



# 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)**

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LUNCH MENU  
RIVERS CASINO SCHEDULE  
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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 having an Open House on Friday, September 24th from 10-2. Come see our new programs!

## 2021 CASINO TRIPS

September 20  
October 18  
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.



September Birthdays Celebration will be held on Thursday, September 16th at lunch.

September 1—10:15—Antonia from Penn State Ext will be for a one time class - Enjoy Healthy Eating on a Tight Budget.

This is a Free One Time Class

## Netflix Series—The Crown—1 pm

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.

**Future Events**—Pizza and Salad Party—Thursday, September 16 at 5 pm. Tickets available at the Center—\$11, Ligonier CC

Octoberfest - Thursday, October 21—5 pm, Ligonier CC. Enjoy a German dinner. Tickets available at the Center—\$24 per person.

Holiday Luncheon - Saturday, December 11—11:30, Ligonier CC. Watch for more details.

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

**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.

These are Free Classes

**Music Therapy Class** with Pam, September 10th and 24th at 10 am, then the second and fourth Fridays of the month. Sing along with your favorites!

This is a Free Class

# September, 2021

Mon	Tue	Wed	Thu	Fri
		1 8:30-Puzzles 9:30-Uke Practice 10—Armchair Fitness 10:30-Penn State Ext with Antonia 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	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-Advisory Board	3 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1— The Crown
6 CENTER CLOSED FOR LABOR DAY	7 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 2-This A'Nat Group	8 8:30-Puzzles 9:30-Uke Practice 10—Armchair Fitness 10—Card Club 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	9 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	10 8:30-Puzzles 10-Music Therapy with Pam 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—The Crown
13 8:30-Puzzles 10-Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 12:30-BP Check 1-Billiards 1—Movement and Meditation Class 1:45— Mindfulness for Everyday Living	14 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	15 8:30-Puzzles 9:30-Uke Practice 10—Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	16 8:30-Puzzles 9—Bible Study 10:30-Meditation Class 11:30—Practicing Gratitude Presentation Birthdays Noon-Lunch 1-Chair Yoga, Card Club, 1-Mexican Train 5-Pizza/Salad Party	17 8:30-Puzzles 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—The Crown
20 8:30-Puzzles 10-Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Billiards, 1—Cornhole 1—Movement and Meditation Class 1:45— Mindfulness for Everyday Living	21 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	22 8:30-Puzzles 9:30-Uke Practice 10—Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	23 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	24 8:30-Puzzles 9-Shuffleboard 10-2-Open House 10—Music Therapy with Pam 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1 — The Crown
27 8:30-Puzzles 10-Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1-Billiards, 1—Movement and Meditation Class 1:45— Mindfulness for Everyday Living	28 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 2—This A'Nat Group	29 8:30-Puzzles 9:30-Uke Practice 10—Armchair Fitness 11:45-Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—Bingo Open to Public	30 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	Oct. 1 8:30-Puzzles 9-Shuffleboard 11:30-Weekly News Review Gab Fest, Trivia, Daily Laugh Noon-Lunch 1—The Crown