



May Newsletter 2025

www.lifespanpa.org



Bethel Park Active Life Center

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

5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Christie Rethage: Center Supervisor

Kerrienne Troesch: Activity Aide, Bethel Park/Mon Valley

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

LIFESPAN CLOSURES

LifeSpan will be closed the following days:

Friday May 9th, 2025

for an off-site meeting

AND

Monday May 26th, 2025

for Memorial Day

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

EDUCATION / WELLNESS

SPEAKERS AND PRESENTATIONS

Friday May 2nd– ACCESS/Transit Q&A @ 11:30 AM with Heather

Monday May 12th—Mental Health Awareness/Resources @11:30 AM w/ David from Allegheny County

Tuesday May 20th– UPMC Coordination Services @11:30 AM

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!

IRISH STEP DANCE

Join Sarah from the Spencer Family YMCA on Thursday June 12th

10:30 AM– 11:00 AM



No experience needed! SIGN UP BY FRIDAY JUNE 6TH!



JOIN US FOR A TOUR OF THE PITTSBURGH BOTANIC GARDEN

Tuesday, May 27th at 10:30 AM

\$22 Per Person

OPT PICKUP: 9:30 AM, OPT RETURN 1:45 PM (arrive 15 min early)

(must be registered with ACCESS to take group transportation)

Sign up and pay by Monday, May 19th

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, 50/50, Lunch, and Information Tables!

Lunch served at 11:00 AM, Menu: Hamburger, Potato Salad, Broccoli Salad, Watermelon, Cake, 2% Milk

Alabaster Performing Arts Patriotic Performance at 12:00 Noon

Call 412-831-7111 to sign up for lunch by Wednesday, May 14th!!



FARMER'S MARKET VOUCHERS

Tuesday, June 10th from 9:00 AM - 1:00 PM

ELIGIBILITY:

Must be an Allegheny County resident aged 60 years or older

Income requirement:

1 person household: at or below \$28, 953

2 person household: at or below \$39, 128*

*Married couples may receive 1 set of vouchers for each person

Those living in a residential facility that provides meals are

not eligible to receive vouchers



NARCISI WINERY TOUR AND TASTING

Thursday, June 5th at 11:00 AM

\$25 Per Person

- 90 min tour of the winery (does involve walking-all ground level)
 - 6– 1 oz wines per person (Crackers included)
(will have to walk up 14 steps to get to the tasting room)
 - Narcisi logo tasting glass included
- Lunch after the tour, at approx. 12:30 pm in the restaurant
(in addition to the \$25, you pay for your own lunch)

OPT Pickup 9:30 AM / OPT Return 3:00 PM

(must be registered with ACCESS/OPT to take group transportation)

Must **sign up and pay** by Wednesday, May 28th

PIRATES GAME vs GIANTS



\$45 Per Person



Includes \$15 Loaded Value

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)

Section 103 Undercover (Rows C-F)

Please sign up and pay by June 27th!!

TUIKA'S POLYNESIAN ISLAND MAGIC



DAY TRIP



\$165 PER PERSON

9:30 AM—5:00 PM

Includes:

Roundtrip Transportation

Shopping at Das Dutch Village

Lunch & Matinee Performance

Ward's Farmer's Market Stop

All taxes and gratuities

Sign up & pay by 8/6 - ONLY 26 SPOTS!

MONDAY



Every Monday @ 12:15 PM

Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, May 12th, 2025

12:30 PM-1:30 PM

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



QUILTING GROUP

Monday May 12th and May 19th

from 12:30 PM-2:00 PM

Come join our group!

FREE SPRING CCAC CLASS

Mental Aerobics

Monday, May 19, 2025

12:15 PM-1:45 PM

Call/stop in for info and to sign up!



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!

