



412-831-7111

Open Monday thru Friday
9 AM - 3 PM

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.

Located at:

5151 Park Avenue, Bethel Park, PA 15102
(inside of the Bethel Park Community Center)

Center Supervisor: Christie Rethage

Activity Aide: Kerrienne Troesch

Indoor Walking Track
Available Monday-Friday
9 AM - 3 PM

Daily Lunch Service

Lunch is served daily from 11:30 AM- 11:45 AM, please arrive on time. Reservations must be made at least 2 days prior on the center's check-in computer before 12 PM. Please call if you need to cancel so someone on the waitlist can eat.

\$2 Suggested Donation

Need a Ride?

Did you know that you can sign up for ACCESS/OPT at LifeSpan? Stop by the office and bring your driver's license or photo ID.

EDUCATION & WELLNESS

Speakers & Presentations

Friday, April 3rd from 10 AM-12 PM
Silver Scripts by Pitt Pharmacy
Students-FREE Medication Reviews &
Blood Pressure Checks

Thursday, April 9th at 10 AM- Pitt Brain
Health Presentation & Jeopardy
Call 412-831-7111 to sign up

Friday, April 10th @ 12 PM - Banker's
Life- Planning for what Medicare
DOESN'T cover- dessert provided

Wednesday, April 15th from
10:30 AM-11:30 AM - OSPTA Blood
Pressure Checks

Monday, April 20th during lunch- Aetna
Presentation- Benefits Checkup

Tuesday, April 28th at 10:30 AM- Penn
Natural Burial Park Presentation-call to
sign up or stop in center

AARP Driver Safety Courses

Full 2 Day Course

(both days required)

Tuesday & Wednesday April 14th
& 15th, 2026 from 9:30 AM-2 PM

1 Day Refresher Course

Wednesday April 22nd, 2026
9:30 AM-2 PM

*sessions include a 30 minute
lunch break at 11:30 AM

\$20 for AARP members

\$25 for non-AARP members

*Fee payable by cash or check only

Call 412-831-7111 to register



MONDAY'S ACTIVITIES

Quilting Group

Every 2nd & 4th Monday @ 12:30 PM
Come join our group!

LifeSpan Olympics

Monday, April 13th @ 9:30 AM
Nerf Shooting, Pool Noodle Javelin,
Exercise Ball Shotput, & Tri-Athlon
Sign up by Friday, April 10th



Dementia/ Caregiver Support Group

2nd Monday of Every Month!
FREE SUPPORT GROUP
Monday, April 13th, 2026
12:30 PM-1:30 PM

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

Luau Craft

Monday, April 27th @ 10 AM
Help us make decorations for our
luau themed open house!

Rummikub

Every Monday @ 12:15 PM
Beginners welcome!



SAVE THE DATE- Celebrate Older American's Month with a LifeSpan Luau Open House

Monday, May 11th 2026

Come get lei'd by LifeSpan- first 100 through the door get a FREE lei

9:30 AM Doors Open- Share the Wealth and Auction Basket sales

10 AM-11 AM- Senior Resource Tables, Games

11 AM-12 PM- lunch served for those over the age of 60,
\$2 suggested donation --must reserve by 5/3/26

12 PM-1 PM-Tuika's Polynesian Island Magic, learn to hula
and enjoy traditional songs/dances

*entertainment sponsored by Mediconnect

TUESDAY'S ACTIVITIES

Hand & Foot

Every Tuesday @ 10:30 AM



Line Dancing

Tuesdays/Fridays in April thru 4/17

9:30 AM- 10:45 AM \$4 per class

Classes will be on break from 4/17 thru early July

Instructor: Bernie Gillotti

Tai-Chi

Tuesday, April 7th from 1 PM-2 PM

\$15 walk-in fee per class

This is the last class for this session.

Stop in the office before class to pay.

Instructor: Gurney Bolster

S.A.I.L. Exercise Class



Every Tuesday in April

April 7th & 21st @ 12:30 PM

April 14th & 28th @ 10 AM

FREE PROGRAM

Workout with & without chairs, using exercise balls and weights. This program is designed to help you balance & strengthen muscles.

Glow Karaoke

Tuesday, April 14th

11 AM-1 PM

Song sign ups start at 10:30 AM.

Dress in Neon colors and let your singing skills "glow".

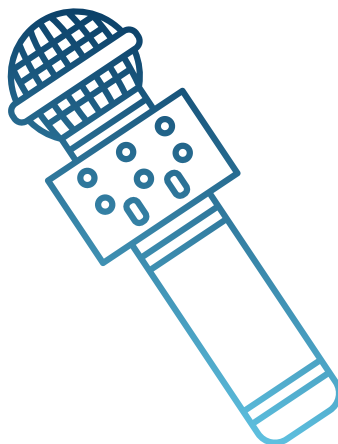
Join us for a fun time singing your favorite tunes and enjoying each other's company. Even if you don't want to sing, you can enjoy the show!

Snack Class

Make a mini Strawberry Cheesecake

Tuesday, April 7th @ 10 AM

\$1 per person



WEDNESDAY'S ACTIVITIES

Advisory Meeting

- Wednesday, April 8th @ 10 AM
- Help us find new activities and suggestions to improve our center
- Earn 1 extra perk on your PERK card for participating (bring card to redeem)
- All ideas are welcome!

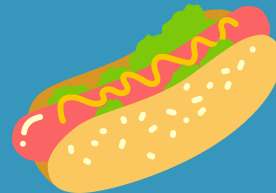


Alaska Meeting

- Are you going on the Alaskan cruise in September?
- Stop in to discuss plans, ask questions and meet others going too
- Wednesday, April 8th
@ 9:30 AM



\$1 HOT DOG DAY



Wednesday,
April 8th @ 11:40 AM
\$1 or 1 PERK per hotdog
Sign up and PAY by April 1st

Men's Group

Last Wednesday of the month
April 29th @ 10 AM *FREE coffee!

BINGO!

Arrive by NOON to buy Bingo cards. Bingo packages start as low as \$3. Please pay with small bills only, no \$20s.

Every Wednesday @ 12:15 PM

THURSDAY'S ACTIVITIES

River's Casino

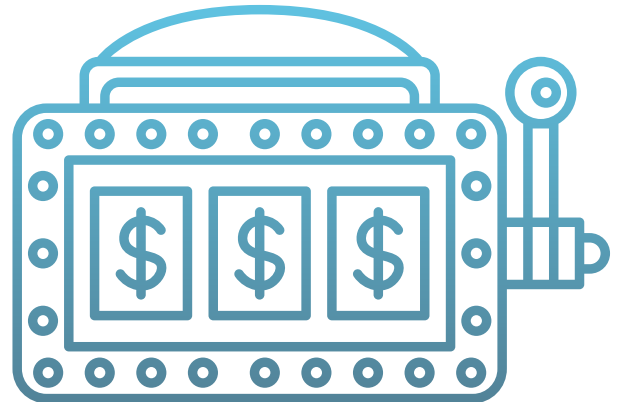
Thursday, April 23rd, 2026

OPT pickup: 10:15 AM, OPT return: 2:30 PM

*Arrive 15 minutes early for pickup

Sign up by April 16th, 2026

Must be signed up with ACCESS/OPT to take group transportation



Bowling

Thursday, April 2, 2026

OPT pickup: 11:45 AM, OPT return: 2 PM

Sign up by March 26th, 2026

Must be signed up with ACCESS/OPT to take group transportation

Luau Craft

Thursday, April 23rd @ 10 AM

Help us make decorations for our luau themed open house!

You can choose a decoration to take home after the open house.

Crochet Group

Thursdays in April @ 10 AM

Join us to share ideas, tips and crochet together! This is not a teaching group.



Lunch Bunch

The Cheesecake Factory

Thursday April 16th, 2026

OPT pickup: 10:30 AM, OPT return 1:30 PM

Sign up by April 9th

Must be signed up with ACCESS/OPT to take group transportation

The logo for The Cheesecake Factory, featuring the words "The Cheesecake Factory" in a stylized, dark brown font. The "C" in "Cheesecake" is large and decorative, and the "F" in "Factory" is also large and decorative. A registered trademark symbol (®) is at the end.

FRIDAY'S ACTIVITIES

Cards & Games

- **Pinochle**– every Friday at 12 PM
 - **Mahjong**– every Friday at 12 PM
- Call to RSVP

Line Dancing

Tuesdays/Fridays in April thru 4/17
9:30 AM– 10:45 AM \$4 per class
Classes will be on break from 4/17
thru early July
Instructor: Bernie Gillotti



Chair Exercise

Fridays in April
10 AM– 10:45 AM \$4 per class
Instructor: Maryann Gerard



\$2 Pizza Day

Friday, April 17th @ 11:40 AM

\$2 per slice or 2 PERKS

- Ordered from Mmm Mmm Pizza
- Cheese or Pepperoni
- MUST sign up AND pay by April 10th
- No refunds given for NO SHOWS

LifeSpan
Together We Care!

Bethel Park - Chartiers - Imperial - Mon Valley - Steel Valley

2026 Membership Drive

What does the Membership include?

- Book Club
- Day & Overnight Trips
- Crafts
- Card Clubs
- Casino Trips
- Exercise Programs
- Party Discounts
- Speakers
- Lunch Outings
- Computers
- Advisory Committee
- Shopping Trips
- *ACTIVITIES VARY BY CENTER



RENEW OR SIGN UP TODAY!

*Have a Question?
Ready to Sign Up?*

Talk to a LifeSpan Employee or Volunteer

Perk Card Included!

A complementary Perk Card is included with every Membership. The card has five "Perks" that can be used throughout the year, at the users' discretion.

