



# March Activities

## LifeSpan 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

[www.lifespanpa.org](http://www.lifespanpa.org)

### **Indoor Walking Track Available**

**Monday through Friday 9 AM to 3 PM**

### 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\*

### PIRATES GAME vs CUBS



Thursday, May 1st, 2025

Game Start Time 12:35PM

OPT Pick Up 11:00 AM

OPT Return 4:00 PM

*\$1 Hotdog Day*

**\$40 Per Person**

Includes \$10 Loaded Value

Section 103 Undercover (Rows C-F)

**Please sign up and pay by March 14th!!**

### ADVISORY COMMITTEE MEETING

Monday, March 10th, 2025 @ 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!

### TEACUPS & HONEYPOTS TOUR

**DAY TRIP \$135**

**Friday April 4th, 2025**

**@ 10:45 AM-3:00 PM**

*Roundtrip transportation, High Tea Service, Honey Tasting at local apiary, all taxes & gratuities included.*

Sign up and pay by Friday, March 22nd

Only 27 spots available!!

See flyer for more info!

## SPEAKERS AND PRESENTATIONS

**Mon March 3rd:** Nutrition with AHN & Highmark Wholecare @ 10:30 in Lounge  
Snacks and giveaways!

**Tues March 4th:** Janet w/ Seniors Helping Seniors,  
BINGO with prizes @11:45

**Wed March 5th:** Ryan w/ Abbott @ 11:30 AM

**Thurs March 6th:** Julie w/ MediConnect @ 11:30 AM

**Tues March 11th:** Ron w/ Aetna @ 11:30 AM—Medicare Q&A

**Friday March 14th:** Silver Sneakers 101 Workshop @11:30 AM

**Wed March 19th:** 25 Ways to Wellness with Joni from AmeriHealth @ 11:30 AM



### **FREE SPRING CCAC CLASSES**

#### **Healthy Cooking w/ Sam**

March 6th, April 3rd, and May 1st

12:30 PM - 2:30 PM

#### **Arts and Crafts w/ Mary Ann**

March 5th, April 2nd and May 7th

9:30 AM - 11:30 AM

#### **Mental Aerobics**

March 24, April 21 and May 19, 2025

12:15 PM-1:45 PM

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

### **BLOOD PRESSURE SCREENING**

Wed. March 19th @ 10:30 AM- OSPTA



### **Learning to Live in Their World**

#### **Dementia Support Group**

2nd Monday of Every Month!

FREE SUPPORT GROUP

**Monday, March 10th, 2025**

**12:30 PM - 1:30 PM**

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

### **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!**

## LUNCH BUNCH

**Mullaney's Harp & Fiddle in the strip**

**Thursday, March 20th, 2025 @ 11:30 AM**

OPT Pick Up 10:30 AM

OPT Return 1:15 PM

*PLEASE ARRIVE 15 MIN EARLY FOR  
TRANSPORTATION*

Please sign up by March 13th!

## \$1 HOT DOG DAY

Wednesday, March 19th, 2025

@ 11:45 AM

**\$1 per hot dog or ONE Perk**

\*\* Please sign up and

pay by March 12th\*\*



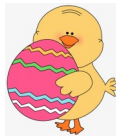
## EASTER THEMED CRAFT

Wednesday March 19th, 2025

@ 10:00 AM - 11:00 AM

Instructor: Nicole Kendall

Sign up by March 12th



## MOSAIC PICTURE FRAME CRAFT

Monday March 10th, 2025

10:00 AM - 11:00 AM

Hosted by Gena with John F. Slater  
Funeral Home

Sign up by March 3rd, 2025

## LET'S GO! SENIOR EXPO!

Visit LifeSpan on

**May 2nd, 2025 from**

**10 AM-12:30 PM**

Broughton Fire Hall  
1030 Cochran's Mill Rd  
Pittsburgh, PA 15236

\*Free Brunch and Raffle prizes,  
vendors and more!

Get your FREE tickets:

<https://tinyurl.com/letsgoseniorPITT>

## Pin a Clothespin on Christie for CASH

*Join us for a fun fundraiser!*

Stop by on Wednesday, March 19th  
and buy a clothespin for \$2 Pin it to  
Christie and she will wear them around  
all day on her shirt.

The winner will be chosen at 3:00 PM!

50/50 style - winner will receive

\$1 of each clothespin sold!



## TAI CHI FOR ARTHRITIS & FALLS PREVENTION

*\*NEW\* FREE CLASS*

Friday March 7th, 14th, 21st & 28th

Monday March 10th, 17th, 24th and 31st

**12:30 PM - 1:30 PM**

Every Friday & Monday for 16 weeks

**MUST REGISTER! Call 412-831-7111**



We now have board games!

Grab a friend and play a game or two while you are visiting the center! Stop by the office to check out a game.

**FOR USE IN THE CENTER ONLY!**

## RIVERS CASINO TRIP

March 27th, 2025

OPT pickup 10:15, OPT return 2:00 PM

Sign up by March 20th, 2025

## CARDS

Rummikub: Every Monday @ 12:15 PM

Hand & Foot: Every Tuesday @ 10:30 AM

Pinochle: Every Friday @ 12:00 PM

*Looking for space to hold your weekly card group?*

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

## CHAIR EXERCISE

Every Friday

10:00 AM - 10:45 AM

**\$4.00 per class**

Instructor:

Maryann Gerard



## LINE DANCING

*Resuming Spring 2025*



## QUILTING GROUP

**March 10th & 24th, 2024**

from 12:30 PM - 2:00 PM

Come meet some amazing quilters and join our group!



