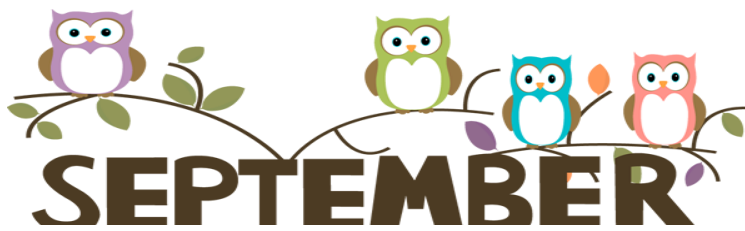


**Bid Wiz
Mondays and
Wednesdays**



Resources and Services for Seniors

2

**LABOR DAY
Center Closed**

3

Tuesday

9:30 Card Club
10:30 Instructional Pool
12:30 Line Dancing
1:30 Video Bowling

4

Wednesday

9:30 Current Events
10:00 Video Exercise
12:30 Cards Bid Wiz
1:00 Video Bowling

5

Thursday

10:00 Card Club
11:00 Word Search
12:00 Quarter Bingo
Hot Dog Sales

6

Friday

9:30 Current Events
10:00 P.O.K.E.N.O.
11:00 Pool
12:00 Video Bowling

9

Monday

9:30 Card Club
10:00 Word Search
12:30 Cards Bid Wiz
12:30 Video Bowling

10

Tuesday

9:30 Card Club
10:30 Instructional Pool
12:30 Line Dancing
1:30 Video Bowling

11

Wednesday

9:30 Current Events
10:00 Video Exercise
12:30 Cards Bid Wiz
1:00 Video Bowling

12

Thursday

10:00 Card Club
11:00 Word Search
12:00 Quarter Bingo
Ice Cream Social

13

Friday

9:30 Current Events
10:00 P.O.K.E.N.O.
11:00 Pool
12:00 Video Bowling

16

Monday

9:30 Card Club
10:00 Word Search
12:30 Cards Bid Wiz
12:30 Video Bowling

17

Tuesday

9:30 Card Club
10:30 Instructional Pool
12:30 Line Dancing
1:30 Video Bowling

18

Wednesday

9:30 Current Events
10:00 Video Exercise
12:30 Cards Bid Wiz
1:00 Video Bowling

19

Thursday

10:00 Card Club
11:00 Word Search
12:00 Quarter Bingo
Hot Dog Sales

20

Friday

9:30 Current Events
10:00 P.O.K.E.N.O.
11:00 Pool
12:00 Video Bowling

23

Monday

9:30 Card Club
10:00 Word Search
12:30 Cards Bid Wiz
12:30 Video Bowling

24

Tuesday

9:30 Card Club
10:30 Instructional Pool
12:30 Line Dancing
1:30 Video Bowling

25

Wednesday

9:30 Current Events
10:00 Video Exercise
12:30 Cards Bid Wiz
1:00 Video Bowling

26

Thursday

10:00 Card Club
11:00 Word Search
12:00 Quarter Bingo
Ice Cream Social

27

Friday

9:30 Current Events
10:00 P.O.K.E.N.O.
11:00 Pool
12:00 Video Bowling

30

Monday

9:30 Card Club
10:00 Word Search
12:30 Cards Bid Wiz
12:30 Video Bowling

**Line Dancing
every
Tuesdays**

**09/12
Senior Box
Distribution**

**HAPPY
LABOR
DAY**

LifeSpan Senior Centers And Home Delivered Meals

LifeSpan, Inc. currently operates 7 Senior Resource Centers throughout Southwestern Allegheny County. The centers are as unique as the individuals who visit them.

Centers are open Monday through Friday, however, hours vary. It is always best to phone ahead or check center calendars online for specific hours of operation.

The centers are vibrant and alive offering a diverse menu of activities as well as the normal daily schedules including:

- a congregate meal
- transportation registration
- information and assistance
- casino trips
- Wii Bowling
- Bridge Clubs
- book clubs
- art groups

LifeSpan centers offer a welcoming/accommodating venue where seniors (age 60+) can socialize with their peers. A great camaraderie develops between old friends and new who are sharing much of the same life experiences.

LifeSpan Also Offers

Care Management
Caregiver Support Program
Protective Services
Option Care Management Program
Meals on Wheels

****Mon Valley @ Olympia Resource Center***

4313 Walnut Street, Suite 370

McKeesport, PA 15132-6135

Phone: 412-664-5434 Fax: 412-461-7118

Email: monvalley@lifespanpa.org

M, T, W & F 8:30 am to 4:00 pm

Thurs. 8:30 am to 6:30 pm

2nd Sat of each month 11:00 am to 4:00 pm

****Bethel Park Community Center***

5151 Park Avenue, Bethel Park, PA 15102

Phone: 412-831-7111 Fax: 412-461-7118

Email: bethelpark@lifespanpa.org

Mon. – Fri 9:00 am to 3:00 pm

Knoxville Resource Center

320 Brownsville Road, Pittsburgh, PA 15210

Phone: 412-381-6900 Fax: 412-461-7118

Email: knoxville@lifespanpa.org

Heritage House Senior Community Center

308 East 8th Avenue, Homestead, PA 15120

Phone: 412-464-1300 x121 Fax: 412-461-7118

Email: hhouse@lifespanpa.org

****Imperial Senior Community Center***

540 Penn Lincoln Drive, Imperial, PA 15126

Phone: 724-218-1669 Fax: 412-461-7118

Email: imperial@lifespanpa.org

Mon. – Fri. 8:00 am to 4:00 pm

****Chartiers Senior Community Center***

300 Lincoln Avenue, Carnegie, PA 15106

Phone: 412-276-5056 Fax: 412-461-7118

Email: chartiers@lifespanpa.org

Mon. – Fri. 8:00 am to 4:00 pm

***Regional Focal Points**

LifeSpan

STEEL VALLEY
SENIOR CENTER AND
COMMUNITY RESOURCES

530 Miller Avenue

Clairton PA 15025

Phone: 412-233-4847

Email: clairton@lifespanpa.org

Special Events in September:

09/02- Center Closed

09/04—Presentation: Senior
Nutrition by Dyane Rue 11:30am

09/12-Senior Box Distribution
12:pm-2:30pm

09/19– Advisory Board Meeting
10:30am

09/26- Blood Pressure Readings
10:00am-11:30am

Have an activity or trip you would like to do? Let us know so that we may include them in the future. Give us a call

Mon. – Fri 9:30 am to 2:30pm