



www.lifespanpa.org

October 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

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 waitlist can eat



Special Event this month:

Halloween Super Bingo

(See inside for details)



Do you have old Christmas cards laying around? Bring them in to the center;
we are in need of Christmas cards for a holiday craft. Any amount is appreciated!

SPOOKY SUPER BINGO

Wednesday, October 29th, 2025

from 11:00 AM—3:00 PM (doors open @9:30 AM)

\$25 per person- includes lunch, 20 regular games, specials and \$500 jackpot!

Come dressed in your spooky best— prizes for best costumes!



Beat the line and reserve your table of 8 for \$10

50/50 and extra bingo cards sold separately

Lunch served at 11:00 AM, Bingo starts at 12:00 Noon

Menu: French Onion Meatballs, Broccoli, Salad, Buttered Rotini, Brownie, Drink

Sign up by October 15th, stop in the office to get your ticket today!

EDUCATION/Wellness

SPEAKERS AND PRESENTATIONS

Monday September 29th @ 11:30 AM— The Hemsley House

Tuesday September 30th @ 11:30 AM— C.A.R.I.E. Medicare Fraud & Scams

Thursday, October 2nd @ 11:30 AM— AT&T Phone Presentation

Friday October 10th @ 11:30 AM— Vision Pittsburgh

Monday October 13th @ 11:30 AM— Managing Finances in Your Golden Years

Tuesday October 28th @10:30 AM— Mediconnect: Medicare Updates for 2026

SILVER SCRIPTS—MEDICATION REVIEW

Friday, October 24th, 10:00 AM to 12:00 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

Monday

Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, October 13th, 2025

12:30 PM-1:30 PM

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

FALL CRAFT

Monday, October 20th, 2025

10:00 AM-11:00 AM



Hosted by: Gena from John F Slate
Funeral Home

Sign up by October 13th

LIFESPAN MEN'S GROUP

Monday, October 27th @ 10:00 AM

A time for men to socialize, enjoy **free coffee** + good company. Have ideas for future meet-ups? Stop by and see Christie or Kerrianne to discuss!



QUILTING GROUP

Monday October 13th and 27th

from 12:30 PM-2:00 PM

Come join our group!



Every Monday @ 12:15 PM

Beginners welcome!

Save the date: Monday, November 3rd

12:30 PM– Pittsburgh Ballroom Dancers Performance

Tuesday

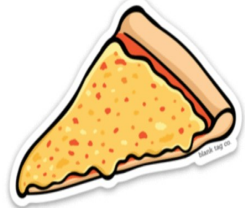
\$2 PIZZA DAY



Tuesday, October 28th @ 11:35 AM

\$2 per slice or TWO Perks

Must sign up **AND PAY** by October 21st



S.A.I.L. EXERCISE CLASS

Stay Active & Independent for Life

Every Tuesday in October
@ 10:00 AM

****FREE PROGRAM****

Work out with & without chairs, using exercise balls & weights. The program is designed to help you balance & strengthen muscles.



**Stay Active
& Independent
for Life (SAIL)**

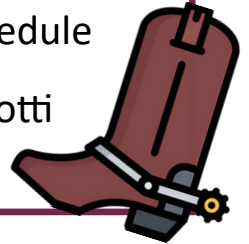
LINE DANCING

Tentatively Tues/Fridays in October

9:30 AM-10:45 AM

\$4 per class, Call for schedule

Instructor: Bernie Gillotti



FALL TAI CHI

Tuesdays from 12:30 PM—1:30 PM

September 30th - October 28th

5 weeks for \$50

Stop by the office to register

Walk-Ins \$15 per class

Instructor: Gurney Bolster



EVERY

TUESDAY

@ 10:30 AM

Save the date: Tuesday, December 2nd— Western Themed Karaoke!

