

Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

March 2017

Murrysville Veranda

G-Ground Floor AC-Arts and Crafts Room 1-First Floor Card Room 2-Second Floor Card Room 3-Third Floor Card Room 4-Fourth Floor Card Room C-Chapel PDR-Private Dining Room ML-Main Lobby H-Highlanders MS-Medical Suite VDR- Veranda Dining Room

<p>2:30 Chapel Service 5 Rev. Charles MacPherson, Retired First Presbyterian Church, Murrysville</p>	<p>10:00 Muscle Toning-C 6 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling and 500 Cards-AC 1:30 Open Gym (Fitness Room) 7:00 Cards & Games-AC</p>	<p>9:00 Yoga-Chapel 7 11:00 Community Worship and Celebration of Life-Chapel 12:00 Mah-Jongg-1 12:30 Men's Club-H 12:30 Wynsong Cinemas (Movie to be Determined)-Trip-ML 1:00 Change Your Brain -AC 2:00 Bible Study-2 2:00 Mary Kay Skin Care Demonstrations-Chapel 7:00 Cards & Games-AC</p>	<p>10:00 Healthy Hands-C 8 10:30 Better Balance-C 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 7:00 Bingo-AC</p>	<p>9:30 Grocery Trip-ML 9 11:00 Wii Bowling-AC 1:00 500 Card Game-AC 4:30 Fortune Star-Trip-ML 7:00 Dominoes- AC</p>	<p>10:00 Meaningful Movements-9 10:30 Healthy Movements for Arthritis-C 11:00 Blood Pressure Clinics-Medical Suite 11:30 Open Gym (Fitness Room) 12:45 Westmoreland Mall Trip-ML 3:00 Bingo-AC</p>	<p>1:00 Movie Matinee 4 Arts and Crafts Room Residents Choice</p>
<p>2:30 Chapel Service 12 Pastor Dan Lawrence Murrysville Alliance Church, Murrysville</p> 	<p>10:00 Muscle Toning-C 13 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling and 500 Cards-AC 1:30 Open Gym (Fitness Room) 6:45- "The Highlands of Scotland"- Travelogue Series at Greensburg Salem High School-Trip-ML</p>	<p>9:00 Yoga-Chapel 14 10:00 Food Committee-PDR 12:00 Mah-Jongg-1 1:00 Change Your Brain -AC 2:00 Bible Study-2 2:00 Craig Zinger-6 FT. Leprechaun-Chapel St. Patty's Party (following entertainment)-Highlanders 7:00 Cards & Games-AC</p>	<p>10:00 Healthy Hands-L 15 10:30 Better Balance-L 11:30 Cooking Demo-AC 1:00 Spiritual Life Meeting-3 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 7:00 Bingo-AC</p>	<p>9:30 Grocery Trip-ML 16 11:00 Wii Bowling-AC 1:00 500 Card Game-AC 3:00 to 5:00 Olive Merchant-Chapel 7:00 Dominoes- AC</p>	<p>10:00 Meaningful Movements-C 17 10:30 Healthy Movements for Arthritis-C 11:00 Blood Pressure Clinics-MS 11:30 Open Gym (Fitness Room) 12:45 Aldi's-Trip-ML 4:00 Social Hour-AC</p> 	<p>1:00 Movie Matinee 18 Arts and Crafts Room Residents Choice 3:00 Olives and Peppers Pasta House-Trip-ML</p>
<p>2:30 Chapel Service 19 Rev. Peter Goetschius Poke Run Presbyterian Church, Apollo</p>	<p>10:00 Muscle Toning-C 20 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling and 500 Cards-AC 1:00 Symphony East-Chapel 1:30 Open Gym (Fitness Room) 7:00 Cards & Games-AC</p>	<p>9:00 Yoga-Chapel 21 11:00 Worship and Communion-Chapel 12:00 Mah-Jongg-1 1:00 Change Your Brain Masters Course-AC 2:00 Bible Study-2 3:00 Book Club-4 7:00 Cards & Games-AC</p>	<p>10:00 Healthy Hands-C 22 10:30 Better Balance-C 11:00 Coffeehouse Chat with a Snack -Highlanders 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 2:30 History Presentation with Lisa-Highlanders 7:00 Bingo-AC</p>	<p>9:30 Grocery Trip-ML 23 11:00 Wii Bowling-AC 1:00 500 Card Game-AC 3:00 Farkle-H 7:00 Dominoes- AC</p>	<p>8:30 to 1:00 Murrysville Community Center (tax preparation)-Trip-ML 24 10:00 Meaningful Movements-C 10:30 Healthy Movements for Arthritis-C 11:00 Blood Pressure Clinics-MS 11:30 Open Gym (Fitness Room) 12:45 McGinnis Sisters-Trip-ML 2:00 Pittsburgh Zoo- "Zoo for All"-Chapel</p>	<p>1:00 Movie Matinee 25 Arts and Crafts Room Residents Choice 4:30 Wooden Nickel-Trip-ML</p>
<p>2:30 Chapel Service 26 Rev. Marnie Silbert Newlonsburg Presbyterian Church, Murrysville</p>	<p>10:00 Muscle Toning-C 27 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling and 500 Cards-AC 1:30 Open Gym (Fitness Room) 2:00 Alzheimer's Support Group-Terrace FR 7:00 Cards & Games-AC</p>	<p>9:00 Yoga-Chapel 28 12:00 Mah-Jongg-1 1:00 Change Your Brain Masters Course-AC 2:00 Bible Study-2 2:30 Craft Corner-AC 7:00 Cards & Games-AC</p>	<p>10:00 Healthy Hands-C 29 10:30 Better Balance-C 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 7:00 Bingo-AC</p>	<p>9:30 Grocery Trip-ML 30 11:00 Wii Bowling-AC 1:00 500 Card Game-AC 7:00 Dominoes- AC</p>	<p>10:00 Meaningful Movements-30 10:30 Healthy Movements for Arthritis-C 11:00 Blood Pressure Clinics-Medical Suite 11:30 Open Gym (Fitness Room) 12:30 Kohl's in Monroeville-Trip-ML</p>	

