

December 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, Bethel Park

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

LifeSpan BP will be CLOSED:

Friday December 5th, 2025

for a department meeting

Friday December 12th we will close

after lunch at NOON

Wednesday December 24th, 2025

Thursday December 25th, 2025

Wednesday December 31st, 2025

Thursday January 1st, 2026

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



THANK YOU for an amazing year!
Happy Holidays and Happy New Year!



EDUCATION/Wellness

SPEAKERS AND PRESENTATIONS

Monday December 8th @11:30 AM during lunch- South Hills Post Acute Presentation

Wednesday, December 10th @10:00 AM– Advisory Committee Meeting

Tuesday December 16th @ 11:30 AM during lunch– Discovery Commons Presentation

Wednesday December 17th @ 10:30 AM–OSPTA Blood Pressure Checks

REMINDER: If you are very sick and not feeling well,
please stay home so you don't get others sick too.

If you must come in, please wear a mask.

Thank you!



FREE COMPUTER CLASS



Learn how to use a computer-for beginners

Tuesdays starting January 6th thru March 10th

1:00 PM-3:00 PM for 10 weeks

Chromebook computers will be provided for use in class

Must attend at least 7 of the 10 classes to be able to KEEP your computer-
free of charge!

ONLY 17 SPOTS AVAILABLE, CALL 412-831-7111 TO SIGN UP

FREE INTRO TO SPANISH DEMO CLASS

Interested in learning Spanish? Join Rima Wolfe for
a meet and greet and free demo class.

Let her bring Spanish to life for you!

Monday, January 5th at 11:00 AM—Call to sign up!



UPCOMING events

GLOW KARAOKE

Tuesday, December 2nd, 2025 from 12:00 PM-2:00 PM

Song Signups start at 11:00 AM

Dress in neon! Come ready to sing!

50/50 will be sold



LIFESPAN ANNUAL CHRISTMAS LUNCHEON/PARTY

Thursday, December 11th, 2025

From 10 am– 2pm, lunch starts at 11:00 AM

\$10 includes lunch, goodie bag, door prizes and entertainment

After lunch by Tammy Petty at 12:00 PM

Information tables from 10:00 AM-11:00 AM

NO REGULAR LUNCH WILL BE SERVED

Sign up/pay by Dec 3rd



ORNAMENT EXCHANGE

Monday, December 8th @10:00 AM

Bring a wrapped ornament

(silly or serious) and play a fun white elephant style gift exchange game.



NEW YEAR'S EVE PARTY

Tuesday December 30th

@ 11:45 AM



Join us for a pre-New Year's Eve party

Noon countdown, Sparkling

Cider Toast, LifeSpan Jeopardy,

music and dancing!

Bring a snack to share!

Monday

CRAFTING WITH CATHY

Monday December 8th @ 9:00 AM



Wooden Decoupage Ornament

Sign up by December 3rd

Limit of 12

HOLIDAY SNOWFLAKE CRAFT W/ GENA

Monday December 1st, 2025

10:00 AM

Hosted by: John F Slater Funeral Home

Call 412-831-7111 to sign up

Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, December 8th, 2025

12:30 PM-1:30 PM

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

CHRISTMAS CARD GARLAND

Monday December 15th @9:30 AM



Sign up by December 8th



QUILTING GROUP

Monday December 8th & 22nd

from 12:30 PM-2:00 PM

Come join our group!

HOT COCOA & COLOR



Monday, December 22nd, 2025

9:30 AM-10:30 AM

Enjoy a cup of hot cocoa &
coloring pages

LIFESPAN MEN'S GROUP

Monday, December 29th @ 10:00 AM

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



Every Monday @ 12:15 PM

Beginners welcome!

Tuesday

S.A.I.L. EXERCISE CLASS

Stay Active & Independent for Life

Every Tuesday in December
12/2, 12/16 & 12/30 @ 10:00 AM
12/9 & 12/23 @ 12:30 PM
****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

PINECONE GNOME CRAFT

Tuesday December 23rd



@9:30 AM

Sign up by Dec. 16th
Limit of 20

TAI- CHI W/GURNEY BOLSTER

3 Week Session

Tuesday December 2nd, 9th and 16th

12:30 PM-1:30 PM

\$15 Walk In Fee

Stop in the office to pay before class

Why did the gingerbread
man go to therapy?

He was feeling crumbly



How does a snowman
lose weight?

He waits until the
weather warms up

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 AM to challenge a friend to a game of chess!

BEADED WREATH & PIN

Wednesday, December 3rd, 2025

@ 9:30 AM



Sign up by November 26th, Limit 20

Call for availability 412-831-7111

\$1 HOT DOG DAY

Wednesday, December 10th, 2025

@ 11:35 AM

\$1 or 1 PERK per hotdog



Sign up and Pay by December 3rd

HOLIDAY CRAFT W/KENDALL

Wednesday, December 10th, 2025

@ 10:00 AM

Sign up by December 3rd

Sponsored by: Quality Living
Homecare



THURSDAY

LUNCH BUNCH

Emiliano's Mexican Restaurant

Thursday, December 18th, 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 December 11th

CHRISTMAS CARD BALL CRAFT

Thursday, December 18th @ 9:30 AM

Limit 15 people

Make an ornament from old Christmas cards



Sign up by December 11th

ACADEMY OF PODIATRY

Thursday December 4th

@1:00 PM

On-site podiatry/toenail care, callous treatment, ingrown nail removal and more. Most Insurances accepted.

Call 412-831-7111 to register

CHRISTMAS CUPCAKE DECORATING

WITH KERRIANNE

Thursday, December 18th @ 12:30 PM

Join us and decorate cupcakes



Sign up by December 11th



Santa has a senior moment

No Rivers Casino trip

in December

Next Trip:

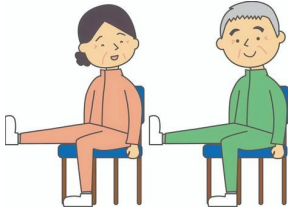
Thursday January 22nd

Friday

CHAIR EXERCISE \$4 PER CLASS

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

Instructor: Maryann Gerard



NATIONAL UGLY SWEATER DAY

Friday, December 19th

Wear your favorite 'ugly' holiday sweater



\$2 PIZZA DAY

Friday, January 2nd @ 11:35 AM



\$2 per slice or



TWO Perks

Must sign up **AND PAY** by December 24th

LINE DANCING \$4 PER CLASS

Tuesdays/Fridays in December

9:30 AM-10:45 AM

Instructor: Bernie Gillotti



PINOCHLE

Every Friday

@ 12:00 PM

MOVIE: IT'S A WONDERFUL LIFE

Join us for a movie and popcorn

in the lounge on

Friday December 26th @ 9:30 AM

DO YOU PLAY MAHJONG?

Stop by on Fridays at noon to play. Bring a board if you have one.

Call 412-831-7111 to sign up.



RING IN THE NEW YEAR WITH FUN AND GAMES

Join us for a fun afternoon of board games and card games...
bring your own to share if you want!

From 12:00 PM-2:00 PM on Friday January 2nd, 2026

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!

HOLLYWOOD CASINO & OGLEBAY FESTIVAL OF LIGHTS

Tuesday December 16th, 2025



\$60 per person

8:45 AM— 8:00 PM



- Roundtrip Motorcoach
- Hollywood Casino at the Meadows— FREE \$25 game play
- Shop at Oglebay & drive through Oglebay Festival of Lights

