

EVENTS & PROGRAMS

**The
Aerobic
Center**
Lynch Field ★ Greensburg, PA

UPDATED
8/10/10

724-834-2153

- **SILVERSNEAKERS®/SENIOR LUNCHEON**- September 24, 2010 (Friday) 12-2PM. Roasted Chicken will be provided. Nonmembers must pay \$5.00 for program and lunch. Lecture: "Treatment of Varicose and Spider Veins" presented by Shawn Grey. PLEASE SIGN UP TO BRING A COVERED DISH TO PASS. Must sign up by September 22, 2010.
- **WHEELING DOWNS CASINO/RACETRACK BUS TRIP**- September 29, 2010 (Wednesday) Bus leaves at 8am and returns around 5:30pm. Cost: \$20.00 Includes \$20.00 coin and \$5.00 food coupon. ANYONE 55 YEARS OR OLDER "FREE LUNCH" IN THE BALLROOM INCLUDES: SOUPS, SALADS, SANDWICHES, DESSERTS AND BEVERAGES. Must sign up by September 22, 2010.
- **NIAGARA FALLS/CASINO/SHOPPING BUS TRIP**- We want to know if there is an interest for this type of bus trip. Please write us a note and place it in the concern box located at the front desk. Thank you.
- **"NEW" MASSAGE THERAPIST- NOELLE DANIELS.** Specializing in deep tissue and trigger point massage. First massage 20% off! Call 724-219-3060 to set up an appointment. Price sheets available at the front desk.
- **OUTDOOR AQUA AEROBICS**- at Veterans Memorial Pool. July 10th –August 21st. Classes will be held every Saturday 10:30am-11:15am. In the event of inclement weather the class will be moved inside.
- **FREE FLU/PNEUMONIA SHOTS**- October 8, 2010 (Friday) 12pm-6pm by appointment only. Please bring your card with you! Highmark card: Security Blue, Freedom Blue PFFS, Freedom Blue PPO. Medicare Part B card: HOP, Medigap Blue, Aetna Card: Aetna. If your not covered by insurance, you may pay \$30 per flu shot and \$50 per pneumonia shot.
- **SHOPPING AT HARRISBURG CRAFT SHOW BUS TRIP**- December 2, 2010 (Thursday) Mark your calendars now. More details coming soon!!!
- **BIG BROTHERS BIG SISTERS of the Laurel Region** is currently looking for volunteers to serve in our "Lunch Buddies" and After school tutoring" Programs in local schools. If you have an interest in working with children, volunteering with a known charity, or are looking for community service opportunities, then check us out. Please contact Susan Dickson-Houser at 724-837-6198 ext.105.
- **CHESTNUT RIDGE GOLF RESORT**- 20% off services at the Spa & Salon, 15% off food at The 37 Grille Restaurant, reduced pricing for Lodging at our Hampton Inn & suites, Round of Golf starting at \$35.00/person for Aerobic Center members. For more information call 724-459-7191, extension 111.
- **MT. ODIN GOLF COURSE- "SPECIAL"**- 18 Holes with Cart Only \$96 per foursome. Mondays-Fridays and Weekends AFTER 2pm.