 Three Month Plan
$100 Six Month Plan
$160 Full Year Plan

Non Resident Packages:
$90 Three month Plan
$130 Six Month Plan
$190 Full year Plan

Municipal Employees Discounts Available… See office for details.
FITNESS CENTER PROGRAMS

FITSTOPS for Fitness
Stop into the fitness center every Tuesday in September at 10:00 AM or 5:00 PM and learn a new agility exercise. These FitStops will only take 5 minutes but they will teach you important exercises to help you improve your coordination. Each week we will feature a new agility drill. No need to register, just come in to the fitness center and take a “FitStop”.

BE WELL BINGO
Bingo for better health... Join the fun and play all month long!
Attend a class, event, or activity listed on the bingo card. Have the instructor or event leader initial the bingo block. Once you’ve achieved “BINGO” by completing a vertical, horizontal, or diagonal line, turn your card in for a chance to win a $25 Giant Eagle gift card. You can complete as many cards as you wish throughout the month.

HOW-TO FITNESS CLINICS
If you are new to fitness or are joining our facility for the first time, you are in the majority. If you are not new to the fitness center and simply would like to break up the monotony of your exercise routine, we are here to help you make this transition by educating you on the many different ways you can improve your overall fitness. In addition to the variety of assessments, orientations, and programming that we offer to you as part of your membership, we are also now holding how-to clinics designed to teach you how to do exercises safely, help you stay motivated, and add more variety to your workout!

Stability Ball Clinic:
Date: Tuesday, September 27th  Sessions: 9 AM or 11 AM  $3 per person
The stability (balance) ball is an effective tool for strengthening your core and improving your balance. Come to our fitness clinic to learn basic exercises designed to help develop your stability. All fitness levels are welcome. Spaces are limited! Pre-Registration required.

Is it time to have a re-orientation?
Are you not sure how to perform a certain exercise or how to use a piece of exercise equipment in the fitness center? Would you like to learn about the new functional fitness stations? Sign up for a free orientation in the main office at your convenience. Even if you’ve had an orientation in the fitness center in the past, we would be glad to schedule you for a refresher. You may just learn something new!
Who is eligible to join Silver Sneakers and Silver & Fit?
It is available at no additional cost to individuals who belong to participating Medicare health plans/Medicare supplements carriers.

Silver Sneakers Currently Accepts:
Highmark Freedom Blue, Security Blue, Medigap Blue, and HOP.

Silver & Fit Currently Accepts:
Advantra, Aetna, Coventry Health Care (Part D), Health America (HAPA), and UPMC (in January 2015)

How do I sign up?
Visit the main office. Bring your Silver Sneaker/Silver & Fit card and your health insurance card with you at the time of registration.

What if I am a current member at another facility?
SILVER SNEAKER: You will need to sign up as a member of the senior center to be able to participate in activities at our facility. Silver Sneakers allows you to participate at multiple sites.
SILVER & FIT: You will also need to sign up as a member of the senior center to be able to participate in activities at our facility. This program only allows you to be a member at one site.

What if I am already a member of the senior center?
If you would like to participate in the classes at no cost, you will need to become registered member. If you are a non-resident registering will also waive your annual non-resident membership fee. PLUS, the center is compensated for your visits through these organization. In 2013, we received over $15,000! We use this revenue to help offset operational costs.

What if I am not eligible to join? Can I still take their exercise classes?
YES! You may still take the classes, however you will need to pay to attend. Non-members to these programs will have to purchase a “MSC Exercise Punch Card” in the main office. These cards allow you 10 visits to any Silver Sneakers and/or Silver & Fit classes. Cards are $30, which equals to $3 per class. The instructor will punch your card at the beginning of each class.

What do I do once I am registered?
You must swipe your MSC membership card AND Silver Sneakers Card each time you attend an “ACTIVITY” at the center, not just the exercise classes and the fitness room. These organizations just want you to be active!

STAY FIT. HAVE FUN. BE HEALTHY!
The group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, and unfamiliar with exercise, or entering post-rehabilitation programs.

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<th>MONDAY</th>
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<td><strong>SILVER&amp;FIT EXPERIENCE</strong>&lt;br&gt;9:30 – 10:15 am</td>
<td>Silver Sneakers&lt;br&gt;CIRCUIT&lt;br&gt;12:00 – 12:45 pm</td>
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<td>Silver Sneakers&lt;br&gt;CLASSIC&lt;br&gt;10:30 – 11:15 am</td>
<td>Silver Sneakers&lt;br&gt;YOGA&lt;br&gt;1:00 – 1:45 pm</td>
<td>Silver Sneakers&lt;br&gt;CLASSIC&lt;br&gt;10:30 – 11:15 am</td>
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**Silver Sneakers ® CLASSIC**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**Silver Sneakers ® CIRCUIT**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. This class is an advanced version of the Silver Sneakers Classic Class.

