



**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, May 1<sup>st</sup> during lunch- Bethel Park Library, learn what programs the library has to offer!

Tuesday, May 5<sup>th</sup> during lunch- The Caring Mission Presentation

Thursday, May 7<sup>th</sup> during lunch- Pitt Brain Health Presentation & Jeopardy

Tuesday, May 12<sup>th</sup> during lunch- Zacharia Brown Presentation, Estate Planning & Wills

Thursday, May 14<sup>th</sup> during lunch- Red Cross Presentation & Hands on CPR training at 12 PM

Friday, May 22<sup>nd</sup> during lunch- Pitt Behavioral Health- Tips for Staying Cool & Hydrated with popsicles

Friday, May 29<sup>th</sup> during lunch- Aetna Presentation-Community Resources

Tuesday, June 2<sup>nd</sup> during lunch- FRAUD SQUAD presentation by Cyndie Carioli, Identity Theft

## Summer Walking Club

We are looking to start an outdoor summer walking club that would meet once a week. We need someone to help plan meetups/locations in the area for a walking group. If you are interested in walking or helping plan, please call us at 412-831-7111.

## LifeSpan Closure

LifeSpan will be CLOSED on Monday, May 25<sup>th</sup> for Memorial Day.

# MONDAY'S ACTIVITIES

## Quilting Group

Every 2<sup>nd</sup> & 4th Monday @ 12:30 PM

Come join our group!

## Memorial Day Trip

Soldiers & Sailors Memorial Day  
Celebration-Monday, May 25<sup>th</sup>, 2026

OPT PICKUP: 10:15 AM, OPT RETURN: 1:30 PM

Tour the museum for FREE, enjoy  
activities & entertainment,  
food/beverages available for purchase.

Sign up by May 18th, 2026



## Dementia / Caregiver Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, May 11th, 2026

12:30 PM-1:30 PM

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

## Rummikub

Every Monday @ 12:15 PM

Beginners welcome!

## Celebrate Older American's Month with a LifeSpan Luau Open House

Monday, May 11<sup>th</sup> 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 (hamburger, potato salad, broccoli salad,  
watermelon & cake) 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

NO LINE DANCE ON TUESDAYS  
IN MAY OR JUNE

## Tai-Chi

Tuesdays, April 14th-May 19th

1 PM-2 PM

\$15 walk-in fee per class

Stop in the office before class to pay.

Instructor: Gurney Bolster

## S.A.I.L. Exercise Class



Every Tuesday in May

May 5<sup>th</sup> & 19<sup>th</sup> @ 12:30 PM

May 12<sup>th</sup> & 26<sup>th</sup> @ 10 AM

### FREE PROGRAM

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

## \$2 Pizza Day

Tuesday, May 26th @ 11:45 AM

\$2 per slice or 2 PERKS

- Ordered from Mmm Mmm Pizza
- Cheese or Pepperoni
- **MUST sign up AND pay by May 19th**
- No refunds given for NO SHOWS



## Bring-A-Friend

Help our center grow!

Bring a friend to sign up for LifeSpan in May and you will both get a coupon for a FREE hotdog. If you see a new member, give them a warm welcome and invite them to sit with you.

# WEDNESDAY'S ACTIVITIES

## Advisory Meeting

- Wednesday, May 13<sup>th</sup> @ 10 AM
- Help us find new activities and suggestions to improve our center
- Receive 1 Bingo Special card (5 total) for participating, all ideas are welcome!

## Men's Group

Last Wednesday of the month

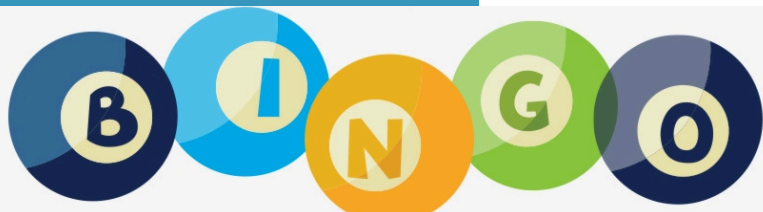
May 27<sup>th</sup> @ 10 AM

\*FREE coffee!

