








We're making shopping a healthy experience.

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  <i>Daylight Savings Time Ends</i> -CLOSED-	2	3 Tai Chi 10 a.m. Zumba 6pm ☎  Election Day	4 Blood Drive 9 am-1 pm	5 Joslin Self-Management Diabetes education (Day 1 of 2) 10am-1pm Register at 724-367-2400 Zumba 6pm ☎	6 Highmark® Diabetes Awareness & Prevention SM 4-week series begins 1pm ☎	7 Blood Drive 10am-2pm <hr/> Gateway Senior Caregiver's Informational Day 8:30 am-12 pm ☎
8	9 Healthcare Provider CPR 5-10pm \$50 ☎	10 Tai Chi 10am Baby Care Basics 6-9pm Register at 412-578-7271 Zumba 6pm ☎	11 Blood Drive 4- 8 pm  Veteran's Day	12 Joslin Self-Management (Day 2) 10 am -1pm Zumba 6pm ☎ RLS w/ Dr. William Musser 6:15pm ☎	13 Humana 2009 Medicare Health Plan Info. session 10am, 11:30am & 1pm Register at 1-866-836-7906 Diabetes Awareness & Prevention SM 1 pm	14 Diabetes Health Fair 10am-2pm Pittsburgh Mills Mall
15	16 AARP Safe Driving 1-Day Course \$12/AARP members \$14/Non-members 10am-2:30pm ☎ Joslin Self-Management Series (Day 1 of 2) 5 -8 p.m. Register at 724-367-2400	17 Senior Health Fair 9:30am-12pm Pittsburgh Mills Tai Chi ends 10am Zumba 6pm ☎	18 Humana 2009 Medicare Info. Sessions: 10am, 11:30am & 1pm Register at 1-866-836-7906 Alzheimer's Support Group 7pm	19 Cholesterol lecture w/ Dr. Venkatraman Srinivasan 6 pm ☎ Zumba 6pm ☎	20 Diabetes Awareness & Prevention SM 1pm	21 Healthcare Provider CPR Renewal \$30 10 am - 1pm ☎ Family and Friends CPR 3-5:30 pm \$10 ☎
22	23 Diabetes Awareness & Prevention SM 1pm Joslin Self-Management Series (Day 2) 5 -8 pm	24 Heartsaver AED & CPR \$35 5-9pm ☎	25 Blood Drive 9am-1pm	26  Thanksgiving -CLOSED-	27  Black Friday	28 Highmark Senior Products® 11am Heartsaver First Aid w/ CPR & AED 2-7pm \$45 ☎
29	30 Humana 2009 Medicare Health Plan Info. session 10am, 11:30am & 1pm Register at 1-866-836-7906	Destination Wellness "DW" is located in the Galleria at the Pittsburgh Mills in neighborhood 5, Entry 5 ☎ = call to register for events at (724) 274-5202 Walk-in Flu Vaccines: \$25/vaccine or will bill Medicare. Schedule: Mon-Sat: 11 am-2 pm & 3-5 pm, Sun: 1-5 pm				