Every Center will have different ways to use the Perks. They will announce "Perk" days/items in their newsletter or announcements.

*A word of caution:
The Perk Card is given out with a paid Membership. Once the 5 Perks run out, the card is not longer usable.*

\$15.00 DONATION

Membership Good January 1st Thru December 31st

What's a PERK?

- LifeSpan is FREE to attend once we have you in our computer system.
- We also offer a MEMBERSHIP for \$15 per calendar year
- As a THANK YOU for supporting us, in return you will get a PERKS CARD
- Call for info, 412-831-7111

Out of Center/Overnight Trips

June
7-8th



Whales & Wine Getaway Cape May, NJ \$350 pp double occupancy Add \$70 for single

Package Includes:

- Roundtrip Motorcoach transportation
- Deluxe Overnight Accommodations with full plated breakfast
- Visit Stops: Lunch & Wine tasting at Tomasello Winery, Wine tasting at Cape May Winery, Dinner/Entertainment at a fine local restaurant, Sightseeing Dolphin & Whale watching Cruise, Free time to explore Cape May's Washington Street Mall, & Sunset Beach & Cape May Lighthouse
- \$100 deposit (per room) holds your spot

Amish Spring Tour Day Trip - Sugarcreek, OH May 22nd, 2026 - \$160 Per Person

Package Includes:

- Roundtrip Motorcoach Transportation
- Amish Luncheon Feast
- Visit Stops: Walnut Creek Amish Flea Market, Swiss Heritage Winery with Wine Tasting, Walnut Creek Cheese Shop
- All taxes included
- Pay in full to reserve your spot (cash/check)



Q C E R E E B X A M G N U X C T X R
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Find these words

(The words may be hidden vertically, horizontally or diagonally.)

GREEN

BASEBALL

BUTTERFLY

PLANTS

GARDENING

EGGS

CHICKS

SPRING



RAINBOW

TULIPS

EASTER

RAIN

RABBIT

GROWING

FLOWERS

BLOSSOMS



Easy Sudoku

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

Life Span!
Together We Can!



APRIL
2026

Mon	Tue	Wed	Thu	Fri
 6 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	 7 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	1 Crab Cake (1 Crab Cake with Cocktail Sauce) 1 C Tossed Salad 1/2 C Macaroni & Cheese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716	2 Stuffed Pepper (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 659	3 Greek Salad w/Salmon Filet Salad (2 C Romaine Lettuce, 2 Tomato Wedges, 1 Tbsp Feta Cheese, 2 Tbsp Olives) 1 C Garden Vegetable Soup WW Bread w/ Margarine Fresh Orange Cal 761
13 Petite Beef Tenderloin Marsala (1 Slice Beef w/ Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/ Margarine Fresh Pear Cal 762	14 Chicken Caesar Salad (3/4 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	8 Chicken Avocado Salad (1/2 C Diced Chicken, 2 C Romaine Lettuce, 2 Tom. Wedges, 2 Tbsp Cukes, 1/4 C Avocado) 1 C Sweet Pepper & Beef Soup WW Bread w/Margarine 1/2 C Tropical Fruit *\$1 HOT DOG DAY - sign up by 4/3 Cal 654	9 Firehouse Chili (not spicy) (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	10 Vegetable Lasagna (1 Pc Lasagna w/Mozzarella) 1/2 C Carrot Coins 1 C Tossed Salad WW Bread w/Margarine 1/2 C Mixed Fruit Cal 692
20 Turkey & Swiss (3 Slices Turkey, 1 Slice Cheese) WG Croissant 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 630	21 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	15 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	16 Chicken Parmesan Sandwich (Breaded Chicken, Sauce, Mozzarella Cheese) 1 C Tossed Salad 1/2 C Italian Baby Baked Potatoes WW Sandwich Roll Pound Cake w/1/4 C Berries Cal 826	17 Mojo Marinated Cod Filet (1) 1/2 C Caribbean Vegetable Blend 1/2 C Cilantro Lime Rice WW Bread w/Margarine Fresh Orange **\$2 PIZZA DAY - Sign up AND pay by 4/10** Cal 613
27 Pub Steak Cheeseburger (1 Beef Patty, 1 Slice Cheese) WW Sandwich Roll 1/2 C Broccoli and Ranch Dip 1/2 C Baked Beans Fresh Apple Cal 899	28 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	22 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	23 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	24 Baked Three Cheese Pasta Fiorentina (1 C Three Cheese Pasta w/ 1/4 C Spinach) 1/2 C Italian Normandy Blend Garlic Breadstick 1/2 C Mixed Fruit Cal 631
		29 Meatloaf w/Gravy (1 Slice) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine Jello Cal 696	30 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	May 1 Deli Plate (1/4 C Tuna Salad, 1/4 C Egg Salad) 1 C Sweet Potato Corn Soup WW Bread w/Margarine 1 Slice Pound Cake w/ 1/4 C Berries Cal 736