**Silver Sneakers ® YOGA**

Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**SILVER&FIT EXPERIENCE**

Silver Fit Experience is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.
Exercise Classes

**TOTAL FITNESS, Tuesday and Thursdays**, 10:15 – 11:45 am  $5 per person   Instructor: Sue Lomeo
Take your fitness to the next level and challenge yourself with this class. This advanced level class provides a total balanced workout. This is an all-over body strengthening class that utilizes light hand weights, step and low impact aerobics and yoga stretches.

**YOGA FITNESS, Tuesday and Thursdays**, 9am  $5 per person   Instructor: Sue Lomeo
Yoga balances the body, mind, and spirit. Participants can expect positive improvements in health through stretching, strengthening, and deep breathing exercises. Bring a yoga mat.

**BALLFIT, Tuesdays**, 6:00 – 6:45pm  $32 for an 8 class punch card   Instructor: Chris Gilbert, CPT
The balance ball is an excellent tool for building stability and core strength. This class will incorporate an aerobic warmup, resistance training, and core training all while using the balance ball. This high energy exercise class is a full body workout for any fitness level. Stop by anytime and have a ball with us!

**COREFIT, Thursdays**, 5:30 – 6:00pm  $32 for an 8 class punch card   Instructor: Chris Gilbert, CPT
A strong core will build a great foundation for all of your daily activities, and gives you a great looking mid-section! In this half-hour workout, you will train all the muscles from your shoulders to your hips using the latest functional and integrated exercises. Participants should bring a yoga mat.

**TAI CHI, Wednesday**, 9:00 am  $24 per person, 6 weeks   Instructor: Jim Davis
The gentle movements of this Sun style Tai Chi class are recommended by the Arthritis Foundation for joint health and mobility. Additional benefits include muscular strength, endurance, and joint flexibility, along with fall prevention. This class is ideal for any fitness level. Pre-registration required.

**Group Exercise Fun Days**
Come join us as we celebrate our fantastic group exercise classes with featured fun days. Classes will be free for all members and guests and will include a class theme, door prizes, and a great party atmosphere. The featured fun day schedule is listed below:

**Senior Yoga** - Tuesday, September 26th 9:00 am   “The Rainbow Connection”
Wear your favorite rainbow color as we journey through the yoga Chakras and learn what each color represents. You’ll be somewhere over the rainbow when you are finished with this class.

**Total Fitness** - Thursday, Sept. 28th 10:15 am   “Throwback Thursday Class”
Throw on some leg warmers, put on your headbands and “Let’s Get Physical!” on Throwback Thursday. Whether you are a “Jane Fonda” or a “Richard Simmons” we will all have fun and “Jazzercise” our way to fitness!

**Silver N Fit** - Wednesday, Oct. 5th 9:30 am   “Just Wig It”
No…we are not going to “wing it”, we are going to “wig it” in this fun class. Wear a funny wig as you work out to fantastic disco music.

**SilverSneakers Classic** - Wed. Oct. 12th 10:30 am   “Inside/out, backward/forward and somehow wrong”
Don’t worry about fixing your hair, wearing matching socks or even putting your tee shirt on wrong. Come in the strangest combination of clothes to win a fun prize. This class will be unlike any other you’ve been to before.

**SilverSneakers Yoga** - Monday Oct. 17th, 11:30 am   “Like Leaves Falling From a Tree”
Wear your favorite autumn colored clothes as we explore the idea of “letting go” in this special Yoga class.

**SilverSneakers Circuit** - Thursday Oct. 20th 12:00 am   “The Big ‘80’s”
Whether your favorites are Madonna or Michael Jackson, you will have fun at our 80’s themed Circuit class. Wear your big bangs and your brightest fluorescents as we “Moon walk” and “Macarena” for our health.
Fit Tips from Chris …

Fall is a great time to think about adding more activity to your day…
Use this fall as the time to harvest a new exercise routine. Did you know more than 50% of all Americans are not getting enough exercise to gain health benefits and 25% get no physical activity in their leisure time? Finding time throughout your day to add some activity is beneficial to both your physical and mental health. Use these simple ideas to add physical activity to your daily life:

Walk- Exercising outside doesn’t have to end when the first leaf ends. Relish the cooler weather and take advantage of outdoor adventures before winter rolls in. Going for a walk can help you not only get more exercise, but allow your body and mind to take a break from the daily grind.

Stairs- Taking the stairs rather than the elevator contributes to your total exercise time and is a good way to incorporate movement into your day at work or while running errands. In one minute, a 150lb person burns 10 calories walking up the stairs and only 1.5 calories riding the elevator. Climbing the stairs burns more calories than jogging or riding a bike. Plan your shopping trips to the mall or dept. store so you are able to go up and down several times. Use the stairs each time you leave or enter your apartment bldg.

