

APRIL - JUNE 2024 NEWSLETTER

HOURS

MONDAY - FRIDAY 9:00AM - 3:30PM

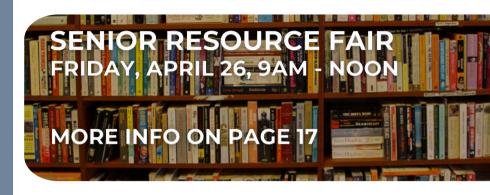
MONDAY, MAY 27

CLOSED FOR HOLIDAYS MONDAY, APRIL 1

INFORMATION & REFERRAL SERVICES

10:00AM - 3:30PM (AFTER HOURS BY APPOINTMENT)

- 412-795-2330
- PLUMCOMMUNITYCENTER.NET
- PCCINFO@PLUMBORO.COM
- 499 CENTER NEW TEXAS ROAD PLUM, PA 15239



SPOTLIGHT ON THE BURGH MAGIC SHOW WEDNESDAY, MAY 29 MORE INFO ON PAGE 14







- You must sign up for congregate meals at least two business days in advance.
- Also, please pay attention to the registration and payment dates for trips, crafts, and events so you don't miss out on the fun.
- PCC will be closed on June 14, 2024 in observance of the Tony Awards.



SILVER SNEAKERS CLASS FEES

FREE FOR SILVER SNEAKERS MEMBERS

NON-SS MEMBERS CAN PURCHASE A FITNESS PASS FOR \$25 FOR 12 CLASSES

SENIOR STIX IS ONLY **AVAILABLE WITH A** FITNESS PASS

ALL PCC MEMBERS CAN **PURCHASE A FITNESS** PASS FOR \$25 FOR 12 CLASSES

LINE DANCING IS FREE (WITH A SUGGESTED DONATION OF \$2)



ID: 982 6284 9883 PASSCODE: 249005

FITNESS SCHEDULE 2024

MONDAYS

- 9:15AM SILVER SNEAKERS CIRCUIT
- 10:30AM SILVER SNEAKERS CLASSIC
- 10:30AM SILVER SNEAKERS STABILITY
- 11:25AM SILVER SNEAKERS CHAIR YOGA
- 12:30PM SILVER SNEAKERS CIRCUIT
- 1:30PM SENIOR STIX
- 6:30PM BEGINNER LINE DANCING (APRIL ONLY)

WEDNESDAYS

- 9:15AM SILVER SNEAKERS CIRCUIT
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THURSDAYS

10:00AM LINE DANCING

FRIDAYS

- 9:15AM SILVER SNEAKERS CIRCUIT
- 10:30AM SILVER SNEAKERS CLASSIC
- 11:25AM SILVER SNEAKERS CHAIR YOGA



412-795-2330





499 CENTER NEW TEXAS ROAD PLUM. PA 15239



FITNESS CLASS DESCRIPTIONS

SILVER SNEAKERS CIRCUIT

TRY A SAFE AND HEART-HEALTHY AEROBICS CLASS TO ENERGIZE YOUR ACTIVE LIFESTYLE USING LOW-IMPACT MOVEMENTS THAT FOCUS SPECIFICALLY ON BUILDING UPPER-BODY STRENGTH PLUS CARDIO ENDURANCE.

SILVER SNEAKERS CLASSIC

DESIGNED TO INCREASE MUSCLE STRENGTH, RANGE OF MOVEMENT, AND IMPROVE ACTIVITIES FOR DAILY LIVING. A CHAIR IS USED FOR SEATED EXERCISES AND STANDING SUPPORT. CLASS CAN BE MODIFIED DEPENDING ON FITNESS LEVELS.

SILVER SNEAKERS STABILITY

IF YOU WANT TO IMPROVE YOUR BALANCE AND STRENGTH, SILVER SNEAKERS STABILITY IS THE CLASS FOR YOU! MOVEMENTS FOCUS ON STRENGTHENING THE ANKLE, KNEE, AND HIP JOINTS, WHILE IMPROVING REACTION TIME.

SENIORSTIX

A GREAT CARDIO DRUMMING WORKOUT USING EXERCISE BALLS AND DRUMSTICKS, IT WILL GET YOUR HEART RATE GOING, IMPROVE YOUR COORDINATION, AND STRENGTHEN YOUR CORE.

LINE DANCING

MEDIUM PACED CLASS DESIGNED TO GET YOUR HEART PUMPING AND TO HAVE FUN! VARIETY OF MUSIC FROM POP TO COUNTRY.





POPULAR EVENT!



OUESTIONS? 412-795-2330

WEEKLY ACTIVITIES

MONDAYS

- 12:30PM 3:00PM
- \$10 ENTRY FEE (INCLUDES ALL GAMES, SODA, AND SNACK!)
- 10 REGULAR GAMES WITH A \$20 PRIZE
- 4 SPECIALS WITH A \$25 PRIZE
- JACKPOT IS \$150



TUESDAYS

12:00PM - 3:00PM GAME OF 500

WEDNESDAYS

12:30PM - 3:00PM GAME OF EUCHRE

THURSDAYS

• 12:00PM - 3:00PM "YES, GOLF IS A CARD GAME" / DOMINOS

FRIDAYS

• 12:00PM - 3:00PM VARIOUS CARD **GAMES**













SAVE THE DATES!



MAY 6
JUNE 3



MAY 8 JUNE 12

MONTHLY ACTIVITIES

POETRY CAFE

- 1ST MONDAY IN MAY & JUNE
- 1:00PM 3:00PM
- GROUP LED BY: LORETTA WHITE

SHARE EXPERIENCES, HAPPY OR SAD, ON A VARIETY OF SUBJECTS. BRING POEMS YOU LIKE, YOUR OWN WORKS, OR SIMPLY COME AND LISTEN. ONLY TALENT NEEDED IS THE ABILITY TO BE A GOOD LISTENER.



KARAOKE

- 2ND WEDNESDAY OF MAY & JUNE
- 7:00PM 9:00PM
- HOSTED BY: JIM BARNETT

COME BY FOR A MUSIC-FILLED EVENING WITH FRIENDS AND FELLOW MEMBERS.
AND DON'T WORRY IF YOU DON'T KNOW THE WORDS (THAT'S WHAT THE KARAOKE MACHINE IS FOR!)



SAVE THE DATES!



APRIL 17 MAY 15 JUNE 19



APRIL 4 APRIL 18 MAY 2 **MAY 16** JUNE 6 **JUNE 20**

MONTHLY ACTIVITIES

MONTHLY BIRTHDAY CELEBRATION

- 3RD WEDNESDAY EACH MONTH
- 11:30AM 12:30PM

JOIN US FOR LUNCH AND BRING A GUEST FOR JUST \$3.00. WE ALWAYS HAVE SURPRISES AT OUR BIRTHDAY **CELEBRATIONS!**

STROKE SUPPORT GROUP

- 1ST & 3RD THURSDAY EACH MONTH
- 11:30AM 2:30PM
- GROUP LED BY: JEFF POPE

WORK WITH FELLOW STROKE SURVIVORS AND MAKE NEW FRIENDSHIPS. SOCIAL ACTIVITIES, TRIPS, AND KEEPING ACTIVE ARE SOME OF THE BEST REHABILITATION TECHNIQUES.













SAVE THE DATES!



APRIL 25 MAY 23 JUNE 27

MONTHLY ACTIVITIES

LIFE WRITERS

- 4TH THURSDAY EACH MONTH
- 12:30PM 2:00PM
- GROUP LED BY: LULU HEROLD

LEARN TO DOCUMENT AND RECORD YOUR MEMORIES, GENEALOGY, AND MORE FROM YOUR LIFE TO SHARE WITH FUTURE GENERATIONS. FROM CREATING A BLOG TO FILMING VIDEOS, THIS GROUP HELPS YOU MAKE KEEPSAKES OF YOUR LIFE'S MOST PRECIOUS MOMENTS.













WANT TO WATCH THE MOVIE WITHOUT **LUNCH? SHOW UP JUST IN TIME** FOR THE SHOW!



APRIL 11 MAY 9 **JUNE 13**

MOVIE & A MEAL!

- 2ND THURSDAY OF EVERY MONTH
- LUNCH AT 11:30AM* & MOVIE AT 12:30PM

FOLLOWING THE CONGREGATE LUNCH. WE ARE BREAKING OUT THE POPCORN MACHINE FOR AN AFTERNOON MOVIE!

*REGISTRATION IS REQUIRED FOR THE LUNCH, BUT POPCORN AND THE MOVIE ARE COMPLIMENTARY!

THE HOLDOVERS, APRIL 11

A CRANKY HISTORY TEACHER AT A PREP SCHOOL IS FORCED TO REMAIN ON CAMPUS OVER THE HOLIDAYS WITH A GRIEVING COOK AND A TROUBLED STUDENT WHO HAS NO PLACE TO GO.

WE HAVE A GHOST, MAY 9

FINDING A GHOST NAMED ERNEST HAUNTING THEIR NEW HOME TURNS KEVIN'S FAMILY INTO OVERNIGHT SOCIAL MEDIA SENSATIONS. BUT WHEN KEVIN AND ERNEST INVESTIGATE THE MYSTERY OF ERNEST'S PAST, THEY BECOME A TARGET OF THE CIA.



THE BOYS IN THE BOAT, JUNE 13

A 1930S-SET STORY CENTERED ON THE UNIVERSITY OF WASHINGTON'S ROWING TEAM, FROM THEIR DEPRESSION-ERA BEGINNINGS TO WINNING GOLD AT THE 1936 BERLIN OLYMPICS.













499 CENTER NEW TEXAS ROAD PLUM. PA 15239



LUNCH & LEARN SERIES

FROM TRIVIA TO BEES, WE HAVE A BIT OF EVERYTHING. REGISTER FOR THESE LECTURES IN THE CAFE. AND SIGN UP FOR OUR CONGREGATE LUNCH AHEAD OF TIME IN THE LUNCH BOOK AT THE FRONT DESK.

RENT REBATES



THURSDAY APRIL 4TH 9:30AM - NOON

STAFF FROM REP. JOE MCANDREW'S OFFICE WILL BE HELPING TO FILL OUT RENT REBATE FORMS.

SEE FLYER FOR NECESSARY DOCUMENTS TO BRING!

TABLE TALK: LEGENDARY LADIES -GOOD & BAD

THURSDAY APRIL 18TH 10:00AM - 11:30AM

GRAB YOUR COFFEE AND JOIN THE TALK!

OSTEOARTHRITIS: HOW TO LIVE WITH IT

WEDNESDAY, APRIL 24TH 12:30PM - 1:00PM LED BY ESSMC PHYSICAL THERAPY

NEW WAYS TO HELP EASE THE PAIN.

CLEAR CAPTIONS

WEDNESDAY, MAY 1ST 12:15PM - 1:15PM

PHONE HELP FOR THOSE WHO ARE HEARING IMPAIRED





LUNCH & LEARN SERIES

FROM TRIVIA TO BEES, WE HAVE A BIT OF EVERYTHING. REGISTER FOR THESE LECTURES IN THE CAFE. AND SIGN UP FOR OUR CONGREGATE LUNCH AHEAD OF TIME IN THE LUNCH BOOK AT THE FRONT DESK.

BRAIN TEASERS

TUESDAY, MAY 7TH 10:30AM - 11:30AM

GAIL WILL CHALLENGE YOUR THINKING SKILLS WITH HER **BRAIN TEASERS.**

FYZICAL THERAPY

DATE TBD 2:00PM

LEARN MORE ABOUT **FYZICAL'S SAFETY OVERHEAD** SUPPORT (S.O.S.) SYSTEM, OFFERING BENEFIT TO FALL RISK SENIORS. AND THOSE SUFFERING FROM FALL RISK. VERTIGO, AND DIZZINESS.

