



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
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 www.valleylig.org

The Center will be closed on Thursday, November 11th and Thursday, November 25th

2021 CASINO TRIPS

November 22
December 20

Cost is \$30 with \$20 back in slot play and \$5 in meal. Pickup in Ligonier at 10:30 at Fairfield & Rt. 30. Leaves Pittsburgh at 7 pm. Your payment reserves your seat. No refunds. Must be 21 years old and have Photo ID.



November Birthdays Celebration will be held on the 3rd Friday 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 has moved to every Tuesday at 1 pm. Come and have fun with games and activities to engage your brain!

We are asking for donations to purchase gift cards for the Area on Aging Guardianship Secret Santa Program. Your donation will make a Merry Christmas for a senior.

Bingo every Wednesday at 1 pm in the Dining Room. This is a fundraiser for the Center. Bingo packs include 2 quickies, 18 regular games, 3 all back specials and the progressive jackpot game. \$20 for a pack. Free snacks and coffee. Now till Thanksgiving, for every 3 new players you bring in, you will get an extra pack of bingo papers. Come support the Center and invite your friends and family. Your participation in our activities supports and keeps the Center open!

Future Events

Holiday Luncheon - Saturday, December 11—11:30, Antiochian Village. Choice of Stuffed Chicken Breast or Stuffed Pork Chop, Door Prizes, Entertainment—\$25/pp includes tip. Purchase tickets at the Center. December 1st is day to purchase your ticket.

MEDICARE QUESTIONS? Get Answers & See What's NEW FOR 2022. Wednesday, November 17th—11 am at the Center. Pastries Provided, Call

Monday's 1 pm -MOVE AND MEDITATE-Start your week by awakening your body with gentle movement and mindful meditation. Each 30 minute practice 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.

Monday's 1:45 pm—MINDFULNESS FOR EVERYDAY LIVING-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.

Valley Voices Music Class with Pam, the second and fourth Fridays of the month. Sing along with

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

November, 2021

Mon	Tue	Wed	Thu	Fri
1 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-BP Check 1-Billard 1—Movement and Meditation Class 1:45— Mindfulness for Everyday Living	2 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 1-WII Bowling 1-Brain Games	3 8:30-Puzzles 9:30-Uke Practice 10—Card Club 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	4 8:30-Puzzles 9—Bible Study 10:30—Meditation Class Birthdays Noon-Lunch 1-Chair Yoga, Card Club, 1-Mexican Train	5 BLUE JEAN FRIDAY 8:30-Puzzles 9-Shuffleboard 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch
8 STEELER MONDAY 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Movement and Meditation Class 1:45— Mindfulness for Everyday Living	9 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 1-WII Bowling 1-Brain Games	10 8:30-Puzzles 9:30-Uke Practice 10—Card Club 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	11 Center Closed Veteran's Day 	12 STEELER FRIDAY 8:30-Puzzles 9-Shuffleboard 10-Valley Voices with Pam 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch
15 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-BP Check 1-Billard 1—Movement and Meditation Class 1:45— Mindfulness for Everyday Living	16 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 1-WII Bowling 1-Brain Games	17 8:30-Puzzles 9:30-Uke Practice 11:00— Medicare Questions—Kelly 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	18 8:30-Puzzles 9—Bible Study 10:30—Meditation Class Birthdays Noon-Lunch 1-Chair Yoga, Card Club, 1-Mexican Train 1-Advisory Board	19 STEELER FRIDAY 8:30-Puzzles 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30—Birthday Celebration
22 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Billard, 1—Cornhole 1—Movement and Meditation Class 1:45— Mindfulness for Everyday Living	23 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 1-WII Bowling 1-Brain Games	24 8:30-Puzzles 9:30-Uke Practice 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	25 Center Closed Thanksgiving 	26 STEELER FRIDAY 8:30-Puzzles 9-Shuffleboard 10—Valley Voices with Pam 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch
29 8:30-Puzzles 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Billard, 1—Movement and Meditation Class 1:45— Mindfulness for Everyday Living	30 8:30-Puzzles 9—Cornhole Game 10-Mah Jong 11:45-Nutrition, Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Chair Yoga 1-WII Bowling 1-Brain Games	Dec. 1 8:30-Puzzles 9:30-Uke Practice 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	Dec. 2 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 1-Card Club, 1-Mexican Train	Dec. 3 STEELER FRIDAY 8:30-Puzzles 9-Shuffleboard 11:45-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch