



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



DECEMBER EVENTS

December 5th CENTER CLOSE FOR EMP. MTG.

December 18th—Red Hats Christmas Party

DeBlasio's 11:30am

December 18th—TOPS Christmas Party

NO TOPS MEETING

December 19th CHRISTMAS PARTY

See details inside! Must sign up!

December 24th & 25th CENTER CLOSED

MERRY CHRISTMAS TO YOU & FAMILY!

December 31st CENTER CLOSED NEW YEARS EVE

HAPPY NEW YEAR!!

MONDAYS

9am - 3pm FITNESS CENTER

10am-11:30am LINE DANCING

12pm EUCHRE w/Pat Turney

12:30pm Cardio Drum w/Lillian

1:30pm Chair Exercise

**GET A JUMP ON RENEWING
YOUR MEMBERSHIP WITH LIFESPAN!**

\$15 DONATION FOR 2026

GYM MEMBERSHIP INCLUDED

Join the fun: Art Class, Bingo, Bridge, Cards,
Chair Exercise, Crafts, Drumming, Gym, HOT
Lunch served Monday through Friday, Line Danc-
ing, Lunch Outings, Red Hats, TOPS, Trips (Day
and Overnight)

TUESDAYS

9am - 3pm FITNESS CENTER OPEN

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

December 2nd - Nutrition Education 10:30am

Sodium In Your Diet

Dec. 9th, 16th, 23rd & 30th - Sign Language

**Come and learn sign language
with Jackie 10:30am**

WEDNESDAYS

9am-3pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

9:30am BRIDGE

12pm GAMES

December 10th - 500 Bid w/Pat Turney

December 24th & 31st - CENTER CLOSED FOR HOLIDAYS

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

December 18th - No TOPS Meeting - Holiday Party

December 18th - RED HATS CHRISTMAS PARTY

DeBlasio's 1717 Cochran Road 11:30am

Hostess: Pat Martin

December 18th - No lunch outing due to holidays.

**Lunch Bunch Outings will begin
again in the springtime.**

FRIDAYS

9am-3pm FITNESS CENTER OPEN

12:15pm BINGOW/STRETCH

SPECIAL FRIDAYS

December 5th - CENTER CLOSED

FOR EMPLOYEE MEETING

December 12th - **Christmas Craft** 9:30am/Jo Ann

December 12th - **Advisory Committee Meeting**
10:30am

December 12th- **Double Pinochle** -10am

December 19th - **Christmas Party** 10am-2pm

Christmas Dancers // Christmas Karaoke w/Zach

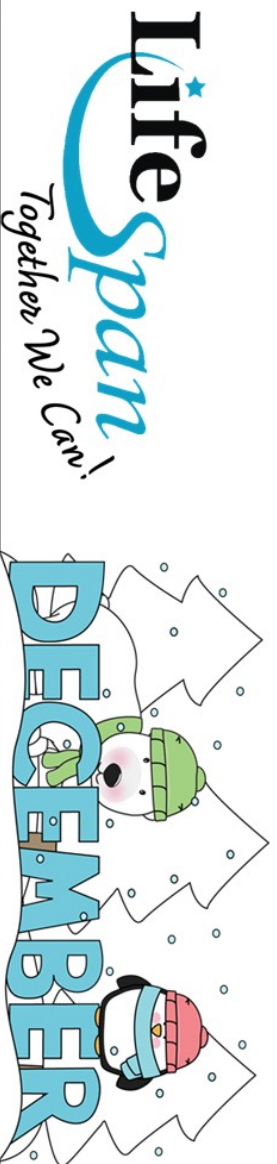
Basket Raffle // Card Exchange Story // 50/50

\$5 w/o Perks Card or \$3 w/Perks Card

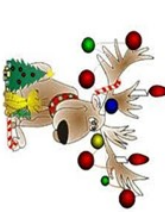
Menu: Beef Tenderloin, Potatoes Au Gratin, Peas w/
Pearl Onions, whole wheat bread Apple Crisp & Milk.

Must sign up & pay in office. Limit: 80 people

(Partially Sponsored by MEDICONNECT)



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	11 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parnesan Penne Pasta SI Banana Bread w/Margarine Fresh Apple Cal 716	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 Sauteed 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 Combread 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 		