



Bethel Park Active Life Center

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

5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Sami Styche: Center Services Assoc

Director/I&R Specialist

Christie Rethage: Center Supervisor

Indoor Walking Track Available

Monday through Friday

9:00 AM to 3:00 PM

NEED A RIDE??

Did you know that you can sign up for ACCESS/OPT at LifeSpan?

Stop by the office and see Christie, bring your driver's license or photo ID

ADVISORY COMMITTEE MEETING

Tuesday, April 8th, 2025

@ 11:00 AM

Let your voice be heard!

This meeting is for any person with ideas, suggestions or concerns to help improve daily operations.

DAILY LUNCH SERVICE

Lunch is served daily at 11:30 AM, please arrive on time! Lunch reservations must be made at least **2 days** prior before 12:00 Noon.

Suggested donation of \$2.00 is appreciated

Please call if you need to cancel so someone on the wait list can eat

SPEAKERS AND PRESENTATIONS

Friday April 4th

Silver Scripts in Lounge @10:00 AM-12:00 PM

University of Pitt Pharmacy Students

Tuesday April 15th

Caregiver Navigation Plan @ 11:30 AM

Scott w/ Caregivers Resource Group

Friday April 18th



AARP DRIVER SAFETY COURSE

Full Course

Monday May 5th and Tuesday May 6th, 2025

9:30-2:00 PM

Refresher course Tuesday, May 13th, 2025

9:30-2:00 PM

There will be a 1/2 hour lunch break each day at 11:30 AM

Please call 412-831-7111 to schedule—limited space

HOMEMEDS MEDICATION SCREENING—AGES 60+

Call and make an appointment with Christie at LifeSpan

412-831-7111 or crethage@lifespansa.org

Bring a list of your medications, dosage & OTC meds

Your information will be entered into a system and be reviewed by

a Giant Eagle Pharmacist

You will be contacted if the pharmacist finds any red flags

Get a \$5 Walmart Gift Card for participating!

SPECIAL EVENTS



OPEN HOUSE

Thursday, May 22nd, 2025

10:00 AM-2:00 PM

Free, open to the public!

Join us in celebrating Older Americans Month with a patriotic themed Open House of our wonderful center!

Games, Lunch, and Information Tables!

Lunch served at 11:00 AM, Menu TBD

Alabaster Performing Arts Patriotic Performance at 12:00 Noon

Sign up for lunch by Thursday, May 13th!!



PIRATES GAME vs GIANTS



Wednesday, August 6th, 2025

Game Start Time 12:35 PM

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

(must have ACCESS/OPT to take group transportation)

\$45 Per Person

Includes \$15 Loaded Value

Section 103 Undercover (Rows C-F)

Please sign up and pay by June 27th!!



MONDAY



Every Monday @ 12:15 PM

CINCO DE MAYO CRAFT

Monday May 5th @ 10:00 AM

Hosted by: Gena w/ John F. Slater
Funeral Home

Sign up by Monday April 28th



QUILTING GROUP

Mondays, April 14th & 28th, 2025

from 12:30 PM-2:00 PM

Come meet some amazing quilters
and join our group!

Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, April 14th, 2025

12:30 PM-1:30 PM

Presented by Jamie Bennett, MSW, NHA,
PCHA, Amedisys Hospice Outreach Specialist.

FREE SPRING CCAC CLASS

Mental Aerobics

Monday, April 21 and May 19, 2025

12:15 PM-1:45 PM

Call/stop in for more info and to sign up!

TUESDAY



Every Tuesday

@ 10:30 AM

CRAFTING w/ CHRISTIE

Ribbon Carrot Wall Hanging



Tuesday April 15th, 2025

@10:00 AM

\$5 Per Person

Sign up and pay by Friday, April 11th

WEDNESDAY



Every Wednesday

starting at 12:15 PM

Arrive by NOON to buy bingo cards!

(pay with small bills only please, no \$20s)

BLOOD PRESSURE SCREENING

Wednesday April 16th

@ 10:30 AM-11:30 AM—OSPTA

PITTSBURGH BALLROOM

DANCERS PERFORMANCE

Wednesday May 21st, 2025

10:00 AM-11:00 AM



Come watch the ballroom dancers perform and dance along if you want to

\$1 HOT DOG DAY

Wednesday, April 16th, 2025

@ 11:45 AM

\$1 per hot dog or ONE Perk

** Please sign up and
pay by April 9th**



Looking for space to hold your weekly card group?

