

LifeSpan

Chartiers, Active Life Center
300 Lincoln Avenue
Carnegie, PA 15106
Regional Manager: Claudette Biers

Hours of Operation:
Monday-Friday 9am to 3pm
Phone Number: 412 276-5056
Web Site: www.lifespanpa.org



MARCH EVENTS

**March 3rd, 10th, & 31st - On The Move
Class - Mondays 2pm to 3pm**

**March 4th 10:30am - Oak Street Health
Fall Prevention**

**March 20th 11:30am Red Hats -
Bob's Diner**

MONDAYS

9am - 3pm FITNESS CENTER

10am-11:30am LINE DANCING

12pm EUCHRE w/Pat Turney

1:00pm Chair Exercise

RENEW YOUR MEMBERSHIP

DONATE \$10

RECEIVE YOUR PERKS CARD &

ACCESS TO THE FITNESS CENTER

(Now included w/membership)

Must have physicians form completed to use the gym.

TUESDAYS

9am - 3pm FITNESS CENTER

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

**March 4th - Oak Street Health - 10:30am
Fall Prevention**

March 11th 10am Nutrition Education

March 25th 10am Health & Wellness

WEDNESDAYS

9am-3pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

9:30am BRIDGE

12pm GAMES

SPECIAL WEDNESDAYS

March 5th - Advisory Committee Meeting

10am

March 5th - Book Club - Simply Lies - 10am

Next Book: Black Book by James Patterson

March 5th & 19th - Hand & Foot - 12pm

March 12th & 26th - 500 Bid - 12pm

THURSDAYS

9am-3pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

10am LINE DANCING w/Claudette

12pm Games//Farkle

1:00pm Chair Exercise w/Claudette

1:30pm TOPS Meeting

MAKE SURE

TO RENEW

YOUR MEMBERSHIP

DON'T BE LEFT OUT OF ALL OF THE FUN!

FRIDAYS

9am-3pm FITNESS CENTER OPEN

12:15pm BINGO W/STRETCH

SPECIAL FRIDAYS

March 7th & 14th Double Pinochle 10:30am

March 21st - Mahjong 11:00am

March 28th - Silver Scripts 10am-12am

**March 28th - Clinton Rhoades -
Health & Wellness**

March 28th 500 Bid 10:30am

HAPPY

St. PATRICK'S

DAY!

2025