



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

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.

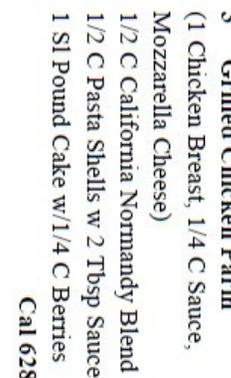
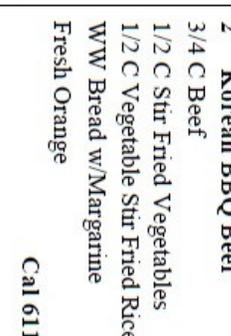
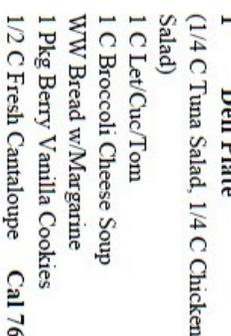
Mon

Tue

Wed

Thu

Fri



<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 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</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 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</p>	<p>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</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 Sl 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 Chuckwagon Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 710</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 Sl Beef w/Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 762</p>	<p>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</p>	<p>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</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>