



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

Monday, September 2nd,
2019

Centers will be closed for
Labor Day!



Advisory Committee Meeting

September 24th @ 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 4th @ 10AM provided by Compassionate Care Hospice

September 10th @ 10AM provided by Jefferson Hospital

September 18th @ 10:30AM provided by Meadowcrest



Fitness every Tuesday
and Thursday

9:15AM-10:15AM

\$3 per class

Instructor: Gurney Bolster

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

**Tuesday is an advanced class
and Friday is a beginners class**

Instructor: Bernie Gillotti

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 3rd @ 12:00PM

Po-ke-no: September 12th @ 11:30AM

Pinochle: September 6th & 20th @ 12:00PM

Tai Chi every Thursday

11:15AM-12:15PM

\$4 per class

Instructor: Ann Brucker

Yoga every Wednesday

10:00AM-11:00AM

\$3 per class

Instructor: Tammy Ziccardi

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

TOTOPO

MEXICAN KITCHEN & BAR



Lunch Bunch

September 19th, 2019

OPT Pick Up 10:45AM, OPT Return 1:30PM

660 Washington Rd.

Pittsburgh, PA 15228

Totopo is a vibrant celebration of the culture and cuisine of Mexico with a focus on the diverse foods served in the country. From Oaxacan tamales enveloped in banana leaves to the savory fish tacos of Baja California, you will experience the authentic flavor and freshness in every bite.

Please sign up by September 12th!



SPEAKERS AND PRESENTATIONS

September 9th: Kindred Hospice @ 11:30AM, Understanding COPD

September 11th: Representative Mike Doyle's Office @ 11:30AM, Information and Services

September 25th: Humana @ 11:30AM, Boosting Your Mood with Food and Fitness

September 30th: OSPTA @ 11:30AM, Lower Back Pain

BINGO MADNESS!

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



CCAC Quilting for the Advanced

7 week session on Thursdays starting October 3rd through November 14th.

12:30PM-2:30PM

Instructor: Debbie Bailey



QUILTING

Every Monday @ 12:30PM

Washi Tape Clips and Magnets

Craft

Thursday, September 26th

10:00AM

Provided by Arden Courts

Please sign up by September 23rd!



CCAC Healthy Cooking

3 week session on Tuesday starting September 24th through October 8th

12:00PM-2:00PM

Instructor: Sammy Sad



Senior Social Bowling League

September 20th, 2019

10:00AM-2:00PM

\$15 per person, includes 3 games bowling, lunch and 4 games bingo.

Legacy Lanes on Curry Rd

September 13th!

National Aviary

Friday, September 27th, 2019

OPT Pick Up 9:30AM, OPT Return 1:30PM

\$11 per person (group rate)

Must have at least 10 participants

Enjoy a light lunch at the Café or bring a
Brown Bag Lunch

Please sign up and pay in office by September
20th!

NO REFUNDS



CASHTOBERFEST

Friday, October 11th, 2019

Salvatore's, 5001 Curry Rd. Pittsburgh, PA 15236

5:00PM-10:00PM

\$25.00 per ticket-2 numbers on a ticket! Drawings every 15 minutes

ONLY 500 tickets sold-Cash winners need not be present

Includes dinner buffet, beer, music and dancing

Cash Bar-No outside alcohol is permitted-MUST BE 21 YEARS OLD

Doors open at 5:00PM, Dinner at 6:00PM, Drawings start at 7:00PM

For more information or tickets please visit any LifeSpan Center or call (412) 464-1300