

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# April 2017

## Murrysville Veranda



<p><b>2:30 Chapel Service</b> <b>2</b>  <b>Rev. Charles MacPherson, Retired</b>  <b>First Presbyterian Church, Murrysville</b></p>	<p><b>10:00 Muscle Toning-C</b> <b>3</b>  <b>10:30 Head to Toe Stretch-C</b>  <b>1:00 Crochet Club-G</b>  <b>1:00 Wii Bowling and 500 Cards-AC</b>  <b>1:30 Open Gym (Fitness Room)</b>  <b>7:00 Cards &amp; Games-AC</b></p>	<p><b>9:00 Yoga-Chapel</b> <b>4</b>  <b>11:00 Community Worship and Celebration of Life-C</b>  <b>12:00 Mah-Jongg-1</b>  <b>12:30 Men's Club-H</b>  <b>2:00 Bible Study-2</b>  <b>2:00 Pittsburgh Zoo- "Animal Antics"-Chapel</b>  <b>7:00 Cards &amp; Games-AC</b></p>	<p><b>10:00 Healthy Hands-C</b> <b>5</b>  <b>10:30 Better Balance-C</b>  <b>1:30 Catholic Worship-C</b>  <b>1:30 Open Gym (Fitness Room)</b>  <b>2:30 Lifestyle Committee-4</b>  <b>7:00 Bingo-AC</b></p>	<p><b>9:30 Grocery Trip-ML</b> <b>6</b>  <b>1:00 Members Only-Resident Council Meeting</b>  <b>2:00 Resident Council (Open to All Residents)-AC</b>  <b>7:00 Dominoes- AC</b></p> <p>Schedule Reflexology appointments on Thursdays with Tracy</p>	<p><b>10:00 Meaningful Movements-C</b> <b>7</b>  <b>10:30 Healthy Movements for Arthritis-C</b>  <b>11:00 Blood Pressure Clinics-MS</b>  <b>11:30 Open Gym (Fitness Room)</b>  <b>12:45 Westmoreland Mall Trip-ML</b>  <b>1:00 Brian Flexers-AC</b>  <b>2:30 Bingo-AC</b>  <b>4:00 "Fish Fry and More"-Faith United Methodist Church-Trip-ML</b></p>	<p><b>1:00 Movie Matinee</b> <b>8</b>  <b>Arts and Crafts Room</b>  <b>Residents Choice</b></p>
<p><b>2:30 Chapel Service</b> <b>9</b>  <b>Pastor Dan Lawrence</b>  <b>Murrysville Alliance Church, Murrysville</b></p>  <p>Palm Sunday</p>	<p><b>10:00 Muscle Toning-C</b> <b>10</b>  <b>10:30 Head to Toe Stretch-C</b>  <b>1:00 Crochet Club-G</b>  <b>1:00 Wii Bowling and 500-AC</b>  <b>1:30 Open Gym (Fitness Room)</b>  <b>6:45-"Mediterranean Dream"-Travelogue at Greensburg Salem HS-Trip-ML</b>  <small>First Day of Passover</small></p>	<p><b>9:00 Yoga-Chapel</b> <b>11</b>  <b>10:00 Food Committee-PDR</b>  <b>12:00 Mah-Jongg-1</b>  <b>12 to 4 Seniors for Safe Driving-AC (must register)</b>  <b>2:00 Bible Study-2</b>  <b>2:00 Tracy Lee-Ukulele Lady-Chapel</b>  <b>7:00 Cards &amp; Games-AC</b></p>	<p><b>10:00 Healthy Hands-C</b> <b>12</b>  <b>10:30 Better Balance-C</b>  <b>11:00 Farkle-H</b>  <b>1:30 Catholic Worship-C</b>  <b>1:30 Open Gym (Fitness Room)</b>  <b>3:30-Elena Restaurant and Café-Trip-ML</b>  <b>7:00 Bingo-AC</b></p>	<p><b>9:30 Grocery Trip-ML</b> <b>13</b>  <b>11:00 Wii Bowling</b>  <b>1:00 500 Card Game-AC</b>  <b>2:00 "4 Old Time Sake" Veterans Quartet-Chapel</b>  <b>7:00 Dominoes- AC</b></p>	<p><b>10:00 Meaningful Movements-C</b> <b>14</b>  <b>10:30 Healthy Movements for Arthritis-C</b>  <b>11:00 Blood Pressure Clinics-MS</b>  <b>11:30 Open Gym (Fitness Room)</b>  <b>12:45 Walmart Trip-ML</b>  <b>1:00 Brian Flexers-AC</b>  <b>2:00 "Susan and Ziggy"-Dog Show-C</b>  <b>6:30 Good Friday Worship Service-Chapel</b></p> 	<p><b>1:00 Movie Matinee</b> <b>15</b>  <b>Arts and Crafts Room</b>  <b>Residents Choice</b></p>