See Christie in LifeSpan office for available days to meet!!

THURSDAY

LUNCH BUNCH

Rockwell's Red Lion Restaurant

Thursday, April 17th, 2025

@ 11:30 AM

OPT Pick Up 10:30 AM

OPT Return 1:30 PM

(must have ACCESS/OPT to take group transportation)

PLEASE ARRIVE 20 MIN EARLY FOR TRANSPORTATION

Please sign up by April 10th!

RIVERS CASINO TRIP

Thursday April 24th, 2025

OPT pickup 10:15 AM

OPT return 2:00 PM

(must have ACCESS/OPT to take group transportation)

FREE SPRING CCAC CLASSES

Healthy Cooking w/ Sam

Thursday April 3rd & May 1st

12:30 PM-2:30 PM

Call/stop in for info and to sign up!

FRIDAY

CHAIR EXERCISE

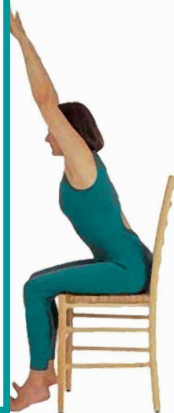
Every Friday

10:AM-10:45 AM

\$4.00 per class

Instructor:

Maryann Gerard



LINE DANCING

Resuming Spring 2025



We now have board games!

Grab a friend and play a game or two any day while you are visiting the center! Stop by the office to check out a game. FOR USE IN THE CENTER ONLY!



Every Friday

@ 12:00 PM

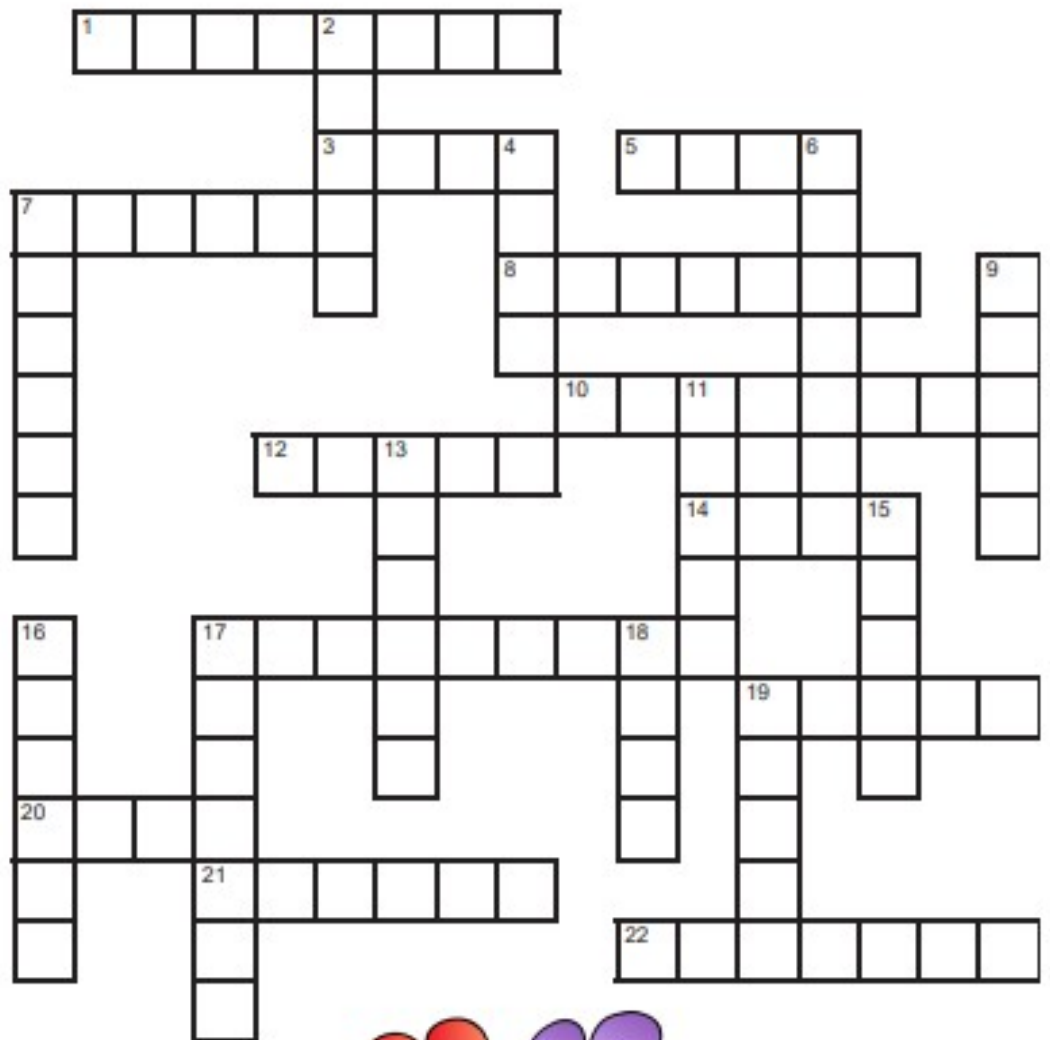
SPRING IS ALMOST HERE!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Mon

