

# Milestone Senior Services:

## Older Adult Lifestyles & Activities



**milestone**

CENTERS FOR PEOPLE WITH DEVELOPMENTAL  
& BEHAVIORAL HEALTH CHALLENGES

- ✦ Garden City Senior Center, Monroeville
- ✦ New Horizon Senior Center, Penn Hills



Milestone is proud to provide a variety of Senior Services at two centers, located in Monroeville and Penn Hills.

Milestone's senior day programs focus on life skills and health maintenance. Our Senior Centers feature caring staff and engaging atmospheres.

Garden City and New Horizon are dual-licensed as an older adult living centers and adult training facilities, available to anyone with aging issues, regardless of age.

Group and individual programming is conducted in a small, relaxed, home-like environment, Monday-Friday from 8:30 a.m. – 3 p.m.

Milestone's Senior Centers are productive alternatives for older adults with developmental challenges. Health, nutrition, exercise, cultural endeavors and socialization are the core of daily activity.

### Did you know?

Milestone staff and clients and clients are trained in the Sanctuary® Model, a guide for creating and maintaining a safe, democratic environment where healing occurs. Sanctuary focuses on healing from trauma, such as loss, stress or adversity, and provides a welcoming environment for our clients, their families and our staff.

**For more information, please contact:**

**Milestone Senior Services:**

**412-374-9052**

*“Our clients thoroughly enjoy their time at Milestone. They are safe, well cared for and treated with dignity. They participate in activities of their choice while in an environment geared toward their specific needs. Many Milestone staff stay with the agency long-term, providing a real family atmosphere for our clients, where their choices and needs are known and respected. Consistency is so important for aging adults.”*

**Paula Fischer**  
Director,  
Milestone Senior Services