<p><b>2:30 Chapel Service</b> <b>16</b>  <b>Rev. Becca Sidle</b>  <b>Chaplain, Redstone Highlands Chaplain, Murrysville</b></p> 	<p><b>10:00 Muscle Toning-C</b> <b>17</b>  <b>10:30 Head to Toe Stretch-C</b>  <b>1:00 Crochet Club-G</b>  <b>1:00 Wii Bowling and 500 Cards-AC</b>  <b>1:30 Open Gym (Fitness Room)</b>  <b>7:00 Cards &amp; Games-AC</b></p>	<p><b>9:00 Yoga-Chapel</b> <b>18</b>  <b>11:00 Worship and Communion-C</b>  <b>11:30 to 1:00 Super Foods on Display-Veranda DR</b>  <b>12:00 Mah-Jongg-1</b>  <b>1:00 Great Courses/ World's Greatest Paintings- AC</b>  <b>2:00 Bible Study-2</b>  <b>3:00 Book Club-4</b>  <b>7:00 Cards &amp; Games-AC</b></p>	<p><b>10:00 Healthy Hands-L</b> <b>19</b>  <b>10:30 Better Balance-L</b>  <b>11:30 Cooking Demo-AC</b>  <b>1:00 Spiritual Life Meeting-3</b>  <b>1:30 Catholic Worship-C</b>  <b>1:30 Open Gym (Fitness Room)</b>  <b>3:45 Eat n Park-Trip-ML</b>  <b>7:00 Bingo-AC</b></p>	<p><b>9:30 Grocery Trip-ML</b> <b>20</b>  <b>11:00 Wii Bowling</b>  <b>1:00 500 Card Game-AC</b>  <b>7:00 Dominoes- AC</b></p>	<p><b>10:00 Meaningful Movements-C</b> <b>21</b>  <b>10:30 Healthy Movements for Arthritis-C</b>  <b>11:00 Blood Pressure Clinics-MS</b>  <b>11:30 Open Gym (Fitness Room)</b>  <b>12:45 Aldi's-Trip-ML</b>  <b>4:00 Social Hour-AC</b></p>	<p><b>1:00 Movie Matinee</b> <b>22</b>  <b>Arts and Crafts Room</b>  <b>Residents Choice</b></p> 
<p><b>2:30 Chapel Service</b> <b>23</b>  <b>Rev. Curtis Paul II</b>  <b>Newlonsburg Presbyterian Church, Murrysville</b></p>	<p><b>10:00 Muscle Toning-C</b> <b>24</b>  <b>10:30 Head to Toe Stretch-C</b>  <b>1:00 Crochet Club-G</b>  <b>1:00 Wii Bowling and 500 Cards-AC</b>  <b>1:30 Open Gym (Fitness Room)</b>  <b>2:00 Alzheimer's Support Group-Terrace -FR</b>  <b>3:15 DeNunzio's / Latrobe-Trip-ML</b>  <b>7:00 Cards &amp; Games-AC</b></p>	<p><b>9:00 Yoga-Chapel</b> <b>25</b>  <b>12:00 Mah-Jongg-1</b>  <b>1:00 Great Courses/ World's Greatest Paintings- AC</b>  <b>2:00 Bible Study-2</b>  <b>2:00 Pool Orientation-BR</b>  <b>2:15 Pool Tournament Begins-Billiards Room</b>  <b>7:00 Cards &amp; Games-AC</b></p>	<p><b>10:00 Healthy Hands-C</b> <b>26</b>  <b>10:30 Better Balance-C</b>  <b>11:00 Coffeehouse Chat with a Snack -Highlanders</b>  <b>1:30 Catholic Worship-C</b>  <b>1:30 Open Gym (Fitness Room)</b>  <b>2:30 History Presentation with Lisa-Highlanders</b>  <b>7:00 Bingo-AC</b></p>	<p><b>9:30 Grocery Trip-ML</b> <b>27</b>  <b>11:00 Wii Bowling</b>  <b>1:00 500 Card Game-AC</b>  <b>2:15 Pool Tournament -BR</b>  <b>3:30 Nickel Game-H</b>  <b>7:00 Dominoes- AC</b></p>	<p><b>10:00 Meaningful Movements-C</b> <b>28</b>  <b>10:30 Healthy Movements for Arthritis-C</b>  <b>11:00 Blood Pressure Clinics-MS</b>  <b>11:30 Open Gym (Fitness Room)</b>  <b>12:45 McGinnis Sisters-Trip-ML</b>  <b>1:00 Brian Flexers-AC</b>  <b>2:30 Craft Corner-AC</b></p>	<p><b>1:00 Movie Matinee</b> <b>29</b>  <b>Arts and Crafts Room</b>  <b>Residents Choice</b></p> 
<p><b>2:30 Chapel Service</b> <b>30</b>  <b>Pastor JoAnn Swihart</b>  <b>North Hills Baptist Church, Pittsburgh</b></p>	<p><b>G-Ground Floor AC-Arts and Crafts Room</b>  <b>1-First Floor Card Room 2-Second Floor Card Room</b>  <b>3-Third Floor Card Room 4-Fourth Floor Card Room</b>  <b>C-Chapel PDR-Private Dining Room ML-Main Lobby</b>  <b>H-Highlanders MS-Medical Suite VDR- Veranda Dining Room</b>  <b>BR-Billiards Room</b></p> 					

