

THE FOREST HILLS SENIOR CENTER

444 AVENUE D FOREST HILLS, PA 15221 (412) 824-5610

Hours of Operation:

Monday through Friday 9 a.m. to 2 p.m.



The **Forest Hills Senior Center** is a welcoming and attractive setting for the older adult offering an array of activities guaranteed to keep you busy with informative classes and enjoyable social programs. The senior center, sponsored by the Eastern Area Adult Services, provides quality services enabling individuals to remain in their own homes as they become older. Home Delivered Meals, is one service that is probably familiar. Whether you are an older adult or a caregiver for an older adult, EAAS offers many choices enabling someone to stay independent. Drop in at the senior center and see what goes on. If you or someone you know could benefit from home-delivered meals or would like more detailed information on all the programs EAAS offers, please call the senior center at 412-824-5610. **Here are some of the programs offered at the senior center:**



Exercise Classes

This structured class is led by a certified instructor and is held at the senior center on Mondays and Wednesdays from 11 a.m. to noon.

Bingo!

To participate in the bingo games, you must be registered with the Allegheny County Department of Aging, and that registration is offered at the senior center. Bingo is held at the senior center every Friday at 1 p.m.

AAA Mature Driving Classes

On completion of this class, you will receive a certificate that will be good towards a 5% discount on your car insurance. This informative session taught by licensed AAA instructors includes discussions on safety tips and informative films for the 55+ driver. Classes are held every first Tuesday and Wednesday of the month from 12:30 to 4 p.m. (except in January and February).

The Book Club

Meets every other fourth Tuesday at 1 p.m. During the month of November, you will select six books to read and discuss for the following year.

Luncheon is Served!

A hot lunch is provided Mondays through Fridays at Noon. Meals are delivered in the morning and are then packaged and delivered to the older adults on the home-delivery list. If you would like to be added to the Home Delivered Meals Program, call the senior center.

The **C.C. Mellor Memorial Library** offers a variety of children's, young adults and adults books, videos and DVD's—and are all available to check-out. The library also offers a paperback exchange—check one book out and bring the same book or a different book back—with no time limit. There is also a Children's Story Hour on Mondays from 10:30 to 11:15 a.m. For more information on the library, call 412-824-3567.

Library Hours

Mondays, Fridays, Saturdays

10 a.m. to 2 p.m.

Tuesdays & Wednesdays

4 to 8 p.m.

Closed: Thursdays & Sundays

The Forest Hills Senior Center is a great place for older adults to enjoy a variety of activities and programs, but the senior center is also available to rent for small social gatherings or business meetings.

Senior Center Rental Costs

Four-hour Package

Up to 25 guests—\$80

26-50 guests—\$90

51-90 guests—\$100

Eight-hour Package

Up to 25 guests—\$130

26-50 guests—\$140

51-90 guests—\$150



A reservation deposit (half of the rental fee) is due two weeks after the renter is penciled in on the calendar. The reservation deposit is non-refundable.

Additional rental time: \$25/hour

Security deposit required: \$200

For more information, call **Cindy M. Simm, marketing director,**

(412) 351-7330 x220 or send an e-mail, csimm901@aol.com.