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)

SUPER BINGO— OCTOBER 29TH! SIGN UP BY OCTOBER 15TH

ADVISORY COMMITTEE MEETING

Wednesday, October 8th, 2025

@ 10:00 AM

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

BLOOD PRESSURE SCREENING

Wednesday, October 15th, 2025

@10:30 AM-11:30 AM—OSPTA



\$1 HOT DOG DAY

Wednesday, October 22nd, 2025

@ 11:35 AM

\$1 or 1 PERK per hotdog



Sign up and Pay by October 15th

COFFEE & COLOR



Wednesday, October 15th, 2025

9:00 AM-10:00 AM

Enjoy a cup of coffee +
coloring pages.

THURSDay

LUNCH BUNCH

STORMING CRAB

Thursday, October 16th, 2025

@ 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 October 9th!

RIVERS CASINO TRIP

Thursday, October 23rd, 2025

OPT pickup 10:15 AM

OPT return 2:30 PM

(must have ACCESS to take transportation)



Sign up by October 16th

CRAFTING w/CHRISTIE

Book Pumpkin

Thursday October 16th, 2025

@ 12:15 PM



***Bring an old paperback book**
Sign up by Thursday Oct 9th

FALL CRAFT– TBD

Thursday October 30th, 2025

@ 10:00 AM-11:00 AM

Hosted by: The Hemsley House

Sign up by October 23rd

Save the date:

Thursday, December 11th, 2025

LifeSpan Annual Christmas

Luncheon/Party!



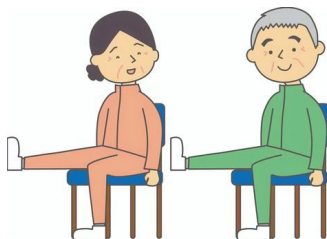
FRIDAY

CHAIR EXERCISE

Every Friday @ 10-10:45 AM

\$4 per class

Instructor: Maryann Gerard



LINE DANCING

Tentatively Tues/Fridays in October

9:30 AM-10:45 AM

\$4 per class,

Call for schedule

Instructor: Bernie Gillotti



HALLOWEEN COOKIE

DECORATING

Friday, October 31st

@12:30 PM

Sign up by October 20th



PINOCHLE

Every Friday

@ 12:00 PM

CASH TOBERFEST
October 17th, 2025
5:00 PM - 10:00 PM
TICKETS ON SALE NOW!
TICKETS \$35 DONATION
2 Numbers Per Ticket
1 Entry Per Ticket
LifeSpan
Together We Can!

Dinner Buffet

Cash Bar/Beer on Tap

Music/Dancing

Raffle Baskets

**Tickets are \$35-available
at all LifeSpan locations.**

Cash Drawing every 15 minutes starting at 7pm...final cash drawing for \$2000 at 10pm! Cash winners need not be present.

Salvatore's, 5001 Curry Rd, Pgh, PA 15236. Attendees must be at least 21 years of age.

