



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



SEPTEMBER EVENTS

September 1st - CLOSED LABOR DAY

September 9th - Dr. Hess - Podiatrist

September 2nd, 16th & 30th MOVIES

Upon request - Start time 9:30am

September 17th - Lunch Bunch Outing 12pm

Texas Roadhouse Bridgeville

September 18th - Red Hats Luncheon 11:30am

Longhorn Steak House in Robinson Twp

September 26th - End of Summer Party

MONDAYS

9am - 3pm FITNESS CENTER OPEN

10am—11:30am LINE DANCING

12pm EUCHRE w/Pat Turney

12:30pm On The Move

1:30pm Chair Exercise

September 1st - CENTER CLOSED

IN OBSERVANCE OF LABOR DAY

Sept. 9th - On The Move - Cancelled

No Teacher

Sept. 9th-Cardio Drumming 12:30pm

TUESDAYS

9am - 3pm FITNESS CENTER OPEN

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

Sept. 9th - Dr. Hess 9:30am

First Come First Serve

Must sign up in advance

Sept. 9th - Medicare Fraud Prevention

w/Meera 10:30am

Sept. 2nd, 16th & 30th - Movies 9:30am

Request a Movie

Refreshments Served

WEDNESDAYS

9am-3pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

9:30am BRIDGE

12pm GAMES

SPECIAL WEDNESDAYS

Sept. 3rd - Advisory Committee Mtg 10am

Sept. 3rd - Book Club - True Believer 10am

Next Book: It Ends With Us by: Colleen Hoover

Sept. 17th - Lunch Bunch Outing - Noon

Texas Roadhouse in Bridgeville

Sept. 10th & 24th - 500 Bid - Noon

THURSDAYS

9am-3pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

10am LINE DANCING w/Claudette

12pm Games//Farkle

12:30pm On The Move

1:30pm Chair Exercise

1:30pm TOPS Meeting

SPECIAL THURSDAYS

Sept. 11th On The Move - Cancelled - No Teacher

Sept. 11th - Cardio Drumming - Teacher TBA

Sept. 18th - Red Hats Luncheon - 11:30am

Longhorn Steak House in Robinson Township

FRIDAYS

9am-3pm FITNESS CENTER OPEN

12:15pm BINGOW/STRETCH

SPECIAL FRIDAYS

Sept. 5th - **Double Pinochle** - 10am Alexis & Mike

Sept. 12th - **Double Pinochle** - 10am ML Gruda

Sept. 19th - **Silver Scripts** 10am

Sept. 19th - **500 Bid** - Mary Cay (Tentative)

Sept. 19th - **Mahjong** - Marilyn - (Tentative)

Sept. 26th - END OF SUMMER PARTY

ALL ACTIVITIES CANCELLED

**SEE FLYER
ON NEXT PAGE**

**FRIDAY
SEPT. 26TH**

COST: \$7

\$2 off w/ Perks Card

Includes:

Lunch, Entertainment by

Tammy Petty, Karaoke, and MORE!

Lunch : Cheeseburger - Potato Salad - Broccoli Salad - Watermelon, & Cake

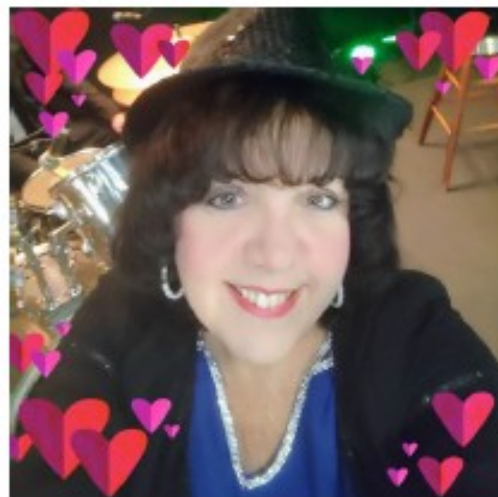


**Limited Seats
Available
BOOK YOUR
SEAT NOW**

LUNCH SERVED – 11:00 AM

TAMMY PETTY PERFORMS – 1:00 PM

KAROE & DJ – 2:00 PM



MEDICONNECT
BRIDGING THE HEALTHCARE GAP

PORTIONS OF THIS EVENT ARE SPONSORED BY MEDICONNECT.

Sign Up & Pay by Sept. 12th

ALL PROCEEDS BENEFIT LIFESPAN CHARTIERS ACTIVE LIFE CENTER