

# LifeSpan

Resources and Services for Older Adults

**Chartiers Resource Center**  
**300 Lincoln Avenue**  
**Carnegie, PA 15106**

**Hours of Operation:**

**Monday-Friday 8am to 4pm**

**Phone Number:**

**412 276-5056**

**Web Site:**

**[www.lifespanpa.org](http://www.lifespanpa.org)**

**Regional Manager: Claudette Biers**

**Site Coordinator: Marge Altvater**



## **SPECIAL DAYS IN JANUARY**

Log into [www.lifespanpa.org](http://www.lifespanpa.org) for exciting classes for  
**Crafts, Cooking, Chair Exercise and Line Dancing**

**New hours for Grab N Go pick up 11am to 12pm**

**PRACTICE SOCIAL DISTANCING AND WEAR FACE MASK**



[www.lifespanpa.org](http://www.lifespanpa.org)

**WHEN: ANYTIME**

**WHERE: HOME**

**WHY: BORED**

**HOW: PHONE, TABLET OR COMPUTER,  
ENTER WEBSITE ABOVE. ENJOY!**



COOK

CRAFTS



**CHAIR EXERCISE**

# **GRAB—N—GO LUNCHESES**

**To order for the week, you must call  
before Monday at noon of that week**

**Just call 412-276-5056 and ask**

**Claudette or Marge**

**Pick up is Wednesday between the  
hours of 11:00 AM and 12:00 PM**



2021 LET'S GET VACCINATED!

WE CAN START LIVING AGAIN

MORE TRAVELING!

MORE GET TOGETHERS!

MORE PARTIES!

MORE EVERYTHING!

