

# 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 8 AM to 4 PM**

**Phone Number: 412 276-5056**

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



## **CCAC CLASSES IN APRIL**

**ARTS & CRAFTS—SEE FRIDAY**

**PAINTING MADE FUN—SEE MONDAY**

**R & R—SEE FRIDAY**

# 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**

## CCAC PRESENTS

April 22nd & 29th Painting Made Fun

w/ Mary Ann Carvlin 9 AM-11 AM

**You MUST sign-up 1 week in advance!**

This class is designed for everyone, even if you think you can't paint. Painting has no level; everyone is an artist, just in different techniques. Enjoy getting creative with your friends at the center and see how you can amaze yourself with your talent. Supplies are provided, just bring an old smock or an old shirt to paint in.

# TUESDAYS

**8 AM - 4 PM FITNESS CENTER OPEN**

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

## **SPECIAL TUESDAYS**

**April 2nd —Senior Companions**

**with John Miller 10:30 AM**

**April 9th—Blood Pressure Check**

**with Gateway 10 AM - 11 AM**

**April 16th—Quality Insights with Lisa 10:30 AM**

**April 23rd—Dr. Hess—Must sign up 9:45 AM**

**April 30th—Nutrition Education**

# WEDNESDAYS

**8 AM-4PM FITNESS CENTER OPEN**

**9:30 AM ART CLASS**

**w/Ann McCartney**

**9:30 AM BRIDGE**

**12 PM GAMES**

April 3rd Book Club—

Mystery Guest by Nita Prose

Next book: The Boys on the Boat

by: Daniel James Brown

April 3rd : Advisory Committee Meeting 10 AM

April 3rd & 17th Hand & Foot 12 PM

April 17th Poker—\$10 Poverty 12 PM

w/N. Kinavey

April 10th & 24th 500 Bid 12 PM

# 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**

**APRIL 18TH - 11:30 AM LUNCH BUNCH OUTING—**

**CHEESECAKE FACTORY - Must sign up & have OPT!**

## **CCAC CLASSES:**

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

**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**

## **Friday Night Bingo has been cancelled due to staffing issues**

We would like to start Bingo on Fridays in May but need to see how many would be interested. Please sign up during the month of April so that we can have Bingo on Fridays paying the higher payouts.

April 5th, 12th, 19th & 26th Special Event 12:30 PM

– see office for details

April 5th Restoration & Relaxation 9:30 AM—11 AM

by Monique Please sign up 1 week in advance!

April 12th 10:30 AM Double Pinochle w/M.L. Gruda

April 26th 10:30 AM 500 Bid w/N. Kinavey

April 26th Arts & Crafts by JoAnn Jurczak 9 AM-11 AM

Butterfly Welcome Wreath - Make sure to sign up!