TUESDAY

LINE DANCING IS BACK

STARTING TUESDAY

MAY 13TH

Every Tuesday and Friday

9:30 AM-10:45 AM

\$4 per class

Instructor: Bernie Gillotti



Every

Tuesday

@10:30 AM

LEARN TO PLAY PINOCHLE

1:00 PM

Tuesday June 3rd, 10th and 17th

BLOOD PRESSURE SCREENING

Tuesday, May 20th, 2025

@10:30 AM-11:30 AM—OSPTA

WEDNESDAY



Every Wednesday

starting promptly at 12:15 PM

Arrive by 12:00 NOON to buy bingo cards!

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

\$1 HOT DOG DAY

Wednesday, May 14th @ 11:45 AM

\$1 per hot dog or ONE Perk

** Please sign up and pay by May 7th

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!

\$2 PIZZA DAY

Wednesday, May 21st @ 11:45 AM

\$2 per slice or TWO Perks



Pepperoni or Cheese



Must sign up **AND PAY** by May 14th

SPRING CRAFT

Wednesday, May 14th, 2025

10:00 AM-11:00 AM

Hosted by Nicole from
Quality Living HomeCare

Sign up by May 7th!

ADVISORY COMMITTEE MEETING

Wednesday, May 14th, 2025

@ 10:00 AM

For anyone with ideas, suggestions
or concerns to help improve
daily operations.

THURSDAY

LUNCH BUNCH- Cracker Barrel

Thursday, May 15th @ 11:00 AM

OPT Pick Up 10:00 AM

OPT Return 1:00 PM

(must have ACCESS/OPT to take group transportation)

PLEASE ARRIVE 20 MIN EARLY FOR TRANSPORTATION

Please sign up by May 8th!

RIVERS CASINO TRIP

Thursday, May 29th 2025

OPT pickup 10:15 AM, OPT return 2:00 PM
(must have ACCESS/OPT to take group transportation)

