



**Chartiers, Active Life Center**

**300 Lincoln Avenue**

**Carnegie, PA 15106**

**Regional Manager: Claudette Biers**

**Activity Aide: Jackie Milliard**

**Hours of Operation:**

**Monday-Friday 9am to 3pm**

**Phone Number: 412 276-5056**

**Web Site: [www.lifespanpa.org](http://www.lifespanpa.org)**

**Lunch: Served Daily at 11:30 AM**



## **OCTOBER EVENTS**

**October 3rd– Register with Pathways for Flu,  
Covid, RSV and Pneumonia Vaccines**

**October 24th - Receive your Vaccinations  
between the hours of 10am and Noon**

**October 15th - Lunch Bunch Outing 12pm  
Olive Garden in Greentree**

**October 23rd - Red Hats Luncheon 11:30am  
Al's Café McMurray Road Bethel Park**

**HAPPY HALLOWEEN!**

# MONDAYS

**9am - 3pm FITNESS CENTER OPEN**

**10-11:30 LINE DANCING**

**12pm EUCHRE w/Pat Turney**

**12:30pm On The Move//Cardio Drum**

**1:30pm Chair Exercise**

**On The Move - Every Mon. & Thurs.**

**For the rest of the month.**

We will offer Cardio Drumming on  
Mondays & Thursdays in November

# **TUESDAYS**

**9am - 3pm FITNESS CENTER OPEN**

**12:15pm BINGO (Same as Fridays)**

## **SPECIAL TUESDAYS**

**Oct. 7th Education - To Be Announced**

**Oct. 14th Health & Wellness - TBD**

**Oct. 21st Education - To Be Announced**

**Oct. 28th Health & Wellness - TBD**

# **WEDNESDAYS**

**9am-3pm FITNESS CENTER OPEN**

**9:30am ART CLASS w/Ann McCartney**

**9:30am BRIDGE**

**12pm GAMES**

## **SPECIAL WEDNESDAYS**

**Oct. 1st - Advisory Committee Mtg 10am**

**LET YOUR VOICE BE HEARD!**

**Oct. 1st - Book Club - It Ends with Us 10am**

**Next Book: Thick as Thieves by Sandra Brown**

**Oct. 15th - Lunch Bunch Outing - Noon**

**Olive Garden - Greentree**

**Oct. 8th & 22nd - 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//Cardio Drumming**

**1:30pm Chair Exercise**

**1:30pm TOPS Meeting**

## **SPECIAL THURSDAYS**

**On The Move - will continue every Mon. & Thurs.**

**Beginning in November - Cardio Drumming -**

**Lillian & Jackie Milliard - Instructors**

**Oct. 23rd - Red Hats Luncheon - 11:30am**

**Al's Café - 440 Murray Road, Bethel Park 15102**

# FRIDAYS

**9am-3pm FITNESS CENTER OPEN**

**12:15pm BINGO W/STRETCH**

## **SPECIAL FRIDAYS**

Oct. 3rd - **Double Pinochle** - 10am Alexis & Mike

Oct. 10th - **Double Pinochle** - 10am ML Gruda

Oct. 17th - **Silver Scripts** 10am

Oct. 17th - **Mahjong** - Marilyn

Oct. 24th - **500 Bid** - Mary Cay

October 31 - **Halloween Dance Party! \$2 per person**

Wear a Costume! Win prizes! Small games of chance!  
50/50! Music \* Dancing \* Fun \* Spooky Stories \*

### **Menu:**

Stuffed Cabbage Roll, Mashed Potatoes, Green Beans,

Bread w/Margarine and Greek Yogurt with Peaches

Sign up and pay in the office by October 24th.



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



**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**

**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**

**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 Sl Pound Cake w/1/4 C Berries  
**Cal 628**

**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 Peune w/Sauce  
Bread w/Margarine  
**Cal 850**

**7 Roast Turkey**

1 Sl 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**

**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**

**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 **Cal 637**  
1/2 C Fresh Fruit Salad

**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**

**13 Smothered Pork**

(1 Sl Pork, Carmelized Onions)  
1/2 C Roasted Sweet Potatoes  
1/2 C Brussels Sprouts  
WW Bread w/Margarine  
1/2 C Banana Pudding **Cal 674**

**14 Pub Steak Cheeseburger**

(1 Beef Patty, 1 Sl Cheese) w/WW Sandwich Roll/Ketchup  
1/2 C Broccoli w/Ranch Dip  
1/2 C Roasted Potato Wedges  
Fresh Apple  
**Cal 889**

**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**

**16 Stuffed Pepper**

(1 Stuffed Pepper w/Meat Sauce)  
1/2 C Broccoli  
1/2 C Mashed Potatoes  
WW Bread w/Margarine  
1 Sl Pound Cake w/1/4 C Peaches  
**Cal 810**

**17 Greek Salad w/Salmon**

(1 Salmon Filet)  
Salad(2 C Romaine Lettuce, 2 Tbsp Tomatoes, Feta Cheese, 2 Tbsp Black Olives) & Dressing **Cal 735**  
1 C French Onion Soup  
Fresh Orange  
WW Bread w/Margarine

**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**

**21 Sausage & Peppers**

(1 Sausage Link w/Tomato Sauce)  
1/2 C Diced Potatoes  
1/2 C Peppers and Onions  
WG Hoogie Roll  
1/2 C Jello  
**Cal 843**

**22 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**

**23 Grilled Chicken Salad**

(1/2 C Grilled Chicken)  
Salad & Dressing (Lettuce/ Tomato/Cucumber)  
1 C Tomato Soup **Cal 601**  
1/2 C Macaroni & Cheese  
1/2 C Peach Applesauce

**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**

**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**

**28 Petite Beef Tenderloin**

Marsala (1 Sl Beef w/Marsala Sauce)  
1/2 C Carrots  
1/2 C Mashed Potatoes  
WW Bread w/Margarine  
1 Fresh Pear  
**Cal 762**

**29 Chicken Avocado Salad**

(3/4 C Diced Chicken)  
Salad (2 C Lettuce, 2 Tbsp Cucumber, 1/4 Avocado)& Dressing  
1 C Sweet Pepper Beef Soup  
WW Bread w/Margarine  
1/2 C Diced Pineapple **Cal 651**

**30 Lemon Pepper Cod**

(1 Cod Filet)  
1/2 C Broccoli  
1/2 C Parmesan Penne Pasta  
1 Sl Banana Bread w/Margarine  
Fresh Apple  
**Cal 716**

**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**