

CHARTIERS  
 RESOURCE CENTER  
 300 LINCOLN AVE  
 CARNEGIE, PA 15106  
 Mon-Fri 8AM to 4PM  
 412-276-5056

Lunch is served  
 daily at 11:30  
 \$1.50 donation -  
 please call the day  
 before by noon!



Resources and Services for Seniors

REGIONAL MANAGER:  
 BETSY CHALLINGSWORTH

SITE COORDINATOR:  
 CLAUDETTE BIERS

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

# February

**LUNCH OUTING—February 21st**  
 DEBLASIO'S ITALIAN RESTAURANT-COCHRAN ROAD  
 OPT PICK UP-11:00  
 RETURN PICK UP-1:30

**Monday**  
 Games 10:00  
 Cards 12:00  
 Crochet 12:00

**Tuesday**  
 Nickel Bingo 9:30  
 Bingo 12:00  
 Poker 12:00

**Wednesday**  
 Bridge 9:00  
 3rd and 4th –Cards 12:00  
 Book Club 10:00

**Thursday**  
 Poker 12:00  
 Art Group 9:00

**Friday**  
 Nickel Bingo 9:00  
 Bingo 12:00  
 2nd Friday-Pinochle 10:00  
 Art Group 9:00

Fitness Equipment  
 Available During  
 Business Hours!

**SPECIAL LUNCHEES**  
TUES. FEB. 12-CHICKEN NOODLE SOUP/OYSTER CRACKERS-\$3.00  
POT LUCK LUNCH-FEB. 15-11:00  
FRI. FEB. 22-\$1.00 HOT DOGS

**POT LUCK LUNCHEON**  
 FRIDAY, FEB. 15  
 11:00  
 BRING YOUR FAVORITE FOOD TO SHARE WITH EVERYONE. WHEN YOU SIGN UP, PLEASE LET US KNOW WHAT YOU WILL BRING. WE WILL PROVIDE PAPER PRODUCTS AND DRINKS. ENJOY!!

**CCAC CHAIR EXERCISE CLASSES**  
STARTING FEB. 14TH  
 12:00  
 JOIN US FOR THIS GREAT EXERCISE CLASS FOR FREE!! THIS CLASS WILL RUN FOR 16 WEEKS, ON THURSDAYS AT 12:00. THE LAST CLASS WILL BE ON MAY 30TH! THIS IS A GREAT WAY TO KEEP YOUR HEART HEALTHY!



