



North Hills Senior Services Inc.

PURPOSE

The purpose of the North Hills Senior Services, Inc., include, without limitation, is to serve as an interfaith, nonprofit organization addressing the spiritual, emotional, physical, and material needs of senior citizens. It shall be the purpose of this corporation to provide seniors with services that maintain the quality of their lives and their capacity to contribute to the lives of others. It shall establish senior centers, seek to provide affordable senior housing, establish communication programs and work cooperatively with public and private agencies having like purpose; and support for programs designed to preserve the dignity of individuals and families demonstrating the love of God in their lives.

SERVICES

Senior Living Options

Booklet lists senior living situations available in the North Hills area including in home assistance, as well as retirement living communities.

Consultation Services

Church Office - Tuesday and Wednesday, 9:30 a.m.-2: p.m.

Referral Services

Information gathered from local sources to meet needs of seniors.

Community Parish Nurse Program

Provides in home nursing counsel, health education, non-invasive screenings and referrals to home bound seniors.

ONGOING PROGRAMS

Tai-Chi

Tuesdays and Thursdays - 11:30 a.m. - 12:30 p.m.



Yoga

Thursdays - 11:30 a.m. - 12:30 p.m.

SPECIAL PROGRAMS

March 2007

Beginning Computer Classes

St. Paul's Networks Room

Wednesdays, March 5-26, 10 a.m.

Thursdays, March 6-27, 6 p.m.

Cost: \$10

MAY 2007

12th Annual Spring Senior Expo

Friday, May 16, 2008

9:00 AM to 2:00 PM

Community College of Allegheny County, North Campus

8701 Perry Highway

Pittsburgh, Pa 15237