

February Newsletter



Bethel Park Active Life Center

We are a non-profit agency providing critical support and services for Allegheny County residents ages 60 and over. Our programs include Active Life Centers, Meals on Wheels, Care Management, and Protective Services.

Bethel Park Active Life Center is open Monday-Friday 9:00 AM to 3:00 PM

Located at 5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Christie Rethage: Center Supervisor- Bethel Park; Kerrienne Troesch: Activity Aide- Bethel Park/Mon Valley

LifeSpan Bethel Park will be CLOSED:

Monday February 16th due to the
Community Center being CLOSED

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

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 on the center's check-in
computer before 12:00 Noon. *A suggested donation of \$2.00 is appreciated*

Please call if you need to cancel so someone on the waitlist can eat

Indoor Walking Track Available
Monday through Friday
9:00 AM to 3:00 PM

ADVISORY COMMITTEE MEETING

Wednesday, February 11th
@ 10:00 AM

EDUCATION/Wellness

SPEAKERS AND PRESENTATIONS

Thursday February 5th @11:30 AM during lunch- Kari w/ PGH Wellness- Arthritis Management

Monday February 9th @11:30 AM during lunch– Balance & Fall Prevention Presentation, screenings afterwards

Tuesday February 17th @11:30 AM at lunch– Clear Captions Q&A, FREE Donut!

Wednesday February 18th @ 10:30 AM–OSPTA Blood Pressure Checks

Monday February 23rd @11:30 AM during lunch– Highmark Presentation- 'Taking Charge of your Health'

Friday February 27th @10:00 AM-12:00 PM– Silver Scripts by Pitt Pharmacy- Medication review, Blood Pressure Checks

Tuesday March 3rd @ 11:30 AM during lunch– Mediconnect Open Enrollment



NEED HELP WITH YOUR TAXES?

AARP and LifeSpan will be offering **FREE** tax service

Tuesdays and Fridays with appointments from 9:45 AM– 12:45 PM

February 3rd thru April 7th

Call **412-335-6973** starting January 15th to schedule an appointment

MUST HAVE AN APPT-NO WALK-INS!

SENIOR ASSISTANCE CLINIC (Rep. Mihalek & Sen. Robinson)

Thursday, February 26th from 10:00 AM to 2:00 PM

Property Tax & Rent Rebates (65+)– bring proof of income, 2025 property tax receipts

Senior ConnectCard (65+)– bring proof of age (ex: license, passport), Unclaimed Property

Call 724-942-2045 for more information & to RSVP

Monday

LIFESPAN MEN'S GROUP

Monday, February 23rd @ 10:00 AM

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

VALENTINE'S BRUNCH

Monday February 9th, 2026

Pancakes, sausage, coffee & juice



\$5 each



Sign up by February 4th

Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, February 9th, 2026

12:30 PM-1:30 PM

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



Every Monday @ 12:15 PM

Beginners welcome!



QUILTING GROUP

Monday February 9th and 23rd

from 12:30 PM-2:00 PM

Come join our group!

Sen. John Heinz History Center Visit

Monday, February 23rd, 2026

\$18 per person



OPT Pickup @ 9:15 AM

OPT Return @ 1:30 PM

Sign up by Tues, February 17th

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!



Tuesday

S.A.I.L. EXERCISE CLASS

Stay Active & Independent for Life

Every Tuesday in January

2/3 & 2/17 @ 10:00 AM

2/10 & 2/24 @ 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 February

9:30 AM-10:45 AM

\$4 per class

Instructor: Bernie Gillotti



TAI- CHI W/GURNEY BOLSTER

February 3rd-February 24th

\$15 Walk In Fee

Tuesdays 1:00 PM-2:00 PM

Stop in the office to pay before class

BOWLING @ AMF MT. LEBANON

Tuesday, February 10th, 2026,

Meet there at 10:30 AM if driving yourself

OPT Pick Up 9:45 AM, OPT Return 12:00 PM

(must have 5 taking ACCESS/OPT to schedule group transportation)

Please sign up by February 3rd



Interested in joining our Gingerbread house committee for next year's contest? Let Christie or Kerrienne know and we will add you to the list. Bi-monthly meetings start in March!