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

**Murrysville Veranda  
April 2017**

**Off Campus Events:**

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

**Shopping: Fridays**

April 7th.....Westmoreland Mall, bus departs at 12:45pm

April 14th....Walmart, bus departs at 12:45pm

April 21st.....Aldi's, bus departs at 12:45pm

April 28th.....McGinnis Sisters, bus departs at 12:45

**Grocery Shopping/Bank:**

Every Thursday morning at 9:30am. April 6, 13, 20, and 27.

**Committee Meetings:**

**Lifestyle Committee:**

Wednesday, April 5th at 2:30pm in the Fourth floor card room.

**Resident Council:** Thursday, April 6th, *Members Only* at 1:00pm.

**Residential Council Meeting:** Thursday, April 6th, 2:00pm in the Arts and Crafts Room.

**Food Committee:** Tuesday, April 11th, 10:00am in the Private Dining Room.

**Spiritual Life Committee:**

Wednesday, April 19th, 1:00pm in the Third Floor Card Room.

**Book Club:** Tuesday, April 18th, at 3:00pm in the Fourth floor card room.

**Bible Study:** Tuesdays at 2:00pm in the Second floor card room. Check your calendar for changes.

**NOTE: In May;** We will be having our "Ladies Spring Tea" on Thursday, May 11<sup>th</sup> from 2:00 to 3:00pm in the Chapel. Sign up early!! Come down and help make favors for the tables on Thursday, April 27<sup>th</sup> at 3:30pm in the Arts and Crafts Room!!!

**On Campus Events:**

**Social Hour:** Friday, April 21st at 4:00pm in the Arts and Crafts Room! Get together with your neighbors and friends and enjoy some light refreshments.

**Bingo:** Friday, April 7th at 2:30pm 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, April 27th at 3:30pm in the Highlanders following the Pool Tournament at 2:15pm in the Billiards Room!! 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!!

**Farkle:** Wednesday, April 12<sup>th</sup> at 11:00pm in the Highlanders.

**New: Great Courses-The World's Greatest Paintings:** Tuesdays, beginning on April 18<sup>th</sup> in the Arts and Crafts Room at 1:00pm. Check your calendar for dates and times. We will study a few paintings in each lecture. These paintings are all from the Western tradition, a decision that is both predictable and defensible. They reveal their secrets slowly through careful observation--"reading", it can be said--of brushstroke, expressiveness of color, coherence of individual shapes, attention to detail, overall composition and mood, artistic imagination, and much more.

**Coffeehouse Chat with a Snack:** Wednesday, April 26th 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.

**Wii Bowling:** Every Monday and Thursday in the Arts and Crafts Room. Open to everyone. Now is the time to try it out, learn how and practice for the next tournament! Please join us! We need you!! Check your calendar for times.

**History Presentation with Lisa:** Wednesday, April 26th at 2:30pm in the Highlanders. Join us for some history and have some popcorn!!

**Craft Corner:** Friday, April 28<sup>th</sup> at 2:30pm. In May we will be having our "Ladies Spring Tea". We will be making favors for everyone who will be attending!!!

