



# PCC SEPTEMBER 2019 FITNESS CALENDAR



PLUM COMMUNITY CENTER

# NEWSLETTER

SEPTEMBER 2019

[www.plumcommunitycenter.org](http://www.plumcommunitycenter.org)

499 Center New Texas Road, Plum, PA, 15239  
 Phone: 412-795-2330  
 Open Monday- Friday 9:00 to 4:00 PM

## DAILY EVENTS @PCC

### MONDAY

9:15 Cardio Circuit  
 10:30 Muscular Strength & Range of Motion  
 11:30 Gentle Yoga Stretch  
 11:30 Daily Lunch  
 12:30 Bingo  
 1:00 Poetry Café (1st Monday of month)

### TUESDAY

11:30 Daily Lunch  
 12:30 Cards  
 5:15-6:00PM CCAC Chair Yoga  
 6:15 - 7:15PM Mat Yoga

### WEDNESDAY

9:15 Cardio Circuit  
 10:30 Muscular Strength & Range of Motion  
 11:30 Gentle Yoga Stretch  
 11:30 Daily Lunch  
 11:30 Birthday Party (3rd Wed.)  
 12:30 Plum Country Western Band & Dancing  
 12:45 Euchre  
 6:30PM Tai Chi

### THURSDAY

9:30 Mommy Me & More Yoga  
 10:00 Line Dancing  
 10:30 Cardio Circuit  
 11:30 Gentle Yoga Stretch  
 11:30 Daily Lunch  
 11:30 Stroke Group-2nd & 4th Thurs.  
 12:30 Bingo  
 12:30-3:00 Poker  
 5:15-6:00PM CCAC Chair Yoga  
 6:15-7:15PM Mat Yoga  
 6:30PM BookClub (4th Thursday of month)

### FRIDAY

9:15 Cardio Circuit  
 10:30 Muscular Strength & Range of Motion  
 11:30 Gentle Yoga Stretch  
 11:30 Daily Lunch  
 12:30 Game Day-Card Games

Email Questions To: [PCCinfo@plumboro.com](mailto:PCCinfo@plumboro.com)

### MONDAY SEPTEMBER 16 6:00PM-7:00PM MEDICARE 101



Understanding Medicare can offer many health benefits to individuals. You will learn what Medicare has to offer, who it's for, and when to enroll. Speaker Kristi Sparta from Aetna Coventry, will present and answer your questions. Please sign up for this event by Tuesday September 10.



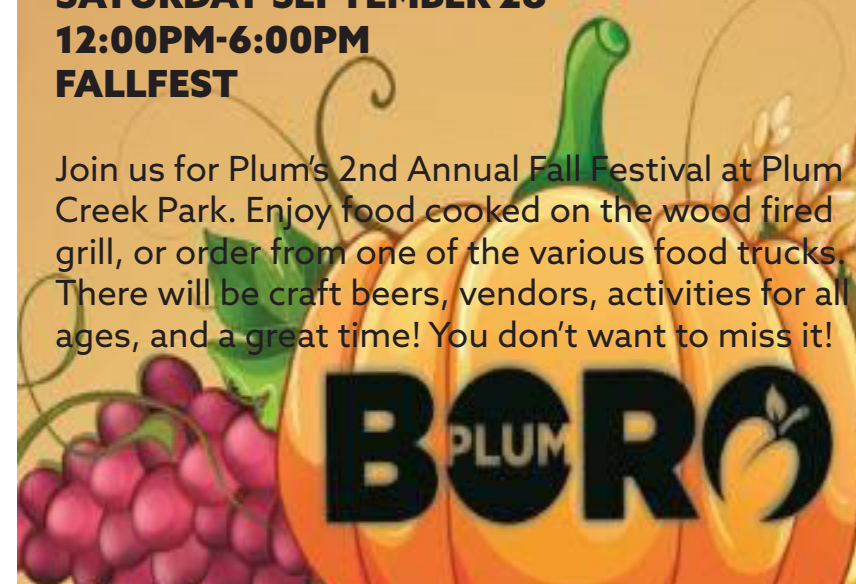
### WEDNESDAY SEPTEMBER 25 12:00PM-2:00PM CCAC PRESENTS:

#### BRING YOUR ELECTRONIC DEVICE DAY

This FREE class taught by CCAC instructor Karen Kendall, will help you learn how to better use your devices, including tablets, smart phones, flip phones, mp3 players, and more! Bring your own devices and your questions. Come early for lunch and sign up at the center or by calling (412)795-2330.

