



April Happenings

Bethel Park Hours of Operation

Monday-Friday 9:00AM to 3:00PM

5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Sami Styche: Center Services Associate Director/Center Supervisor/I&R Specialist

Gary Allen: Site Coordinator

www.lifespanpa.org



CCAC Mental Aerobics/Boost Your Brain

4 week session on Mondays starting April 22nd-
May 13th from 10:00AM-11:30AM

Did you know that keeping your brain mentally fit is important to healthy aging? Enjoy fun games and activities that help improve memory, increase attention, and broaden thinking skills.

FREE!!

Sign up by April 17th!

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!

Ceramic Rainboot Painting

Monday, April 15th, 2024

10:00AM-11:00AM

\$3.00 donation for supplies

Instructor: Sami Styche

Sign up by April 11th!



CCAC Healthy Cooking

3 week session on Fridays starting May 3rd-May 17th from 12:30PM-2:30PM

FREE!

Limited Space, Sign Up Today!



SPEAKERS AND PRESENTATIONS

April 1st: Senior Connect Card Enrollment Clinic 10AM-1PM

April 5th: Quality Insights @ 11:30AM, evolution of a hip/knee replacement with being prepared, coming home from surgery and support afterwards.

April 10th: Mediconnect @ 10AM-12PM, Meet and Greet & Information Table

April 12th: Amerihealth @ 11:30AM, Medication Safety

April 15th: Sheridan of Bethel Park @ 11:30AM, Decade Day 1940s history and fun facts!

April 24th: Senator Robinson's Office @ 11:30AM, Yellow Dot Program, Revenue, Veteran Services, Dept. of Transportation (many do not know if they make 19,200 or less, they can get their car registration for \$10.00) and other state related departments.

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!

Advisory Committee Meeting

Monday, April 22nd, 2024 @ 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!

Rivers Casino Trip

Thursday, April 25th, 2024

OPT Pick Up 10:15AM

OPT Return 2:00PM

MUST HAVE 5 FOR OPT!

Please sign up by April 18th!



Learning to Live in Their World Dementia

Support Group

2nd Monday of Every Month!

DATE CHANGE FOR APRIL 2024!

FREE SUPPORT GROUP

April 9th, 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!

April 17th @ 11:00AM, Amedisys Hospice



Line Dancing every Tuesday and Friday

9:30AM-11:00AM

\$4 per class

Instructor: Bernie Gillotti



Stay Active & Independent for Life (SAIL)

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

Quilting

April 8th & 22nd, 2024

12:30-2:00

Come meet some amazing quilters and join our group!

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



SAIL PROGRAM

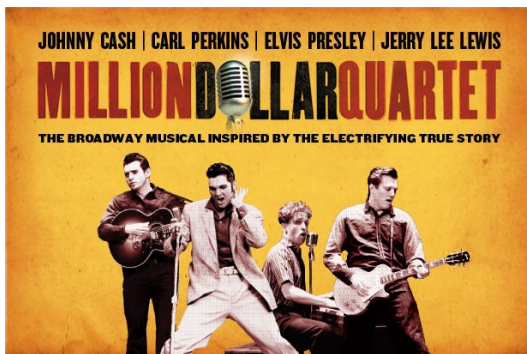
(Stay Active and Independent for Life)

April 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!!



Pittsburgh Cultural Trust: Million Dollar Quartet

Sunday, April 21st, 2024

Gargaro Theater

327 S Main St. Pittsburgh, PA 15220

Showtime: 1:30PM (Runtime: TBA)

ONLY 17 TICKETS AVAILABLE!!

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

The Tony® Award-nominated musical MILLION DOLLAR QUARTET is set on December 4, 1956, when an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. MILLION DOLLAR QUARTET brings that legendary December night to life with an irresistible tale of broken promises, secrets, betrayal, and celebrations that is both poignant and funny.

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, April 24th, 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 April 17th!

CARRIAGE INN
RESTAURANT & CATERING



Lunch Bunch

Carriage Inn

Thursday, April 18th, 2024

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

PLEASE ARRIVE EARLY FOR TRANSPORTATION

MUST HAVE 5 for OPT!

1601 Lovedale Rd. Elizabeth, PA 15037

Please sign up April 11th!

Sami's Sweet and Savory Snack

Day

Homemade Birthday Cake Chocolate
Chip Cookies

\$3.00 1/2 dozen or \$5.00 a dozen

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

Please sign up and pay by April
19th!!



Pittsburgh Pirates Game

Pittsburgh Pirates vs San Francisco Giants

Thursday, May 23rd, 2024

OPT Pick Up 11:00AM, OPT Return 4:00PM

Game Start Time 12:35PM!

\$35 per person, includes a \$10 loaded value!!

Section 103-105, Undercover! (Section TBA)

Sign up and pay by April 23rd!



Spring is in the Air Dessert Day

Wednesday, April 3rd, 2024

11:30AM

Spring Theme Cake

Provided by Artis Senior Living

Sign up by March 28th!

April Fools Day Pancake Breakfast

Monday, April 1st, 2024

10:00AM-11:00AM

\$5.00 per person, ONE PERK SAVE \$1.00

Pancakes, Assorted toppings, coffee, and juice

Please sign up and pay by March 28th!



HOME MEDSTM

HomeMeds

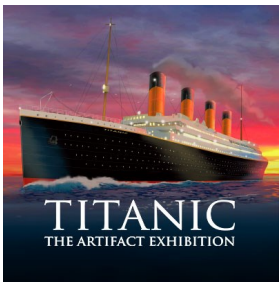
Get a complimentary assessment of the medication you
take!

Avoid falls and stay out of the hospital!

Assessments can be done over the phone or in person.

Get entered for a chance to win a \$50.00 gift card!

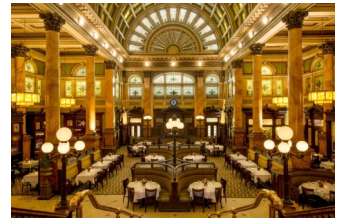
See Sami Styche for more information or to make an
appointment!!



Titanic: The Artifact Exhibition

Thursday, April 11th, 2024 from 9:45AM-2:30PM

\$105 per person



Included: Round trip transportation, timed ticket to TITANIC: The Artifact Exhibit at Carnegie Science Center, multi course lunch at the Grand Concourse Restaurant, tour guide escort and all gratuities!



PLEASE SEE ITINERARY FOR MORE DETAILS!!

Only 25 seats available, sign up today!!



April Showers
Bring May Flowers



“The Voice of Sinatra”



@ Dinner Theater of Das Dutch Haus Inn in Columbiana, Ohio

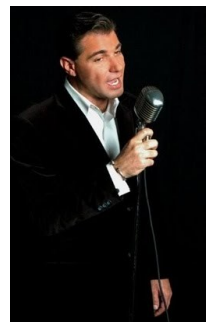
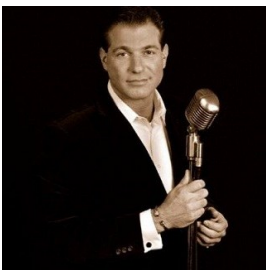
Wednesday, June 12th, 2024 from 9:00AM-5:30PM

\$150 per person

Included: Round trip transportation, shopping at Das Dutch Village Shops, lunch matinee with “The Voice of Sinatra: Tribute Show:”, and all gratuities!

PLEASE SEE ITINERARY FOR MORE DETAILS!!

Only 38 seats available, sign up today!!





Spring Word Search



BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

APRIL

MAY

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