Sign up by May 22nd, 2025

CONNECT CARD CLINIC

Thursday May 15th, 2025

10:00 AM – 12:00 PM

Renew your Connect card or Sign Up



LEARN TO PLAY PINOCHLE

1:00 PM

Tuesday June 3rd, 10th and 17th

Thursday June 12th and 19th

Friday June 6th, 13th and 27th



FRIDAY



Every Friday

@ 12:00 PM

CHAIR EXERCISE

Every Friday

10:00 AM-10:45 AM

\$4.00 per class

Instructor: Maryann Gerard



LINE DANCING IS BACK

STARTING FRIDAY MAY 16TH

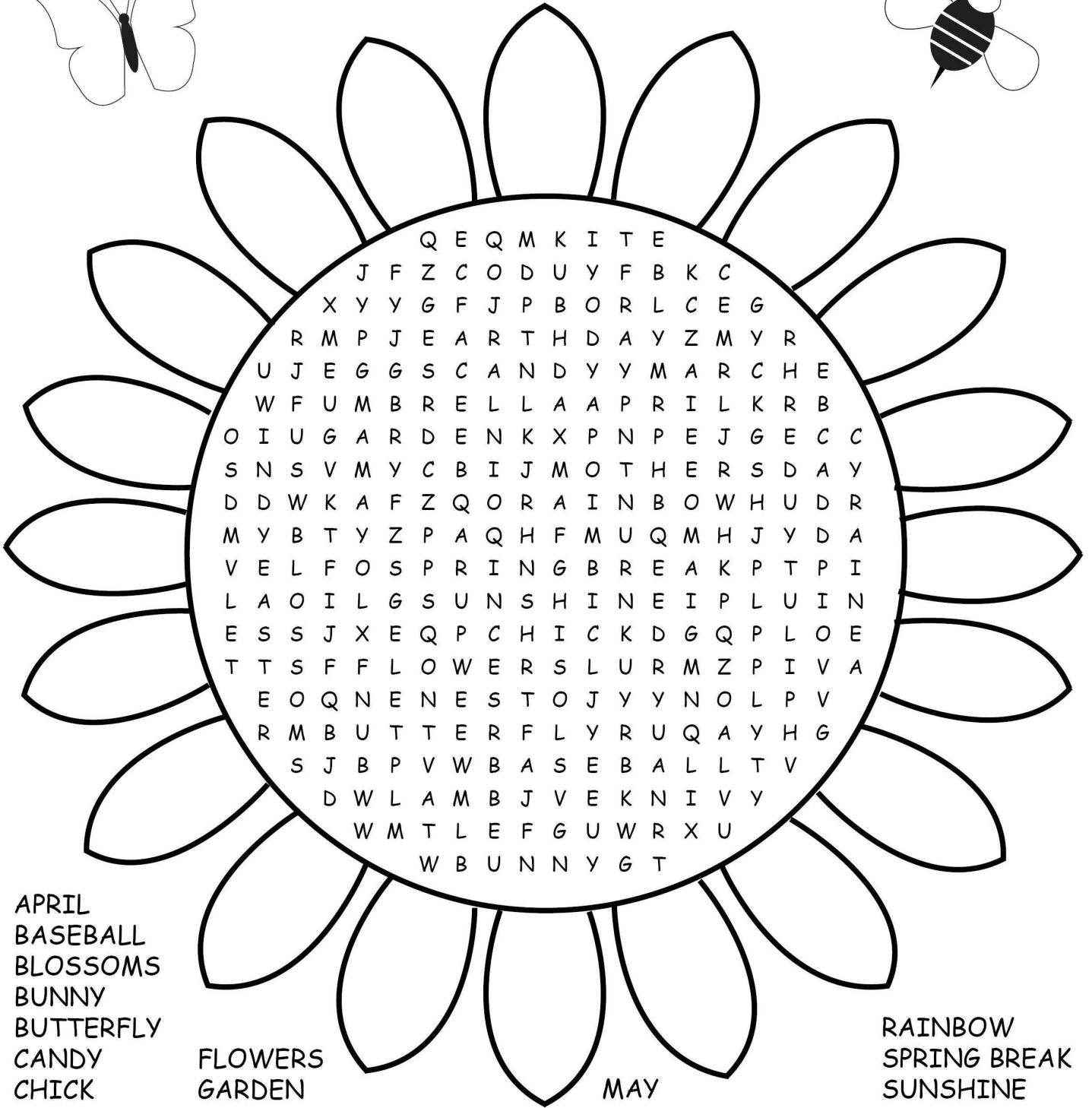
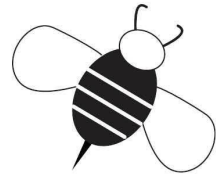
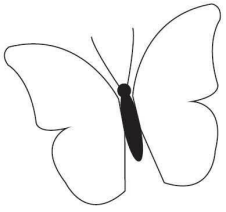
Every Tuesday and Friday

9:30 AM-10:45 AM

\$4 per class

Instructor: Bernie Gillotti

It's Spring Time!



Q E Q M K I T E

J F Z C O D U Y F B K C

X Y Y G F J P B O R L C E G

R M P J E A R T H D A Y Z M Y R

U J E G G S C A N D Y Y M A R C H E

W F U M B R E L L A A P R I L K R B

O I U G A R D E N K X P N P E J G E C C

S N S V M Y C B I J M O T H E R S D A Y

D D W K A F Z Q O R A I N B O W H U D R

M Y B T Y Z P A Q H F M U Q M H J Y D A

V E L F O S P R I N G B R E A K P T P I

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S J B P V W B A S E B A L L T V

D W L A M B J V E K N I V Y

W M T L E F G U W R X U

W B U N N Y G T

APRIL
BASEBALL
BLOSSOMS
BUNNY
BUTTERFLY
CANDY
CHICK
EARTH DAY
EASTER
EGGS

FLOWERS
GARDEN
KITE
LAMB
MARCH

MAY
MOTHERS DAY
NEST
RAIN

RAINBOW
SPRING BREAK
SUNSHINE
TULIP
UMBRELLA
WINDY



Spring Sudoku

Puzzle

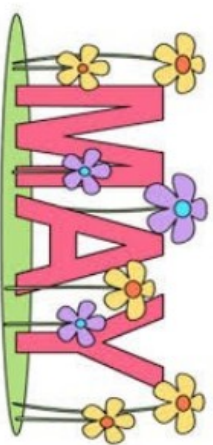


Fill each box with a number between 1 and 9 in a manner that the same number does not appear twice in any specific row or column.