TABLE TALK: STEEL & THE **IMMIGRANT STORY**

FRIDAY, MAY 10TH 12:30PM - 2:00PM

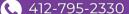
GRAB YOUR AFTERNOON TEA & JOIN THE CONVERSATION!

BRAIN TEASERS

TUESDAY, MAY 21ST 10:30AM - 11:30AM

INTERESTING GAMES AND STORIES TO MAKE YOU THINK!









LUNCH & LEARN SERIES

FROM TRIVIA TO BEES, WE HAVE A BIT OF EVERYTHING. REGISTER FOR THESE LECTURES IN THE CAFE, AND SIGN UP FOR OUR CONGREGATE LUNCH AHEAD OF TIME IN THE LUNCH BOOK AT THE FRONT DESK.

TABLE TALK: VOLUNTEERING IN RETIREMENT

THURSDAY, JUNE 6TH 10:00AM - 11:30AM

LEARN HOW TO GET INVOLVED AND GIVE BACK AT

ANY AGE!

PITTSBURGH'S **CONTRIBUTIONS TO** WWII

TUESDAY, JUNE 18TH 10:30AM-11:30AM

ALL-THINGS RELATED TO WWII FROM PENNSYLVANIA.



SENIORS FOR SAFE DRIVING

FRIDAY, JUNE 28 AT 2:00PM | COST IS \$16

DESIGNED FOR DRIVERS 55+, THIS PENNDOT APPROVED PROGRAM ENCOURAGES YOU TO BECOME A SAFER, MORE CONFIDENT DRIVER. CLASSROOM INSTRUCTION WILL EARN YOU A MINIMUM 5% DISCOUNT ON YOUR AUTO INSURANCE FOR 3 YEARS FOR COMPLETING THE COURSE.

REGISTER BY CALLING 1-800-559-4880 OR BY VISITING WWW.SENIORSAFEDRIVING.COM







JOIN FELLOW PCC MEMBERS FOR ONE (OR SEVERAL!) OF OUR MEMORABLE EXCURSIONS. ALL PARTICIPANTS MUST HAVE ACCESS.

THE IMPORTANCE OF **BEING EARNEST** TEA + A SHOW!

THURSDAY, APRIL 11TH **BUS LEAVES AT 12:00PM** TEA BEGINS AT 1:00PM PERFORMANCE IS AT 2:00PM

PITTSBURGH PUBLIC THEATER PRESENTS OSCAR WILDE'S SATIRICAL MASTERPIECE OF WIT AND WISDOM. TEA AND TEA CAKES WILL BE SERVED BEFORE THE MATINEE PERFORMANCE.

COST PER PERSON: \$46.00 REGISTER AT THE FRONT **DESK BY APRIL 5**



OSCAR WILDE ADAPTED & DIRECTED E **TITANIC: THE ARTIFACT EXHIBITION** AT THE CARNEGIE SCIENCE CENTER FRIDAY, APRIL 12TH **BUS LEAVES AT 9:45AM** EMBARK ON A CAPTIVATING VOYAGE BACK IN TIME TO THE ERA OF TITANIC. WHERE THE STORIES OF REAL PASSENGERS AND CREW COME TO LIFE THROUGH AUTHENTIC ARTIFACTS AND IMMERSIVE SETTINGS. COST PER PERSON: \$22.00 REGISTER AT THE FRONT **DESK BY APRIL 5** FINAL WEEKS! BOOK TODAY!





real artifacts | real stories dramatic room re-creations



JOIN FELLOW PCC MEMBERS FOR ONE (OR SEVERAL!) OF OUR MEMORABLE EXCURSIONS. ALL PARTICIPANTS MUST HAVE ACCESS.