EVERY TUESDAY

@ 10:30 AM



Wednesday

Bring a Buddy Bingo

BRING A NON-MEMBER TO BINGO IN
FEBRUARY AND YOU WILL EACH GET
AN ADDITIONAL SPECIAL BINGO CARD

RECRUIT A FRIEND TO BECOME
A MEMBER AND YOU WILL
RECEIVE A FREE HOT DOG PERK



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)

\$2 PIZZA DAY

Wednesday,

February 25th, 2026

@11:45 AM

\$2 per slice or TWO Perks

Must sign up **AND PAY**
by February 18th

COLOR & COCOA

Color a Valentine's card
for that special someone
and enjoy a cup of cocoa

Wed, February 4th, 2026
@ 9:30 AM

LIFESPAN BETHL PARK

SAINT PATTY'S BINGO PARTY

MARCH 18TH

9:30 AM - 3:00 PM
\$15 PER PERSON
SIGN UP BY MARCH 11TH

9:30 - DOORS OPEN
10:30 - ENJOY A PERFORMANCE OF
"BLARNEY + BROGUES"
11:30 - LUNCH: SHEPHARD'S PIE, ROLL,
BERRY CRISP
12:30 - BINGO BEGINS

PAYOUTS
\$10 REGULAR (6 CARDS PER GAME)
\$15 SPECIAL (2 CARDS PER GAME)
\$50 COVERALL

THURSDAY

LUNCH BUNCH



Bella's on Fort Couch

Thursday, February 19th, 2026
@ 11:30 AM

LIMIT OF 20 PEOPLE

OPT Pick Up 11:00 AM, OPT Return 1:00 PM

Please sign up by February 12th

RIVERS CASINO

Thursday, February 26th, 2026

OPT Pick Up 10:45 AM,

OPT Return 1:30 PM

(must have ACCESS/OPT to take
group transportation)



Please sign up by February 19th

\$1 HOT DOG DAY

Thursday, February 12th, 2026

@ 11:35 AM

\$1 or 1 PERK per hotdog



Sign up and Pay by February 5th

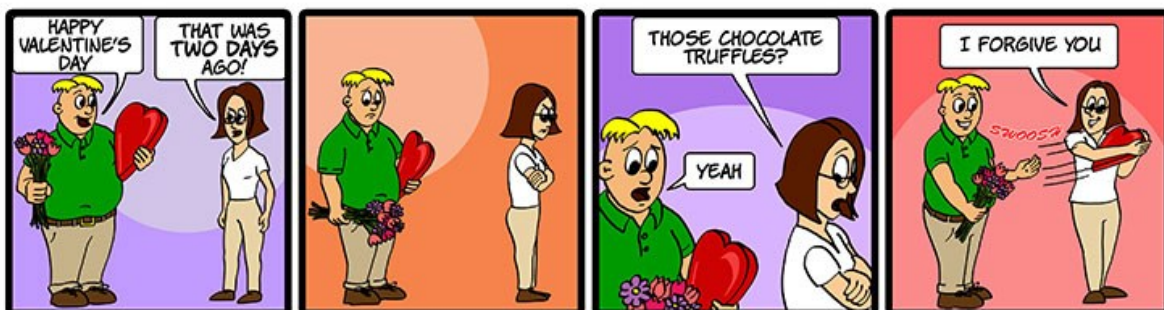
ACADEMY OF PODIATRY

Thursday March 5th @1:00 PM

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

Most Insurances accepted.

Call 412-831-7111 to register



WHY WE GIVE CHOCOLATE ON VALENTINE'S DAY

FRIDAY

CHAIR EXERCISE \$4 PER CLASS

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

NO CLASS Fri 2/13

Instructor: Maryann Gerard



LINE DANCING

\$4 PER CLASS

Tuesdays/Fridays in February

NO CLASS Fri 2/13

9:30 AM-10:45 AM

Instructor: Bernie Gillotti



CRAFT (TBD)

HOSTED BY THE HEMSLEY HOUSE

Friday February 20th, 2026 @10:30AM

Sign up by February 13th

ST PATRICK'S THEMED CRAFT

Friday, February 27th, 2026 @9:30 AM

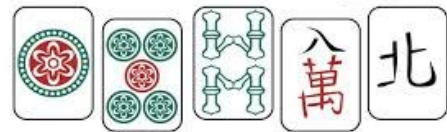
Sign up by February 20th



DO YOU PLAY MAHJONG?

