



Resources and Services for Older Adults

January 2024



Knoxville Hours of Operation

Monday, Wednesday, and Friday 9AM-2PM

Tuesday and Thursday 8AM-1PM

320 Brownsville Road Pittsburgh, PA 15210

(412) 420-8147

Amanda Gordon, Site Coordinator

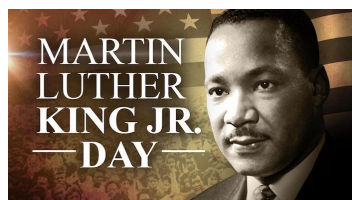
www.lifespanpa.org



Center Closures

All LifeSpan Centers will
be closed Jan 1st and
2nd to celebrate the
New Year Holiday!
LifeSpan will reopen on
Jan 3rd at 9AM!

All LifeSpan Centers will
be closed on Monday
Jan 15th in observance
of Martin Luther King
Day.



Daily Lunch Service

Lunch will be served daily at 11:30AM, please arrive on time! Lunch reservations must be made 2 days before by 11:00AM! Lunch is a suggested donation of \$2.00! We are excited to have everyone back at the center for a hot and ready meal!



Please welcome Mitzi aboard to Knoxville Lifespan.

Mitzi has many new and fresh ideas to bring to our center such as some awesome Crafts!

We are excited to see what is to come in the New Year for our LifeSpan Center!

(412) 420-8147
Call for more
Information



New and Exciting Activities

Advisory Committee Meeting

Thursday, January 18th @ 11:45AM

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!



BINGO

Tuesday, Thursday

10:30am-11:30am

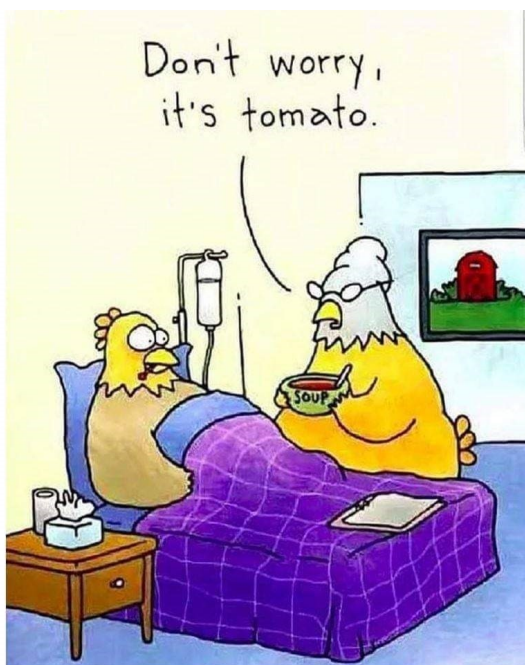
Upcoming Speakers and Presentations

January 9th: Penn State Extension @ 10:30AM, Healthy Living

January 16th: UPMC @ 10:00AM, Bingo Sponsor

January 18th: Allegheny County District Attorneys Office @ 10:00AM, Fraud & Scam Prevention

January 25th: Quality Insights @ 10:00AM, Healthy Eating



As we head into the winter months, here are some warning signs of Carbon Monoxide Poisoning:

- Headaches
- Weakness
- Nausea or vomiting
 - Dizziness
 - Confusion
- Blurred vision
- Loss of consciousness

