

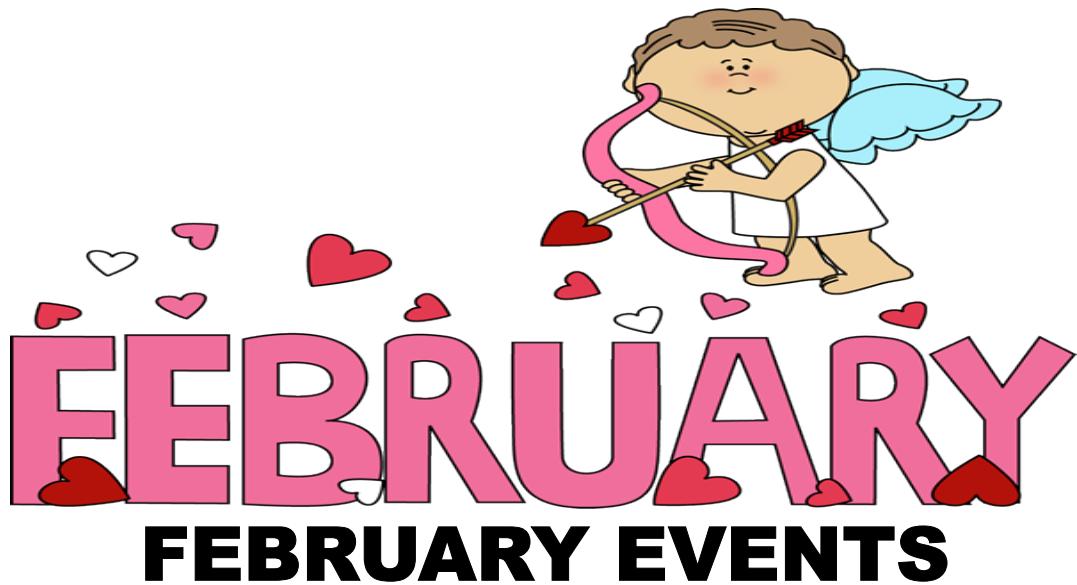


**Chartiers, Active Life Center**  
**300 Lincoln Avenue**  
**Carnegie, PA 15106**

**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 11:30 am**



**February 9th - INCOME TAX HAS BEGUN**

**Every Monday and Tuesday 9am - 1:15pm**

**Must make an appointment**

**February 13th - Get a free Valentine Surprise**

**Play Bingo to receive your surprise.**

**If you haven't done it yet make sure to**

**RENEW YOUR MEMBERSHIP**

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 & Overnite) **\$15 DONATION TO RECEIVE PERKS CARD**