Minimum of 35 people needed for the trip

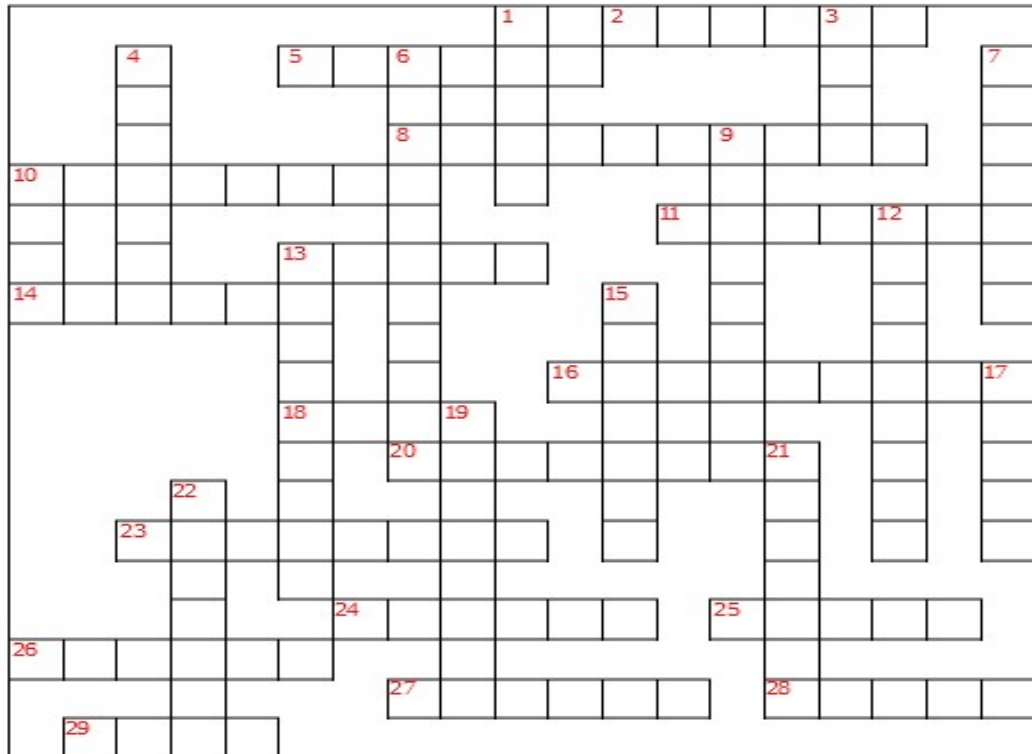
Payment due by December 1st, 2025

Winter Chill Word Search

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

Snowflakes
 Fireplace
 Celebrate
 December
 Election
 Football
 Holidays
 November
 Bonfire
 Candles
 Friends
 Sweater
 Gather
 Gloves

Chilly
 Family
 Leaves
 Winter
 Scarf
 Frost
 Coat
 Pie



Across

- 2 Famous snowman
- 5 Traditional dairy drink
- 8 An opener or a famous ballet
- 10 Hung over the fireplace
- 11 Carrot-nosed figure
- 13 Christmas song
- 14 Circular decoration
- 16 Dance of the _____ Fairy
- 18 Tree topper
- 20 Christmas month
- 23 Tree decoration
- 24 Santa's ride
- 25 Santa's helpers
- 26 _____ Bells
- 27 Green Christmas thief
- 28 Plant with red berries
- 29 The First Christmas, "The First _____"

Down

- 1 _____ Pole
- 3 Green Christmas decoration
- 4 Mean or miserly person
- 6 Treat used to build miniature houses
- 7 How Santa gets in
- 9 Striped sweet
- 10 Frozen rain
- 12 Christmas "kissing" plant
- 13 Gift giving holiday
- 15 Little _____ Boy
- 17 _____ Christmas; A season's greeting
- 19 Rudolph and friends
- 21 Lead reindeer
- 22 Kris _____



Bethel Park - Charters - Imperial - Mon Valley - Steel Valley

2026 Membership Drive

What does the Membership Include?

Book Club
Day & Overnight Trips
Crafts
Card Clubs
Casino Trips
Exercise Programs
Party Discounts
Speakers
Lunch Outings
Computers
Advisory Committee
Shopping Trips
*ACTIVITIES VARY BY CENTER



RENEW
OR SIGN
UP
TODAY!

Have a Question?

Ready to Sign Up?

Talk to a LifeSpan Employee or Volunteer



Membership

Good

January 1st

Thru

December 31st

Perk Card Included!

A complementary Perk Card is included with every Membership. The card has five "Perks" that can be used throughout the year, at the users' discretion.

Every Center will have different ways to use the Perks. They will announce "Perk" days/items in their newsletter or announcements.

A word of caution:

The Perk Card is given out with a paid Membership. Once the 5 Perks run out, the card is not longer usable.

LifeSpan's Meals on Wheels

Holiday Sweet Treats
16th Annual *Cookie Drive* LifeSpan
Together We Care!