Time- Setting aside special time each day for exercise can greatly benefit your health.

Park- Parking at the end of the a lot or down the street (work, grocery store) helps you fit in extra steps.

Family- After dinner, walk or bike around the neighborhood and invite your neighbors to join you!

Buddy Up- An exercise partner will help you both stay motivated and make exercising more fun.

SMALL GROUP PERSONAL TRAINING

Small group training is an affordable option for receiving a great workout, professional and personalized attention, and the motivation of exercising with friends. You and up to 3 others will participate in a twice a week training program working to reach your fitness goals!

(Ask about special pricing on larger groups)

$512 for 8 weeks (16 sessions) - $128 per person due at time of registration

That’s only $8 per person/per session!

BALANCE & FALL PREVENTION PROGRAM

This training group is a 45 minute program designed to build strength, balance and fall prevention awareness. Each program session will include a 10 minute warm-up and cardio, 15 minutes of Strength Training, and 15 minutes of balance and cool-down stretching. Each individual will receive a pre/post program balance assessment, a guided fitness room orientation, and Fall Prevention Strategies and information. Participants will work in small groups to meet their individual’s goals. All fitness levels are welcome.

$30 per person (6 week session) Pre-registration Required!

Session Dates:
THURSDAYS, September 8th – October 13th
12:00 pm – 12:45 pm

Spaces are limited Pre-Registration required. Sign up in the main office.
Personal Training

Inspire     Motivate     Coach

Dear Member,

Working with a Personal Trainer is one of the fastest, easiest and most successful ways to achieve your fitness goals! The goal of our Personal Training Program is to turn you into your own personal trainer. Only you are guaranteed to be with you the rest of your life. Each participant is guaranteed specialized fitness programs developed for individual needs. We have taken great measures to ensure our clients with special health needs will be accommodated.

Some Specialties Include:
- Balance and Fall Prevention Training
- Cardio and weight loss training for improved endurance & health profile
- Resistance training for gaining & maintaining functional strength
- Exercise training for improved posture, mobility, & injury prevention
- Speed agility and quickness for improved performance

When you choose MSC to start your personal training program, you get an enthusiastic & experienced partner in achieving your health & wellness goals!

In Good Health,

Chris Gilbert, CPT  MSC Fitness Coordinator

Call or Stop by the office to schedule a “free” consultation!

The Benefits to Working with a Personal Trainer...

- Makes sure that you are exercising safely with proper technique
- Teaches you new and exciting exercise techniques to enhance your fitness program.
- Helps you stay motivated and fights exercise boredom
- Monitors your progress towards fitness goals & keep you focused
- Identifies weaker areas of your body and helps you get stronger & feel better
- Modifies your workout to accommodate for unique medical needs like arthritis, diabetes, heart conditions, and obesity.

PROGRAM FEES:

$320 for 8 Weeks
2 Sessions per Week
1 on 1 Training

$420 for 8 Weeks
2 Sessions per Week
2 on 1 Training

Sign up with someone & Save!

Discount Packages Available!
Nutritional clients will receive a 10% discount of a Personal Training Package. Personal Training clients will receive (4) 30 min. nutritional session for $100.

“Lifestyles for Active Adults 50 Years and Older”
Everything you eat has a purpose and a plan...
Make it your purpose to start choosing the right plan!

Eat Great, Feel Great! Nutrition is important for our bodies to work well. Begin your journey toward optimal health...
The MSC Nutritional Program is for individuals interested in improving their health and fitness level or attaining a healthier lifestyle. We provide a variety of programs to suit your unique lifestyle including individual counseling, group lifestyle programs, behavior modification, and online monitoring to help you realize your goals.
Schedule your appointment today with our Registered Dietitian to start creating your personalized plan to meet your health goals and/or medical needs.

A good nutrition consultation shouldn't feel like a lecture about what you should be doing, and you shouldn't feel as though you're being scolded or judged on your eating habits, either. At MSC, we strive to make nutrition counseling as enjoyable and helpful as possible.

We want you to be successful in your endeavors and will EMPOWER you to better health, wellness, and fitness.

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**MENU OF SERVICES:**

**Individual Session**
(60-75 Minutes)
$65 per person
The individual session will establish your goals.

Session Includes:
Review of Intake, Goal Setting, Review of 3 Day Recall, Written Plan by RD, Handouts, Internet Resources, and a Follow-up Phone Call

**Wellness Package**
Individual Session with 3 follow up sessions
$135.00 per person

**Follow-Up Sessions**
(30 Minutes)
$30 per person

Some Specialties Include:
Weight Management
Diabetes
Cholesterol
High Blood Pressure
Cardiovascular Health
GI Health
Cancer Health
Hypertension
Food Allergies

Call or stop by the office to schedule with ...

