

Chartiers, Active Life Center

300 Lincoln Avenue

Carnegie, PA 15106

Center Supervisor: Claudette Biers

Activity Aide: Carole Weldon

Hours of Operation:

Monday-Friday 9am to 3pm

Phone Number: 412 276-5056

Web Site: www.lifespanpa.org

Lunch: Served Daily at 11:30am



MARCH EVENTS

March 2,3,9,10,16,17,23,24,30,& 31 - INCOME TAX

Every Monday and Tuesday 9:00am - 1:15pm

Must make an appointment

March 6th - Silver Scripts 10:00am—12:00pm

March 20th - CENTER CLOSED DUE TO EMP MTG

*****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

9:00am - 3:00pm FITNESS CENTER OPEN

10:00am-11:30am LINE DANCING

12:00pm EUCHRE w/Pat Turney

12:30pm Cardio Drumming

1:30pm Chair Exercise

TUESDAYS

9:00am - 3:00pm FITNESS CENTER OPEN

10:30am - Sign Language

March 3rd -Fall Prevention

12:15pm BINGO (Same as Fridays)

SPECIAL MONDAYS & TUESDAYS

March 2,3,9,10,16,17,23,24,30 & 31

Income tax 9:00am until 1:15pm

MUST HAVE A SCHEDULED APPOINTMENT!

WEDNESDAYS

9:00am-3:00pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

9:30am BRIDGE

12:00pm GAMES

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

THURSDAYS

9:00am-3:00pm 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 Line Dance on March 2nd

No Lunch Outing until April

No Red Hat Luncheons until April

FRIDAYS

9am-3pm FITNESS CENTER OPEN

12:15pm BINGOW/STRETCH

SPECIAL FRIDAYS

March 6th - **Dble Pinochle** -10:00am Alexis & Mike

March 6th - **Silver Scrips**

March 13th - **Dble Pinochle** - 10:00am ML Gruda

March 13th - **Advisory Committee Meeting**

March 13th - **Health & Wellness**

How Sleep affects Blood Pressure
& Heart Health w/Carole

March 20th - **Center Closed** for Employee Mtg

March 27th - **Health & Wellness**

Balance & Strength Exercises w/Carole

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



LifeSpan PRESENTS...



Wildwood, NJ Extravaganza

JUNE 7 – 12, 2026

6 Days & 5 Nights

Package Includes:

- *Rt. Motorcoach Transportation
- *4 nights deluxe accommodations at An Oceanfront Hotel
- *1 Night deluxe accommodations at Resorts Casino in Atlantic City NJ
- *4 full breakfasts at your hotel in Wildwood
- *Pizza Party lunch on the Wildwood Boardwalk
- *A night of Special Entertainment at Wildwoods New **Honky Tonk** NEW
- *Ice Cream social at Cool Scoops
- *Tour & Tasting at **Mudhen Brewery** NEW
- *5 Sumptuous Dinners at Fine Local Restaurants including A **Lobster & Prime Rib Dinner** NEW and a Meal Voucher in AC
- *Guided **DOO-WOP** tour of Wildwood NEW
- *A visit to the famed Wildwood Boardwalk
 - *A visit to Historic Smithville, NJ
 - *All Taxes and Baggage Handling

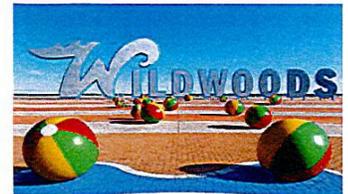
**Package Price...\$892.00 / pp dbl
Singles Add \$340.00**

**For Information & Reservations Contact
Claudette @ 412-276-5056**

\$100.00 non-refundable deposit due with reservation

Final payment is due by April 20, 2026

**Trip Cancellation Protection is
available for only \$60.00**



Mon	Tue	Wed	Thu	Fri	
<p>2 Petite Beef Tenderloin Marsala (1 Sl Beef w/ Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 762</p>	<p>3 Chicken Caesar Salad (1/2 C Grilled Chicken, Parmesan Cheese) 2 C Romaine Lettuce 1 C Tomato Soup 1 Pkt Croutons WW Bread w/Margarine 1/2 C Diced Pineapple Cal 726</p>	<p>4 Stuffed Cabbage (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>5 Chicken Parmesan Sandwich (Breaded Chicken Breast, Sauce, Mozzarella Cheese) 1 C Tossed Salad 1/2 C Italian Baby Baked Potatoes WW Sandwich Roll 1 Sl Pound Cake w/1/4 C Berries Cal 826</p>	<p>6 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Caribbean Vegetable Blend 1/2 C Cilantro Lime Rice WW Bread w/Margarine Fresh Orange Cal 613</p>	
<p>9 Turkey & Swiss Croissant Sandwich (3 Sl Turkey, 1 Sl Cheese, WG Croissant) 1/2 C Coleslaw 1 C Med. Vegetable Soup 1/2 C Fresh Grapes Cal 630</p>	<p>10 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir Fried Vegetables 1/2 C Veggie Fried Rice WW Bread w/Margarine Fresh Orange Cal 611</p>	<p>11 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>12 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>13 Baked Three Cheese Pasta Florentine (1 C Three Cheese Pasta w/1/4 C Spinach) 1/2 C Italian Normandy Blend Garlic Breadstick Mixed Fruit Cal 631</p>	
<p>16 Pub Steak Cheesburger (1 Beef Patty, 1 Sl Cheese) WW Sandwich Roll 1/2 C Broccoli & Ranch Dip 1/2 C Baked Beans Fresh Apple Cal 899</p>	<p>17 BBQ Chicken Breast (1 Chicken Breast) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Diced Peas Cal 622</p>	<p>18 Meatloaf w/ Gravy (1 Sl Meatloaf) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine Jello Cal 696</p>	<p>19 Grilled Chicken Morray (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</p>	<p>20 Centers Closed</p>	
<p>23 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</p>	<p>24 Roast Turkey (1 3 Oz Slice Turkey) 1/2 C Honey Glazed Carrots 1/2 C Cranberry Cornbread Stuffing WW Bread w/Margarine 1/2 C Mixed Fruit Cal 652</p>	<p>25 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</p>	<p>26 Honey Mustard Chicken Salad (3/4 C Diced Chicken) w/ Salad (Lettuce/Tomato/Cucumber) 1 C Zucchini Parmesan Soup WW Bread w/Margarine Fresh Pear Cal 640</p>	<p>27 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</p>	
<p>30 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</p>	<p>31 Beef Barbecoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1SS Cup Guacamole 1/2 C Fresh Fruit Salad Cal 600</p>				
<p>March 8 SPRING FORWARD! Daylight Saving Time</p> 					