

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



Resources and Services for Seniors

REGIONAL MANAGER:  
 BETSY CHALLINGSWORTH

SITE COORDINATOR:  
 CLAUDETTE BIERS

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



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

**Monday**

Games 10:00  
 Cards 12:00  
 Crochet 12:00

**Tuesday**

Nickel Bingo 9:30  
 Bingo 12:15  
 Poker 12:00

**Wednesday**

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

**Thursday**

Poker 12:00  
 Sit and Be Fit 10:30  
 Art Group 9:00

**Friday**

Nickel Bingo 9:00  
 Bingo 12:15  
 2nd Friday-Pinochle 10:00  
 Art Group 9:00

Fitness Equipment  
 Available During  
 Business Hours!

**LUNCH OUTING-CADILLAC RANCH**  
**WEDNESDAY, JAN. 23**  
**OPT TRIP LEAVING AT 11:00**  
**PICK UP AT RESTAURANT 1:30**

**SPECIAL LUNCHES**  
**MONDAY, JAN. 7--GRILLED CHEESE AND TOMOTO SOUP-\$3.00**  
**FRIDAY, JAN 25--SLOPPY JOE AND CHIPS-\$3.00**

**CLOSURE**  
 THE CENTER WILL BE CLOSED MONDAY, DEC. 31 AND TUES. JAN. 1 FOR NEW YEARS!!  
 WE WILL ALSO BE CLOSED MONDAY, JAN. 21 FOR MARTIN LUTHER KING DAY.  
 ENJOY THE HOLIDAY!

**MEMBERSHIP DRIVE 2019**

STARTING JAN. 2, 2019 WE WILL BE HAVING OUR MEMBERSHIP RENEWAL DRIVE. MEMBERSHIP IS \$10.00 AND YOU GET A YEARS MEMBERSHIP PLUS 5 COMPLIMENTARY LUNCHES. WE WANT THE CENTER TO KEEP GROWING, SO TELL YOU FRIENDS ABOUT THE GREAT ACTIVITIES THAT WE HAVE HERE. OUR GOAL IS TO HAVE 60 TO 70 PEOPLE A DAY AT THE CENTER. YOU CAN MAKE IT HAPPEN!!