Tue

Wed

Thu

Fri

	<p>1 Chicken w/Gravy (1 Chicken Breast, 1/4 C Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread w/Margarine 1 Lorna Doone Cookie Apple Cal 631</p>	<p>2 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW bread w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 620</p>	<p>3 Chicken Avocado Salad (3/4 C Diced Chicken, 1 SS C Guacamole) Salad (2 C Lettuce Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686</p>	<p>4 Spanish Omelet (1 Omelets, Cheese, Salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Croissant w/Margarine 1/2 C Fresh Fruit Salad Cal 618</p>
<p>7 Meatloaf w/Gravy (1 Slice Meatloaf, 1/4 C Gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine Banana Bread (1 mini loaf) Cal 726</p>	<p>8 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread w/Margarine 1/2 C Strawberry Banana App- plesauce Cal 815</p>	<p>9 Beef Stroganoff (1 C Beef Stroganoff) 1 C Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 SI Pound Cake w/1/4 C Berries Cal 742</p>	<p>10 BBQ Turkey Flatbread (1/2 C Chopped Turkey, 1 SI Cheese, 1 Tbsp Coleslaw, & 1 Tbsp BBQ Sauce on Sandwich) 1/2 C Potato Salad WG Flatbread 1/2 C Fresh Cantaloupe Cal 666</p>	<p>11 Sweet & Sour Salmon (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748</p>
<p>14 French Onion Chopped Steak (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes 1/2 C Asparagus & Red Peppers WW Bread w/Margarine Pkt Mini Chocolate Chip Cookies Cal 864</p>	<p>15 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 655</p>	<p>16 Deli Plate (1/4 C Tuna Salad & 1/4 C Egg Salad) 1 C Lettuce, Tomato, Cucumber 1 C French Onion Soup WW Bread w/Margarine Fresh Orange 1 Pkt Berry Vanilla Cookies Cal 730</p>	<p>17 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637</p>	<p>18 Stuffed Shells (2 Shells w/Cheese Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Mandarin Oranges 1/2 C Chocolate Pudding Cal 811</p>
<p>21 Penne w/Meatballs (3 Meatballs w/1/4 C Sauce) 1/2 C Broccoli 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 670</p>	<p>22 Garlic Dijon Chicken (1 Chicken Breast w/garlic Dijon sauce) 1/2 C Whipped Sweet Potatoes 1/2 C Spinach 2 SI WW Bread w/Margarine 1/2 C Diced Pineapple Cal 621</p>	<p>23 Pulled Pork Sandwich (1/2 C Pulled Pork, 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 654</p>	<p>24 Chicken BLT Salad (3/4 C Diced Chicken, 2 Tbsp Bacon) 1 C Salad w/Dressing 1 C Zucchini Parmesan Soup 2 SI WW Bread w/Margarine 1/2 C Fresh Fruit Salad 1 Pkt Oreo Cookies Cal 932</p>	<p>25 Vegetable Lasagna (1 Piece lasagna, 2 Tbsp Mozzarella) 1/2 C Carrots 1 C Salad w/1 Pkt Dressing 1 Garlic Knot 1 Fresh Orange Cal 803</p>
<p>28 Maple Glazed Pork w/Gravy (1 SI Pork w/1/4 C Cider Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding w/1 Pkt Graham Crackers Cal 724</p>	<p>29 Pub Steak Cheeseburger (1 beef patty, 1 sl cheese, 1Pkt Ketchup) WW Sandwich Roll 1/2 C Broccoli w/Pkt Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826</p>	<p>30 Ham & Cheese Frittata (1 Frittata) 1 Greek Salad w/Dressing 1/2 C Roasted Red Potato Wedges 1 SI Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681</p>		