



**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](http://www.lifespanpa.org)**  
**Lunch: Served Daily at 11:30am**



## **JANUARY EVENTS**

**January 1st - CENTER CLOSED FOR NEW YEARS DAY**

**January 12th - LINE DANCERS ONLY - PARTY**

**January 19th CENTER CLOSED in Observance of**

**Martin Luther King Day**

**MAKE SURE TO RENEW YOUR MEMBERSHIP TODAY**  
**\$15 DONATION TO RECEIVE PERKS CARD**

Join the fun: Art Class, Bingo, Bridge, Cards, Chair Exercise, Crafts, Drumming, Gym Membership, HOT Lunch served Monday through Friday, Line Dancing, Lunch Outings, Red Hats, TOPS, Trips (Day & Over-night)

**HAPPY NEW YEAR!!**

# **MONDAYS**

**9am - 3pm FITNESS CENTER OPEN**  
**10am-11:30am LINE DANCING**  
**12pm EUCHRE w/Pat Turney**  
**12:30pm Keep Moving! w/Claudette**  
**1:30pm Chair Exercise**

# **TUESDAYS**

**9am - 3pm FITNESS CENTER OPEN**  
**12:15pm BINGO (Same as Fridays)**

## **SPECIAL TUESDAYS**

**January 6th, 13th, 20th & 27th - 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**

January 14th & 28th - 500 Bid w/Pat Turney

# **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**

**Jan.1st Center Closed for New Years Day**

**No Lunch Outing until March**

**No Red Hat Luncheons until March**

# **FRIDAYS**

**9am-3pm FITNESS CENTER OPEN**

**12:15pm BINGO/W/STRETCH**

## **SPECIAL FRIDAYS**

**January 2nd - Dble Pinochle -10am Alexis & Mike**

**January 9th - Dble Pinochle -10am ML Gruda**

**January 9th - Advisory Comm Mtg 10:30am**

**Roseanne Riccardi**

**January 16th - Mahjong 10am M. Kaczmarek**

**January 2nd, 9th, 16th, 23rd & 30th - 10am – 11am**  
**Health and Wellness - To be announced**

As the 2025 year comes to a close and the 2026 year begins I wanted to take a few moments to thank everyone that has helped to make the Chartiers, Active Life Center so successful in every way possible.

The many items that everyone donates every year, whether it is coffee or items we use day to day or the many baskets for the basket raffle. You are all so very generous.

**THANK YOU!**

I want to thank you for all of the hours that you give to the center in so many different ways:

**Serving the lunches every day - THANK YOU!**

Jan Wire, Aileen Morningstar, Ken Ringel, Jay McGrogan, Georgia Kruhm, Connie Huth and JoAnn Jurczak and the dancers that always help serve the lunch for special events and parties.

**For organizing and running the Card Clubs - THANK YOU!**

Pat Turney, Mary Louise Gruda, Marilyn Kaczmarek, Alexis Cascio, Mike Orton, Mary Cay Dunmyer & Nellie Kinavey.

**For organizing and running the Bridge Group - THANK YOU!**

George Barrett, Amy Stabenow & Edie Kress

**For organizing & running Bingo every Tuesday and Friday - THANK YOU!**

Sue McIver, Pat Erath, Helen Williams, Carol Ann Daley, Carolyn McElhany, Mary Morgan

**For leading the Advisory Committee Meeting - THANK YOU!**

Rosanna Bogats and Roseanne Riccardi

**For moving & arranging chairs & tables for the activities - THANK YOU!**

Lillian McCabe, Nancy Brennen, Pat Erath, Mary Lou Moriarity

**For helping with Special Events & Parties - THANK YOU!**

Pat Turney, Judy Del Re, Marianne Del Re, Connie Ludington, Roseanne Riccardi, Jay McGrogan, Jeannette Pancurak, Diana Kovaks & Aileen Morningstar - for organizing and wrapping all of the donated baskets

Judy Del Re, Marianne Del Re, Connie Ludington, Cathy Sweeney, Jackie Milliard and Michelle Craven for helping to check everyone in and selling the raffle tickets.

**For getting the Red Hats back up and running - THANK YOU!**

Pat Martin and Rosanna Bogats

**For getting the Lunch Bunch trips organized and bringing the Crafts back - THANK YOU!**

JoAnn Jurczak

**For helping out with Dance, Cardio Drumming and Chair Exercise - THANK YOU!**

Lillian McCabe, Tim McGrogan, Betty Scheer and Jackie Milliard

**For helping out with all of the trips - THANK YOU!**

Bill Snyder, Sue McIver, Christine Leech, Carol Ann Daley, Diana Kovaks, Carolyn McElhany, Pat and Linda Mulligan.

There are so many more and I am very sorry if I forgot to mention anyone but please know that you are appreciated every day. I am always saying that this is a job that can not be done by one person. So thank you from the bottom of my heart. I am looking forward to another successful year at Chartiers Active Life Center.

**THANK YOU AGAIN FOR ALL THE SUPPORT THAT YOU GIVE TO THIS CENTER. WE COULD NOT DO THIS WITHOUT ALL OF YOU!**

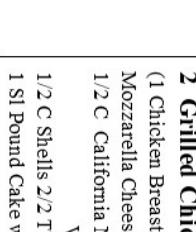
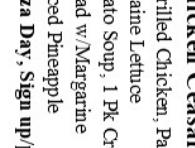
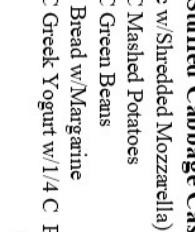
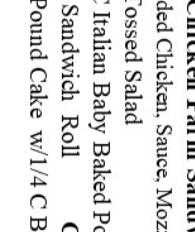
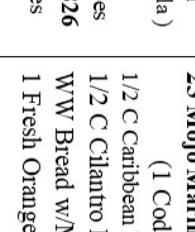
**THANKS FOR ATTENDING THIS CENTER - THAT IS IMPORTANT SUPPORT THAT WE NEED TO HAVE ANOTHER SUCCESSFUL YEAR!**

# LifeSpan

Together We Can!



