



www.lifespanpa.org

November 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 from 11:30 AM-11:45 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

Upcoming Special Events:

Pittsburgh Ballroom Dancers

Thanksgiving Meal

Glow Karaoke

LifeSpan Christmas Luncheon

LifeSpan BP will be CLOSED:

Tuesday, November 11th

Thursday, November 27th

Friday, November 28th

SPECIAL events

THANKSGIVING MEAL

Tuesday, November 25th, 2025

@11:30 AM

Joins us for a Thanksgiving meal with friends and a piano

performance by Craig Barret

Menu: turkey w/ gravy, greens beans, mashed potatoes, cornbread, stuffing and pumpkin pie.

\$5 suggested donation

Sign up by Tues, November 18th

GLOW KARAOKE

Tuesday, December 2nd, 2025

12:00 PM-2:00 PM

Song Signups start at 11AM



Dress in neon!

Come ready to sing!

50/50 will be sold

WINTER COAT COLLECTION

Do you have a new or gently used coat you would like to donate to another senior in need? You can drop it off at LifeSpan Bethel Park on Monday November 17th-Friday November 21st from 9:00 AM-3:00 PM

EDUCATION/Wellness

SPEAKERS AND PRESENTATIONS

Friday November 14th @ 12:00 PM– AARP: Understanding Social Security

Monday November 17th @ 11:30 AM– Identity Theft w/ Phill Little

Wednesday November 19th @10:30-11:30 AM– OSPTA Blood Pressure Checks

Thursday November 20th @ 11:30 AM– Bureau of Blindness Presentation

Monday

IN NEED OF A WINTER COAT?

Monday, November 24th from
12:00 PM-2:00 PM

Stop by and shop for a new/gently used
donated winter coat



One per LifeSpan consumer,
first come first served

LIFESPAN MEN'S GROUP

Monday, November 24th @ 10:00 AM

A time for men to socialize,
enjoy **free coffee** & good company

Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, November 10th, 2025

12:30 PM-1:30 PM

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



Every Monday @ 12:15 PM

Beginners welcome!

BRACELET BEADING W/ CATHY

Monday, November 10th, 2025

9:00 AM-12:00 PM

BYOB— Bring your own Beads

Limited beads available.

Come play with beads and make your own
bracelet!

LIMIT 20 PEOPLE

Sign up by Monday November 3rd



QUILTING GROUP

Monday November 10th & 24th

from 12:30 PM-2:00 PM

Come join our group!

PITTSBURGH BALL ROOM

DANCERS PERFORMANCE

Monday, November 3rd

12:30 PM-1:30 PM



Watch the ballroom dancers & join in too!

Tuesday

S.A.I.L. EXERCISE CLASS

Stay Active & Independent for Life

Every Tuesday in November

@ 10:00 AM

(we are closed 11/11)

****FREE PROGRAM****

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



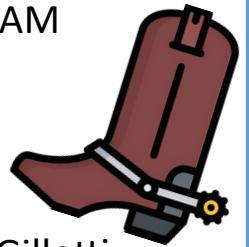
Stay Active
& Independent
for Life (SAIL)

LINE DANCING

Tuesdays/Fridays in November

9:30 AM-10:45 AM

\$4 per class



Instructor: Bernie Gillotti



EVERY

TUESDAY

@ 10:30 AM

EASY SUDOKU

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

FALL TAI CHI

Tuesday from 12:30 PM—1:30 PM

November 4th and November 18th

Stop by the office to register

Walk-Ins \$15 per class



Instructor: Gurney Bolster

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)

****NO BINGO WED DEC 3rd– WILL BE MOVED TO MON DEC 1st THAT WEEK****



WE NOW HAVE CHESS



Stop by Wednesday mornings at 10:00 AM to challenge a friend to a game of chess!

ADVISORY COMMITTEE MEETING

Wednesday, November 12th, 2025

@ 10:00 AM

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

(Next month's meeting- Wed Dec 10th)

\$1 HOT DOG DAY

Wednesday, November 12th, 2025

@ 11:35 AM

\$1 or 1 PERK per hotdog



Sign up and Pay by November 5th

CRAFTING W/CHRISTIE

Make a leaf decoupage glass
jar/bowl lantern

Wednesday, November 26th, 2025

@ 9:30 AM



Sign up by November 19th

BEADED WREATH & PIN

Wednesday, December 3rd, 2025

@ 9:30 AM



Sign up by November 26th, Limit 20

THURSDAY

LUNCH BUNCH

Yoli's Cucina & Crafthouse

Thursday, November 13th, 2025

@ 11:30 AM

OPT Pick Up 10:45 AM, OPT Return 1:30 PM

(must have ACCESS/OPT to take group transportation)

Please sign up by November 6th!

