



www.lifespanpa.org

September 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

9:00 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:

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

Thursday, September 4th at 11:30 AM—AAA Yellow Dot Presentation

Friday, September 5th at 11:30 AM—Spartan Pharmacy

Monday, September 15th at 11:30 AM—Estate Planning w/ Baltimore Insurance

Thursday, September 25th at 11:30 AM—Columbia Gas Customer Assistance

SILVER SCRIPTS—MEDICATION REVIEW

September 26th, 10:00 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

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
- Excursions and Packages Available
 - VALID PASSPORT REQUIRED
- **Contact Christie at 412-831-7111 for more information!**

ASHEVILLE NORTH CAROLINA +

THE BILTMORE ESTATE

4 days & 3 Nights

March 22-25th, 2026

\$700 per person—double occupancy

Roundtrip Deluxe Motorcoach

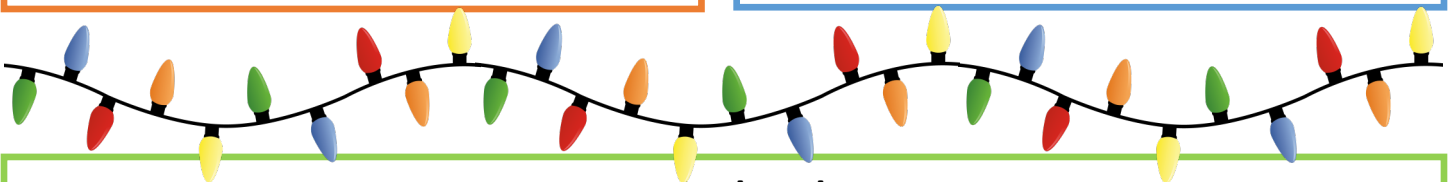
Transportation,

3 Dinners at Fine Local Restaurants,
Biltmore Estate Tour, Wine Tasting,
Sightseeing Cruise,

Guided tours and more!

Contact Kerrianne at 412-831-7111

for more information!



Passport to Pittsburgh Presents

TARA + MORE: A Holiday Adventure

Monday, December 1st, 8:30 AM—6:00 PM

Wendell August Forge Flagship Store

Tara— A Country Inn

Kraynak's Flower Boutique and Greenhouse + more!

Reserve your spot by Friday, November 21st

\$130 Per Person

MONDAY



Every Monday @ 12:15 PM



QUILTING GROUP

Monday September 9th

from 12:30 PM-2:00 PM

Come join our group!

Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, September 8th, 2025

12:30 PM-1:30 PM

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

LIFESPAN MEN'S GROUP

September 26th @ 10:00 AM

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



MEDITATION INTRO

By Sheila Forester

Monday September 22nd @ 10:00 AM

IRISH WEAVING CRAFT

To Celebrate our Nationality Week!

Monday, September 15th

At 10:00 AM

TUESDAY

POLISH KOLACKI COOKIE SALE

We're celebrating our Nationality week with a tasty fundraiser!

Purchase 2 cookies for \$1

Sign up + pay by September 9th—Pick up September 16th

SAIL EXERCISE CLASS

Tuesday September 2nd, 16th,
23rd, and 30th at
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

QUICK TRIVIA

Test your Smarts!

Tuesday September 16th
@ 1:30 PM

AARP SAFE DRIVER REFRESH COURSE

Tuesday, September 23rd

9:00 AM to 1:30 PM

Preregistration is required

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



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, September 3rd, 2025

9:00 AM-10:00 AM

Enjoy a cup of coffee and coloring pages.

BLOOD PRESSURE SCREENING

Wednesday, September 17th 2025

@10:30 AM-11:30 AM—OSPTA

ADVISORY COMMITTEE MEETING

Wednesday, September 10th, 2025 @ 10:00 AM

For anyone with ideas, suggestions

or concerns to help improve daily operations.

VACCINE CLINIC

Wednesday,

September 24th

9:00 AM—11:00 AM



\$1 HOT DOG DAY

Wednesday, September 10th @ 11:45 AM

\$1 per hot dog or ONE Perk

Please sign up and pay by September 3rd

THURSDAY

LUNCH BUNCH– Hofbrauhaus

Thursday, September 18th

@ 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 September 11th!

ETHEL'S CARD GROUP

Thursday, September 25th

@ 11:00 AM



MOVIE DAY

Thursday, September 18th @ 9:30 AM

Enjoy a movie related to our German
themed day of Nationality week.