Every Wednesday starting  
at 12:15 PM

Arrive by NOON to buy bingo  
cards!

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



# St. Patrick's



## WORD SEARCH

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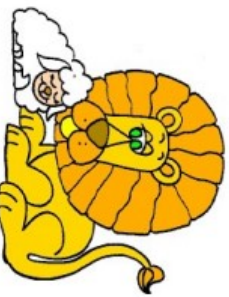

CHARM  
CLOVER  
COINS

GOLD  
GREEN  
HARP

HORSESHOE  
IRELAND  
LEPRECHAUN

LUCKY  
MARCH  
MISCHIEVOUS

PATRICKS DAY  
RAINBOW  
SHAMROCK

Mon	Tue	Wed	Thu	Fri
<p><b>3 French Onion Chopped Steak</b> (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes 1/2 C Asparagus &amp; Red Peppers WW Bread w/Margarine <b>Cal 864</b> 1 Pkt.. Mini Choc. Chip Cookies</p>	<p><b>4 Raspberry BBQ Chicken</b> (1 grilled chicken breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll <b>Cal 655</b> 1/2 C Fresh Cantaloupe</p>	<p><b>5 Deli Plate</b> ((1/4 C Tuna Salad &amp; 1/4 C Egg Salad) 1 C Lettuce, Cucumbers &amp; Tomatoes 1 C French Onion Soup WW Sandwich Roll <b>Cal 730</b> Fresh Orange, Berry Vanilla Cookies</p>	<p><b>6 Swiss Steak</b> (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear <b>Cal 637</b></p>	<p><b>7 Stuffed Shells</b> (2 Shells w/Cheese Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Mandarin Oranges <b>Cal 811</b> 1/2 C Chocolate Pudding</p>
<p><b>10 Penne w/Meatballs</b> (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1 C Tossed Salad w/Pkt Dressing 1/2 C Penne w/Sauce 1/2 C Jello <b>Cal 670</b></p>	<p><b>11 Garlic Dijon Chicken</b> (1 Chicken Breast w/Garlic Dijon Sauce) <b>Cal 621</b> 1/2 C Whipped Sweet Potatoes WW Bread w/Margarine 1/2 C Diced Pineapple</p>	<p><b>SUPER BINGO EVENT</b> <b>Special Party Menu</b></p>	<p><b>13 Chicken BLT Salad</b> (3/4 C Diced Chicken, 1 Tbsp Bacon) 1 C Salad (Lettuce, Tomato, Carrots w/Dressing), 1 Pkt Oreo Cookies 1 C Zucchini Parmesan Soup 2 Sl WW Bread w/Margarine 1/2 C Fresh Fruit Salad <b>Cal 932</b></p>	<p><b>14 Vegetable Lasagna</b> (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Tossed Salad w/Pkt Dressing 1 Garlic Knot 1 Fresh Orange <b>Cal 803</b></p>
<p><b>17 Maple Glazed Pork w/Gravy</b> (1 Slice Pork w/Cider Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts, WW Bread w/Margarine Banana Pudding w/Graham Crackers <b>Cal 724</b></p>	<p><b>18 Pub Steak Cheeseburger</b> (1 Beef Patty, 1 Sl Cheese, Pkt Ketchup on WW Sandwich Roll) 1/2 C Broccoli w/Pkt Ranch Dip 1 C Tomato Soup Fresh Orange <b>Cal 826</b></p>	<p><b>19 Ham &amp; Cheese Frittata</b> (1 Frittata) 1 C Greek Tossed Salad w/Pkt Dressing 1/2 C Roasted Red Potato Wedges Bread 1/2 C Greek Yogurt w/1/4 C Berries <b>Cal 681</b></p>	<p><b>20 Orchard Salad w/Chicken</b> (3/4 C Diced Chicken, 1 Tbsp Cheese) Salad/2 C Lettuce, Apples, Craisins) w/Pkt Dressing 1 Garlic Knot w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries <b>Cal 740</b></p>	<p><b>21 Macaroni &amp; Cheese</b> (3/4 C Macaroni &amp; Cheese, WG Pasta) 1 1/4 C Strawberry Spinach Salad w/Pkt Dressing 1/2 C Garlic Green Beans 1 Pkt Fig Newton Cookie <b>Cal 671</b></p>
<p><b>24 Stuffed Pepper</b> (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Bread w/Margarine 1 Sl Pound Cake w/ 1/4 C Berries <b>Cal 810</b></p>	<p><b>25 Broccoli &amp; Cheese Stuffed Chicken</b> (1 Breast) 1/2 C Green Beans &amp; Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad <b>Cal 601</b></p>	<p><b>26 Petite Beef Tenderloin Medallions</b> (1 Sl Beef w/Au Jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear <b>Cal 712</b></p>	<p><b>27 Italian Hoagie</b> (3 Sl Ham, 2 Sl Salami, 2 Sl Cheese) Lettuce, Tomato, Onion (On WG Hoagie Roll) 1 C Tossed Salad w/Dressing Fresh Apple <b>Cal 680</b></p>	<p><b>28 Mojo Marinated Cod Filet</b> (1 Cod Filet) 1/2 C Coleslaw 1 C Corn &amp; Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Orange <b>Cal 663</b></p>
<p><b>31 Firehouse Chili</b> (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe <b>Cal 656</b></p>	<p><b>March 9</b> </p>	<p></p>	<p></p>	<p></p>