



www.lifespanpa.org

## August Newsletter



### 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 AM to 3 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:

**Wednesday, August 27th**

for a LifeSpan Meeting

**Monday, September 1st**

for Labor 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

**Monday, August 4th at 11:30 AM**—Shawaun Morgan from the Allegheny County Treasurer's Office

**Wednesday, August 6th at 9:30 AM**— Joe Angelelli: LifeSpan CEO Meet & Greet

## SILVER SCRIPTS—MEDICATION REVIEW

**September 26th, 10 AM to Noon**

**Bring a list of your medications, dosage & OTC meds**

Drug Disposal Envelopes will be available for unused or expired medications.

You will be contacted if the pharmacist finds any red flags

Presented by University of Pittsburgh Pharmacy



## CELEBRATE NATIONAL SENIOR CENTER MONTH

Monday, September 15th– Friday, September 19th

Celebrate creative and cultural engagement as we explore themed activities throughout the week.

Any ideas for themed activities please see Christie or Kerri.

Monday-Irish, Tuesday-Polish, Wednesday-Mexican,

Thursday-German, Friday –Italian

# OUT OF CENTER / OVERNIGHT TRIPS

## POTOMAC EAGLE +

### ROCKY GAP CASINO

**\$575 Per Person-Double Occupancy**

Sunday, Oct. 5th—Monday, Oct. 6th

Includes:

Roundtrip Motorcoach Transportation

Overnight Accommodations at Rocky Gap Casino + Resort

3 hour round trip ride on the Potomac Eagle Scenic Railroad + more!

Stop by the office for more info.

**Please sign up and pay by June 27th!!**

## GATEWAY CLIPPER JAZZ LUNCHEON

### CRUISE

**\$65 PER PERSON**

Wednesday, September 10th

10 AM—3:30 PM

(must have ACCESS/OPT to take group transportation)

Includes:

Lunch, Sightseeing cruise, + Live Jazz Performance

**Sign up & pay by 8/5**

## ALASKAN CRUISE

**Join us for a 7 night Alaskan Cruise!**

**September 12-20th, 2026**

- Round trip flight from Pittsburgh to Seattle
  - Stops in Juneau, Skagway, Ketchikan, Glacier Bay, Victoria BC, Canada and Seattle
- Norwegian Encore Cruise Ship
- VALID PASSPORT REQUIRED
- **Contact Christie at 412-831-7111**

## ASHEVILLE NORTH CAROLINA +

### THE BUILTMORE ESTATE

**4 days & 3 Nights**

**March 22-25th, 2026**

Roundtrip Deluxe Motorcoach Transportation, 3 Dinners at Fine Local Restaurants, Wine Tasting, Sightseeing Cruise, Guided tours and more!

\$700 pp based on double occupancy

**Contact Kerrienne at 412-831-7111**

**for more information**

# MONDAY



Every Monday @ 12:15 PM



## QUILTING GROUP

Monday August 11th and

August 25th

from 12:30-2:00 PM

## Learning to Live in Their World

### Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, August 11th, 2025

12:30PM-1:30PM

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

## SUMMER TAI CHI

Every Monday and Friday—Last Class August 22nd

12:30 PM-1:30 PM

Each class is \$10—Walk ins Welcome

Instructor: Gurney Bolster



## LIFESPAN MEN'S GROUP

August 25th @ 10:00 AM

A time for men to socialize, enjoy free  
coffee + good company.

## LEARN TO PLAY PINOCHLE

Monday August 18th

1:00 PM

# TUESDAY

## \$2 PIZZA DAY



Tuesday, August 19th @ 11:45 AM

**\$2 per slice or TWO Perks**

Must sign up **AND PAY** by August 12th



## SAIL EXERCISE CLASS

**Tuesday August 12th @ 10 AM**

AND

Thursday August 7th, 21st,  
and 28th @ 12:30 PM

## LINE DANCING

**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 August 5th,  
12th, 26th**

## AARP SAFE DRIVING COURSE—REFRESHER

Tuesday, September 23rd from 9 AM—1:30 PM

**\$20 for AARP Members, \$25 for Non Members**

Call to reserve you spot with Kerri at LifeSpan

412-831-7111 or ktroesch@lifespanpa.org

Limited spots available, sign up by September 16th.