OUT OF CENTER/OVERNIGHT TRIPS



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

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

Singe Room add \$155 extra

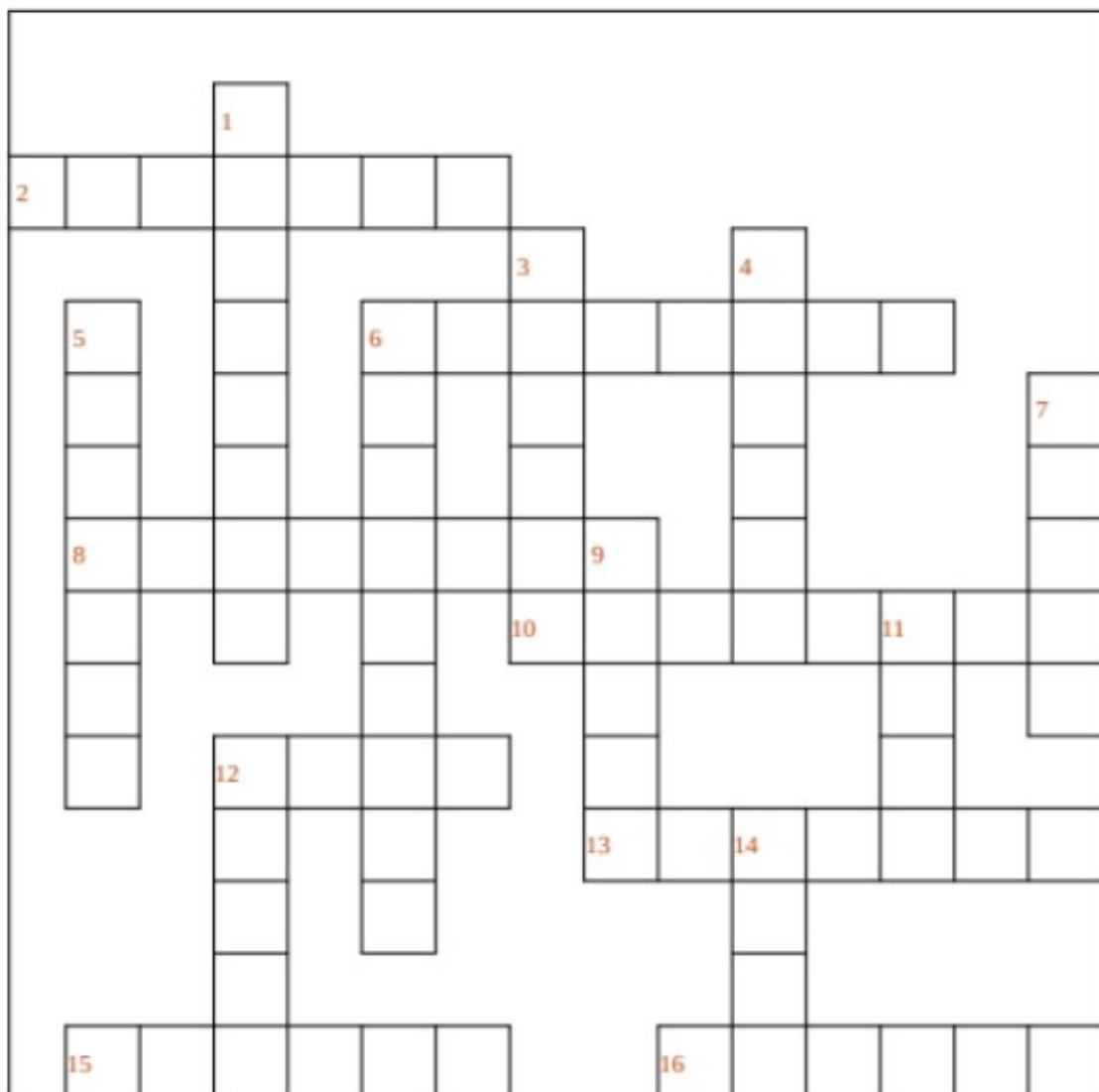
Roundtrip Deluxe Motorcoach

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!

Fall





Across

- 2 Halloween month
- 6 Rodent that hordes nuts
- 8 People at the first Thanksgiving
- 10 Thanksgiving month
- 12 Yellow vegetable that grows on stalks
- 13 To gather farm crops
- 15 Thanksgiving main dish
- 16 Falls from trees

Down

- 1 Sport played with a brown ball
- 3 Another name for Fall
- 4 a color and a fruit
- 5 Great for pies or for carving
- 6 Keeps birds away from fields
- 7 Nut from an oak tree
- 9 Birds fly _____ for the winter
- 11 Bundles of hay
- 12 Drink made from apples
- 14 Tool to clean up leaves