**WED. JAN. 2**

BRIDGE-9:30

BOOK CLUB-10:00-THE BEAUTIFUL MYSTERY

**THURS. JAN. 3**

ART CLASS-9:00

SIT AND BE FIT-12:00

**FRI. JAN. 4**

ART CLASS-9:00

NICKEL BINGO-9:00

NATIONAL TRIVIA DAY TRIVIA-10:30

BINGO WITH A STRETCH-12:00

**MON. JAN. 7**

GAMES-10:00

CARD CLUB-12:00

CROCHET-12:00

**TUES. JAN. 8**

NICKEL BINGO-9:00

RIGHT AT HOME-10:30

BINGO WITH A STRETCH-12:00

POKER-12:00

**WED. JAN. 9**

BRIDGE-9:30

MEMORY GAMES-JEOPARDY-10:00

DID YOU KNOW THAT EXERCISE IS GOOD FOR YOUR EYES-12:00

**THURS. JAN. 10**

ART CLASS-9:00

SIT AND BE FIT-12:00

MOVIE AND POPCORN-1:00-MAMMA MIA! HERE WE GO AGAIN

**FRI. JAN. 11**

ART CLASS-9:00

NICKEL BINGO-9:00

DOWNSIZING-10:00

PINOCHLE-10:00

BINGO WITH A STRETCH-12:00

**MON. JAN. 14**

GAMES-10:00

CARD CLUB-12:00

CROCHET-12:00

**TUES. JAN. 15**

NICKEL BINGO-9:00

ZENTANGLE-10:00-UNIQUE ART USING LINES-COST IS \$1.00-SUPPLIES TO TAKE HOME CAN BE PURCHASED FROM MARY

NATIONAL HAT DAY-11:00-WEAR YOUR FAVORITE HAT AND TELL US WHY YOU WEAR IT

BINGO WITH A STRETCH-12:00

POKER-12:00

**WED. JAN. 16**

BRIDGE-9:00

MEMORY GAMES-FAMILY FEUD-10:00

5 BEST WAYS TO SAFEGUARD YOUR JOINTS-12:00

**THURS. JAN. 17**

ART-9:00

PORTION CONTROL-11:00

SIT AND BE FIT-12:00

**FRI. JAN. 18**

ART CLASS-9:00

NICKEL BINGO-9:00

BINGO WITH A STRETCH-12:00

**MON. JAN. 21-CLOSED FOR MARTIN LUTHER KING DAY**

**TUES. JAN. 22**

NICKEL BINGO-9:00

BLOOD PRESSURE CHECKS-10:00-GATEWAY HEALTH

MIRACLE EAR-10:30-FREE HEARING AID CLEANING

BINGO WITH A STRETCH-12:00

POKER-12:00

**WED. JAN. 23**

BRIDGE-9:00

MEMORY GAMES-10:00-JEOPARDY

LUNCH OUTING-CADILLAC RANCH-11:00 OPT PICK UP

CARD CLUB-12:00

**THURS. JAN. 24**

ART CLASS-9:00  
SIT AND BE FIT-12:00  
MOVIE AND POPCORN-1:00-MAMMA MIA 2

**FRI. JAN. 25**

ART CLASS-9:00  
NICKEL BINGO-9:00  
ADVISORY COMMITTEE MEETING-10:00  
BINGO WITH A STRETCH-12:00

**MON. JAN. 28**

GAMES-10:00  
CROCHET-12:00  
CARD CLUB-12:00

**TUES. JAN. 29**

NICKEL BINGO-9:00  
TAXPAYER IDENTITY THEFT INFORMATION-11:00  
BINGO WITH A STRETCH-12:00  
POKER-12:00

**WED. JAN. 30**

BRIDGE-9:00  
MEMORY GAMES-10:00-FAMILY FEUD  
CARD CLUB-12:00

**THURS. JAN. 31**

ART CLASS-9:00  
SIT AND BE FIT-12:00  
MIND MATTERS VIDEO-1:00-POTTSVILLE MAROONS FOOTBALL TEAM

---

\***GRIEF SUPPORT GROUP**-WE WOULD LIKE TO START A GRIEF SUPPORT GROUP. THE GROUP WOULD MEET DURING THE DAY FOR 1 HOUR, ONCE A WEEK TO HELP NAVIGATE OUR GRIEF. IF YOU ARE INTERESTED IN BEING A PART OF THIS GROUP, PLEASE TALK TO CLAUDETTE OR BETSY. "NO ONE EVER TOLD ME THAT GRIEF FELT SO MUCH LIKE FEAR" C.S. LEWIS

\***INCLEMENT WEATHER CLOSING**-ALWAYS WATCH CHANNEL 11 WPXI AND CHANNEL 4 WTAE FOR UPDATES ABOUT THE CENTER CLOSING. WE WANT EVERYONE TO BE SAFE THIS WINTER.

\***LUNCH REGISTRATIONS**-PLEASE REMEMBER TO SIGN UP FOR LUNCH THE DAY BEFORE BY 12:00 NOON. YOU CAN EITHER COME INTO THE CENTER OR CALL AND HAVE A MEMBER OF STAFF SIGN UP FOR YOU. YOU CAN ALWAYS SIGN UP IN ADVANCE AND CALL TO CANCEL IF YOU CAN'T MAKE IT. WE WOULD RATHER HAVE TOO MUCH THAN NOT ENOUGH.

## PREVENTING POISONING

Carbon Monoxide • Never try to heat your home with your stove, oven, or grill since these can give off carbon monoxide—a deadly gas that you cannot see or smell. • Make sure there is a carbon monoxide detector near all bedrooms, and be sure to test and replace the battery twice a year.

Medications • Keep all medications in their original containers so you don't mix up medicines. • Ask your pharmacist to put large-print labels on your medications to make them easier to read. • Take your medications in a well-lit room, so you can see the labels. • Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.

Cleaning products • Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases

**CALL 911 FOR ALL EMERGENCIES**