FRANKIE VALLI & THE **FOUR SEASONS: THE** LAST ENCORES AT HEINZ HALL

SATURDAY, APRIL 20TH **BUS LEAVES AT 6:15PM PERFORMANCE IS AT 8:00PM**

THE ACCLAIMED BAND IS PERFORMING A LIMITED NUMBER OF SHOWS MOVING FORWARD AND ARE LOOKING FORWARD TO SHARING THE LAST ENCORES TO ALL OF THEIR DEVOTED FANS. FROM THE YOUNG TO THE YOUNG AT HFART.

COST PER PERSON: \$81.00 REGISTER AT THE FRONT **DESK BY APRIL 9**



MILLION DOLLAR QUARTET AT THE GARGARO THEATER

WEDNESDAY, MAY 8TH **BUS LEAVES AT 12:15PM** PERFORMANCE IS AT 1:30PM

THE TONY® AWARD-NOMINATED MUSICAL MILLION DOLLAR OUARTET IS SET ON DECEMBER 4. 1956. WHEN AN EXTRAORDINARY TWIST OF FATE BROUGHT JOHNNY CASH, JERRY LEE LEWIS, CARL PERKINS, AND ELVIS PRESLEY TOGETHER AT SUN RECORDS IN MEMPHIS FOR WHAT WOULD BE ONE OF THE GREATEST JAM SESSIONS EVER.

COST PER PERSON: \$37.00 REGISTER AT THE FRONT **DESK BETWEEN APRIL 5-26**







JOIN FELLOW PCC MEMBERS FOR ONE (OR SEVERAL!) OF OUR MEMORABLE EXCURSIONS. ALL PARTICIPANTS MUST HAVE ACCESS.

SUMMER FLOWER SHOW AT PHIPPS

TUESDAY, MAY 14TH **BUS LEAVES AT 9:30AM**

A GUIDED TOUR "UNDER THE SEA" HAS YOU SET SAIL ON AN UNDERWATER ADVENTURE HIGHLIGHTING THE VIBRANT LIFE IN THE OCEAN. WITH FUN-FILLED DISPLAYS THAT TRANSPORT GUESTS DIRECTLY TO SCENES FROM THE SEA. PHIPPS PROVIDES AN UNFORGETTABLE JOURNEY.

COST PER PERSON: \$23.00 REGISTER AT THE FRONT **DESK BY APRIL 30**



SPOTLIGHT ON THE 'BURGH AT LIBERTY MAGIC WEDNESDAY, MAY 29TH

BUS LEAVES AT 6:30PM PERFORMANCE IS 7:30PM

CELEBRATE THE MULTIPLE MASTER MAGICIANS WHO CALL PITTSBURGH HOME. YOUR MIND WILL BE BLOWN, YOUR CREATIVITY GALVANIZED AND YOUR ADMIRATION FOR THE ART AND ARTISTS THIS CITY INSPIRES EXPANDED. THREE RIVERS. 446 BRIDGES AND ENDLESS TALENT.

COST PER PERSON: \$35.00 **REGISTER AT FRONT DESK BETWEEN APRIL 24 - MAY 17**











JOIN FELLOW PCC MEMBERS FOR ONE (OR SEVERAL!) OF OUR MEMORABLE EXCURSIONS. ALL PARTICIPANTS MUST HAVE ACCESS.

HARTWOOD ACRES MANSION TOUR

WEDNESDAY, JUNE 5TH **BUS LEAVES AT 9:00AM**

AN APPROXIMATELY 1-HOUR GUIDED TOUR OF HARTWOOD MANSION. THE TUDOR-STYLE HOME OF THE LATE MARY FLINN LAWRENCE. ENJOY HEARING ABOUT THE BUILDING, THE FURNISHINGS. AND THE FAMILY ON THIS FUN. INFORMATIVE TOUR.

COST PER PERSON: \$8.00 REGISTER AT THE FRONT DESK BETWEEN APRIL 17 - MAY 17



PIRATES GAME + BUCCO BINGO!

