



Resources and Services for Older Adults



September Happenings

Bethel Park Hours of Operation

Monday-Friday 9AM to 3PM

5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Sami Burnworth: Regional Manager/I&R Specialist

Gary Allen: Site Coordinator

www.lifespanpa.org

Lunch is served daily at 11:30AM; please arrive on time. Lunch reservations must be made at least the day before by 11AM.

Lunch is a suggested \$1.50 donation.



Center Closure

LifeSpan will be closed Monday, September 7th, 2020 for Labor Day



Advisory Committee Meeting

September 22nd @ 11:00AM

Let your voice be heard!

This meeting is for any person with ideas, suggestions or concerns to help improve daily operations. All ideas and comments welcome!

BLOOD PRESSURE SCREENINGS!

September 8th @ 10AM provided by Jefferson Hospital



Fitness every Tuesday and
Thursday

9:15AM-10:15AM

\$3 per class

Instructor: Gurney Bolster

Aerobics every Monday

10:00AM-11:00AM

\$3 per class

Instructor: Christi Fredrick



CARDS

Bridge: Every Tuesday and Thursday @ 10:30AM

Hand & Foot: Every Tuesday @ 10:30AM

Mahjong: Every Friday @ 12:30PM

500 Bid: September 1st @ 12:00PM

Po-ke-no: September 10th @ 11:30AM

Pinochle: September 4th & 18th @ 12:00PM

Chair Exercise every Friday

9:15AM-10:15AM

\$3 per class

Instructor: Amy Taylor

Line Dancing every Tuesday
and Friday

9:30AM-11:30AM

\$3 per class

Instructor: Bernie Gillotti

Tai Chi every Thursday

11:15AM-12:15PM

\$4 per class

Instructor: Ann Brucker

**Indoor Walking Track
Available Monday
through Friday 9AM to
3PM**



Lunch Bunch



September 17th, 2020

OPT Pick Up 11:00AM, OPT Return 2:00PM

2329 Penn Ave,

Pittsburgh, PA 15222

Please sign up by September 10th!



SPEAKERS AND PRESENTATIONS

Dr. Hess: September 19th @ 11:30AM, foot doctor

BINGO MADNESS!

Every Monday and
Wednesday starting at
12:15PM; please arrive
early to purchase bingo
cards!



Sleeping Mats for the Homeless

Every Monday @ 10:00AM
WE ARE IN NEED OF PLASTIC
BAGS TO MAKE THIS HAPPEN!

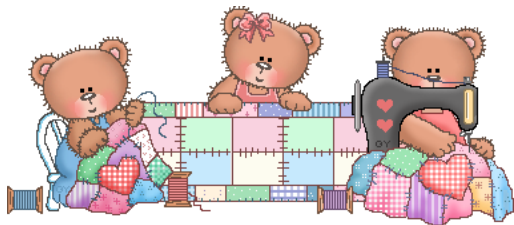
Flu Shot Clinic

Monday, September 14th, 2020

10:00AM-11:00AM

Provided by American
Healthcare

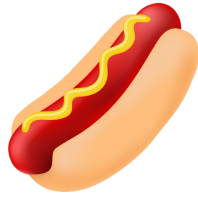
Please sign up by September 8th



QUILTING

Every Monday @ 12:30PM





\$1 Hot Dog Day

Wednesday, September 23rd, 2020

11:30AM

Please sign up by September 16th!



An Amish Adventure Tour



Friday, October 2nd, 2020, 8:00AM-5:00PM

Price per person: \$135 – Based on minimum of 20 guests

Discover the world of Old Order Amish in nearby Mercer County with an expert Step on Guide, Susan Hougelman. Susan has lived in this area for many years and will take us on a behind the scenes exploration of the Amish way of life. With your brown bag in hand, you will collect delicious Amish gifts along the way and then be treated to a family style Amish Wedding Feast at Ryder's Restaurant.

Sign up by Friday, September 18th!