# 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)

## **COLORING + COFFEE**

Wednesday, August 13th, 2025

9:00-10:00 AM

Enjoy a cup of coffee and coloring pages.

## **BLOOD PRESSURE SCREENING**

Wednesday, August 20th 2025

@10:30-11:30 AM—OSPTA

## **ADVISORY COMMITTEE MEETING**

*Wednesday, August 13th, 2025 @ 10:00AM*

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

## **LIFESPAN CEO MEET & GREET**

With our new CEO Joe Angelelli Wednesday,  
August 6th

9:30—11:30 AM

## **NIGHT SKY MOSAIC CRAFT**

Thursday, August 14th, 2025

9:30-10:30 AM

Sign up by August 11th.

# THURSDAY

## LUNCH BUNCH– Bingham Tavern

**Thursday, August 21st @ 11:30 AM**

OPT Pick Up 10:45 AM

OPT Return 1:30 PM

(must have ACCESS/OPT to take group transportation)

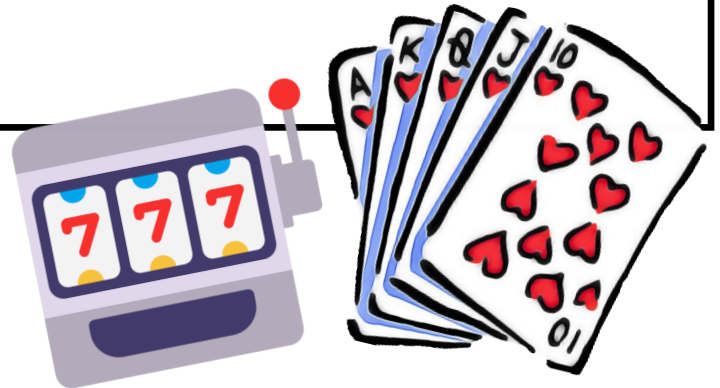
*PLEASE ARRIVE 20 MIN EARLY FOR TRANSPORTATION*

Please sign up by August 14th!

## LEARN TO PLAY PINOCHLE

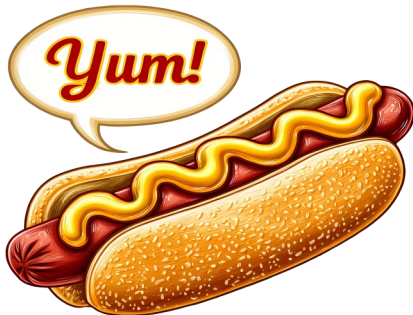
1:00 PM

**Thursday August 7th**



## SAIL EXERCISE CLASS

**Thursday August 7th, 21st, and 28th  
@ 12:30 PM**



## \$1 HOT DOG DAY

**Thursday, August 14th @ 11:45 AM**

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

Please sign up and pay by August 7th

Next Month's Hotdog day : 9/3/25

## RIVERS CASINO TRIP

**Thursday, August 28th 2025**

OPT pickup 10:15, OPT return 2:30 PM

(must have ACCESS/OPT to take group transportation)

Sign up by August 21st, 2025

## AAA Yellow Dot Presentation

**Thursday, September 4th @ 11:30 AM**

Sign up for lunch following the presentation

# FRIDAY

## MAKE A NO-BAKE CHEESECAKE

Friday August 29th @ 12:30 PM - \$6 PP



Every Friday

@ 12:00 PM

## CHAIR EXERCISE



Friday August 1st and 8th

10-10:45 AM—\$4.00 per class

Instructor: Maryann Gerard

Last class on 8/8 until early October!

Look for our SAILS class in the meantime  
to still get your exercise in!

## LINE DANCING

Every Tuesday and Friday

9:30 AM-10:45 AM—\$4 per class

Instructor: Bernie Gillotti

Friday, August 8th @ 11:00 AM

Stay for Musical Trivia with Bernie!