**Sue Lomeo RD, LDN**
Sue is a registered Dietitian with over 25 years of experience in counseling.
FRESH BROCCOLI TOMATO SALAD

I hope you had a super summer and are continuing to enjoy the harvest from the garden. Whether it is from your own garden, the farmer's market or your local grocer, pick up some broccoli and give this light, crunchy and fresh broccoli salad a try!! Broccoli is in the cruciferous vegetable family, like its cousins brussel sprouts, cauliflower and cabbage. It is low in calories yet packed with good nutrition, containing the phytochemical sulphorophane which is an anti-cancer property. Broccoli is a great source of vitamin K, vitamin C and is loaded with fiber. The dressing contains lemon juice, and lemon zest, preferably from the fresh lemon. It's the zest that adds punch, or rather zest!! to the recipe--try not to leave it out. The lemon is another food that is packed with good nutrition. They contain phytochemicals that act as powerful antioxidants which may slow cancer growth, provide antibacterial properties and strengthen blood vessels. More reason to add a slice of lemon to your water! Tomatoes, nuts and basil round out this recipe. (Recipe adapted from Alton Brown's recipe)

SALAD INGREDIENTS:
1 pound broccoli, rinsed, trimmed and sliced thinly on a mandolin
Don't worry, if you don't have a mandolin, just break or cut into small pieces.
The mandolin creates very smooth thin cuts improving the texture of the salad.
6 ounces cherry or grape tomatoes, halved
3 ounces coarsely chopped, toasted pecans or hazelnuts
2 Tablespoons fresh basil leaves, thinly sliced (chiffonade)

DRESSING INGREDIENTS:
1 Tablespoon white balsamic vinegar
1 lemon, zested (optional, but oh so good!)
1 Tablespoon freshly squeezed lemon juice
1/2 tsp kosher salt
Fresh ground black pepper, pinch
1/4 cup extra virgin olive oil

DIRECTIONS:
Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium mixing bowl. While whisking constantly, gradually add the olive oil. Add the broccoli and toss to coat.
Cover and place in the refrigerator for 1 hour. Stir in the tomatoes, nuts and basil. Cover and allow to sit, at room temperature or in the refrigerator, for another 15 minutes before serving.
Notes: Fresh ingredients really enhance this recipe. If you don't have them on hand, then substitute. The mandolin is a great, time saving tool. It is not necessary to the recipe but does improve the salad texture. I usually leave out the nuts when I put this recipe together. The dressing has become one of my staples! I love the lemony tang on all kinds of salads. Enjoy!

Nutrition Talk with Sue
“Mindful Eating” Thursday, October 6th @ 1pm
Join us for our next nutrition talk and begin to put the enjoyment back in eating, stress less and you may find that you slim down in the process. Learn mindful eating ideas and guidance with healthy eating and weight management. Pre-Registration required. Spaces limited.
Computer Programs

Beginner’s Guide to Computers
This 4 wk. class will provide you with the hands on experience you need so you know how to use your home computer to its full capacity! Learn the parts of the computer. What is the tower, keyboard, mouse, and monitor? How do I use my taskbar? What is a folder and how do I access them? What is it and how do I use it? Learn the commonly used programs! How do I browse the internet safely? How do I shut down safely?

Dates: Thursdays, September 22nd – October 13th (4 weeks)
Time: 3:00 – 4:30 pm
$40 per session   Pre-registration required! Sign up by: Friday, Sept. 16th

“Be Smart” with your Smartphone
If you want more information on how to get the most out of using your smartphone, come check out this one-day workshop to learn all those unanswered questions and actually learn how to use your phone.

Dates: Thursday, November 3rd
Time: 3:00 – 4:30 pm
$15 per session   Pre-registration required! Sign up by: Friday, Oct. 28th

Introduction to iPhones (iPhone only)
If you want to find out the latest info and how useful the Apple iPhone can be beyond making calls, come to this informative workshop. This workshop will also explain the iCloud and storage. Learn how it all works!

Dates: Thursday, November 10th
Time: 3:00 – 4:30 pm
$15 per session   Pre-registration required! Sign up by: Friday, Nov. 4th

Facebook 101
Facebook is a social gathering place on the internet to find your family and friends and then more and more friends, to share your daily lives with, no matter where you are! Join this class and start up your own Facebook page and be a part of this new world of social networking. Already have an account but would like to learn how to use it better, you can join us too! The more friends the better. We know the first page you are going to like will be the Monroeville Senior Center. LOL

Dates: Thursday, November 17th
Time: 3:00 – 4:30 pm
$15 per session   Pre-registration required! Sign up by: Friday, Nov. 11th

Classes provided by Krisson Information Technologies, LLC
Craft Classes

Tuesday, September 27th @ 10am  “Clay Essential Oil Diffuser Necklace”
Bring your favorite essential oils to use for this easy DIY craft. These diffuser necklaces are not only stylish but purposeful and can diffuse for days. You will be given enough supplies to make two beautiful necklaces that will help support ones health, balance moods, and so much more.