# 2026

Mon	Tue	Wed	Thu	Fri
 <p><b>5 Smothered Pork</b>            (1 Sf 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</p>	 <p><b>6 Beef Barbacoa</b>            (3/4 C Seasoned Beef)            1/2 C Black Bean &amp; Corn Vegetable Blend            1/2 C Brown Rice            1 SS C Guacamole            1/2 C Fresh Fruit Salad Cal 600</p>	 <p><b>7 Crab Cake</b>            (1 Crab Cake w/Cocktail Sauce)            1 C Tossed Salad            1/2 C Macaroni &amp; Cheese            WW Bread w/Margarine            1/2 C Diced Peaches Cal 716</p>	 <p><b>8 Stuffed Pepper Casserole</b>            (1 Piece w/Shredded Mozzarella)            1/2 C Green Beans            1/2 C Mashed Potatoes Cal 692            WW Bread w/Margarine            1/2 C Cinnamon Applesauce</p>	 <p><b>9 Greek Salad w/1 Salmon</b>            Filet (2 C Romaine Lettuce, 2 Tomato Wedges, 1 Tbsp Feta Cheese, 2 Tbsp Olives)            1 C Garden Vegetable Soup            WW Bread w/Margarine            1 Fresh Orange Cal 761</p>
 <p><b>12 Raspberry BBQ Chicken</b>            (1 Grilled Chicken Breast)            1/2 C Broccoli &amp; Cauliflower            1/2 C Roasted Sweet Potatoes            WW Sandwich Roll            1 Oatmeal Cookie Cal 633</p>	 <p><b>13 Sausage and Peppers</b>            (1 Sausage Link w/Tomato Sauce)            1/2 C Diced Potatoes            1/2 C Peppers &amp; Onions            1 WG Hoagie Roll            1/2 C Jell-O Cal 841</p>	 <p><b>14 Chicken Avocado Salad</b>            (3/4 C Diced Chicken) Salad (2 C Romaine Lettuce, 2 Tomato Wedges, 2 Tbsp Cukes, 1/4 C Avocado)            WW Bread w/Marg 1/2 C Tropical Fruit            1 C Sweet Pepper &amp; Beef Soup            **\$1 Hot Dog Day, Sign up/pay by 1/13** Cal 654</p>	 <p><b>15 Firehouse Chili</b>            (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 708</p>	 <p><b>16 Vegetable Lasagna</b>            1 Pc Lasagna w/Mozzarella)            1/2 C Carrot Coins            1 C Tossed Salad Cal 649            WW Bread w/Margarine            1/2 C Fresh Cantaloupe</p>
<p><b>19 Centers Closed</b></p>	<p><b>20 Chicken Ceasar Salad</b>            (1/2 C Grilled Chicken, Parm. Cheese)            2 C Romaine Lettuce            1 C Tomato Soup, 1 Pk Croutons            WW Bread w/Margarine            1/2 C Diced Pineapple            **\$2 Pizza Day, Sign up/pay by 1/13** Cal 726</p>	<p><b>21 Stuffed Cabbage Casserole</b>            (Breaded Chicken, Sauce, Mozzarella)            1 C Tossed Salad            1/2 C Italian Baby Baked Potatoes            WW Sandwich Roll Cal 826            1 SI Pound Cake w/1/4 C Berries</p>	<p><b>22 Chicken Parm Sandwich</b>            (Breaded Chicken, Sauce, Mozzarella)            1 C Tossed Salad            1/2 C Italian Baby Baked Potatoes            WW Sandwich Roll Cal 826            1 SI Pound Cake w/1/4 C Berries</p>	<p><b>23 Mojo Marinated Cod Filet</b>            (1 Cod Filet)            1/2 C Caribbean Vegetable Blend            1/2 C Cilantro Lime Rice            WW Bread w/Margarine            1 Fresh Orange Cal 613</p>
<p><b>26 Turkey &amp; Swiss Croissant</b>            Sandwich (3 Slices Turkey, 1 Slice Swiss Cheese, WG Croissant)            1/2 C Coleslaw            1 C Mediterranean Vegetable Soup            1/2 C Fresh Grapes Cal 630</p>	<p><b>27 Korean BBQ Beef</b>            (3/4 C Beef)            1/2 C Stir Fried Vegetables            1/2 C Veggie Fried Rice            WW Bread w/Margarine            1/2 C Applesauce Cal 611</p>	<p><b>28 Broccoli Cheese Stuffed Chicken</b> (1 Chicken Breast)            1/2 C Peas &amp; Pearl Onions            1/2 C Rosemary Roasted Potatoes            WW Bread w/Margarine            1/2 C Chocolate Pudding Cal 700</p>	<p><b>29 Swiss Steak</b>            (1 Beef Patty, 2 Tbsp Tomato Gravy)            1/2 C Carrots            1/2 C Mashed Potatoes            WW Bread w/Margarine            1/2 C Mixed Fruit Cal 631</p>	<p><b>30 Baked 3 Cheese Pasta Florentine</b> (1 C 3 Cheese Pasta w/Spinach)            1/2 C Italian Normandy Blend            1 Garlic Breadstick            1/2 C Mixed Fruit Cal 631</p>