## OSPTA

Wednesday, May 20<sup>th</sup> from 10:30-11:30 AM

Get your blood pressure checked for free



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**

## \$1 HOT DOG DAY



Wednesday,  
May 13<sup>th</sup> @ 11:40 AM  
\$1 or 1 PERK per hotdog  
Sign up and PAY by May 6<sup>th</sup>

## Alaska Meeting

- Are you going on the Alaskan cruise in September?
- Stop in to discuss plans, ask questions and meet others going too
- Wednesday, May 6<sup>th</sup>  
@ 9:30 AM



Signups are CLOSED for this trip

## Save-the-date! Pittsburgh Ballroom Dancers

Wednesday, June 10<sup>th</sup> @ 10:30 AM

Watch the Pittsburgh Ballroom Dancers perform and you can join in too!

# THURSDAY'S ACTIVITIES

## River's Casino

Thursday, May 28th, 2026

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

\*Arrive 15 minutes early for pickup

Sign up by May 21st

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

## Foot Doctor

Thursday, June 4th @ 1 PM

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

\*Most insurances accepted.

Call 412-831-7111 to register

## Let's Make Ice Cream!

Thursday, May 7th @ 12:30 PM

Join us to make your own sweet treat from scratch.

\$2 Per person

## Crochet Group

Thursdays in May @ 10 AM

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



**CENTRAL**  
— DINER & GRILLE —

## Lunch Bunch—Central Diner

Thursday May 21st, 2026

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

Sign up by May 14th

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

# FRIDAY'S ACTIVITIES

## Cards & Games

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

## May Word Search

S	C	F	T	P	R	E	B	K	A	L	G	E	R	K	R	U	R	BASKET
M	V	M	A	L	Y	S	L	H	A	A	B	K	M	A	Y	A	F	BIRDS
E	O	Y	A	M	E	D	O	C	N	I	C	R	I	F	S	Y	I	BLOSSOM
M	U	T	N	O	V	R	S	A	F	B	G	N	E	Y	T	K	S	BUMBLEBEE
O	D	P	H	N	R	I	S	D	L	R	B	S	R	S	J	G	H	BUTTERFLIES
R	G	L	R	E	N	B	O	E	O	O	R	U	U	E	W	M	O	CINCO DE MAYO
I	W	F	I	C	R	P	M	S	W	K	B	N	P	K	F	L	W	FIESTA
A	O	R	G	H	A	S	L	S	E	S	B	S	L	I	H	O	E	FLOWERS
L	J	E	K	U	I	J	D	F	R	Z	T	H	F	S	R	A	R	GRASS
D	H	A	S	B	N	M	I	A	S	P	R	I	N	G	A	R	S	GROW
A	E	S	D	L	A	E	P	O	Y	C	V	N	I	D	F	R	A	MAY
Y	U	T	O	S	R	S	E	I	L	F	R	E	T	T	U	B	T	MEMORIAL DAY
G	R	A	S	S	N	Y	K	S	L	R	O	S	G	X	E	M	S	MOTHERS DAY
D	G	C	I	U	L	S	E	E	B	E	L	B	M	U	B	R	E	RAIN
W	G	O	A	D	I	O	W	E	T	G	E	C	K	I	C	Z	I	RAINFOWS
C	S	S	O	Y	N	S	T	A	R	W	A	R	S	D	A	Y	F	SHOWERS
																		SPRING
																		STAR WARS DAY
																		SUNSHINE
																		TACOS

## Line Dancing

FREE Friday dates in May & June  
@ 9:30-11 AM  
Friday, May 8<sup>th</sup> & 22<sup>nd</sup> and  
June 5<sup>th</sup> & 26<sup>th</sup>

Guest Line Dance Instructor:  
Claudette Biers from the  
Chartiers LifeSpan

\*Bernie Gilotti is out for May & June

## Chair Exercise

Fridays in May

10- 10:45 AM \$4 per class

Instructor: Maryann Gerard



## Patriotic Super Bingo

- Friday June 12<sup>th</sup>
- Doors open at 9:30 AM
- Lunch @ 11 AM

Grilled Chicken w/mango salsa, corn & black bean salad, pasta salad, chocolate chip mini loaf & fruit cup