$10 per person  Includes all materials with the expectation of the essential oils.

Tuesday, October 11th @ 10am  “Halloween Googly Eye Door Decoration”
We got our eyes on you this Halloween! Are you tired of using the same old Halloween decorations? This creepy take on a classic monogram is fun and easy to make. Hang this on your door and all you neighbors will be eyeing your house!

$10 per person  Includes all materials

Brunch and Learn Program

Third Tuesday of the month @ 10:00 am
Enjoy a late breakfast while learning the latest information on health advancements.
A UPMC sponsored event.

Tuesday, September 13th @ 10:00 am  Ask the Physician: Dr. Grotton will be here to answer all your medical questions. From respiratory health and pneumonia to bladder health and dementia, Mark C. Grotton, DO, Primary Health & Wellness Centers, will look at common health issues older adults can face. We will also discuss the regular checkups and screening tests that are important for staying healthy as you grow older each year. Ticket Deadline: September 9th

Tuesday, October 18th @ 10:00 am  Exercising and Lifting Techniques for Older Adults: We can’t help getting older, but we can age successfully... The more active, healthy, and fit you are now, the better you will feel as you get older. UMPC Center for Rehab Services will be here to speak exercise and how it is an important key to aging successfully. It's never too late to start. We will look at how our bodies age, the benefits of exercising into old age, and tips to get started on your fitness journey. No matter what your age, exercise is good for you. It's never too late to start, and you can benefit from strength training, stretching, flexibility exercise, endurance, and aerobic exercises. Learn about safe exercise principles for cardiovascular exercises and lifting without injury and pain. Ticket Deadline: October 14th

$2 per person includes Panera bagels, fresh fruit, and refreshments.
Enjoy an afternoon once a month where you don’t have to worry about making your own meal. Each month we will provide a home cooked meal that will come with all the fix-ins! All meals are cooked in house by the municipal staff and senior volunteers.

Program is held March through October.

**September:** Monday, Sept 26th

**Salisbury Steak with Gravy**
Meal served with mashed potatoes, glazed carrots, dinner roll, apple crisp, and refreshments.

**Ticket Deadline:** Wednesday, Sept 21st

**October:** Monday, October 17th

**Ham Loaf**
Meal served with sweet potato soufflé, mixed vegetables, dinner roll, carrot cakes, and refreshments.

**Ticket Deadline:** Wednesday, Oct. 12th

$6 Per Person
Tickets will not be sold at the door!

Enjoy a game of bingo afterwards.
$1 per bingo card. 50/50 raffle will also be held at each luncheon. $5 for 20 tickets.

BUS TRANSPORTATION AVAILABLE!

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**CENTER’S FUNDRAISER**

$500 Jackpot Bingo
Come try your luck at bingo and help raise funds for the center. You may be lucky!

We hold a $500 Jackpot bingo the 1st Saturday of the month, unless it falls on a holiday weekend. The bingo will then be held on the 2nd Saturday.

Bus transportation is available.

In addition to the $500 jackpot...

**ENTRY PACKAGE:** $15
Early Bird Specials: $2 a pack
3 up Bonus Pack: $3
9 up Bonus Pack: $8

AGES 18 AND OVER PERMITTED!

**Saturday, September 10th**

**Saturday, October 1st**

ALL PARTICIPANTS RECEIVE “FREE” POPCORN, COFFEE, TEA, AND DESSERT!
Snack cart available.

Bingo Volunteers Needed!
Interested in helping? Please see the main office.
Sites for Senior’s

Join us each month as we travel to sites on the Monroeville Senior Center Bus. Monroeville on the Move... Each Month we will explore somewhere new!

SEPTEMBER – Bayernhof Museum  DATE: Tuesday, September 27th
The extremely unique, 19,000 square foot museum (the former home of Mr. Charles B. Brown, III, the museum's founder) houses a large collection of music boxes and other fascinating automatic musical instruments, as well as many other interesting items. The building itself provides guests with a most interesting experience as they pass from room to room, at times through hidden doors and secret passages. Almost the entire south side of the house is glass, affording fantastic views the river.

$15 per person  Bus leaves center at 9:30 am.

NOVEMBER – Frick Museum  DATE: Thursday, November 10th
Experience art and history in a distinctive, memorable way with a docent-led tour of Clayton, the historic home of the Henry Clay Frick family, and/or The Frick Art Museum. These tours provide you with opportunities to view fine and decorative arts from the Renaissance to the present, as well as learn how the Frick family lived during the turn of the 20th century. We will also have time to visit The Frick Art Museum, Car and Carriage Museum, Grable Visitor Center, Greenhouse, Museum Store.