RIVERS CASINO TRIP

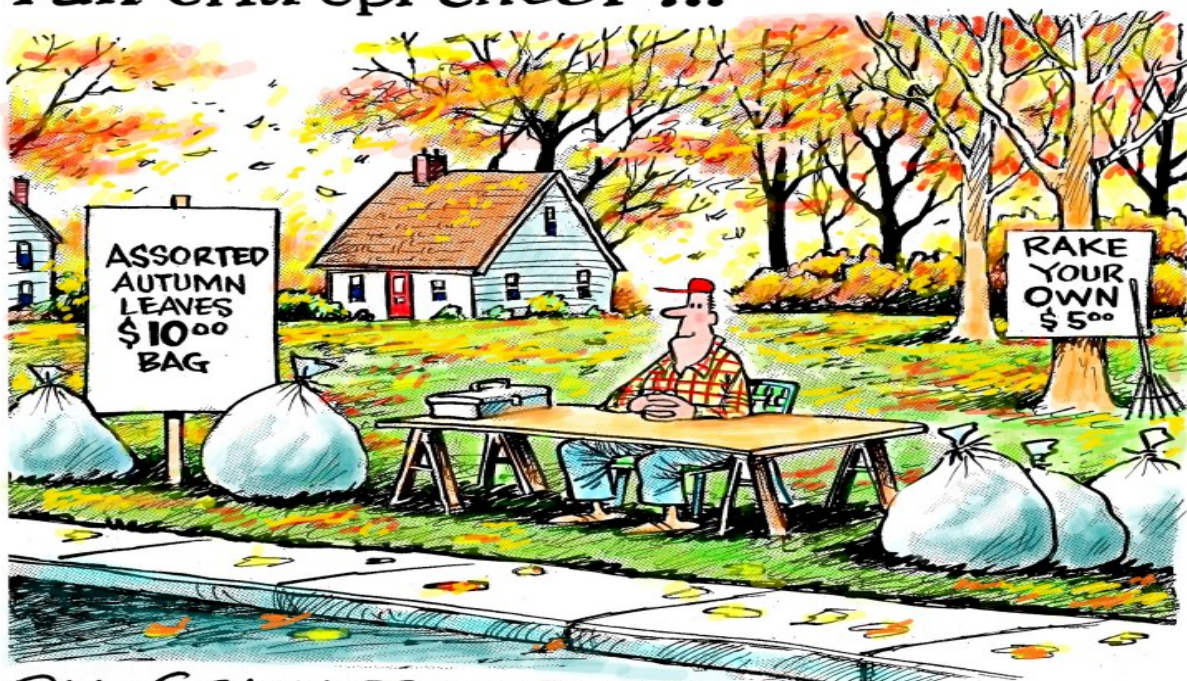
Thursday, September 25th 2025

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

Sign up by September 18th, 2025



Fall entrepreneur...



DAVE GRANLUND © www.davegranlund.com

FRIDAY

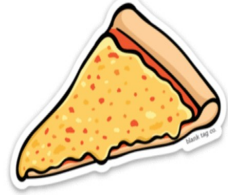
\$2 PIZZA DAY



Friday, September 19th @ 11:45 AM

\$2 per slice or TWO Perks

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



ITALIAN BROOCH CRAFT

Friday September 19th @ 9:30 AM



Every Friday

@ 12:00 PM

DOCTOR HESS—PODIATRIST

Friday September 26th

Pre Register and Bring your Valid
Insurance Card.

LINE DANCING

Every Tuesday and Friday

9:30 AM-10:45 AM—**\$4 per class**




Instructor: Bernie Gillotti

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

Forest Animals

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

Porcupine	Chipmunk	Hedgehog	Squirrel	Raccoon	Marten
Badger	Beaver	Cougar	Rabbit	Weasel	Bison
Moose	Skunk	Snake	Bear	Buck	Deer
Frog	Lynx	Toad	Wolf	Bat	Doe
Elk	Fox	Rat			

Mon	Tue	Wed	Thu	Fri
1 CENTERS CLOSED 	2 Pub Steak Cheeseburger (1 Beef Patty, 1 SI Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges 1 WW Sandwich Roll, Ketchup Fresh Apple Cal 889	3 Hawaiian Chicken (1 Chicken Breast, Pineapple, Sweet and Sour Sauce) Margarine 1/2 C Stir Fried Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Cal 620	4 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 SI Pound Cake w/1/4 C Peaches Cal 810	5 Greek Salad w/Salmon (1 Salmon Filet) Salad (2 C Romaine Lettuce, 2 TBSP Tomatoes, Feta Cheese, 2 TBSP Black Olives) & Dressing 1 C French Onion Soup WW Bread w/Margarine Fresh Orange Cal 735
8 Broccoli Cheese Stuffed Chicken (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	9 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Hoagie Roll 1/2 C Jello Cal 843	10 Firehouse Chili (1 C Beef & Bean Chili) 1/2 C Chuckwagon Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 710 	11 Grilled Chicken Salad (1/2 C Grilled Chicken) Salad & Dressing (Lettuce, Tomato, Cucumber) 1 C Tomato Soup 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 601	11 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing WW Bread Oatmeal Cookie Cal 729
15 Breaded Dill Chicken Sandwich w/ WW Roll (Mayo Packet) (1 Breaded, Dill Chicken Breast) 1/2 C Tomato Cucumber Salad 1/2 C Chickpea, Kale, Edamame Quinoa Blend Fresh Cantaloupe Cal 730	16 Petite Beef Tenderloin Marsala (1 SI Beef w/Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 712	17 Chicken Avocado Salad (3/4 C Diced Chicken) Salad (2 C Lettuce, 2 Tbsp Tomatoes, 1 Tbsp Cucumber, 1/4 Avocado) & Dressing 1 C Sweet Pepper Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 651	18 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 SI Banana Bread w/Margarine Fresh Apple Cal 716	19 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/1/4 C Peaches Cal 634 
22 Meatloaf with Gravy (1 SI Meatloaf with Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	23 Turkey & Smoked Gouda Sandwich w/Mustard Pkt. (3 SI Turkey, 1 SI Cheese, WW Roll) 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 632	24 Meat Lasagna (1 SI Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Italian Veggie Blend 1 WG Breadstick 1 Chocolate Chip Cookie Cal 666	25 BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sauteed Greens 1/2 C Buttered Chuckwagon Corn WW Breads w/Margarine 1/2 C Strawberry Applesauce Cal 602	26 French Onion Beef Sandwich (3/4 C Beef, Swiss Cheese, Balsamic Onions, WW Sandwich Roll) 1/2 C Italian Baby Baked Potatoes 1/2 C Buttered Carrots 1/2 C Fresh Fruit Cal 678
29 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes 1 WW Sandwich Roll w/Margarine 1/2 C Fresh Watermelon Cal 655	30 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 726	