**FRI. FEB. 1**

ART CLASS-9:00

NICKEL BINGO-9:00

BINGO WITH A STRETCH-12:00

**MON. FEB. 4**

GAMES-10:00

JEOPARDY-11:00

CARD CLUB-EUCHRE-12:00

CROCHET-12:00

**TUES. FEB. 5**

NICKEL BINGO-9:00

VISITING ANGELS-KIM WILL BE DOING A VALENTINE CRAFT-REGISTER

POKER-12:00

BINGO WITH A STRETCH-12:00

**WED. FEB. 6**

BRIDGE-9:30

BOOK CLUB-10:00-A MAN CALLED OVE

FAMILY FEUD-11:00

**THURS. FEB. 7**

ART CLASS-9:00

5 WAYS TO FIGHT FATIGUE WITH FOOD-11:00

MOVIE AND POPCORN-1:00-WONDER

**FRI. FEB. 8**

ART CLASS-9:00

NICKEL BINGO-9:00

PINOCHLE-10:00

BINGO WITH A STRETCH-12:00

**MON. FEB 11**

GAMES-10:00

JEOPARDY-INCREASE YOUR MEMORY-11:00

CARD CLUB-EUCHRE-12:00

CROCHET-12:00

**TUES. FEB. 12**

NICKEL BINGO-9:00

BAPTIST HOMES-HEART HEALTH-10:30

SPECIAL LUNCH-CHICKEN NOODLE SOUP W/OYSTER CRACKERS-\$3.00-REGISTER

POKER-12:00

BINGO WITH A STRETCH-12:00

**WED. FEB. 13**

BRIDGE-9:30

FAMILY FEUD-MEMORY MAINTENANCE-11:00

NUTRITION EDUCATION-10:30-EAT SMART, LIVE STRONG

**THURS. FEB. 14**

ART CLASS-9:00

CCAC CHAIR EXERCISE-12:00-REGISTER

**FRI. FEB. 15**

ART CLASS-9:00

NICKEL BINGO-9:00

ADULT COLORING CAN RELAX YOUR BRAIN-10:45

POT LUCK LUNCH-BRING A DISH TO SHARE WITH EVERYONE.-11:00-REGISTER

BINGO WITH A STRETCH-12:00

**MON. FEB.18**

GAMES-10:00

JEOPARDY-INCREASE YOUR MEMORY-11:00

CARD CLUB-EUCHRE-12:00

CROCHET-12:00

**TUES. FEB. 19**

NICKEL BINGO-9:00

ZENTANGLE-10:00-ART WITH LINES-REGISTER

BLOOD PRESSURES-10:00

BINGO WITH A STRETCH-12:00

POKER-12:00

**WED. FEB. 20**

BRIDGE-9:30

FAMILY FEUD-MEMORY MAINTENANCE-11:00

CARD CLUB-500 BID-12:00

**THURS. FEB. 21**

LUNCH OUTING—DEBLASIO'S—OPT 11 AM  
CCAC CHAIR EXERCISE  
POPCORN AND A MOVIE—1:00 RETURN TO ME  
ART CLASS 9AM

**FRI. FEB. 22AM**

ART CLASS-9:00  
NICKEL BINGO—9:30 AM  
BINGO W/STRETCH—12PM  
ADVISORY COMMITTEE MEETING—10AM  
HOT DOG SALE—\$1 EACH—11AM

**MON. FEB. 25**

GAMES-10:00  
JEOPARDY-INCREASE YOUR MEMORY-11:0  
CARD CLUB-EUCHRE-12:00  
CROCHET-12:00

**TUES. FEB. 26**

NICKEL BINGO-9:30  
CENTER MEETING-10:00-WE ENCOURAGE EVERYONE TO ATTEND WITH STAFF TO GIVE YOUR INPUT  
BINGO WITH A STRETCH-12:00  
POKER-12:00

**WED. FEB. 27**

BRIDGE-9:30  
FAMILY FEUD-INCREASE YOUR MEMORY-11:00  
CARD CLUB-500 BID-12:00

**THURS. FEB. 28**

ART CLASS-9:00  
GRIEF SUPPORT GROUP-10:00-REGISTER  
CCAC CHAIR EXERCISE-12:00

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**HAPPY BIRTHDAY TO ALL OF OUR  
FEBRUARY BIRTHDAY MEMBERS!!**



## EASY WAYS THAT YOU CAN SAVE MONEY

**Try shopping once a week.** This will limit impulse purchases, force you to do better meal-planning, and cut down on travel expenses.

**Share groceries.** If you shop for yourself alone, plan shopping for your weekly supermarket trip with a neighbor or friend. You'll get some good social time and save money by buying larger sizes and splitting them.

**Share on errands and travel, too.** Every time you find yourself going on an errand by yourself, ask if there might have been a friend you could have taken along. And many vacation costs will be cheaper when traveling with a companion.

**Unplug unused devices.** Most electronic devices use a bit of power even when you're not using them. Make it a habit to only plug things in when you're using them. Using a power strip is a convenient way to handle multiple devices by only unplugging one element.

**Turn off heat to unused rooms.** This is a no-brainer, but it's surprising how many obvious things we don't do. If you use hot-water radiators, make sure you bleed off any air pockets that have built up in them since last winter.

**Use programmable thermostats.** Why heat up (or cool down) your home when no one is there? It's one thing to turn down thermostats during the winter, but it's even better to program your home's temperatures to turn off the heat (without risking pipe damage) when you're not there or at night when you're sleeping.

**No partial loads.** Do not waste energy, water, and detergent by doing partial loads of dishes or laundry.

**Drink water, not soda.** And I don't mean bottled water. Changing this single habit will help your wallet gain weight while the rest of you slims down.

**Flaunt your age for discounts.** If there is one virtue of aging that is worth exploiting, it is senior discounts. You'll find lots of options if you search online.