$15 per person  Bus leaves center at 9:15 am.

Movie Mania

The third Tuesday of each month, plan on joining us for free popcorn and the newest movie releases! Movies start promptly at 12:30 pm.

Tuesday, September 20th – The Intern
Ben Whittaker is a 70-year-old widower who has discovered that retirement isn’t all it’s cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.
Rated PG-13  2 hrs.  Starring: Robert DeNiro, Anne Hathaway, Rene Russo

Tuesday, October 18th – Miracles from Heaven
When Christy discovers her 10-year-old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. Based on a true story.
Rated PG  1 hr 49 mins.  Starring: Jennifer Gardner

Tuesday, November 15th – Mother’s Day
The lives of a group of strong, loving and wildly imperfect women are followed during the week before Mother’s Day. A divorced mother deals with her kids’ new stepmom, a young mom is trying find her birth mother, and four families have one day to reconnect and embrace what’s new and to prepare for some big surprises. Rated PG-13  2hrs.  Starring: Jennifer Aniston, Julia Roberts, and Kate Hudson
The Monroeville Senior Citizens Center is partnering with the National Institute on Aging (NIA) at the National Institutes of Health on the Go4Life campaign for its 2nd year! A national exercise and physical activity campaign for people age 50+. We are very excited about the Go4Life campaign and proud to join the NIA. This campaign reaches out to older people who traditionally have not embraced exercise and shows them ways that even those with physical limitations may be able to exercise safely. As a participating organization we will be incorporating Go4Life into our own health and wellness activities. We will be offering activities through the month of September aimed at engaging older adults in exercise and physical activity at the community level. Everyone can join in on the fun.

**Be Well Bingo**
Bingo for better health. Join the fun and play!
Attend a class, events, or activity listed on the bingo card.
Have the instructor or event leader initial the bingo block.
Once you’ve achieved “BINGO” by completing a vertical, horizontal, or diagonal line, turn your card in for a chance to win a $25 Giant Eagle gift card. Complete as many cards as you wish.

**Health Screenings (10:00 – 12:00pm)** UPMC Center for Rehab Services
- **Friday, September 9th** Shoulder Range of Motion & Blood Pressure Screening
- **Friday, September 16th** Lumber Range of Motion Screening
- **Friday, September 23rd** Lower Extremity Flexibility Screening
- **Friday, September 30th** Upper Extremity Strength Training Screening

**FIT STOPS for Fitness**
Stop into the fitness center every Tuesday or Thursday at 10:00 AM or 5:00 PM and learn a new agility exercise. These FitStops will only take 5 minutes but they will teach you important exercises to help you improve your coordination. Each week we will feature a new agility drill. No need to register, just come in to the fitness center.

**Wellness Workshop** with Dr. Eugene Bonaroti, Neurosurgeon
- **Friday, September 23rd, 12pm**

Join us and Dr. Bonaroti as we discuss the various types of brain injuries that we see commonly, discuss the prognosis for recovery from brain injury, and showcase some of the new technologies that are used in modern neurosurgery. This program is free for everyone.
Pre-registration required. Snacks and refreshments will be served.

“Lifestyles for Active Adults 50 Years and Older”
HALLOWEEN MONSTER BASH
Friday, October 28th @ 12:00 pm

Join us for a spooktacular time! The biggest event of the year is back for its 6th year. Lots of food, games, costume contest, face painting, balloon art, and musical entertainment. You won’t want to miss it!

**Lunch Menu:** Enjoy all the fixings to make your own meal!
Bake potato and salad bar, dessert, and refreshments.
Enjoy toppings like… Nacho cheese sauce, cheddar cheese, broccoli, bacon, peppers, onions, cucumbers, olives, beets, carrots, etc.

**Entertainment:** Colin Stover, Mentalist

Colin Stover will be here to help stimulate your mind…
He’s a professional mentalist who has made numerous media appearances. He will share some of the untapped abilities of the mind that he believes each and every one of us has!

$6 per person  **Ticket Deadline:** Friday, October 23rd.

SOUP DAY
Friday, November 18th @ 12:00 pm (Note date change)

Back by Demand! When it starts getting cold outside, we couldn’t think of anything better than a hot cup of soup to warm our bellies! Join us for a wonderfully warming fall lunch.

**Lunch Menu:** Homemade Italian Wedding Soup from Labriola’s Italian Market, Garden Salad, Bread & Butter, Apple Crisp with Vanilla Ice Cream, and Refreshments.

**Entertainment:** Donna Groom from the Skyliners

Donna is best known for the Skyliners hit song “Since I don’t Have You” from 1959. In her solo performance, she will perform the music that has influenced her life, including hits by Patsy Cline, Dusty Springfield, The Carpenters, and Carly Simon.

