



# 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  
RIVERS CASINO SCHEDULE  
UPCOMING TRIPS  
MOVIE SCHEDULE  
MASSAGE THERAPY DATES  
....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, JULY 5th

## 2021 CASINO TRIPS

August 16  
September 20  
October 18  
November 22  
December 20

**Labor Day Special — \$500 Cash Ticket**  
5 numbers for a \$5 donation. Only 200 tickets  
7 pm Daily Number on September 6, 2021

**Void After 30 Days**  
Tickets available at the Center or from any member.

### Netflix Series—The Crown—1 pm

Every Friday at 1 pm—The series follows the political rivalries and romance of Queen Elizabeth II's reign and the events that shaped the second half of the twentieth century. There are 4 seasons with 10 episodes in each season.

**Tai Chi for Arthritis Class**, starts Monday, July 12 @ 10:30 for ten weeks. This is a free class sponsored by the Department of Aging. Sign up at the Center.

### Christmas in July

Join us on Thursday, July 8 at 1 pm for our Grand Re-Opening. Sing-A-Long Christmas songs with the Highland Strummers. Ice cream sundaes provided by Aetna. Call or Sign up at the Center.

**Free Harvard On-Line Classes Available.** If interested, see Judy.

**This A'Nat Group (Pittsburghese for AND THAT)** Meets on the 2nd & 4th Tuesday's at 2 pm. This is a club about nothing, no agenda, no topic, no rules, no dues, only senseless talk! Join us for a fun filled get

### Real I.D. Ready?

Raised Seal Birth Certificate or Valid U.S. Passport  
Social Security Card (full name, no maiden name)  
Proof of all Legal Name Changes  
Two Proofs of Current, Physical PA Address

*July Important Dates— 4th Independence Day, 5th National Bikini Day, 6th National Fried Chicken Day, 10th National Kitten Day, 20th, National Moon Day, 21st—National Junk Food Day, 15th National Give Something Away Day, 17th National Lottery Day, 22nd, National Hammock Day, 24th National Drive-Thru Day, 25th Parents' Day, 28th National Milk Chocolate Day, 29th National Lasagna Day, 29th NASA is Founded.*

JULY, 2021

Mon	Tue	Wed	Thu	Fri
			1 8:30-Puzzles 9—Bible Study 10:30- Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train	2 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1— The Crown
5 CENTER CLOSED HAPPY 4TH OF JULY 	6 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-BP Check 1-Chair Yoga	7 8:30-Puzzles 9:30-Uke Prac- tice 10—Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	8 8:30-Puzzles 9—Bible Study 10:30- Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train Advisory Board	9 8:30-Puzzles 10-Shuffleboard 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—The Crown
12 8:30-Puzzles 10-Armchair Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billardrs	13 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 2-This A'Nat Group	14 8:30-Puzzles 9:30-Uke Prac- tice 10—Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	15 8:30-Puzzles 9—Bible Study 10:30- Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh, Birthdays To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train	16 8:30-Puzzles 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—The Crown
19 8:30-Puzzles 10-Armchair Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billardrs, 1—Cornhole	20 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-BP Check 1-Chair Yoga	21 8:30-Puzzles 9:30-Uke Prac- tice 10—Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	22 8:30-Puzzles 9—Bible Study 10:30- Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train	23 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1 — The Crown
26 8:30-Puzzles 10-Armchair Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billardrs,	27 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 2—This A'Nat Group	28 8:30-Puzzles 9:30-Uke Prac- tice 10—Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	29 8:30-Puzzles 9—Bible Study 10:30- Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga Card Club, Mexican Train	30 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—The Crown

