



Resources and Services for Older Adults

2024



January Happenings

Bethel Park Hours of Operation

Monday-Friday 9AM to 3PM

5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Sami Styche: Regional Manager/I&R Specialist

Gary Allen: Site Coordinator

www.lifespanpa.org



LifeSpan January Closures

All LifeSpan Centers will be closed Monday, January 1st & Tuesday, January 2nd for New Years!

All LifeSpan Centers will be closed on Monday, January 15th for Martin Luther King Day!

Daily Lunch Service

Lunch will be served daily at 11:30AM, please arrive on time! Lunch reservations must be made at least 2 days prior before 12:00PM! Lunch is a suggested donation of \$2.00! We can not wait to see you for lunch!

2023 Membership Drive

\$10 per year (July-June)

Eligible to receive Perk Card

Member Benefits Include: Parties, classes, socialization, trips, crafts, clubs, surprises, fitness, and many more!

See Sami or Gary in office for more information!

Join or Renew Your Membership



SPEAKERS AND PRESENTATIONS

January 5th: Seniors Helping Seniors @ 10AM, Fall Risks

January 9th: Quality Insights @ 11:30AM, Palliative Care: The More You Know

January 10th: District Attorney Office @ 11:30AM, Scam & Fraud Prevention

January 24th: UPMC @ 11:30AM, Fall Prevention

Advisory Committee Meeting

Wednesday, January 24th @ 11:00AM

Let your voice be heard!

This meeting is for any person with ideas, suggestions or concerns to help improve daily operations. All ideas and comments welcome!



Quilting

January 8th, 2024

12:30PM-2:00PM

Come meet some amazing quilters and join our group!

Tablet Lending Program

LifeSpan Senior Centers are offering an IPAD Lending Library Program. Sign Out a Tab4, Apple Tablet, or Kindle for use at the center **ONLY!**

Don't know how to use a tablet? No problem, we have step by step instructions for your convenience.

Interested in more information see Sami or Gary in LifeSpan Office!



Rivers Casino Trip

Thursday, January 25th, 2024

OPT Pick Up 10:15AM, OPT Return 2:00PM

MUST HAVE 5 FOR OPT!

Please sign up by January 18th!



Learning to Live in Their World Dementia

Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

January 8th, 2024

12:30PM-1:30PM

Presented by Jamie Bennett, MSW, NHA, PCHA,
Amedisys Hospice Outreach Specialist

Whether you are providing care in your own home or your loved one is in another setting, we are ALL caregivers. Jamie will share her own journey as a daughter in-law caring for her mother in-law with dementia, as well as professional experiences. Learn more about what resources are available to assist you along the journey. Come and share your journey, as we are all in this together!

BLOOD PRESSURE SCREENINGS!

January 17th @ 11:00AM, Amedisys Hospice



Chair Exercise every Friday

9:30AM-10:30AM

\$4 per class

Instructor: Amy Taylor

Aerobics every Thursday

10:00AM-11:00AM

\$4.00 per class

Instructor: Christi Fredrick

**Indoor Walking Track
Available Monday
through Friday
9AM to 3PM**

Line Dancing every Tuesday and Friday

9:30AM-11:00AM

\$4 per class

Instructor: Bernie Gillotti



Pittsburgh Opera: Proving Up

Sunday, February 25th, 2024

Showtime: 2:00PM (Runtime 1 hour 30 minutes)

ONLY 10 TICKETS AVAILABLE!!

Please sign up on sign in sheet and names will be pulled for winners if names go over ten.

A family of Nebraskan homesteaders in the 1870s dreams of "proving up." They endeavor to obtain the deed to the land they've settled by fulfilling the requirements of the Homestead Act: five years of harvest, a sod house dwelling, and perhaps the most elusive element—a glass window.

With their eldest son incapacitated, Ma and Pa send their youngest living child Miles on a mission to share the valuable commodity with their distant neighbors who are expecting a visit from a government inspector. Miles' journey brings him face to face with the remnants of a shattered past—the ghost of a neighboring farmer driven mad by the requirements of "proving up." The willowy figure knows all too well the cost of the American Dream, and the coveted window soon becomes a broken mirror reflecting great tragedy.

SAIL PROGRAM

(Stay Active and Independent for Life)

January 4th, 11th & 25th @ 12:00PM-12:45PM

FREE PROGRAM

CERTIFIED INSTRUCTOR: Sami Styche

Work out with & without chairs, using exercise balls & weights. The program is designed to help you balance & strengthen muscles, and the most important part have fun!! You will benefit by building a stronger you!!

CARDS

Hand & Foot: Every Tuesday @ 10:30AM

Pinochle: Every Friday @ 12:00PM



BINGO MADNESS!

Every Wednesday starting at 12:15PM; please arrive early to purchase bingo cards!

\$1 Hot Dog Day

Wednesday, January 17th, 2024

11:45AM

\$1 per hot dog or ONE Perk

Please mark how many hot dogs you would like!

Please sign up and pay by January 10th!



Lunch Bunch

Texas Roadhouse

Thursday, January 18th, 2024

OPT Pick Up 10:15AM, OPT Return 1:30PM

PLEASE ARRIVE EARLY FOR TRANSPORTATION

MUST HAVE 5 for OPT!

1155 Washington Pike, Bridgeville PA 15017

Please sign up January 11th!

Sami's Sweet and Savory Snack Day

Homemade Oatmeal Raisin Cookies

1/2 Dozen \$3.00, dozen \$5.00

Friday, January 26th, 11:00AM pick up

Please sign up and pay by January 19th!!



Vegetable Soup Day

Friday, February 2nd, 2024

11:30AM

\$3.00 a bowl (eat here)

\$7.00 a quart (take home)

Sign up and pay by January 26th!

St. Patrick's Day Bingo



Friday, March 15th, 2024

10:30AM-2:00PM (doors open at 10:15AM)

\$15.00 per person

(lunch, treat bag, and 1 bingo package included with price)

11 bingo games (6 regulars, 4 specials, 1 coverall), Share of the Wealth, Candy Counting, and more.

Menu: TBA

Please sign up and pay by February 23rd!

LIMITED SPACE, NO REFUNDS!!



New Year's Word Search

J A N U A R Y F R I E N A C E
F R I E N D S Y A S R I L A H
N E Y S E R T I E M O W B L C
B S I L Y F A E N E I Y A E O
N O C R N V N V E Y D L B N U
A L D C L O C K L T I E Y D N
R U V E W M I D N I G H T A T
V T O A S T W S N O L Y I R D
G I A N I N G S E V E U A R O
C O N F E T T I T M I N G S W
R N O L C E L E B R A T I O N
A J A N U E L V E I M K E R A
Y P A R T Y H A A P Y S E V W
N E W Y E A R C L O K S O R Y
S H A P P Y E B A L L R E S O

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST

