

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



APRIL EVENTS

April 14 & 21st - On The Move Class

- Mondays 1pm to 2pm

April 4th, 11th and 25th - CCAC Crafts

w/Jo Ann - Fridays 9am -11am

See Friday for more information

April 17th - Red Hats Luncheon

Brick - N - Mortar Restaurant

MONDAYS

9am - 3pm FITNESS CENTER

10am-11:30am LINE DANCING

12pm EUCHRE w/Pat Turney

1:00pm Chair Exercise or

On The Move

April 7th & 28th Chair Exercise

1pm

April 14th & 21st On The Move

w/Claudette at 1pm

TUESDAYS

9am - 3pm FITNESS CENTER OPEN

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

April 8th 10:30am Natalia Deniscika

****Topic to be determined****

April 15th 9:30am Dr. Hess - Podiatrist

Sign up - First come, First Serve

April 29th 10:30am - Abbott Pain

Management w/Ryan

WEDNESDAYS

9am-3pm FITNESS CTR OPEN

9:30am ART CLASS

w/Ann McCartney

9:30am BRIDGE

12pm GAMES

SPECIAL WEDNESDAYS

April 2nd - Advisory Committee Mtg 10am

April 2nd - Book Club - Black Book

by James Patterson - 10am

Next Book: TBD

April 2nd, 16th & 30th - Hand & Foot - 12pm

April 9th & 23rd - 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 or On The Move

1:30pm TOPS Meeting

April 3rd & 17th On The Move

w/Claudette at 1pm

April 10th & 24th Chair Exercise

Video-Online/1pm

FRIDAYS

9am-3pm FITNESS CENTER OPEN

12:15pm BINGO W/STRETCH

SPECIAL FRIDAYS

April 4th - Double Pinochle 10am

April 4th - Clinton Rhodes - Diabetes 10:30am

April 11th - Double Pinochle 10:30am

April 18th - Mahjong 11am

April 25th - 500 Bid 10:30am

April 4th, 11th & 25th - CCAC Crafts

w/Jo Ann 9am - 11am

4th - Teddy Bears//Bookmarks

11th- Gnomes

25th - Birds

Must sign up -

limited space for the crafts!