

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">July 2017</h1> <h2 style="margin: 0;">Murrysville Veranda</h2>						1:00 Movie Matinee 1 Arts and Crafts Room Residents Choice <small>Canada Day</small>
2:30 Chapel Service 2 Rev. Wm. Sutherland, Retired Murrysville	10:00 Muscle Toning-C 3 10:30 Head to Toe Stretch-C 1:00 Wii Bowling/500 Cards-AC 1:30 Open Gym (Fitness Room) 7:00 Cards & Games-AC	7:00 Cards & Games-AC 4  <p style="text-align: center; font-size: small;">Independence Day</p>	10:00 Healthy Hands-C 5 10:30 Better Balance-C 1:30 Catholic Worship-C 1:30 Open Gym-Fitness Rm 2:30 Lifestyle Committee-4 7:00 Bingo-AC	9:30 Grocery Trip-ML 6 11:30 Blood Pressure Clinic- Medical Suite 2:00 Resident Council –G 7:00 Dominoes- AC	10:00 Meaningful Movements-C 7 10:30 Healthy Movements for Arthritis-C 11:30 Open Gym-Fitness Rm 12:45 Westmoreland Mall Trip-ML 2:00 Patriotic Sing along with Cara 3:00 "Star Spangled Fun"-H	1:00 Movie Matinee 8 Arts and Crafts Room Residents Choice
2:30 Chapel Service 9 Pastor Dan Lawrence Murrysville Alliance Church, Murrysville	10:00 Muscle Toning-C 10 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling/500 Cards-AC 1:30 Open Gym (Fitness Room) 7:00 Cards & Games-AC	9:00 Yoga-Chapel 11 10:00 Food Committee-AC 11:30 to 1:00 Super Foods - DR 12:00 Mah-Jongg-1 12:30 Men's Club-H 2:00 Bible Study-2 4:00-Bar 9-Trip-ML 7:00 Cards & Games-AC	10:00 Healthy Hands-C 12 10:30 Better Balance-C 1:30 Catholic Worship-C 1:30 Open Gym-Fitness Rm 3:30 Redstone Choir-Chapel 7:00 Bingo-AC	9:30 Grocery Trip-ML 13 11:00 Wii Bowling-AC 11:30 Blood Pressure Clinic- Medical Suite 1:00 500 Card Game-AC 2:00 Resident Management Meeting-Chapel 7:00 Dominoes- AC	10:00 Meaningful Movements-C 14 10:30 Healthy Movements-C 11:30 Open Gym-Fitness Rm 12:00 Health Navigation Lunch & Learn-Chapel 12:45 Walmart Trip-ML 2:00 Hawaiian Luau with Tracy Lee-Ukulele Lady 3:00 Hawaiian Luau Party-H	1:00 Movie Matinee 15 Arts and Crafts Room Residents Choice
2:30 Chapel Service 16 Rev. Ronald Raptosh Faith United Methodist Church, Delmont	10:00 Muscle Toning-C 17 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling/500 Cards-AC 1:30 Open Gym (Fitness Room) 2:30 Meadows Custard-Trip-ML 7:00 Cards & Games-AC	9:00 Yoga-Chapel 18 11:00 Open Communion and Worship-Chapel 12:00 Mah-Jongg-1 2:00 Bible Study-2 3:00 Book Club-4 7:00 Cards & Games-AC	10:00 Healthy Hands-C 19 10:30 Better Balance-C 11:00 Coffeehouse Snack-H 11:30 Cooking Demo-AC 1:30 Catholic Worship-C 1:30 Open Gym-Fitness Rm 2:00History Presentation w/Lisa-H 3:30 Redstone Choir-Chapel 7:00 Bingo-AC	9:30 Grocery Trip-ML 20 11:00 Wii Bowling-AC 11:30 Blood Pressure Clinic- Medical Suite 1:00 500 Card Game-AC 4:00 School House Tavern- Trip-ML 7:00 Dominoes- AC	10:00 Meaningful Movements-C 21 10:30 Healthy Movements for Arthritis-C 11:30 Open Gym-Fitness Rm 12:45 Aldi's-Trip-ML 1:30 Bingo-AC 3:00 Social Hour-outside patio	1:00 Movie Matinee 22 Arts and Crafts Room Residents Choice
2:30 Chapel Service 23 Rev. Marnie Silbert Newlonsburg Presbyterian Church, Murrysville	10:00 Muscle Toning-C 24 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling/500 Cards-AC 1:30 Open Gym (Fitness Room) 7:00 Cards & Games-AC	9:00 Yoga-Chapel 25 12:00 Mah-Jongg-1 1:00 Great Courses- AC 1:30 Redstone Campus NH- for a get together-Trip-ML 2:00 Bible Study-TBD 7:00 East End Kids Performance-Chapel	10:00 Healthy Hands-C 26 10:30 Better Balance-C 1:30 Catholic Worship-C 1:30 Open Gym-Fitness Rm 2:30 Lifestyle Meeting for August 7:00 Bingo-AC	9:30 Grocery Trip-ML 27 11:00 Wii Bowling-AC 11:30-Farkle-H 11:30 Blood Pressure Clinic- Medical Suite 1:00 500 Card Game-AC 4:30 Eighty Acres-Trip-ML 7:00 Dominoes- AC	10:00 Meaningful Movements-C 28 10:30 Healthy Movements for Arthritis-C 11:00 National Chocolate Milk Day-Highlanders 11:30 Open Gym-Fitness Rm 12:45 Shopping at Miracle Mile- Trip-ML 2:00 Nickel Game-H	1:00 Movie Matinee 29 Arts and Crafts Room Residents Choice
2:30 Chapel Service 30 Joanne Swihart North Hills Community Baptist Church, Pittsburgh	10:00 Muscle Toning-C 31 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling/500 Cards-AC 1:30 Open Gym (Fitness Room) 2:00 Alzheimer's Support Group-Terrace -FR 7:00 Cards & Games-AC	 <p style="font-size: x-small; margin: 0;">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>				