$5 per person  **Ticket Deadline:** Wednesday, November 9th

HOLIDAY PANCAKE BREAKFAST
Tuesday, December 13th @ 10:00 am

Start celebrating the holidays with us! Start the morning off with a scrumptious breakfast, followed by holiday bingo. We will be spreading holiday cheer with this not so normal game of bingo. Santa will here with some special prizes. We welcome your families to this great event. This is a great opportunity for you to show them where you spend your days through the year. All ages welcome!

**Menu:** Pancakes, Sausage Links, Fresh Fruit, and refreshments.

$5 per person  **Ticket Deadline:** Wednesday, December 7th

**Bus Transportation provided for all special events!**

“Lifestyles for Active Adults 50 Years and Older”
<table>
<thead>
<tr>
<th>TRIPS AND TOURS</th>
</tr>
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<tbody>
<tr>
<td>The following trips are being run through the main office. Full payment is required at the time of reservation. Refunds will not be given unless tour protection is purchased or a replacement is found. Check the bulletin board for a full itinerary. Trips are sponsored by Thomas Tours and Travel.</td>
</tr>
<tr>
<td><strong>Meadows Casino Trip</strong></td>
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<td>$25 per person, includes transportation, $15 slot play, $5 food credit, and bus driver tip</td>
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<tr>
<td><strong>Seven Springs Autumn Fest</strong></td>
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<td>$82 per person includes Autumnfest, buffet lunch, the Pie Shoppe, and Lennon Outlet.</td>
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<td><strong>Holiday Tara</strong></td>
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<td>$72 per person includes Daffins Candy, Lunch and Tour of Tara, Kraynak’s/Reyers Show Stores.</td>
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<tr>
<td><strong>Lancaster Christmas</strong></td>
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<tr>
<td>$495 per person includes 2 nights lodging, 2 shows, and multiple tours</td>
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<tr>
<td><strong>Gateway Clipper Light Up Night</strong></td>
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<tr>
<td>Celebrate the start of the holiday season as the city of Pittsburgh &quot;Lights Up&quot; for the annual Light Up Night Celebration! Enjoy the lovely holiday lights, the signature Captain's Dinner buffet and dance the night away, all while sailing the Three Rivers. $129 per person</td>
</tr>
<tr>
<td><strong>Wheeling Shopping and Oglebay Lights</strong></td>
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<tr>
<td>$57 per person includes West Virginia Independence Hall, Wheeling Artisan Center, Centre Market House, and Oglebay Festival of Lights</td>
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**Check the bulletin board for more details about these trips and postings of newly added trips!**

<table>
<thead>
<tr>
<th>2017 WINTER ESCAPE</th>
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<tbody>
<tr>
<td>February 6-17, 2017</td>
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<tr>
<td><strong>1 night in NY City &amp; 10 Night Caribbean Cruise</strong></td>
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<tr>
<td>Norwegian Cruise Line’s Gem Package Includes:</td>
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<tr>
<td>Deluxe Motor coach to &amp; from New York City for a 1 –night stay in “The City That Never Sleeps” with breakfast in the hotel. 10 sun filled days on NCL GEM.</td>
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<tr>
<td>Cruise Itinerary: San Juan, St Thomas, Philipsburg St Maarten, and Tortola</td>
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<tr>
<td>$1499 per person (dbl. occ)</td>
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<tr>
<td>MONDAY</td>
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“Lifestyles for Active Adults 50 Years and Older”
### October 2016