Calendar is Subject to Change. RED (Off Campus Events), please sign-up in the Event Binder outside the front office.

**Murrysville Veranda
March 2017**

Off Campus Events:

Please sign-up for these trips in the Event Binder outside the Main office.

Shopping: Fridays

March 3rd.....Westmoreland Mall, bus departs at 12:45pm

March 10th....Walmart, bus departs at 12:45pm

March 17th.....Aldi's, bus departs at 12:45pm

March 24th.....McGinnis Sisters, bus departs at 12:45

This month only: March 31st.....Shopping trip to Kohl's in Monroeville, bus to depart at 12:30pm

Grocery Shopping/Bank:

Every Thursday morning at 9:30am. March 2, 9, 16, 23 and 30th.

Committee Meetings:

Lifestyle Committee:

Wednesday, March 1st at 2:30pm in the Fourth floor card room.

Resident Council: Thursday, March 2nd, *Members Only* at 1:00pm.

Residential Management

Meeting: Thursday, March 2nd, 2:00pm in the chapel.

Food Committee: Tuesday, March 14th, 10:00am in the Private Dining Room.

Spiritual Life Committee:

Wednesday, March 15th, 1:00pm in the Third Floor Card Room.

Book Club: Tuesday, March 21st, at 3:00pm in the Fourth floor card room.

Bible Study: Fridays at 1:00pm in the Second floor card room.

Check your calendar for changes.

Choir Practice: Every Wednesday in the Chapel at 3:30pm, unless otherwise notified.

On Campus Events:

Social Hour: Friday, March 17th at 4:00pm in the Arts and Crafts Room! Get together with your neighbors and friends and enjoy some light refreshments.

Bingo: Friday, March 3rd at 3:00pm in the Arts and Crafts Room. We play for an hour and have many laughs. Come down for a chance to yell out Bingo and to win some dove dollars!!

Nickel Game: Thursday, March 10th at 3:00pm in the Highlanders. Bring your nickels and have some fun! If you don't know how to play, you can learn as you play. Level of play is easy!! Join us!!

Farkle: Thursday, March 23rd at 3:00pm in the Highlanders.

Symphony East: Monday, March 20th at 1:00pm in the Chapel. All are welcome.

New: Lecture on "Change Your Brain Masters Course": Tuesdays in the Arts and Crafts Room at 1:00pm. Check your calendar for dates and times. We are listening to Daniel Amen on "Change Your Brain". Daniel Gregory Amen is an American psychiatrist, a brain disorder specialist, director of the Amen Clinics, and a ten-time New York Times bestselling author. *"You are not stuck with the brain you have. You can make it better."* –Daniel G. Amen, MD

Craft Corner: Tuesday, March 28th at 2:30pm in the Arts and Crafts Room. We will be making something for Easter.

Coffeehouse Chat with a Snack: Wednesday, March 22nd at 11:00am in the Highlanders. Come down, get a treat and stay for the conversation!

500 Card Game: Mondays and Thursdays at 1:00pm in the Arts and Crafts Room. Join us in the game of 500. Four players are needed to a table.

