



# the Center *insider*

THE LATEST NEWS FROM THE VALLEY CENTER FOR  
ACTIVE ADULTS

135 KALASSAY DRIVE  
LIGONIER, PA  
CENTER HOURS  
8:00 a.m. to 3:30 p.m.  
EMAIL: [supervisor@valleylig.net](mailto:supervisor@valleylig.net)  
WEBSITE: [www.valleylig.org](http://www.valleylig.org)

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CREATIVE WRITERS  
UPCOMING TRIPS  
MOVIE SCHEDULE  
MASSAGE THERAPY DATES  
... AND MUCH MORE!

**VALLEY CENTER FOR ACTIVE ADULTS  
WEEKLY EVENTS CALENDAR—AUGUST, 2019**

Mon	Tue	Wed	Thu	Fri	Artist Showing
			<b>1</b> 8:30-Puzzles 9—Cornhole Game <b>10-Sr. Fitness</b> 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch <b>1-Chair Yoga (GAW)</b> <b>1-Card Club</b> <b>1—Mexican Train Game</b>	<b>2</b> 8:30-Puzzles 9-Shuffleboard <b>9:30—Uke Class</b> 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1—Friday Afternoon at the Movies **</b> 1-Cornhole Game <b>1—Mt. Playhouse Trip</b>	<b>“The Art of Letitia Neal Stitt Monday, August 5th through Friday, August 30th, 8-3:30</b>
<b>5</b> 8:30-Puzzles <b>10-Sr. Fitness</b> <b>10:30-Tai Chi Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-Brain Games</b> 1-Billardards 2-Cornhole Game	<b>6</b> 8:30-8:30-Puzzles 9—Cornhole Game <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>12:30—Blood Pressure Check</b> <b>1-Chair Yoga (GAW)</b> 1—Cornhole Game	<b>7</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>11—Meditation Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1—Bingo</b>	<b>8</b> 8:30-Puzzles 9—Cornhole Game <b>10-Sr. Fitness</b> 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch <b>1-Chair Yoga (GAW)</b> <b>1-Card Club</b> <b>1—Advisory Board</b> <b>1—Mexican Train Game</b> <b>1—Kim Shaffer—State Issues</b>	<b>9</b> 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Cornhole Game	<b>MT. PLAYHOUSE SCHEDULE</b> <b>Friday, August 2, 2019</b> <b>Friday, August 16, 2019</b> <b>Friday, Sept 20, 2019</b> <b>Friday, October 4, 2019</b> Tickets are \$17 —Call to make a Reservation. Payment Confirms Your Seat
<b>12</b> 8:30-Puzzles <b>10-Sr. Fitness</b> <b>10:30-Tai Chi Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>12:30—Massage Therapy (by appt.)</b> <b>1-Brain Games</b> 1-Billardards 2-Cornhole Game	<b>13</b> 8:30-Puzzles 9—Cornhole Game <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-Chair Yoga (GAW)</b> 1—Cornhole Game	<b>14</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>11—Meditation Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1—Bingo</b>	<b>15</b> 8:30-Puzzles 9—Cornhole Game <b>10-Sr. Fitness</b> <b>11:15—Health Dept. Presentation</b> 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch, <b>1-Chair Yoga (GAW)</b> <b>1-Card Club</b>	<b>16</b> 8:30-Puzzles 9-Shuffleboard <b>9:30—Uke Class</b> 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1—Mt. Playhouse Trip</b>	<b>Movies</b> <b>** August 2 - “The Greatest Game Ever Played”</b> . Dazzling play, plenty of suspense and humor. A treat for both golfing addicts and movie action lovers  <b>+ August 30— “Microcosmos”</b> .
<b>19</b> 8:30-Puzzles <b>10-Sr. Fitness</b> <b>10:30-Tai Chi Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-Brain Games</b> 2-Cornhole Game	<b>20</b> 8:30-Puzzles 9—Cornhole Game <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>12:30—Blood Pressure Check</b> <b>1-Chair Yoga (GAW)</b> 1—Cornhole Game	<b>21</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>11—Meditation Class</b> <b>11:30—UPMC Presentation</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1—Bingo</b>	<b>22</b> 9—Cornhole Game <b>10-Sr. Fitness</b> 11:45-Gab Fest, Trivia, Daily Laugh., To Your Health, Noon-Lunch <b>1-Chair Yoga (GAW)</b> <b>1-Card Club</b> <b>1—Kim Shaffer—State Issues</b> <b>1—Mexican Train Game</b>	<b>23</b> 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch	
<b>26</b> 8:30-Puzzles <b>10-Sr. Fitness</b> <b>10:30-Tai Chi Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>12:30—Massage Therapy (by appt)</b> <b>1-Brain Games</b> 1-Billardards 2-Cornhole Game	<b>27</b> 8:30-Puzzles <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-Chair Yoga (GAW)</b> 1—Cornhole Game	<b>28</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>11—Meditation Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1—Bingo</b>	<b>29</b> —Cornhole Game <b>10-Sr. Fitness</b> 11:45-Gab Fest, Trivia, Daily Laugh., To Your Health, Noon-Lunch <b>1-Chair Yoga (GAW)</b> <b>1-Card Club</b>	<b>30</b> 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1—Friday Afternoon at the Movies +</b>	