Join us on Fridays @ 12:00 PM

Bring a set if you have one.



Call 412-831-7111 to sign up

SUDOKU

	8	7		5	6			
	2			1				
1	5	3		9	4	2	7	6
	7	2		6	9			5
3	9							8
	6		4			9		2
	4					8		1
	3		1		2			
	1		6		8	4		

PINOCHLE

Every Friday

@ 12:00 PM



SUPERBOWL CHILI COOKOFF

Friday, February 6th, 2026

Sign up to bring a crockpot of chili

Prize for best chili!

\$5 gets you 3 bowls of chili to try/vote

OUT OF CENTER/OVERNIGHT TRIPS



Inside Category IB - \$2,720 double occ. \$3,750 single occ. Rates are per person
Balcony Category BB - \$3,450 double occ. \$5,210 single occ.

PACKAGE INCLUDES:

- * Round trip flight to Seattle from Pittsburgh
- * 1 Night's lodging in Seattle prior to cruise (9/12/26)
- * Air-conditioned cabin with private shower and toilet
- * All meals on board the **NORWEGIAN ENCORE**
- * Morning & afternoon snacks
- * Services of a cruise director
- * Cabin steward
- * Health & Fitness Center
- * Nightly entertainment
- * Las Vegas-style casino
- * Swimming pool & sporting activities
- * Room service available (limited hours)
- * Port Taxes
- * Choice of 2 Amenity Options detailed on back
(Dining & Beverage Packages have additional gratuity charge.)

CRUISE - SEPTEMBER 13-20			
DAY	PORT OF CALL	ARRIVE	DEPART
Sun	Seattle		4:00 pm
Mon	At Sea		
Tue	Juneau	2:30 pm	10:00 pm
Wed	Skagway	7:00 am	5:30 pm
Mon	Ketchikan	6:00 am	8:00 pm
Wed	Cruising Glacier Bay		
Thu	Ketchikan (Ward Cove)	7:00 am	1:15 pm
Fri	Victoria, BC, Canada	8:00 pm	11:59 pm
Sat	Seattle	7:00 am	

FOR INFORMATION AND RESERVATIONS CONTACT:

LIFESPAN ACTIVE LIVING CENTER
Christie Rethage
5151 Park Ave.
Bethel Park, PA 15102
(412) 831-7111

Prices subject to change till reserved and deposited. **\$100 Non-refundable deposit due to LifeSpan to hold your spot.**
Remaining \$150 deposit is due by March 25, 2026. All checks made payable to **LifeSpan**.
 After final payment (due on April 29, 2026), cancellation penalties may apply. Insurance available; see below.

VALID PASSPORT REQUIRED FOR CANADA

Cancellation protection insurance is encouraged for medical emergencies that may occur. The Enhanced option must be paid within 14 days from the day the first deposit for the trip is paid to the organization and/or group leader. There is an additional Enhanced upgrade - Cancel for Any Reason. Cancellation must be made no later than 48 hours prior to your scheduled departure, conditions, limitations, and exclusions do apply. These plans are only valid for trips booked through White Star Tours. To purchase the protection, please contact NTA/ADN Insurance via their website at <https://nta.aontravelprotect.com> and provide the Tour Operator Location #386097.