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT/SUN</th>
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<td>6</td>
<td>1/2</td>
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<tr>
<td>Senior Council, 1p</td>
<td>Bridge, 11a</td>
<td>Quilting, 10a</td>
<td>Wii Bowling, 10a</td>
<td>All Cards, 12p</td>
<td>$500 Jackpot Bingo</td>
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<tr>
<td>All Cards, 12:30p</td>
<td>Dominos, 12:30p</td>
<td>Dine Around, 11a</td>
<td>Cross Stitch, 10a</td>
<td>Pinochle, 12:30p</td>
<td>1:00p</td>
</tr>
<tr>
<td>Winter fundraiser begins... Place your cookies orders in the main office!</td>
<td></td>
<td>Mah Jonng, 12p</td>
<td>Crocheting, 10a</td>
<td>Stroke Grp, 1p</td>
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<td>7/8</td>
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<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
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<tr>
<td>Center Closed</td>
<td>Singles Group, 12p</td>
<td>Computer Club, 9:30a</td>
<td>Quilting, 10a</td>
<td>Winter fundraiser begins... Place your cookies orders in the main office!</td>
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<tr>
<td>@ Rivertowne</td>
<td>Craft Class, 10a</td>
<td>MID CENTURY, 12p</td>
<td>Mah Jonng, 12p</td>
<td>All Cards, 12p</td>
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<tr>
<td>All Cards, 12:30p</td>
<td>Halloween Door Decor Craft Club, 10a</td>
<td>500 Card Club, 12p</td>
<td>500 Card Club, 12p</td>
<td>Quilting, 12:30p</td>
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<tr>
<td>All Cards, 12p</td>
<td>Center Closed</td>
<td>Quilting, 10a</td>
<td>MONTHLY LUNCHEON, 12p</td>
<td>Brunch &amp; Learn, 10a</td>
<td>Quilting, 10a</td>
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<td>Shuffleboard, 1p</td>
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<td>Mah Jonng, 12p</td>
<td>All Cards, 12:30p</td>
<td>Bridge, 11a</td>
<td>Dine Around, 11a</td>
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<tr>
<td>All Cards, 12p</td>
<td>Center Closed</td>
<td>Quilting, 10a</td>
<td>All Cards, 12:30p</td>
<td>Bridge, 11a</td>
<td>Quilting, 10a</td>
</tr>
<tr>
<td>Shopping Trips</td>
<td></td>
<td>Mah Jonng, 12p</td>
<td>All Cards, 12p</td>
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<td>500 Card Club, 12p</td>
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<td>27</td>
<td>28</td>
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<td>30</td>
<td>31</td>
<td>Monday</td>
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<tr>
<td>All Cards, 12p</td>
<td>HALLOWEEN Monster Bash, 12p</td>
<td>Silver&amp;Fit, 9:30a</td>
<td>Total Fitness, 10:00a</td>
<td>All Cards, 12:30p</td>
<td>Runcoween, 1p</td>
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<tr>
<td>Quilting, 12:30p</td>
<td>Shopping Trips</td>
<td>SS Classic, 10:30a</td>
<td>Tai Chi, 9a</td>
<td>Silver&amp;Fit, 9:30a</td>
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<tr>
<td>Shuffleboard, 1p</td>
<td></td>
<td>SS Yoga, 11:30a</td>
<td>Silver&amp;Fit, 9:00a</td>
<td>SS Classic, 10:30a</td>
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<tr>
<td>Stroke Grp, 1p</td>
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<td>Walking Grp, 9a</td>
<td>Total Fitness, 10:15a</td>
<td>Ball Fit Class, 6:00p</td>
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<tr>
<td>31 Monday</td>
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<td>Senior Yoga, 9:00a</td>
<td>10:15a</td>
<td>SS Circuit, 12:00p</td>
<td>Silver&amp;Fit, 9:30a</td>
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<tr>
<td>All Cards, 12:30p</td>
<td>Movie Day, 12:30p</td>
<td>CoreFit, 5:30p</td>
<td>SS Circuit, 12:00p</td>
<td>CoreFit, 5:30p</td>
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<tr>
<td>31 Monday</td>
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<td>Walking Grp, 9a</td>
<td>Senior Yoga, 9:00a</td>
<td>Silver&amp;Fit, 9:30a</td>
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<tr>
<td>All Cards, 12:30p</td>
<td>Miracle from Heaven</td>
<td>Tai Chi, 9a</td>
<td>Total Fitness, 10:00a</td>
<td>SS Classic, 10:30a</td>
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<td>Silver&amp;Fit, 9:00a</td>
<td>10:15a</td>
<td>Ball Fit Class, 6:00p</td>
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“Lifestyles for Active Adults 50 Years and Older”

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START PLANNING FOR THE HOLIDAYS …

**Holiday Hours:**
The center will be CLOSED on the following days in observance of these holidays:
- **Labor Day Holiday:** Monday, September 5th
- **Thanksgiving Holiday:** Center closes at noon on Wed. November 23rd
- **Center will be closed:** Thursday, November 24th and Friday, November 25th
- **Christmas Holiday:** The center will be closed Monday, December 26th
  The Center will be open 8:00 am – 12:00 pm from Tuesday, December 27th – Thursday, December 29th
- **New Year Holiday:** The center will be closed on Friday, December 30th and Monday, January 2nd

**Winter Fundraiser: “Pizzelle Cookie Sale”**
Entertaining this holiday? Buy some of these delicious homemade cookies and help support the center. Your guests will love them!
All cookies made in-house… Yum!

Choose From: Lemon/Orange, Coconut, or Anise
$6 per dozen

Start placing your orders on Tuesday, October 3rd. Pick up for orders on Friday, December 9th.

**Holiday Cookie Exchange:**
**Friday, December 16th @1pm**
Bake your favorite cookie, the one you do best! Bring 4 dozen cookies to share and a 2 dozen to eat. Cookies will be judged by members of the Monroeville Municipal Council and the Monroeville Council of Senior Citizens, so make sure you bake your finest!

Prizes will be given to the best tasting and most creative cookies. All cookies must be homemade. Bring your recipes when you sign up. We will making a recipe booklet for everyone to take home. Spaces are limited. RSVP by December 2nd.