

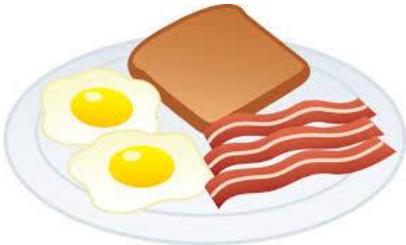
February 2019

Check out **Calendar Activities, Menu, and Current Events** for all of LifeSpan on the website:
www.lifespanpa.org

Activities every day include **Mall Walking** from 8:30 a.m.-1 p.m. You are invited to enjoy a cup of coffee and discuss **current events**, use the **Computer Nook**, play **Billiards**, work **Puzzles**, and get a book from the **Book Nook**.

February is Heart Health Month!

February 1st is National Wear Red Day. If you are wearing red, come on in and pick up your complimentary LifeSpan draw string bag. During the month of February we will be spreading information on how to keep your heart healthy. Attending one of our 3 exercise classes is part of what you can do to keep your heart healthy.



Valentines is a day to celebrate us, so, on Friday February 15th, we will have breakfast together at 9 a.m. The cost will be \$3 to help defray the cost. We will have Bacon, Sausage, Scrambled Eggs, Toast, and Belgium Waffles.

Want to know what's going on in Harrisburg that might affect you this year? Friday February 22 Rep. Austin Davis will be here at 9:30 am with his staff to let you know what's happening and answer your questions. Donuts will be served.



**REP. AUSTIN
DAVIS**
35th Legislative District
Allegheny County

Calabria's Italian Restaurant - The lunch bunch is going to Calabria's Restaurant in Castle Shannon on February 22. Reservations will be for 11:30 a.m. and OPT will be available if at least 4 people sign up.

February 27, is our first trip to the Meadows for 2019. We need to have at least 35 people signed up and paid by February 22nd. For \$25 you will receive roundtrip bus transportation, \$20 free slot play, a \$5 food voucher, and a snack bag for the trip. Sign up now so we can go and enjoy an afternoon of fun and food! Bus leaves at 9:00 am.