-----Please print clearly-----

ALASKA CRUISE - SEPTEMBER 12-20, 2026		Escorted by CHRISTIE RETHAGE
NAME (Mr./Mrs./Ms.) _____ (as on passport) First Middle Last		DATE OF BIRTH _____
ADDRESS _____		TEL # _____
CITY/STATE/ZIP _____		EMAIL _____
SHARING WITH (Mr./Mrs./Ms.) _____ (as on passport) First Middle Last		DATE OF BIRTH _____
ADDRESS _____		TEL # _____
CITY/STATE/ZIP _____		CABIN CATEGORY: _____

PLEASE CIRCLE YOUR AMENITY CHOICES (SEE OTHER SIDE FOR DETAILS & ADDITIONAL CHARGES):

INSIDE CABINS: CIRCLE 2 FROM OPTION ONE - #1-BEVERAGE #2-DINING #3-SHORE EXCUR. #4-INTERNET
 OR CIRCLE 2 FROM OPTION TWO - #1- SHORE EXCUR. #2-INTERNET #3-PHOTOS #4-ON BOARD CREDIT

OUTSIDE/BALCONY CABINS: CIRCLE ONE OF THE FULL OPTIONS - OPTION 1 OPTION 2

Valentine's Day

Find the words on the list in the word search below!

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

ARROWS
CUPID
FUN
HEARTS
LOVE
RED
SHARE

CANDY
FLOWERS
GIFTS
KINDNESS
NICE
ROSE
SWEET

CHOCOLATE
FRIENDSHIP
HAPPINESS
LETTERS
PINK
SERVICE
THOUGHTFUL

Mon	Tue	Wed	Thu	Fri
2 Pub Steak Cheeseburger (1 Beef Patty, 1 Slice Cheese) WW Sandwich Roll 1/2 C Broccoli w/Ranch Dip 1/2 C Baked Beans Fresh Apple Cal 899	3 BBQ Chicken Breast (1) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Diced Pears Cal 622	4 Meatloaf w/Gravy (1 Slice) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine Jello	5 Grilled Chicken Mornay (1 Breast w/ 1/4 C Sauce) 1/2 C Buttered Green Beans 1/2 C Pasta Shells w/Sauce 1/2 C Fresh Fruit Salad Cal 613	6 Deli Plate (1/4 C Tuna Salad, 1/4 C Egg Salad) 1 C Sweet Potato Corn Soup WW Bread w/Margarine 1 Sl Pound Cake w/1/4 C Berries Cal 736
9 Meatballs Rosini (3 Meatballs) 1/2 C Cauliflower & Peas 1 C Tossed Salad 1/2 C Penne w/Sauce WW Bread w/Margarine Jello Cal 867	10 Roast Turkey (2 Slices) 1/2 C Honey Glazed Carrots 1/2 C Cranberry Combread Stuffing WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 609	11 Pork Carnitas (1/2 C Seasoned Pork) WW Tortilla 1/2 C Cabbage Slaw 1/2 C Mexican Rice 1/2 C Mandarin Oranges Cal 601	12 Honey Mustard Chicken Salad (3/4 C Diced Chicken) w/Salad (Let/Tom/Cuc) 1 C Zucchini Parnesan Soup WW Bread w/Margarine Fresh Pear Cal 640 \$1 Hot dog day Sign up by 2/5	13 Cheeseburger (1 patty, 1 slice cheese) 1/2 C Potato Salad 1/2 C Chuckwagon Corn WW Sandwich Bun 1 Fudge Cookie, 1 Fruit Cup *Special menu-MUST sign up by 2/6
16 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	17 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1 SS Cup Giaccanole 1/2 C Fresh Fruit Salad Cal 600	18 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	19 Stuffed Pepper Casserole (1 Piece w/Shredded Mozzarella) 1/2 C Green Beans 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Cinnamon Applesauce Cal 692	20 Greek Salad w/Salmon (1 Salmon 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
23 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	24 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 841	25 Chicken Avocado Salad (3/4 C Diced Chicken, 2 C Romaine Lettuce, 2 Tomato Wedges, 2 Tbsp Cukes, 1/4 C Avocado) 1 C Sweet Pepper & Beef Soup WW Bread w/Margarine 1/2 C Tropical Fruit Cal 654 \$2 Pizza Day, Pay by 2/18	26 Firehouse Chili (1 C Beef & Bean Chili) 1/2 C Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 708	27 Vegetable Lasagna (1 Piece Lasagna w/Mozzarella) 1/2 C Carrot Coins 1 Tossed Salad WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 649