WEDNESDAY, JUNE 19TH **BUS LEAVES AT 9:00AM**

BEFORE THE GAME IN THE PNC PARK LEFT FIELD LOUNGE FOR A CHANCE TO WIN T-SHIRTS. MORE! THEN WATCH THE

COST PER PERSON: \$23.00 REGISTER AT THE FRONT DESK **BETWEEN MAY 8 - JUNE 7**









LET'S GET CRAFTY

YOU CAN SIGN UP FOR ALL OF OUR CRAFTS AT THE FRONT DESK, SPACES ARE LIMITED AND DON'T FORGET TO SIGN UP FOR THE CONGREGATE LUNCH BEFOREHAND IF YOU WANT TO JOIN!

PAINTING MADE FUN: UMBRELLA GIRL

TUESDAY, APRIL 9TH | 12:30 - 2:30PM INSTRUCTOR: CATHY

\$5.00 PER PERSON
REGISTER AT THE FRONT DESK BY APRIL 5



ARTS & CRAFTS: SPRING TREE

TUESDAY, APRIL 23RD | 12:00 - 2:00PM INSTRUCTOR: CATHY

\$5.00 PER PERSON
REGISTER AT THE FRONT DESK BY APRIL 16





ARTS & CRAFTS: CINCO DE MAYO DRINK GLASSES

TUESDAY, APRIL 25TH | 10:00 - 11:00AM INSTRUCTOR: CATHY

\$5.00 PER PERSON
REGISTER AT THE FRONT DESK BY APRIL 16

BUTTERFLY WREATH

THURSDAY, MAY 16TH | 12:15 - 2:15PM INSTRUCTOR: CATHY

\$5.00 PER PERSON
REGISTER AT THE FRONT DESK APRIL 11 - MAY 3















LET'S GET CRAFTY

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ARTS & CRAFTS: TISSUE FLOWERS

TUESDAY, MAY 21ST | 12:30 - 2:30PM **INSTRUCTOR: CATHY**

\$5.00 PER PERSON REGISTER AT THE FRONT DESK BETWEEN APRIL 5-25



PAINTING MADE FUN: BIRDS

FRIDAY, MAY 31ST | 10:00AM - 12:00PM **INSTRUCTOR: CATHY**

\$5.00 PER PERSON REGISTER AT THE FRONT DESK BETWEEN APRIL 26 - MAY 24



PAINTING MADE FUN: DONUTS

TUESDAY, JUNE 11TH | 12:15 - 2:15PM **INSTRUCTOR: CATHY**

\$5.00 PER PERSON REGISTER AT THE FRONT DESK BETWEEN MAY 7-31









TECH CLINICS & SPECIAL EVENTS

B.Y.O.D. (BRING YOUR OWN DEVICE!) IN FOR TECH HELP

IF YOU NEED HELP WITH YOUR LAPTOPS. TABLETS. SMART PHONES - OR EVEN THE DUMB PHONES! - WE BRING IN PEOPLE WHO CAN HELP.

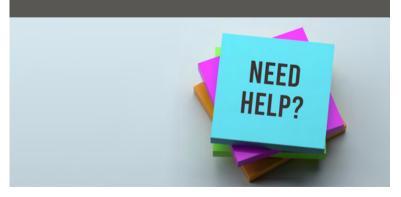
FRIDAY. APRIL 5TH 10:00AM - 12:00PM WITH FRANK

WEDNESDAY, APRIL 7TH 12:00PM - 1:00PM WITH AMBER

WEDNESDAY, MAY 15TH 12:00PM - 1:00PM WITH AMBER

WEDNESDAY, MAY 22ND 12:00PM - 2:00PM WITH FRANK

WEDNESDAY, JUNE 19TH 10:00AM - 12:00PM WITH FRANK



SENIOR RESOURCE **FAIR WITH LIFE OPTIONS PITTSBURGH**

FRIDAY, APRIL 26TH 9:00AM - 12:00PM

DISCOVER WHAT YOU NEED TO KNOW AT YOUR AGE.

MEET WITH LOCAL BUSINESSES THAT PROVIDE PRODUCTS AND SERVICES FOR BOOMERS AND SENIORS.

FREE ADMISSION!





