



Chartiers, Active Life Center

300 Lincoln Avenue

Carnegie, PA 15106

Center Supervisor: Claudette Biers

Activity Aide: Jackie Milliard

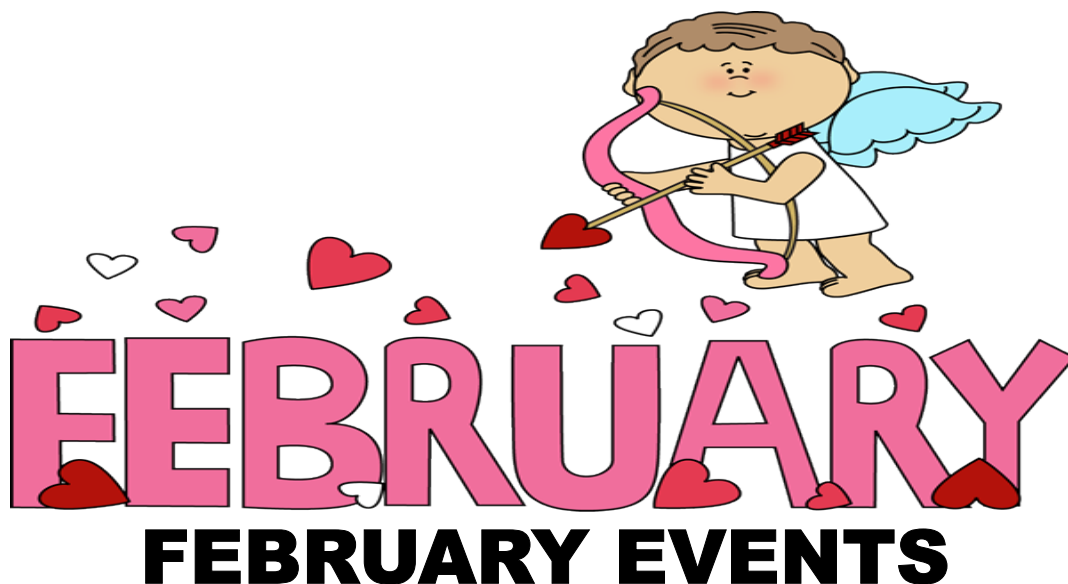
Hours of Operation:

Monday-Friday 9am to 3pm

Phone Number: 412 276-5056

Web Site: www.lifespanpa.org

Lunch: Served Daily at 11:30 am



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 & Overnight) **\$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 BINGOW/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

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 Sl) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine Jello Cal 696	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 Cornbread 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 Parmesan Soup WW Bread w/Margarine Fresh Pear Cal 640	13 Spanish Omelet (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 Cal 600
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 Guacamole 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 Haagie 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	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