

LifeSpan

Resources and Services for Older Adults

Chartiers Resource Center

300 Lincoln Avenue:

Carnegie, PA 15106

Regional Manager: Claudette Biers

Lunch: Served Daily at 11:30 am

Hours of Operation:

Monday-Friday 8am to 4pm

Phone Number: 412 276-5056

Web Site: www.lifespanpa.org



CCAC SPRING CLASSES START

- **FRIDAY MARCH 1ST**

RESTORATION & RELAXATION

BY MONIQUE FLOWERS 9:30 am-11 am

- **FRIDAY MARCH 8TH & 22ND**

TABLE TALK LECTURES

BY CATHY MORROW 9:30 am-11 am

- **FRIDAY MARCH 22ND**

ARTS & CRAFTS

BY JOANN JURCZAK 9 am-11 am

TREES WITH BUTTONS & FLOWERS

MONDAYS

8 am - 4 pm FITNESS CENTER OPEN

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

12 pm EUCHRE w/Pat Turney

1 pm Cardio Drumming

TUESDAYS

8 am - 4 pm FITNESS CENTER OPEN

12:15 pm BINGO W/STRETCH

SPECIAL TUESDAYS

March 5th—Nutrition Education 10:30 am

March 12th—Blood Pressure Check

with Gateway 10 am - 11 am

March 19th—Pain Management with Ryan 10 am

March 26th—To Be Announced 10 am -11 am

WEDNESDAYS

8 am-4 pm FITNESS CENTER OPEN

9:30 am ART CLASS

w/Ann McCartney

9:30 am BRIDGE

12 pm GAMES

March 6th Book Club—

I Will Find You by Harlen Cobin

Next book: Mystery Guest by: Nita Prose

March 6th : Advisory Committee Meeting 10 am

March 6th & 20th Hand & Foot 12 pm

March 13th & 27th 500 Bid 12 pm

**HAPPY ST.
PATRICK'S DAY**

THURSDAYS

8 am-4 pm FITNESS CENTER OPEN

9:30 am ART CLASS

w/Ann McCartney

10 am LINE DANCING

w/Claudette

12 pm Games//Farkle

1 pm Cardio Drumming

2:30 pm TOPS Meeting

CCAC CLASSES:

Restoration & Relaxation: Keeping the stress levels down is important for mental & physical health, especially as we grow older.

Table Talk Lectures: See Pittsburgh or your own retirement through new eyes, as you enjoy an engaging talk.

Arts & Crafts: Explore many mixed media projects representing the fiber arts, paper crafts, traditional arts and traditional and unique embellishments. This is a chance to transform creative skills into a one of a kind project.

FRIDAYS

8 am-4 pm FITNESS CENTER OPEN

CCAC CLASSES COMING APRIL!

***Painting Made Fun—Mondays**

***Arts & Crafts—Fridays**

***Restoration/Relaxation –Fridays**

***Table Talk Lectures—Fridays**

March 1st, 8th, 22nd & 29th Special Event 12:30 pm

– see office for details

March 1st, 8th, 22nd & 29th Evening Bingo 4:30 pm-8 pm

sell cards at 4pm & start calling at 4:30 pm

March 8th 10:30 am Double Pinochle w/M.L. Gruda

March 15th—St Patrick's Day Party 10 am -3 pm

Performance at 11 am, Lunch at 1 pm; DJ Eddie

\$7 w/o Perks Card/\$5 with Perks card.

March 22nd 10:30 am 500 Bid w/N. Kinavey