



Chartiers, Active Life Center

300 Lincoln Avenue

Carnegie, PA 15106

Center Supervisor: 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



NOVEMBER EVENTS

November 11th - Dr. Hess 9:30am Must sign up!

November 14th - Thanksgiving Craft 10am

Must sign up!

November 19th- Lunch Bunch Outing 11:30am

PF Chang's Settler Ridge

Nov. 20th - Red Hats Luncheon Rockefellers 12pm

November 27th & 28th - Center is Closed for Holiday

HAPPY THANKSGIVING!

MONDAYS

9am - 3pm FITNESS CENTER OPEN

10-11:30 LINE DANCING

12pm EUCHRE w/Pat Turney

12:30pm Cardio Drum w/Lillian

1:30pm Chair Exercise



TUESDAYS

9am - 3pm FITNESS CENTER OPEN

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

Nov. 4th - Advisory Committee Meeting

10am - Let your voice be heard!

Nov. 11th - Dr. Hess - Must sign up.

Nov. 18th & 25th - Learn Sign Language

w/Jackie 10:30am

WEDNESDAYS

9am-3pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

9:30am BRIDGE

12pm GAMES

SPECIAL WEDNESDAYS

Nov. 5th - Book Club - Thick as Thieves

Next Book: No Book for December/January

Nov. 19th - Lunch Bunch Outing - 11:30am

PF Changs - Settlers Ridge

Nov. 12th & 26th - 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 Cardio Drum w/Jackie

1:30pm Chair Exercise

1:30pm TOPS Meeting

SPECIAL THURSDAYS

November 14th - Thanksgiving Craft w/JoAnn

10am Must Sign Up

November 20th - Red Hats Luncheon - 12pm (Noon)

Rockefeller's Grille

1833 McKees Rocks Road McKees Rocks, PA 15136

Hostess: Diane Bawkey

November 27th - CLOSED DUE TO HOLIDAY

FRIDAYS

9am-3pm FITNESS CENTER OPEN

12:15pm BINGOW/STRETCH

SPECIAL FRIDAYS

November 7th - **Double Pinochle** - 10am

Alexis & Mike

November 14th - **Double Pinochle** - 10am

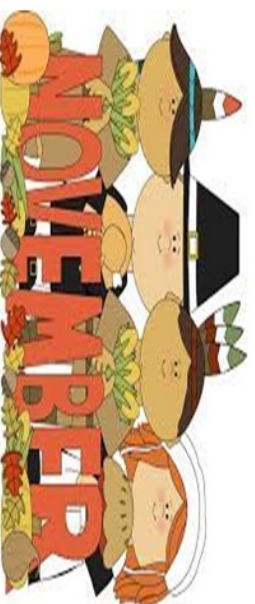
ML Gruda

November 21st - **Mahjong** - 11:15am

Marilyn

November 28th - **CLOSED DUE TO HOLIDAY**

LifeSpan
Together We Can!



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 Cal 666 1 Chocolate Chip Cookie	6 BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens Cal 602 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Strawberry Applesauce	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	11 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli Cal 726 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding	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 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 Nonmandy Vegetable Blend Cal 628 1/2 C Pasta Shells w/2 Tbsp Sauce 1 Sl Pound Cake, 1/4 C Berries
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 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 (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 609	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