PLASTIC CANVAS CROSS STITCH

CHRISTMAS TREE

Thursday November 13th, 2025

@ 9:00 AM



\$1 each, includes needle to keep

Limit of 15 people, Sign up by Nov 6th

BOWLING AT PRINCESS LANES

Thursday, November 6th 2025 from 11:00 AM-1:30 PM

OPT PICKUP 10:00 AM, OPT RETURN 1:30 PM

Bowl a game or two then have lunch at Prior's Tavern, \$5 Shoe Rental, \$6 per game



COFFEE & COLOR



Thursday, November 20th, 2025

9:30 AM-10:30 AM

Enjoy a cup of coffee & coloring pages.

RIVERS CASINO TRIP

Thursday, November 20th, 2025

OPT pickup 10:15 AM, OPT return 2:30 PM

(must have ACCESS to take transportation)



Sign up by November 13th

LIFESPAN ANNUAL CHRISTMAS LUNCHEON/PARTY

Thursday, December 11th, 2025 @11:00 AM

\$10 includes lunch, goodie bag, door prizes and entertainment after lunch by Tammy Petty

NO REGULAR LUNCH WILL BE SERVED Sign up/pay by Dec 1st



FRIDAY

CHAIR EXERCISE

Every Friday @ 10:00 AM-10:45 AM

\$4 per class

Instructor: Maryann Gerard

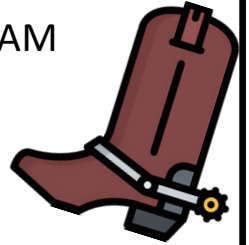


LINE DANCING

Tuesdays/Fridays in November

9:30 AM-10:45 AM

\$4 per class



Instructor: Bernie Gillotti

\$2 PIZZA DAY

Friday, November 21st @11:35 AM

\$2 per slice or

TWO Perks



Must sign up **AND PAY** by November 14th



PINOCHLE

Every Friday

@ 12:00 PM

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

SCRAPBOOK
DIGITAL
PAPER
PREVIEW
ELEMENTS
FLOWERS
LEAVES
CREATIVE
SUZYQ
HYBRID
PRINTER
RIBBONS
BRADS
MEMORIES

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

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! Spots going FAST!

Contact Kerrianne at 412-831-7111

for more information!



LifeSpan
Together We Can!

@Marias Ideas Art

"Two Hearts, One Branch"

**Hand paint a beautiful
TOTE BAG & case.**
Pre-drawn, step by step,
no experience needed!



Monday,
November 24
9:30AM - 11AM

Location:
Bethel Park
Community Center

♥ **\$40**
per person

**Limited Seating
Book NOW !**

Designed & Instructed by Maria DeSimone Prascak
It's fun, casual and creative! Bring a friend!

Open to Seniors age 60+, call 412-831-7111 for details and to reserve your spot.

Payment due by 11/19.



© 2025

Mon	Tue	Wed	Thu	Fri
 3 Meatloaf w/Gravy (1 slice meatloaf w/gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	 4 Turkey & Smoked Gouda Sandwich (3 slices Turkey, 1 slice Cheese) / WW Sandwich Roll 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Mustard Packet Cal 632	 5 Meat Lasagna (1 slice Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Veggie Blend 1 WG Breadstick 1 Chocolate Chip Cookie Cal 666	 6 BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Strawberry Applesauce Cal 602	 7 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 Cup Cal 678
10 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll w/Margarine 1/2 C Fresh Watermelon Cal 655	BP Community Center CLOSED Bethel Park LifeSpan will be CLOSED	12 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 *1 HOT DOG DAY* Cal 766	13 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	14 Grilled Chicken Parm (1 Chicken Breast, 1/4 C Sauce, Mozzarella Cheese) 1/2 C California Nonandy Vegetable Blend 1/2 C Pasta Shells w/2 Tbsp Sauce 1 Sl Pound Cake, 1/4 C Berries Cal 628
17 Smothered Pork (1 Sl 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	18 Pub Steak Cheesburger (1 Beef Patty, 1 Sl Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges WW Sandwich Roll / Ketchup Fresh Apple Cal 889	19 Hawaiian Chicken (1 Grilled Chicken Breast, Pine-apple, Sweet & Sour Sauce) 1/2 C Stir Fried Vegetables 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit/Marg Cal 620	20 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	21 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 *\$2 Pizza Day-sign up by 11/14 Cal 735
24 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	25 Roast Turkey w/ Gravy 1/2 C Green Beans 1/2 C Mashed Potatoes 1/2 C Stuffing Cornbread w/Margarine Pumpkin Pie *Special Menu-sign up by 11/18- \$5 Suggested Donation	26 Pork Carnitas (1/2 C Seasoned Pork w/WW Tortilla) 1/2 C Mexican Rice 1/2 C Cabbage Slaw 1 Tbsp Salsa Fresh Pear Cal 625	27 Center Closed Happy Thanksgiving!	28 Center Closed