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

**Murrysville Veranda
July 2017**

Off Campus Events:

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

Shopping: Fridays

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

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

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

July 28th.....Shopping at the Miracle Mile shopping center in Monroeville, bus departs at 12:45

(This month only)

Grocery Shopping/Bank:

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

Committee Meetings:

Lifestyle Committee:

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

Resident Council Meeting:

Thursday, July 6th, 2:00pm in the Arts and Crafts Room.

Resident Management Meeting:

Thursday, July 13th at 2:00pm in the Chapel.

Food Committee:

Tuesday, July 11th, 10:00am in the Private Dining Room.

Spiritual Life Committee:

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

Book Club:

Tuesday, July 18th, 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.

Super Foods:

Tuesday, July 11th from 11:30 to 1:00pm in the Veranda Dining Room.

On Campus Events:

Patriotic Sing along with Cara: Friday, July 7th at 2:00pm in the chapel. Cara has song books and will be playing the piano and she also plays the flute. All can sing along to patriotic songs!

Star Spangled Fun: Friday, July 7th at 3:00pm following the sing along. Join us in the Highlanders for a Red, White and Blue dessert and beverages!

Hawaiian Luau with Tracy Lee "The Ukulele Lady": Friday, July 14th at 2:00pm in the chapel. Tracy Lee will be jamming to some tropical music!!

Hawaiian Luau Party: Friday, July 14th at 3:00pm following the entertainment in the chapel. Let the tropical festivities begin in the Highlanders with a Hawaiian Dream Dessert Cup, Mock Pina Coladas and Coronas with a splash of lime (optional).

East End Kids: Tuesday, July 25th at 7:00pm in the Chapel. East End Kids put on a spectacular show. A must see!

National Chocolate Milk Day: Friday, July 28th at 11:00am in the Highlanders. Have a glass of chocolate milk with the delicious little donuts from "Peace, Love and Little Donuts". Coffee and tea are also available.

Social Hour: Friday, July 21st at 3:00pm on the outside patio (weather permitting)! Get together with your neighbors and friends and enjoy some light refreshments.

Bingo: Friday, July 21st at 1:30pm 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: Friday, July 28th at 2:00pm 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!!

Farkle: Thursday, July 27th at 11:30pm in the Highlanders.

Great Courses-The World's Greatest Paintings: Tuesdays 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 July 19th 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, July 19th at 2:00pm in the Highlanders. Each month a new and interesting topic! All are Welcome!

Yoga: Tuesdays at 9:00pm in the chapel. Instructor: Soroja Chandra. Please bring a mat or towel. Yoga is a mind and body practice with historical origins in ancient Indian philosophy.

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.

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.

Bar 9: Tuesday, July 11, bus to depart from the main lobby at 4:00pm. Bar 9 is located in Greensburg on Mt. Pleasant Street. Bar 9 doesn't have a full menu because you get an extra large portion of food that is sure to satisfy any appetite. You will be treated like family in their newly opened, locally owned business. Enjoy their unique atmosphere and amazing selection of food and drinks. Treat yourself with some amazing food!

Meadows Frozen Custard: Monday, July 17th, bus to depart at 2:30pm. "You can't buy happiness, but you can buy ice cream and that's kinda the same thing."

School House Tavern: Thursday, July 20th, bus to depart from the main lobby at 4:00pm. School Tavern is located in Claridge on main street. If you are looking for an exceptional dining experience, as well as a new spot, look no farther than School House Tavern.

Redstone Highlands Campus in North Huntingdon: Tuesday, July 25th, bus to depart at 1:30pm and return around 4:00pm. Bring your singing voice or come along to listen and mingle with the North Huntingdon residents "Singers R Us".

Eighty Acres: Thursday, July 27th, bus to depart from main lobby at 4:30pm. Restaurant located in Plum. At Eighty Acres Kitchen and Bar, they offer a refined, modern approach to contemporary American cuisine with a strong emphasis to local, farm-to-table products. They are committed to providing fresh and innovative dishes and memorable experiences.

Shopping at the Miracle Mile Shopping Center: Friday, July 28th, bus to depart from the main lobby at 12:45pm and return no later than 3:30pm or sooner. Walking involved. Shop the many different stores in the shopping center!!



July Birthdays

Veranda Residents:

July 4 Eileen Clark
July 8 Eleanor Fulton
July 12 Constance Meyers
July 13 Teresa Kucic
July 14 Shirley Furman
July 15 Murrell Klotzbaugh
July 19 Art Carr
July 31 Emma Lyons

Courtyard Residents:

July 9 Mary Harris
July 23 Mildred Striner

Terrace Residents:

July 4 Elaine Byrd
July 18 Bill Spier
July 21 Patricia Shoemaker
July 26 Ann Cenker

Staff Birthdays:

July 6 Theresa Margliotti
July 12 Carol Bundy
July 18 Cheryl Stephens
July 19 Jessica Mclean
July 31 Minna Barton

Lifestyle Committee Members:

Shirley Furman/Chairman
Muff Arnold
Eleanor Fulton
Barbara Carr