Mon	Tue	Wed	Thu	Fri
 <p>6 Meatball Rosini (3 Meatballs w/1/4 C Creamy Tomato Sauce) 1/2 C Broccoli & Red Peppers 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce Bread w/Margarine 1/2 C Jello Cal 850</p>	 <p>7 Roast Turkey 1 S1 Turkey w/Gravy 1/2 C Honey Glazed Carrots 1/2 C Cranberry Combread Stuffing WW Bread w/ Margarine 1/2 C Fresh Cantaloupe Cal 601</p>	<p>1 Deli Plate (1/4 C Tuna Salad, 1/4 C Chicken Salad) 1 C Let/Cuc/Tom 1 C Broccoli Cheese Soup WW Bread w/Margarine 1 Pkg Berry Vanilla Cookies 1/2 C Fresh Cantaloupe Cal 766</p>	<p>2 Korean BBQ Beef 3/4 C Beef 1/2 C Stir Fried Vegetables 1/2 C Vegetable Stir Fried Rice WW Bread w/Margarine Fresh Orange Cal 611</p>	<p>3 Grilled Chicken Parm (1 Chicken Breast, 1/4 C Sauce, Mozzarella Cheese) 1/2 C California Normandy Blend 1/2 C Pasta Shells w 2 Tbsp Sauce 1 S1 Pound Cake w/1/4 C Berries Cal 628</p>
<p>6 Meatball Rosini (3 Meatballs w/1/4 C Creamy Tomato Sauce) 1/2 C Broccoli & Red Peppers 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce Bread w/Margarine 1/2 C Jello Cal 850</p>	<p>7 Roast Turkey 1 S1 Turkey w/Gravy 1/2 C Honey Glazed Carrots 1/2 C Cranberry Combread Stuffing WW Bread w/ Margarine 1/2 C Fresh Cantaloupe Cal 601</p>	<p>8 Pork Carnitas (1/2 C Seasoned Pork w/WW Tortilla) 1/2 C Mexican Rice 1/2 C Cabbage Slaw 2 Tbsp Salsa Fresh Pear Cal 625</p>	<p>9 Honey Mustard Chicken Salad Salad(3/4 C diced Chicken, 2 C Lettuce, 2 Tbsp Tomato, 2 Tbsp Cucumber) & Dressing 1 C Zucchini Parmesan Soup Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 637</p>	<p>10 Spanish Omelet (1 Omelet/Cheese/Salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Croissant w/Margarine 1/2 C Greek Yogurt w/ 1/4 C Berries Cal 600</p>
<p>13 Smothered Pork (1 S1 Pork, Caramelized Onions) 1/2 C Roasted Sweet Potatoes 1/2 C Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding Cal 674</p>	<p>14 Pub Steak Cheeseburger (1 Beef Patty, 1 S1 Cheese) w/ WW Sandwich Roll/Ketchup 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges Fresh Apple Cal 889</p>	<p>15 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 Margarine Cal 620</p>	<p>16 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 S1 Pound Cake w/1/4 C Peaches Cal 810</p>	<p>17 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 Fresh Orange WW Bread w/Margarine Cal 735</p>
<p>20 Broccoli Cheese Stuffed Chicken (1 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 639</p>	<p>21 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers and Onions WG Hoagie Roll 1/2 C Jello Cal 843</p>	<p>22 Firehouse Chili (1 C Beef & Bean Chili) 1/2 C Chutckwagon Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 710 **S1 Hot Dog Day**</p>	<p>23 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</p>	<p>24 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing WW Bread 1 Oatmeal Cookie Cal 729</p>
<p>27 Breaded Dill Chicken Sandwich w/WW Roll & Mayo Pkt (1 Breaded Dill Chicken Breast) 1/2 C Tomato, Cucumber Salad 1/2 C Chickpea, Kale Edamame, Quinoa Blend 1 Fresh Cantaloupe Cal 730</p>	<p>28 Petite Beef Tenderloin Marsala (1 S1 Beef w/Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 762 **\$2 Pizza Day-sign up by 10/21</p>	<p>29 French Onion Meatballs (3 meatballs, gravy, onions, swiss cheese) 1/2 C Broccoli, 1 C Side Salad 1/2 C Buttered Rotini, Brownie **Sign up by 10/22- Super Bingo</p>	<p>30 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 S1 Banana Bread w/ Margarine Fresh Apple Cal 716</p>	<p>31 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</p>