



# the Center *insider*

**THE LATEST NEWS FROM THE VALLEY CENTER  
FOR ACTIVE ADULTS**

**135 KALASSAY DRIVE  
LIGONIER, PA 15658**

**CENTER HOURS  
8:00 AM-3:30 PM**

**Email: [supervisor@valleylig.net](mailto:supervisor@valleylig.net)  
Website: [www.valleylig.org](http://www.valleylig.org)**

**IN THIS ISSUE**

**WEEKLY CALENDAR  
LUNCH MENU  
UPCOMING TRIPS  
JOB OPENINGS  
....AND MUCH MORE!**

# VALLEY CENTER FOR ACTIVE ADULTS

135 Kalassay Drive  
Ligonier, PA 15658  
724-238-7942

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The Center will be closed on Monday, January 17th for Martin Luther King Day.

**Bingo every TUESDAY at 1 pm in the Dining Room.** This is a fundraiser for the Center. Bingo packs include 2 quickies, 18 regular games, and the progressive jackpot game. \$20 for a pack. All Back Special sheets are available for \$2 for a sheet of 3 cards. Free snacks and coffee. Come support the Center and invite your friends and family. Your participation in our activities supports and keeps the Center open!

### Corporate Raffle Tickets

\$700 Cash, \$250 Cash 1 Number Above and \$250 Cash 1 Number Below. Only 500 tickets - \$5 donation. The winning number taken from the Official Daily Pick 3 PA Lottery drawn at 7 pm on **Monday, February 14, 2022.** Tickets are going fast, stop at the Center to get your tickets.

**STARTING IN JANUARY—MOVEMENT AND MEDITATE IS MOVING TO WEDNESDAY AT 10 AM**—Awaken your body with gentle movement and mindful meditation. Each 30 minute session will combine both sitting and standing positions. This practice is accessible for both beginner and seasoned students. Each session will end with a silent, mindful meditation. This is a free class.

**MINDFULNESS FOR EVERYDAY LIVING IS MOVING IN JANUARY TO WEDNESDAY AT 10:30 AM**—Each week, we discuss how to stay curious and open to the unfolding experiences of life. Through open discussion and conversation, we discuss how to navigate through life with more loving attention to yourself and the world around you. This is a free class.

**Valley Voices Sing-A-Long with Pam, Friday, January 7rd and 21st, 1 pm.** Sing along with your favorites! **VALLEY VOICES SING-A-LONG WILL BE MOVING IN JANUARY TO 1 PM THE FIRST AND THIRD FRIDAY OF THE**

Casino trips cancelled until further notice.



### January Birthdays

Celebration will be held on the 3rd Wednesday of the month after lunch.

### 2022 DUES

2022 dues are now being accepted and remain at \$10. Checks can be made payable to the **Valley Center for Active Adults.**

**NOTE:** Brain Games will moved to every Monday at 1 pm. Come and have fun with games and activities to engage your brain!

**MOVIES ON DVD** are now available to borrow from the Library at the Center!

*Every Friday is Free Donut Friday, stop in for a donut and a cup of coffee (while supply lasts).*

# January, 2022

Mon	Tue	Wed	Thu	Fri
<p><b>3</b> <b>STEELER MONDAY</b> 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>12:30-BP Check</b> 1-Billard <b>1-Brain Games</b></p>	<p><b>4</b> 8:30-Puzzles 9—Cornhole Game <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-WII Bowling</b> <b>1—Bingo</b> <b>Open to Public</b></p>	<p><b>5</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>10—Movement and Meditation Class</b> <b>10:30— Mindfulness for Everyday Living Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>	<p><b>6</b> 8:30-Puzzles <b>9—Bible Study</b> <b>10:30-Meditation Class1</b> 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch <b>1-Chair Yoga,</b> <b>1-Card Club,</b> <b>1-Mexican Train</b></p>	<p><b>7</b> <b>STEELER FRIDAY</b> 8:30-Puzzles 9-Shuffleboard <b>1-Valley Voices Sing-A-Long with Pam</b> 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>
<p><b>10</b> 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Billard <b>1-Brain Games</b></p>	<p><b>11</b> 8:30-Puzzles 9—Cornhole Game <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-WII Bowling</b> <b>1—Bingo</b> <b>Open to Public</b></p>	<p><b>12</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>10—Card Club</b> <b>10—Movement and Meditation Class</b> <b>10:30— Mindfulness for Everyday Living Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>	<p><b>13</b> 8:30-Puzzles <b>9—Bible Study</b> <b>10:30-Meditation Class</b> 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch <b>1-Chair Yoga,</b> <b>1-Card Club,</b> <b>1-Advisory Board</b></p>	<p><b>14</b> 8:30-Puzzles 9-Shuffleboard 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>
<p><b>17</b> <b>CENTER CLOSED FOR MARTIN LUTHER KING DAY</b></p>	<p><b>18</b> 8:30-Puzzles 9—Cornhole Game <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-WII Bowling</b> <b>1—Bingo</b> <b>Open to Public</b></p>	<p><b>19</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>10—Movement and Meditation Class</b> <b>10:30— Mindfulness for Everyday Living Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>12:30-Birthday Celebration</b></p>	<p><b>20</b> 8:30-Puzzles <b>9—Bible Study</b> <b>10:30-Meditation Class</b> 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch <b>1-Chair Yoga,</b> <b>1-Card Club,</b> <b>1-Mexican Train</b></p>	<p><b>21</b> 8:30-Puzzles <b>1-Valley Voices Sing-A-Long with Pam</b> 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>
<p><b>24</b> 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Billard <b>1—Brain Games</b></p>	<p><b>25</b> 8:30-Puzzles 9—Cornhole Game <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-WII Bowling</b> <b>1—Bingo</b> <b>Open to Public</b></p>	<p><b>26</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>10—Movement and Meditation Class</b> <b>10:30— Mindfulness for Everyday Living Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>	<p><b>27</b> 8:30-Puzzles <b>9—Bible Study</b> <b>10:30-Meditation Class</b> 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch <b>1-Chair Yoga,</b> <b>1-Card Club,</b> <b>1-Mexican Train</b></p>	<p><b>28</b> <b>BLUE JEAN FRIDAY</b> 8:30-Puzzles 9-Shuffleboard 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>
<p><b>31</b> 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Billard <b>1-Brain Games</b></p>	<p><b>1</b> 8:30-Puzzles 9—Cornhole Game <b>10-Mah Jong</b> 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch <b>1-WII Bowling</b> <b>1—Bingo</b> <b>Open to Public</b></p>	<p><b>2</b> 8:30-Puzzles <b>9:30-Uke Practice</b> <b>10—Movement and Meditation Class</b> <b>10:30— Mindfulness for Everyday Living Class</b> 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>	<p><b>3</b> 8:30-Puzzles <b>9—Bible Study</b> <b>10:30-Meditation Class</b> 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch <b>1-Chair Yoga</b> <b>1-Card Club,</b> <b>1-Mexican Train</b></p>	<p><b>4</b> 8:30-Puzzles 9-Shuffleboard 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch</p>

WISING EVERYONE A HEALTHY, HAPPY NEW YEAR!