



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
Website: www.valleylig.org**

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**WEEKLY CALENDAR
LUNCH MENU
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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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2020 DUES ARE \$10 AND ARE NOW BEING ACCEPTED

RIVERS CASINO TRIPS

- March 23
- April 27
- May 18
- June 22
- 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.

MARCH SPECIAL MENU— Tjursday, March 12—Corned Beef & Cheese, Cole Slaw, Potato Soup and Pistachio Fluff. **Last day to make a lunch reservation is Tuesday, March 3, 2020.**

Friday Afternoon at the Movies—1 pm
March 6—“Can You Ever Forgive Me?” - Comedy biopic — Melissa McCarthy and Richard Grant 2018
March 27—“In America” - Drama —St. Patrick’s Special 2002

Tai Chi for Arthritis, continues every Monday, through Monday, March 23, 2020. This is a free class sponsored by the Department of Aging. The next 10 week session will begin on Monday, March 30th.

March Special Desserts— Peach Cobbler—March 5, 2 pm, Cinnamon Roll—March 25 , 2 pm.

INCOME TAXES

Representatives from AARP will be at the center on Wednesday, March 18 from 9 am-noon. Call the Center to schedule an appointment. **Please Note:** H&R Block **no longer** gives the senior discount with your membership card.

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 on **Tuesday, March 17 at 11 am** to discuss the Real I.D. Please plan to be here to get all the facts.

March, 2020

Mon	Tue	Wed	Thu	Fri
2 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billards, 1-Cornhole	3 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	4 8:30-Puzzles 9:30-Uke Practice 11-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	5 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	6 8:30-Puzzles 9-Shuffleboard 11-Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Friday Afternoon Movie
9 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-Billards, 1-Cornhole	10 8:30-Puzzles 9-Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 2-Creative Writers Group	11 8:30-Puzzles 9:30-Uke Practice 11-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	12 8:30-Puzzles 9-Bible Study 11:45-Gab Fest, Trivia, Daily Laugh, To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train Advisory Board Kim Shaffer	13 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
16 8:30-Puzzles 10-Sr. Fitness 10:30-Tai Chi Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billards	17 8:30-Puzzles 9-Cornhole Game 10-Mah Jong 11-Real ID Presentation 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-BP Check 1-Chair Yoga	18 8:30-Puzzles 9:30-Uke Practice 10-Card Club 11-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo	19 8:30-Puzzles 9-Bible Study 10-Sr. Fitness 11:15-SNAP Presentation 11:45-Gab Fest, Trivia, Daily Laugh, Birthdays To Your Health Noon-Lunch 1-Chair Yoga, Card Club, Mexican Train	20 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
23 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-Billards, 1-Cornhole	24 8:30-Puzzles 9-Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga	25 8:30-Puzzles 9:30-Uke Practice 11-Meditation Class 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Bingo 2-Special Dessert	26 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	27 8:30-Puzzles 9-Shuffleboard 11-Movement & Meditation 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Friday Afternoon Movie
30 8:30-Puzzles 10-Sr. Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Brain Games 1-Billards, 1-Cornhole	31 8:30-Puzzles 9-Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga			



March Birthday Celebration will be held on Thursday, March 19th at lunch. Cupcakes compliments of Commercial Bank

March Important Dates— 1-Peanut Butter Lover’s Day, 2-Dr. Seuss’s Birthday, Read Across America Day, 6-Employee Appreciation Day, 8-Daylight Saving Time Begins, International Women’s Day, 10-Day of Awesomeness, 14-Pi Day, Albert Einstein’s Birthday, 16-Everything You Do Is Right Day, 17-St. Patrick’s Day, 19-First Day of Spring, 21-World Poetry Day, 22-Goof Off Day, 23-Chip and Dip Day, 28-Something on a Stick Day, 31-Crayola Crayon Day