**Yoga:** Tuesdays at 9:00pm in the chapel. Yoga goaled 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.

**Pittsburgh Zoo- Animal Antics:** Tuesday, April 4th at 2:00pm in the chapel. You will have the opportunity to see and feel "touchable" animal bio facts, different textures, observe different patterns and learn about animals found all over the world. You will also be introduced to three small live animals from the Zoo's Education Department. This will be our last of four different sessions that the Pittsburgh Zoo has been visiting with us.

**Tracie Lee-Ukulele Lady:** Back by popular demand! Tuesday, April 11<sup>th</sup> at 2:00pm in the Chapel. Beautiful voice and plays the Ukulele. A must see and hear!

**"4 Old Time Sake" Veterans Quartet:** Thursday, April 13<sup>th</sup> at 2:00pm in the chapel. All Veterans and spouses are encouraged to stay after the program. Veterans Helping Veterans will go over all the programs that are available to you for any of your needs. Light refreshments will be served. All are welcome to stay.

**NEW: Brain Flexers:** Fridays at 1:00pm in the Arts and Crafts Room. Check your calendar for dates. I have purchased a new book called "Brain Flexers" and I thought we could do several pages of the book each session to improve our brains! Socialization will be the primary goal of each activity. We all want our brains to be as fit as possible, and completing the activities in a positive, upbeat setting that is conducive to socialization is essential in flexing our brains. Join us in games and activities to help strengthen our memory!

**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.

**Fish Fry and More; United Methodist Church in Delmont:** Friday, April 7<sup>th</sup>, bus to depart from the lobby at 4:00pm. Last trip for the Lent season to a fish fry! Awesome menu and delicious!! Menu is hanging in the mail room. Cost for a dinner with choice of an entrée, any 2 sides, dessert and a beverage is \$9.00. Many other menu items are available.

**Greensburg Salem High School:** Travelogue; Monday, April 10th, bus to depart at 6:45pm. Travelogue, "Mediterranean Dream", begins at 7:30pm. Cost: \$10.00 Join Marlin Darrah on a dazzling voyage throughout the great Mediterranean Sea. This explores the diverse natural geography as well as some of the unique towns and major cities peppered around the Mediterranean. This journey moves east to west, beginning in exotic Alexandria, Egypt and sailing to such alluring locations as Kusadasi, Ephesus and Istanbul Turkey; then to the romantic Greek Isles of Mykonos and Santorini; then on to intriguing Kotor, Montenegro and Dubrovnik, Croatia. The journey continues to incomparable Venice, Florence, and Italy's stunning Cinque Terre coastline. Then we continue west to savor the French Riviera and Aix-en-Provence; and on to Spain's wild Costa Brava towns and to cosmopolitan Barcelona. Finally we explore Gibraltar and finish in lovely Lisbon and Sintra in Portugal. Come and let your imagination take you to some beautiful places.

**Elena's Restaurant and Café:** Wednesday, April 12th, bus departs from the main lobby at 3:30pm. Elena Restaurant and Café has been tucked away in the Hillcrest Shopping Center in Lower Burrell for the past 14 years. Husband and wife owners Elena and Joe Guzzo were born and raised in the Calabria region of Italy. Their Italian hospitality spills over to their business and you will frequently find them in the dining room conversing with diners. Customers keep coming back for the homemade Italian fare served in a welcoming family atmosphere.

**Eat'n Park in Murrysville:** Tuesday, April 19th, bus to depart from the main lobby at 3:45pm. Enjoy a night out with friends. Variety of menu items.

**DeNunzio's Italian Restaurant at the Arnold Palmer Regional Airport in Latrobe:** Monday, April 24<sup>th</sup>, bus to depart from the main lobby at 3:15pm. Enjoy the scenery as you travel to the restaurant. DeNunzio's on Monday offers spaghetti special or enjoy something off the large menu. Don't forget to watch and look for the planes coming and going.



**April Birthdays**

**Veranda Residents:**

April 10	JoAnn Hunkawitz
April 10	Barb Melvin
April 18	Pat Walter
April 21	Genevieve Kozuch
April 22	Leonard Scimio
April 25	Wilma Maiers

**Courtyard Residents:**

April 15	Dorothy Vrudney
April 23	Joyce Adams

**Terrace Residents:**

April 8	Albert Bartolotta
April 19	Ruth Ruble

**Staff Birthdays:**

April 7	Patricia Syster
April 19	Sherry Kitner
April 21	Karie Bergamasco

**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.**

--	--	--	--

