

UNITED SENIOR CITIZENS OF UPPER ST. CLAIR

The program is held on Wednesdays from 10:00 a.m. until 4:00 p.m. for the Township's senior citizens. **Retired residents, age 55 and older**, are eligible for membership in the program, which is sponsored by the US^TC Department of Recreation and Leisure Services.

Morning activities are informal and include lunch preparation by volunteers from the group. The members hold a brief business meeting at 12:00 p.m., which is followed by the meal. The afternoon's activities include musical entertainment, lectures or presentations of interest, book reviews, health and fitness instruction, game days, and arts and crafts. Activities are held at the Recreation Center, located at 1770 McLaughlin Run Road, except where noted.

10:00 a.m. – 12:00 p.m.: Cards, Games, Pool, Socializing, Lunch Preparation
12:00 p.m. – 1:00 p.m.: Business Meeting followed by Lunch
1:00 p.m. – 4:00 p.m.: Programs and Activities

NOVEMBER 2016

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| Wednesday, November 2 | South Hills Brass Band Performance. |
| Wednesday, November 9 | Tri Community South EMS's Nora Helfrich is back again with yearly updates in the emergency and medical field. Lunch will be at the C&RC 1551 Mayview Road. |
| Wednesday, November 16 | Sheriff Jason Tarap returns with a program titled - Crime Prevention for the Physically Challenged. Thanksgiving Feast! |
| Wednesday, November 23 | No Meeting. Happy Thanksgiving! |
| Wednesday, November 30 | Downsizing Your Home, Not Your Lifestyle. Presented by Jill Yesko, Certified Professional Organizer and Senior Move Manager, Member of NASMM (National Association of Senior Move Managers). |
| <u>Extras</u> | |
| Monday, November 14 | Free! Pickleball Clinic at the C&RC 1:00PM-3:00PM |

For additional information about the Township's programs or other services available, please contact Chaz McCrommon, Assistant Community Programs Coordinator at 412.221.1099 ext 603, via email at mccrommon@twpusc.org, or at the Recreation Department office in the Community & Recreation Center at Boyce Mayview Park.



SENIORS AT LEISURE: EVERY FRIDAY AT THE C&RC 1551 MAYVIEW RD!

All activities are free to all. No membership or Upper St. Clair residency required. Reservations requested.

NEW! BOOMER BALANCE AND FLEXIBILITY: NOVEMBER 4

Time/Place: 12:15 p.m. – 1:00 p.m. at the C&RC

ART EXPERIENCE WITH RIKKI WALSH: NOVEMBER 11

Time/Place: 1:30 p.m. – 3:00 p.m. at the C&RC

MOVIE MATINEE AND PIZZA LUNCH: NOVEMBER 18

Mother's Day starring Jennifer Aniston, Kate Hudson, and Julia Roberts

Time/Place: 12:30 p.m. – 3:00 p.m. at the C&RC

CARD & GAME CLUB: NOVEMBER 25

Cancelled. Enjoy Black Friday!

FREE EXERCISE CLASSES FOR SILVER CARD HOLDERS

Registration: At the C&RC Administration or Control Desk

WATER WALKING is a great alternative for anyone who frequently walks indoors or outdoors; this class utilizes a variety of aerobic movements to push against the water's natural resistance.

Time/Place: Mondays, 9:00 a.m. – 9:30 a.m. in the Aqua Resistance Channel
Thursdays, 6:30 p.m. – 7:00 p.m. in the Aqua Resistance Channel

BOOMER BOOT CAMP is a modified circuit class for cardiovascular fitness and muscular strength.

Time/Place: Mondays and Thursdays, 12:00 p.m. – 1:00 p.m. in the Gym at the C&RC

SENIOR FIT is a training class designed to increase stamina, strength, range of motion and muscular flexibility in a fun and safe environment.

Time/Place: Tuesdays and Thursdays, 11:30 a.m. – 12:15 p.m. in Studio 2 at the C&RC

ZUMBA GOLD is a great aerobic workout inspired by Latin dance rhythms.

Time/Place: Fridays, 11:00 a.m. – 12:00 p.m. in Studio 2 at the C&RC

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