## EASY BEGINNER SUDOKU

5			4	6	7	3		9
9		3	8	1		4	2	7
1	7	4	2		3			
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4		9	
4	9	6	3		8	1	7	2
				8	9	2	6	
7	8	2	6	4	1			5
	1					7		8



# SUMMER

— WORD SEARCH —



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

## WORD LIST



AUGUST

BACKPACKING

BAREFOOT

BEACH

BOATING

BONFIRE

BREEZY

BUCKETANDSHOVEL

CAMPING

CLOUDLESS

CRAB

DOLPHIN

DUNE

FISHING

HAT

OCEAN

PICNIC

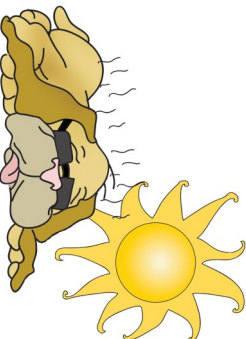

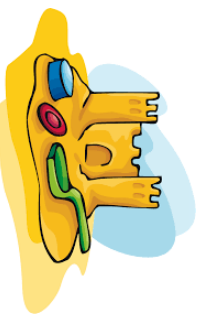


POOL

SANDALS

WATER



# 2025

Mon	Tue	Wed	Thu	Fri
 <p><b>4 Peppered Egg Salad Sandwich</b>(1 C Egg Salad w/Bell Peppers) 1/2 C Baby Carrots 1 C Garden Vegetable</p>	 <p><b>5 Chicken Cordon Bleu</b> (1 Stuffed Chicken Breast) 1/2 C Peas &amp; Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine</p>	 <p><b>6 Firehouse Chili</b> (1 C Beef &amp; Bean Chili) 1/2 Peppers &amp; Onions 1/2 C Brown Rice WW Bread w/Margarine</p>	 <p><b>7 Stuffed Pepper</b> (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes</p>	<p><b>1 Greek Salad with Salmon</b> (1 Salmon Filet) Salad (2 Cups Romaine Lettuce, 2 TBSP Tomatoes, Feta Cheese, 2 TBSP Black Olives) &amp; Dressing 1 C French Onion Soup</p>
<p><b>11 Breaded Sill Chicken Sandwich w/WW Roll</b> (1 Breaded, Dill Chicken Breast) 1/2 C Tom/Cuke Salad w/Mayo Pkt</p>	<p><b>12 Petite Beef Tenderloin Medallions</b> (1 slice beef w au jus) 1/2 C Carrots 1/2 C Mashed Potatoes</p>	<p><b>13 Chicken Avocado Salad</b> (3/4 C Diced Chicken) Salad(2 C Lettuce, 2 TBSP Tomatoes, 1 TBSP Cucumber, 1/4 Avocado) &amp; Dressing</p>	<p><b>14 Lemon Pepper Cod</b> (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 Sl Banana Bread w Marga-</p>	<p><b>15 Stuffed Cabbage Roll</b> (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine</p>
<p><b>18 Meatloaf w/Gravy</b> (1 Sl Meatloaf w/ Gravy) 1/2 C Mashed Potatoes</p>	<p><b>19 Turkey &amp; Smoked Gouda Sandwich</b> (2 Sl Turkey, 1 Sl Cheese on WW Sandwich Roll) </p>	<p><b>20 Salisbury Steak</b> (1 Breaded Beef Patty w/ 1/4 C Creamy Gravy) 1/2 C Mashed Potatoes 1/2 C Maple Glazed Carrots WW Bread w/Margarine</p>	<p><b>21 Southern BBQ Chicken</b> (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens</p>	<p><b>22 Beef Barbacoa</b> (3/4 C Seasoned Beef) 1/2 C Black Bean &amp; Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad</p>
<p><b>25 Raspberry BBQ Chicken</b> (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Po-</p>	<p><b>26 Swiss Steak</b> (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes</p>	<p><b>CENTERS</b> <b>CLOSED</b></p>		