



# 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

Email: [supervisor@valleylig.net](mailto:supervisor@valleylig.net)

**IF THE CENTER IS CLOSED—ALL ACTIVITIES ARE CANCELED**

## RIVERS CASINO TRIPS

July 27  
August 24  
September 28  
October 26  
November 23  
December 28

Cost is \$30 with \$25 back in slot play. Pickup in Ligonier at 10:30 at Fairfield & Rt. 30. Leaves Pittsburgh at 7 pm.

**JUNE "FATHERS DAY" SPECIAL MENU— Friday, June 19—BBQ Rib, Potato Salad, Baked Beans, Cornbread, Orange. Last day to make a lunch reservation is Tuesday, June 9, 2020.**

**Friday Afternoon at the Movies—1 pm  
June 5—Title To Be Announced  
June 25—Title To Be Announced**

Tai Chi for Arthritis, continues every Monday. This is a free class sponsored by the Department of Aging. The next 10 week session will be announced at a later date.

**June Special Desserts— Thursday, June 4th, 2 pm—Apple Strudel and Friday, June 19th, 2 pm—Chocolate Eclair Pie.**

The Center will be closed on Monday, June 15th for Flag Day and Wednesday, June 24th for Sanitation Training

**THIS A'NAT CLUB (Pittsburghese for AND THAT)** Meets on the 2 & 3 Friday's at 1 pm. This is a club about nothing, no agenda, no topic, no rules, no dues, only senseless talk!

### Real I.D. Ready?

A representative from Kim Ward's office will be at the Center to discuss the Real I.D. Date—to be announced later. Please plan to be here to get all the facts.



**June Birthday Celebration** will be held on Thursday, June 18th at lunch. Cupcakes compliments of Commercial Bank

*June Important Dates— 5—Donut Day, World Environment Day, 6—D-Day, 7—Chocolate Ice Cream Day, Cancer Survivors Day, 8—Best Friends Day, 12—Hip Flop Day, 14—Children's Day, Flag Day, 17—Eat Your Vegetables Day, 20—First Day of Summer, 21—Father's Day, 23—Pink Flamingo Day, 27—Sunglasses Day*

June, 2020

Mon	Tue	Wed	Thu	Fri
<b>1</b> 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-Massage Therapy 1-Brain Games 1-Billiards	<b>2</b> 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	<b>3</b> 8:30-Puzzles 9:30-Uke Practice 11-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	<b>4</b> 8:30-Puzzles 9-Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train 2-Special Dessert	<b>5</b> 8:30-Puzzles 9-Shuffleboard 11-Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Friday Afternoon Movie 1-Mah Jong
<b>8</b> 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billiards, 1-Cornhole	<b>9</b> 8:30-Puzzles 9-Cornhole Game 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga	<b>10</b> 8:30-Puzzles 9:30-Uke Practice 11-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	<b>11</b> 8:30-Puzzles 9-Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train Advisory Board Kim Shaffer	<b>12</b> 8:30-Puzzles 9-Shuffleboard 11-Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-This A'Nat Club 1- Mah Jong
<b>15</b> Center Closed Flag day	<b>16</b> 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	<b>17</b> 8:30-Puzzles 9:30-Uke Practice 11-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	<b>18</b> 8:30-Puzzles 9-Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh, Birthdays To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train	<b>19</b> 8:30-Puzzles 9-Shuffleboard 11-Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-This A'Nat Club 1- Mah Jong 2-Special Dessert
<b>22</b> 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billiards, 1-Cornhole	<b>23</b> 8:30-Puzzles 9-Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga	<b>24</b> Center Closed Sanitation Training	<b>25</b> 8:30-Puzzles 9-Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train Kim Shaffer	<b>26</b> 8:30-Puzzles 9-Shuffleboard 11-Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Friday Afternoon Movie 1-Mah Jong
<b>29</b> 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billiards, 1-Cornhole	<b>30</b> 8:30-Puzzles 9-Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga	<b>July 1</b> 8:30-Puzzles 9:30-Uke Practice 11-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	<b>2</b> 8:30-Puzzles 9-Bible Study 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train	<b>3</b> Center Closed for July 4th Holiday

