

LifeSpan

Resources and Services for Older Adults

Chartiers Resource Center

300 Lincoln Avenue:

Carnegie, PA 15106

Regional Manager: Claudette Biers

Hours of Operation:

Monday-Friday 8am to 4pm

Phone Number: 412 276-5056

Web Site: www.lifespanpa.org

January

SPECIAL DAYS IN JANUARY:

JANUARY 17TH— CLOSED MARTIN LUTHER KING DAY

Bring on
the
NEW YEAR!



MONDAYS

8am-4pm FITNESS CTR OPEN

10am- LINE DANCING

12pm- EUCHRE CARD CLUB

1pm- CROCHET w/ROSE

TUESDAYS

8am - 4pm FITNESS ROOM OPEN

12:15 pm BINGO

SPECIAL TUESDAYS:

JANUARY 18TH—10AM—DR. HESS

FIRST COME/FIRST SERVE

PLEASE MAKE SURE TO SIGN UP!

WEDNESDAYS

8 am to 4 pm Fitness Center Open

9 am—11:30 am Art Class

10 am Bridge

12 pm Games

Special Wednesdays

JANUARY 5TH BOOK CLUB 10AM

—HOME FRONT

BY KRISTIN HANNAH

COME JOIN THE DISCUSSION

NEXT MONTHS BOOK:

STANDING IN THE RAINBOW

BY FANNIE FLAGG

JANUARY 12TH & 26TH CARD CLUB

500 BID

NOON 12 PM

THURSDAYS

8 am - 4 pm - Fitness Center Open

9 am - 11:30 am - Art Class

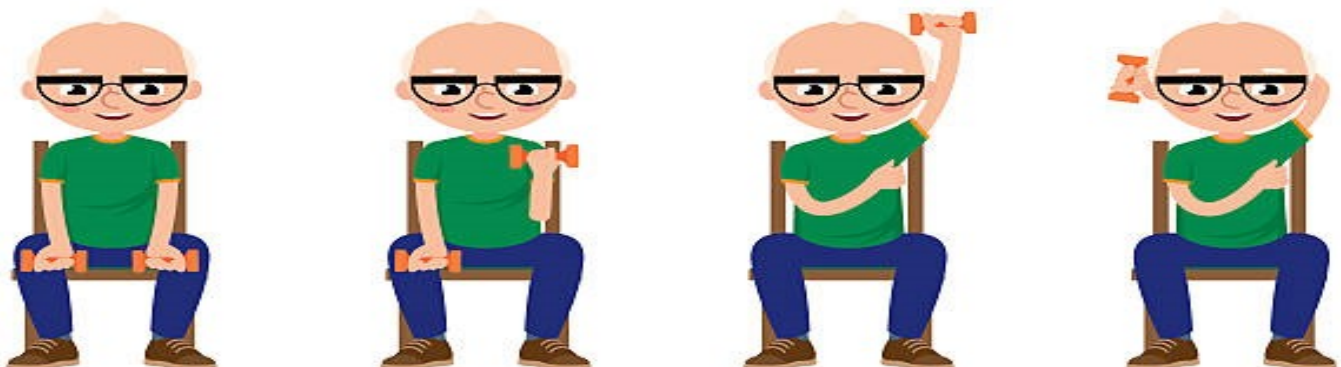
10 am - Line Dancing

1 pm—CCAC Chair Exercise with Amy

Special Thursdays

**JANUARY 6TH - CCAC CHAIR EXERCISE
BEGINS WITH AMY**

**JANUARY 20TH—LUNCH BUNCH OUTING—
CHECK WITH OFFICE FOR DETAILS**



FRIDAYS

8 am to 4 pm FITNESS CTR OPEN

12:30 pm BINGO W/STRETCH

Special Fridays

JANUARY 14TH—BOX LUNCH -

CHICKEN SALAD w/MULTIGRAIN BREAD, BANANA—
MUST SIGN UP BY JANUARY 5TH

JANUARY 14TH—PINOCHLE -10:30AM

JANUARY 21ST—ADVISORY COMMITTEE MTG 10AM

JANUARY 28TH - BOX LUNCH -

COLD ROAST BEEF w/SWISS ON WHEAT BUN, BROCCOLI SLAW, POTATO SALAD & APRICOT HALVES—
MUST SIGN UP BY JANUARY 19TH

JANUARY 28TH—CARD CLUB—500 BID—NELLIE

HAVE A SAFE & HEALTHY

NEW YEAR

2022!