History Presentation with Lisa: Wednesday, March 22nd at 2:30pm in the Highlanders. Join us for some history and have some popcorn!!

Yoga: Tuesdays at 10:00pm in the chapel. Yoga geared for seniors! Instructor is Soroja Chandra. **Please bring a mat or towel.** Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.

Craig Zinger-6FT. Leprechaun and St. Patty's Day Party: Tuesday, March 14th at 2:00pm in the Chapel. Complete with Irish Jigs, Jokes, & toe-tapping Irish sing-a-longs... and Craig dressed as a 6' 2" green leprechaun! Immediately following Craig Zinger in the chapel, head on out to the Highlanders for some Irish food and beverage. Potato leek soup, Irish soda bread, Guinness beer and Mint green tea will be in the Highlanders after the program. **Wear green and party like a leprechaun!!**

The Olive Merchant: Thursday, March 16th from 3:00pm to 5:00pm in the chapel. Owner, Elaine, will be bringing samples of the freshest and most nutritious types of Olive Oils and educating us on their health benefits. She will also be bringing in gifts packaging and coupons for her local store. Her store is wonderful and has unique and charming items. She also sells honey and flavored teas and many other items.

Off Campus Trips:

Please sign-up for these trips in the Event Binder outside the Main office. Sign-ups and cancellations need to be made 48 hours in advance.

Franklin Regional High School Play: Wednesday, March 1st. This is rehearsal night and the play starts a little earlier this evening and so the bus will be departing from the main lobby at 5:45pm. **The cost is a \$5.00 donation, due at the time you sign up.** This year's play is "Beauty and the Beast". This has always been an enjoyable evening.

Wynsong Cinemas: Tuesday, March 7th. We have scheduled the bus to depart for the movies at 12:30pm. This time may be slightly adjusted with what movie is selected. We are hoping that "La La Land" will still be showing at this date and time. Please sign up in the event binder if you are going to go to the movies, don't wait to see what is playing. Any movie that will be chosen will be a nice afternoon out. Cost for movie tickets and on Tuesday and during this time frame is \$5.00.

Fortune Star: Thursday, March 9th, bus to depart from the main lobby at 4:30pm. Fortune Star is a familiar, spacious fixture with Asian and some American buffet choices, plus hibachi and sushi stations. Trip Advisor has given this restaurant a 4 star rating!

Greensburg Salem High School: Travelogue; Monday, March 13th, bus to depart at 6:45pm. Travelogue, "The Highlands of Scotland", begins at 7:30pm. Cost: \$10.00 (unless you have a series ticket), payable at the door. This is a fresh look at an old and revered land. A first time visitor to Scotland tends to see only the quaint villages, castles, distilleries, mountain scenery, souvenirs and sheep-lots of sheep.

Olives & Peppers: Saturday, March 18th, bus to depart from main lobby at 3:00pm. Pittsburgh's Taste of Italy! If you like great food, generous portions & affordable prices, you'll fall in love with Olives & Peppers, where the homemade tastes & hospitality of old Italy invite you to enjoy an impressive menu featuring appetizers, salads, specialty entrees, calzones, pizzas, deserts & more.

Wooden Nickel: Saturday, March 25th, bus to depart from main lobby at 4:30pm. Wooden Nickel is located in Monroeville. American and Italian food dishes.

Murrysville Community Center, Income Tax Preparation: Friday, March 24th from 8:30am till 1:00pm. Taxes are prepared by the AARP Foundation Tax-Aide for Low to Moderate Income Taxpayers, especially those 60 and over, on a first come-first serve basis. The bus is leaving at 8:30am and you may have a substantial wait to get your taxes prepared. The bus will pick you up when you are completed with your taxes, no later than 1:00pm.

Kohl's Department Store: Friday, March 31st, bus to depart at 12:30pm and will return 3:00pm or earlier. Kohl's is located in Monroeville.



March Birthdays

Veranda Residents:

March 10	Joseph Barnett
March 14	Agnes Moss
March 20	Mary Giuliana
March 24	Clifford Eve
March 25	Alvin Fetherolf
March 29	Catherine Wray
March 29	Edith Letham

Courtyard Residents:

Terrace Residents:

Staff Birthdays:

March 19	Mary Clemo
March 21	Daniel Morelli
March 29	Rachel McGrew

Lifestyle Committee Members

Shirley Furman/Chairman
Muff Arnold
Eleanor Fulton
Barbara Carr
Pat Martig
Connie Meyers
Jack Meyers

If you have any ideas or information for an upcoming trip, give the information to a Lifestyle Committee member listed under the birthdays. Please keep in mind, the trips are planned a month in advance to secure transportation.

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