

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



MAY EVENTS

May 9th - May 17th, 2025 ART SHOW

The Galleria Mt. Lebanon

Reception: Friday, May 9th 4 - 7 pm

Saturday, May 10th 11 - 2 pm

May 9th - CENTER CLOSED for Emp Mtg

May 12th - OPEN HOUSE

May 22nd - KARAOKE/DANCE PARTY

May 26th - CENTER CLOSED

HAPPY MEMORIAL DAY

MONDAYS

9am - 3pm FITNESS CENTER

10-11:30 LINE DANCING

12pm EUCHRE w/Pat Turney

1:00pm Chair Exercise

May 12th - OPEN HOUSE

Activities & more!

Join us for lunch!

Menu: Hotdog, Baked Beans,

Coleslaw, Watermelon, Sheet Cake

COME & SEE WHAT THE

EXCITEMENT IS ALL ABOUT

TUESDAYS

9am - 3pm FITNESS CENTER OPEN

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

May 6th - Nutrition Education - TBD

May 13th– Health & Wellness - TBD

May 20th - Nutrition Education - TBD

May 27th - Education & Life Skills - TBD

WEDNESDAYS

9am-3pm FITNESS CTR OPEN

9:30am ART CLASS

w/Ann McCartney

9:30am BRIDGE

10am CHAIR EXERCISE

12pm GAMES

SPECIAL WEDNESDAYS

May 7th - Advisory Committee Mtg 10 am

May 7th - Book Club - Lethal - 10am

by: Sandra Brown Next Book:

The Red Book by: James Patterson

May 7th & 21st - Hand & Foot - 12pm

May 14th & 28th - 500 Bid - 12pm

May 21st - Lunch Bunch Outing 12 noon

Napoli's on Washington Avenue

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

1:30pm TOPS Meeting (Cancel 5/22)

May 22nd 11am - 5pm

Karaoke/Dance Party (50's & 60's)

\$12 or \$10 w/perks card

Come Sing! Come Dance! Come & eat!

COME AND HAVE FUN!

**50/50 - Basket Raffle - Menu: Hamburger,
Potato Salad, Broccoli Salad, Watermelon,
Sheet Cake w/2% Milk.**

FRIDAYS

9am-3pm FITNESS CENTER OPEN

12:15pm BINGOW/STRETCH

SPECIAL FRIDAYS

May 2nd - Double Pinochle 10 am w/Alexis & Mike

May 9th - Center Closed for Employee Mtg

May 16th - C. Rhodes - Physical Activity 10:30 am

May 16th - Double Pinochle 10 am w/ML Gruda

May 23rd - Mahjong 11 am w/Marilyn

May 30th - 500 Bid 10:15 am Mary Cay Dunmyer

SPECIAL SATURDAYS

May 24th - Red Hats Luncheon 11:30 am

Benihana 2100 Greentree Road

Hostesses: Sue McDonald & Char Patterson