# **MONDAYS**

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

**10am-11:30am LINE DANCING**

**12:00pm EUCHRE w/Pat Turney**

**12:30pm Keep Moving! w/Claudette**

**1:30pm Chair Exercise**

# **TUESDAYS**

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

**10:30am - Sign Language**

**12:15pm BINGO (Same as Fridays)**

## **SPECIAL MONDAYS & TUESDAYS**

**February 9th, 10th, 16th, 17th, 23rd and 24th**

**Income tax 9am until 1:15pm**

**MUST HAVE A SCHEDULED APPOINTMENT!**

# **WEDNESDAYS**

**9am-3pm      FITNESS CENTER OPEN**

**9:30am      ART CLASS w/Ann McCartney**

**9:30am      BRIDGE**

**12:00pm      GAMES**

February 11th & 25th - 500 Bid w/Pat Turney

# **THURSDAYS**

**9am-3pm      FITNESS CENTER OPEN**

**9:30am      ART CLASS w/Ann McCartney**

**10:00am      LINE DANCING w/Claudette**

**12:00pm      Games//Farkle**

**12:30pm      Cardio Drum**

**1:30pm      Chair Exercise**

**1:30pm      TOPS Meeting**

**No Lunch Outing until March**

**No Red Hat Luncheons until March**

# **FRIDAYS**

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

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

## **SPECIAL FRIDAYS**

**February 6th - Double Pinochle -10:00am**

Alexis & Mike

**February 13th - Double Pinochle -10:00am**

ML Gruda

**February 13th - Advisory Committee Meeting**

10:30AM Roseanne Riccardi

**February 27th - 500 Bid w/Mary Cay 10:00am**

**February 20th - Mahjong 11:00am M. Kaczmarek**

**February 6th & 27th - Nutrition Education 10:30am**

**February 13th & 20th - Health and Wellness -**

To be announced



# 2026

Mon	Tue	Wed	Thu	Fri
<b>2</b> <b>Pub Steak Cheeseburger</b> (1 Beef Patty, 1 Slice Cheese) <b>WW Sandwich Roll</b> 1/2 C Broccoli w/Ranch Dip 1/2 C Baked Beans Fresh Apple	<b>3</b> <b>BBQ Chicken Breast (1)</b> 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon WW Bread w/Margarine 1/2 C Diced Pears	<b>4</b> <b>Meatloaf w/Gravy (1 SL)</b> 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine 1/2 C Fresh Fruit Salad	<b>5</b> <b>Grilled Chicken Mornay</b> {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	<b>6</b> <b>Deli Plate (1/4 C Tuna</b> 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
<b>9</b> <b>Meatballs Rosini</b> (3 Meatballs) 1/2 C Cauliflower & Peas 1 C Tossed Salad 1/2 C Penne w/Sauce WW Bread w/Margarine Jello	<b>10</b> <b>Roast Turkey (2 Slices)</b> 1/2 C Honey Glazed Carrots 1/2 C Cranberry Cornbread Stuffing WW Bread w//Margarine 1/2 C Fresh Cantaloupe	<b>11</b> <b>Pork Carnitas</b> (1/2 C Seasoned Pork) WW Tortilla 1/2 C Cabbage Slaw 1/2 C Mexican Rice 1/2 C Mandarin Oranges	<b>12</b> <b>Honey Mustard Chicken</b> Salad (3/4 C Diced Chicken) w/Salad (Let/Tom/Cue) 1 C Zucchini Parmesan Soup WW Bread w/Margarine Fresh Pear	<b>13</b> <b>Spanish Omelet</b> (1 Omelet w/Cheese & Salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Croissant w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries
<b>16</b> <b>Smothered Pork</b> (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	<b>17</b> <b>Beef Barbacoa</b> (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1 SS Cup Guacamole 1/2 C Fresh Fruit Salad	<b>18</b> <b>Crab Cake</b> (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad 1/2 C Macaroni & Cheese WW Bread w/Margarine 1/2 C Diced Peaches	<b>19</b> <b>Stuffed Pepper Casserole</b> (1 Piece w/Shredded Mozzarella) 1/2 C Green Beans 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Cinnamon Applesauce	<b>20</b> <b>Greek Salad w/Salmon</b> (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
<b>23</b> <b>Raspberry BBQ Chicken</b> (1 Grilled Chicken Breast) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1 Oatmeal Cookie	<b>24</b> <b>Sausage &amp; Peppers</b> (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Hoagie Roll 1/2 C Jello	<b>25</b> <b>Chicken Avocado Salad</b> (3/4 C Diced Chicken, 2 C Ro- maine 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	<b>26</b> <b>Firehouse Chili</b> (1 C Beef & Bean Chili) 1/2 C Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple	<b>27</b> <b>Vegetable Lasagna</b> (1 Piece Lasagna w/Mozzarella) 1/2 C Carrot Coins 1 Tossed Salad WW Bread w/Margarine 1/2 C Fresh Cantaloupe
<b>Cal 899</b>	<b>Cal 622</b>	<b>Cal 609</b>	<b>Cal 601</b>	<b>Cal 613</b>
<b>Cal 867</b>	<b>Cal 609</b>	<b>Cal 601</b>	<b>Cal 640</b>	<b>Cal 736</b>
<b>Cal 674</b>	<b>Cal 600</b>	<b>Cal 716</b>	<b>Cal 692</b>	<b>Cal 600</b>
<b>Cal 633</b>	<b>Cal 841</b>	<b>Cal 654</b>	<b>Cal 708</b>	<b>Cal 649</b>
			<b>Cal 761</b>	