450 Dozen cookies are needed to brighten our Seniors spirits this holiday season.

Simply donate 2-3 dozen **NO COOKIES WITH NUTS OR PEANUT BUTTER.**

cookies by

Friday

December 12th

Cookies can be dropped off at:

Any LifeSpan Senior Center

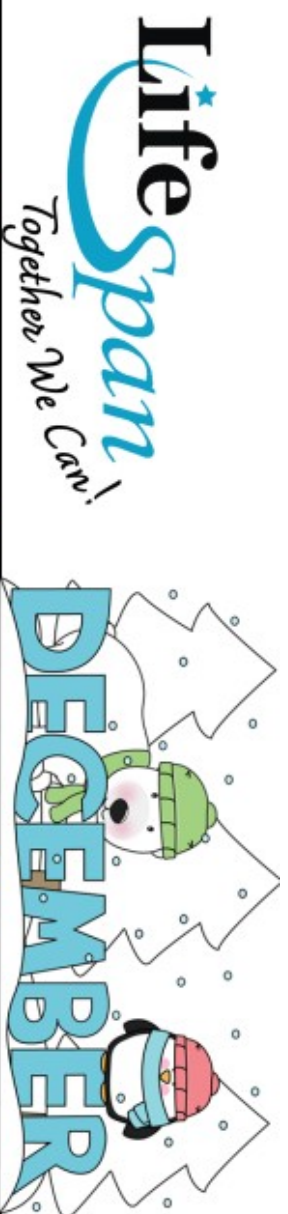
OR

LifeSpan Main Office

314 E. 8th Ave
Homestead, PA 15120

Call 412-464-1300 with Questions





2025

Mon	Tue	Wed	Thu	Fri
1 Broccoli Cheese Stuffed Chicken (1 Stuffed 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	2 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Hoagie Roll 1/2 C Jello Cal 843	3 Firehouse Chili (1 C Beef and Bean Chili) 1/2 C Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 710	4 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	5 CENTERS CLOSED 
8 Breaded Dill Chicken Sandwich w/WW Roll (1 Breaded Dill Chicken Breast) 1/2 C Tomato/Cuke Salad 1/2 C Chickpea, Kale, Edamame, Quinoa Blend Mayo Pkt Fresh Cantaloupe Cal 730	9 Petite Beef Tenderloin Marsala (1 SI Beef w/Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 762	10 Chicken Avocado Salad (3/4 C Diced Chicken) Salad (2 C Lettuce, 2 Tbsp Tomato, 2 Tbsp Cukes, 1/4 Avocado) and Dressing, 1 C Sweet Pepper/Beef Soup, WW Bread w/Margarine 1/2 C Diced Pineapple Cal 651 *SI HOT DOG DAY*	11 Steak Diane (1 sl beef w/creamy beef gravy) Peas & Pearl Onions Potatoes Au Gratin WW Bread w/Margarine Apple Crisp *X-Mas Party-sign up by 12/3	12 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
15 Meatloaf with Gravy (1 SI Meatloaf w/Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	16 Turkey & Smoked Gouda Sandwich (3 SI Turkey, 1 SI Cheese) WW Sandwich Roll 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 632	17 Meat Lasagna (1 Slice Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Italian Veggie Blend WG Breadstick Chocolate Chip Cookie Cal 666	18 BBQ Chicken (1 Chicken Brease, BBQ Sauce) 1/2 C Sautéed Greens Cal 602 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Strawberry Applesauce	19 French Onion Beef Sandwich (1/3 C Beef, Swiss Cheese, Balsamic Onions) 1/2 C Italian Baby Bkd Potatoes 1/2 C Buttered Carrots WW Sandwich Roll 1/2 C Fresh Fruit Cal 678
22 Meatball Rosini (3 Meatballs, 1/4 C Creamy Tomato Sauce) 1/2 C Broccoli & Red Peppers 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce Cal 850 Bread w/Margarine 1/2 C Jello	23 Roast Turkey 1 Slice Turkey w/Gravy 1/2 C Honey Glazed Carrots 1/2 C Cranberry Cornbread Stuffing WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 609	24 CENTERS CLOSED 	25 CENTERS CLOSED 	26 Spanish Omelet 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
29 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash Cal 655 1/2 C Roasted Sweet Potatoes WW Sandwich Roll w/Marg 1/2 C Fresh Watermelon	30 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	31 CENTERS CLOSED 		January 2nd- PIZZA DAY \$2 per slice or 2 PERKS (cheese or pepperoni) Sign up and PAY by 12/26