

LifeSpan

YOUR PARTNER IN AGING

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 11:30am



January

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 & Overnight)

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 BINGOW/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!

Mon	Tue	Wed	Thu	Fri
 <p>5 Smothered Pork (1 Sl Pork, Caramelized On-ions) 1/2 C Roasted Sweet Potatoes 1/2 C Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding Cal 674</p>	 <p>6 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1 SS C Guacamole 1/2 C Fresh Fruit Salad Cal 600</p>	 <p>7 Crab Cake (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad 1/2 C Macaroni & Cheese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716</p>	 <p>1 Centers Closed</p>	<p>2 Grilled Chicken Parm (1 Chicken Breast, 1/4 C Sauce, Mozzarella Cheese) Cal 628 1/2 C California Normandy Vegetable Blend 1/2 C Shells 2/2 Tbsp Sauce 1 Sl Pound Cake w/1/4 C Berries</p>
<p>12 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1 Oatmeal Cookie Cal 633</p>	<p>13 Sausage and Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 W/G Hoagie Roll 1/2 C Jell-O Cal 841</p>	<p>14 Chicken Avocado Salad (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 & Beef Soup Cal 654 **\$1 Hot Dog Day, Sign up by 1/7**</p>	<p>15 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 708</p>	<p>16 Vegetable Lasagna 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>19 Centers Closed</p> 	<p>20 Chicken Caesar Salad (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 Cal 726 **\$2 Pizza Day, Sign up/pay by 1/13**</p>	<p>21 Stuffed Cabbage Casserole (1 Pc w/Shredded Mozzarella) 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 765</p>	<p>22 Chicken Parm Sandwich (Breaded Chicken, Sauce, Mozzarella) 1 C Tossed Salad 1/2 C Italian Baby Baked Potatoes WW Sandwich Roll Cal 826 1 Sl Pound Cake w/1/4 C Berries</p>	<p>23 Mojo Marinated Cod Filet (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>26 Turkey & Swiss Croissant Sandwich (3 Slices Turkey, 1 Slice Swiss Cheese, W/G Croissant) 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 630</p>	<p>27 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir Fried Vegetables 1/2 C Veggie Fried Rice WW Bread w/Margarine 1 Fresh Orange Cal 611</p>	<p>28 Broccoli Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Peas & Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Applesauce Cal 659</p>	<p>29 Swiss Steak (1 Beef Patty, 2 Tbsp Tomato Gravy) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 700</p>	<p>30 Baked 3 Cheese Pasta Florentine (1 C 3 Cheese Pasta w/Spinach) 1/2 C Italian Normandy Blend 1 Garlic Breadstick 1/2 C Mixed Fruit Cal 631</p>