

# LifeSpan

Resources and Services for Older Adults

**Chartiers Resource Center**

**300 Lincoln Avenue:**

**Carnegie, PA 15106**

**Regional Manager: Claudette Biers**

**Site Coordinator: Jeff Biers**

**Hours of Operation:**

**Monday-Friday 8am to 4pm**

**Phone Number: 412 276-5056**

**Web Site: [www.lifespanpa.org](http://www.lifespanpa.org)**

**Lunch: Served Daily at 11:30 AM**



# January

**CENTER CLOSED JAN. 1ST & 2ND  
NEW YEAR'S**

## **TAX APPOINTMENTS MAKE ONE NOW!**

**We will begin to make tax appointments on January 3rd. We will be doing appointments on Mondays and Tuesday beginning on Monday, February 5th and ending on Tuesday, April 9th.**

**Please make sure to call for an appointment as soon as possible because the time slots get filled up fast.**

**CALL 412-276-5056**

# MONDAYS

**8am - 4pm FITNESS CENTER OPEN**

**10-11:30 LINE DANCING w/Claudette**

**12pm EUCHRE w/Pat Turney**

**1pm Cardio Drumming**

# TUESDAYS

**8am - 4pm FITNESS CENTER OPEN**

**12:15pm BINGO W/STRETCH**

## **SPECIAL TUESDAYS**

**January 9th - 10am -11am Ryan Sweeney from  
Spinal Cord/Chronic Pain/Diabetic Neuropathy**

**January 16th - 10am - 11am Nutrition Education**

**January 23rd - 10am - 11am To Be Announced**

**January 30th - 10am-11am Blood Pressure  
Check**

# WEDNESDAYS

**8am-4pm FITNESS CTR OPEN**

**9:30am ART CLASS**

**w/Ann McCartney**

**9:30am BRIDGE**

**12pm GAMES**

**January 3rd Book Club—**

**The Last Thing He Told Her by Laura Dave**

**Next book: Heart Bones by Colleen Hoover**

**January 3rd, 17th & 31st 12pm HAND & FOOT**

**January 10th & 24th 12pm 500 Bid**

**HAVE A HAPPY &  
HEALTHY NEW YEAR**

# **THURSDAYS**

**8am-4pm      FITNESS**

**CENTER OPEN**

**9:30am      ART CLASS**

**w/Ann McCartney**

**10am      LINE DANCING**

**w/Claudette**

**12pm      Games//Farkle**

**1pm      Cardio Drumming**

**2:30pm      TOPS Meeting**

**A New Program to**

**Start in February**

**ON THE MOVE - This is a evidence based program to help keep older adults moving and healthy.**

# **FRIDAYS**

**8am-4pm FITNESS CENTER OPEN**

**January 5th, 12th, 19th & 26th**

**Special Event–** see office for details

**January 12th 10:30am**

**Double Pinochle** w/M.L. Gruda

**January 5th, 12th, 19th & 26th**

**Night Bingo**

**January 26th 10:30am**

**500 Bid** w/N. Kinavey