### SATURDAY SEPTEMBER 28 12:00PM-6:00PM FALLFEST

Join us for Plum's 2nd Annual Fall Festival at Plum Creek Park. Enjoy food cooked on the wood fired grill, or order from one of the various food trucks. There will be craft beers, vendors, activities for all ages, and a great time! You don't want to miss it!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CLOSED IN OBSERVANCE OF LABOR DAY, ENJOY YOUR HOLIDAY!</b>	3 <b>Evening Classes</b> 5:15-6:00 CCAC Yoga 6:15-7:15 Mat Yoga	4 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga 6:30-7:30pm Tai Chi	5 9:30-10:30 FamilyYoga 10:00-11:30 Line Dance 10:30-11:15 Classic 11:30-12:15CCAC Yoga 5:15-6:15pm ChairYoga 6:15-7:15pm Mat Yoga	6 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga
9 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga	10 <b>Evening Classes</b> 5:15-6:00 CCAC Yoga 6:15-7:15 Mat Yoga	11 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga 6:30-7:30pm Tai Chi	12 9:30-10:30 FamilyYoga 10:00-11:30 Line Dance 10:30-11:15 Classic 11:30-12:15CCAC Yoga 5:15-6:15pm ChairYoga 6:15-7:15pm Mat Yoga	13 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga
16 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga	17 <b>Evening Classes</b> 5:15-6:00 CCAC Yoga 6:15-7:15 Mat Yoga	18 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga 6:30-7:30pm Tai Chi	19 9:30-10:30 FamilyYoga 10:00-11:30 Line Dance 10:30-11:15 Classic 11:30-12:15CCAC Yoga 5:15-6:15pm ChairYoga 6:15-7:15pm Mat Yoga	20 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga
23 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga	24 <b>Evening Classes</b> 5:15-6:00 CCAC Yoga 6:15-7:15 Mat Yoga	25 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga 6:30-7:30pm Tai Chi	26 9:30-10:30 FamilyYoga 10:00-11:30 Line Dance 10:30-11:15 Classic 11:30-12:15CCAC Yoga 5:15-6:15pm ChairYoga 6:15-7:15pm Mat Yoga	27 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga
30 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga	1 <b>Evening Classes</b> 5:15-6:00 CCAC Yoga 6:15-7:15 Mat Yoga	2 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga 6:30-7:30pm Tai Chi	3 9:30-10:30 FamilyYoga 10:00-11:30 Line Dance 10:30-11:15 Classic 11:30-12:15CCAC Yoga 5:15-6:15pm ChairYoga 6:15-7:15pm Mat Yoga	4 9:15-10:15 Cardio 10:30-11:15 Classic 11:30-12:15 ChairYoga

**\*\*CCAC YOGA CLASSES ARE FREE!\*\***  
**\*ALL OTHER YOGA: \$5.00/CLASS OR \$20.00 PUNCH CARD (10 PUNCHES)**  
**\*TAI CHI CLASSES: \$36.00 SIX-WEEK SESSION**  
**\*LINE DANCING: \$2.00 DONATION APPRECIATED**

**(WE ARE A PARTICIPATING SILVER SNEAKERS FACILITY)**

# September Activities

**WEDNESDAY SEPTEMBER 4 11:30AM-12:00PM**  
**REHABILITATION INNOVATIONS PRESENTS:**  
 Functional Fitness Exercise! There will be stations where you can test your fitness level, FREE event! Sign up at the Center or call us at (412)795-2330.

**SATURDAY SEPTEMBER 7 11:00AM-8:00PM**  
**PITTSBURGH FOODIE FESTIVAL (Pitt Mills Mall)**  
 (JC Pennys Parking Lot; FREE Admission/Parking)  
 A dozen + food trucks, vendors, live music! Home decor products, arts/crafts, jewelry, seasonal decor! OPT provided, must sign up before Monday Sept. 2

**WEDNESDAY SEPTEMBER 11 12:00PM**  
**VARICOSE VEINS EDUCATION/SCREENING**  
 Dr. Doyle from Metro Vein Centers will give an educational speech on venous insufficiency and have a Q&A session. Quick screenings of the leg offered with an ultra sound machine. (Only a screening and not any sort of diagnosis)

**THURSDAY SEPTEMBER 12 7:00PM-8:30PM**  
**POSITIVITY DISCUSSION CIRCLE GROUP**  
 Open to anyone looking to surround themselves with uplifting, encouraging and committed individuals. Ask questions, share ideas, insights, thoughts. Leave the meeting energized and live more positive!

**THURSDAYS, SEPT 12 & 19 12:00PM-2:00PM**  
**AMERICAN MAHJONG (EVERYONE WELCOME)**  
 Join us to play or learn to play American Mahjong. If you already play bring your set and your friends. There is always a beginner's table, it's easy and fun!

**WEDNESDAY, SEPTEMBER 18 11:30AM**  
**SEPTEMBER BIRTHDAY PARTY**  
**GUEST SPEAKER OFFICER RISHER**  
 Officer Risher will talk about older drivers, as well as ways that they can drive safer and longer! Come for lunch and enjoy the celebration! Baskets, door prizes, 50/50, cake and more! Sign up at the desk or call us at (412)795-2330 to reserve your spot!

**FRIDAY SEPTEMBER 20 6:00PM-9:30PM**  
**2ND ANNUAL NEW KENSINGTON WINE & BEER FESTIVAL (FREE TO ATTEND)**  
 Alle Kiski Strong Chamber (308 Pitts. Mills Circle)  
 Raise your glass with us! Tastings \$20/person. Wineries, breweries, food trucks, street performers, crafters, live entertainment! Order tickets at eventbrite.com, or call (724)224-3400. OPT provided, must sign up by Friday Sept.13

**WEDNESDAY SEPT. 25 10:00AM-12:00PM**  
**BILL'S HOMETOWN PHARMACY FLU SHOTS**  
 Free Flue Shots! Bring Photo ID and insurance card.



**FRIDAY SEPTEMBER 27**  
**MEN'S GROUP 5:30PM-6:30PM**

Looking for new members, everyone welcome! Enjoy free coffee/snacks with the guys, and talk about recent events, hobbies, etc. Discuss getting a group together to go fishing! Great chance to meet new people! Always FREE to join!

## Save the Dates

**THURSDAY OCT. 3 10:00AM-12:00PM**  
**STATE REP. TONY DELUCA'S SENIOR FAIR**  
 Greek Orthodox Social Hall  
 (12 Washington Ave, Oakmont, 15139)  
 Learn about various services and resources available in the area. Take advantage of free health screenings offered at the event, giveaways, free samples, and door prizes!

**WEDNESDAY OCTOBER 9 10:00AM-12:00PM**  
**BILL'S HOMETOWN PHARMACY FLU SHOTS**  
 Free flu shots available to those who bring one form of photo ID, and all insurance cards.

**WEDNESDAY OCT. 30 12:00PM-1:30PM**  
**HALLOWEEN PRESENTATION**  
 Dress in your Halloween best and listen to CCAC speaker Cathis Vallas-McKinzie present on the origin and traditions of Halloween!

## SUPPORT GROUPS

**STROKE SUPPORT GROUP**  
 Meets the 2nd & 4th Thursday of each month at 11:30AM

★ **CARE-GIVERS GROUP/CARING CIRCLE**  
 We hope you had a great Summer! We are excited to get the group back together and will reconvene on:  
 Tuesday September 17, 2019 6:00PM-7:00PM

**WEDNESDAY EVENING**  
**SEPTEMBER 25 7:00PM-9:00PM**  
**FREE KARAOKE WITH DJ JIM BARNETT**  
 Spend a fun filled evening of singing and dancing at PCC! Attendees can bring their own beverages (BYOB). Our wonderful volunteers will bring snacks or homemade baked goods to share. Bring your favorite snack or dessert! Iced tea and water provided by the center. You don't want to miss this!

(HEALTHY LUNCHES STILL SERVED EVERY DAY 11:30AM- 12:15PM FROM ALLEGHENY COUNTY)

(MENUS LOCATED AT FRONT DESK AND KITCHEN)



**DON'T FORGET TO USE YOUR FARMER'S MARKET VOUCHERS AT THE NEW MONDAY MARKET IN PLUM! (PLUM CREEK PARK)**  
**IF VOUCHERS AREN'T USED BEFORE THEY EXPIRE THE STATE WILL PROVIDE LESS NEXT YEAR. IF YOU DIDN'T RECIEVE THEM THIS YEAR, AND ARE ELIGIBLE, PLEASE CALL THE CENTER.**  
**(WE HAVE A LIMITED SUPPLY LEFT)**

**BILL'S HOMETOWN PHARMACY**  
**BLOOD PRESSURE SCREENINGS**  
**SEPTEMBER 11 & 25 10:00AM-12:00PM**

## Crafts@PCC

**(\$5.00/CRAFT)**

**FRIDAY SEPT 13 12:30PM-2:30PM**

### Recycled Cards

Create beautiful cards out of recycled materials with us! Make artistic and original designs to share with a friend or family member. Call us at (412)795-2330 or sign up at PCC and come early for lunch before the craft at 11:30AM

**TUESDAY SEPT 24 10:00AM-12:00PM**

### Fall Canvas Painting

Instructor Diane Pavlick

Create this beautiful painting! A perfect Autumn decoration for your home, or a great gift to a friend! Sign up at PCC or by calling us at (412)795-2330, remember to sign up for lunch!

## Special Thanks

**VELTRE'S WEDDING & EVENT CENTRE**

**MONTHLY BIRTHDAY CAKE:**  
**SHOP 'N SAVE RT. 286**

**MONTHLY BIRTHDAY FLOWERS:**  
**FLOWERS IN THE ATTIC**

**COMMUNITY LIFE**

**LELULO'S PIZZA**



*Many thanks to all of our Volunteers for your gift of time and love!*

## INFORMATION & REFERRAL SERVICES

VOTERS REGISTRATION, ACCESS SIGN-UP, OPT TRANSPORTATION, NEIGHBORHOOD LEGAL SERVICES, PORT AUTHORITY CARDS & MORE

CALL THE CENTER TO SCHEDULE AN APPOINTMENT AT 412-795-2330

## PLUM COMMUNITY CENTER MISSION STATEMENT

Plum Community Center (PCC) is a warm and welcoming place where seniors can access resources and support, stay healthy, enjoy recreational activities, build friendships and give back to the community.