	6					4	8	3
			2	4				
		1			8		5	
	2				3	7	1	
1				6				
	5	6					3	
7	1		6			2		
5						8		
		4	8					1

Life Span

Together We Can!



2025

Mon Tue Wed Thu Fri

			<p>1 Honey Mustard Chicken Salad (3/4 C diced chicken) Salad (2 C lettuce, 2 Tbsp cucumber, 2 Tbsp diced tomato) Dressing 1 C Tomato Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 665</p>	<p>2 Spanish Omelet (1 Omelet w/cheese & salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Croissant w/margarine 1/2 C Greek Yogurt w/ 1/4 C Berries Cal 600</p>
<p>5 Smothered Pork (1 Sl. Pork, Caramelized Onions) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding Cal 737</p>	<p>6 Pub Steak Cheeseburger (1 Beef Patty, 1 Sl Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges 1 WW Sandwich Roll Cal 889 Fresh Apple Ketchup</p>	<p>7 Hawaiian Chicken (1 Grilled Chicken Breast, Pineapple, Sweet & Sour Sauce) 1/2 C Stir Fried Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Cal 620</p>	<p>8 Macaroni & Cheese (1 C Macaroni & Cheese) 1 1/2 C Strawberry Spinach Salad (1 C Spinach, 1 4 C Strawberries, 1/4 C Diced Chicken & Dressing) 1/2 C Garlic Green Beans Cal 731 1 mini loaf Blueberry Bread</p>	<p>9 Centers Closed</p>
<p>12 Peppered Egg Salad Sandwich (1 C Egg Salad w/Bell Peppers) 1/2 C Baby Carrots 1 C Garden Veggie Soup 1 WW Sandwich Roll 1/2 C Diced Peaches Cal 667</p>	<p>13 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Peas & Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 835</p>	<p>14 Firehouse Chili (1 C Beef & Bean Chili) 1/2 C Peppers & Onions 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Grapes Cal 675</p>	<p>15 Stuffed Pepper (1 Stuffed Pepper w/meat Sauce) 1/2 C Broccoli Cal 810 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Sl Pound Cake w 1/4 C Peaches</p>	<p>16 Vegetable Lasagna (1 piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing 1 Sl Bread 1 Oatmeal Cookie Cal 729</p>
<p>19 Breaded Dill Chicken Sandwich(1 dill Chicken Breast & WW Roll) 1/2 C Tomato Cucumber Salad w/ mayo packet 1/2 C Chickpea, Kale, Edamame, Quinoa Blend 1 Fresh Cantaloupe Cal 650</p>	<p>20 Petite Beef Tenderloin Medallions (1 Sl Beef w/au jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711</p>	<p>21 Chicken Avocado Salad (3/4 C diced Chicken) Salad (2 C lettuce, 1 Tbsp cucumber, 2 Tbsp tomatoes, 1/4 avocado) & Dressing 1 C Sweet Pepper/Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 770</p>	<p>22 Hamburger (1 beef patty) Potato Salad, Broccoli Salad WW Sandwich Roll, 2%/Milk Watermelon, 1 slice Cake <i>Open House-sign up by 5/14</i></p>	<p>23 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/1/2 C Peaches Cal 634</p>
<p>26 Centers Closed </p>	<p>27 Turkey & Smoked Gouda Sandwich (2 Sl Turkey, 1 Sl Cheese) 1/2 C Potato Salad 1 C Mediterranean Vegetable Soup WW Sandwich Roll 1/2 C Fresh Grapes Cal 694</p>	<p>28 Country Fried Steak (1 Breaded Beef Patty w/1/4 C Creamy Gravy) Cal 914 1/2 C Mashed Potatoes 1/2 C Maple Glazed Carrots WW Bread w/Margarine 1 Sl Pound Cake w/1/4 C Berries</p>	<p>29 Southern BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 614</p>	<p>30 Beef Barbacon (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad 1 SS C Guacamole Cal 601</p>