- Bingo @ 12 PM
- Includes lunch & bingo package
- Share the wealth, extra cards and Raffle Basket Tickets extra
- Reserve a table for \$10, must have 8 people to reserve
- Tickets sold until June 5<sup>th</sup> or once we reach 120 people

# Out of Center/Overnight Trips

## Amish Spring Tour Day Trip - Sugarcreek, OH Friday, July 10th, 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 by May 22nd to reserve your spot (cash/check)

Date  
Change  
from 5/22



## Pittsburgh Pirates VS

## Atlanta Braves

Thursday July 9th @ 12:35 PM

\$45 Per Person

Includes \$10 Loaded Value  
for food

\$1 Hot Dog Day

Section 103 (Undercover Seating)

OPT PICKUP: 11 AM

OPT RETURN: 4 PM

Sign up and pay by May 22nd—only 25 seats  
available

# Local Trips



## Let's go bowling!

Meet up and go bowling at Princess Lanes  
on Tuesday, May 12<sup>th</sup> @ 11 AM

\$6 per game/per person

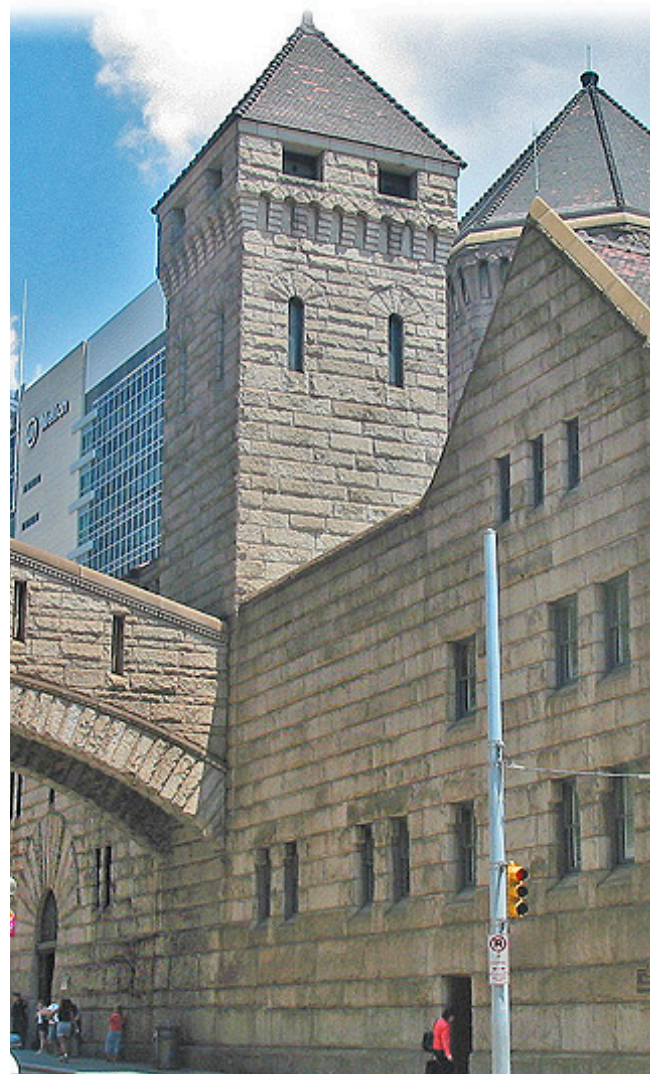
\$5 to rent shoes

OPT PICKUP 10:45 AM, OPT RETURN 1 PM

Sign up by May 5<sup>th</sup> if taking OPT

## Lunch & Old Allegheny County Jail/Museum Tour Monday, May 18th, 2026

- Enjoy lunch Downtown at Mitchell's Pub then walk approx. 2 blocks to the old jail
- No steps along the tour, self guided -docents are available for questions and information along the way
- Cameras are NOT permitted
- OPT PICKUP: 10:15 AM  
OPT RETURN: 1 PM
- Sign up by May 11th, 2026  
440 Ross St, Pgh, PA 15219



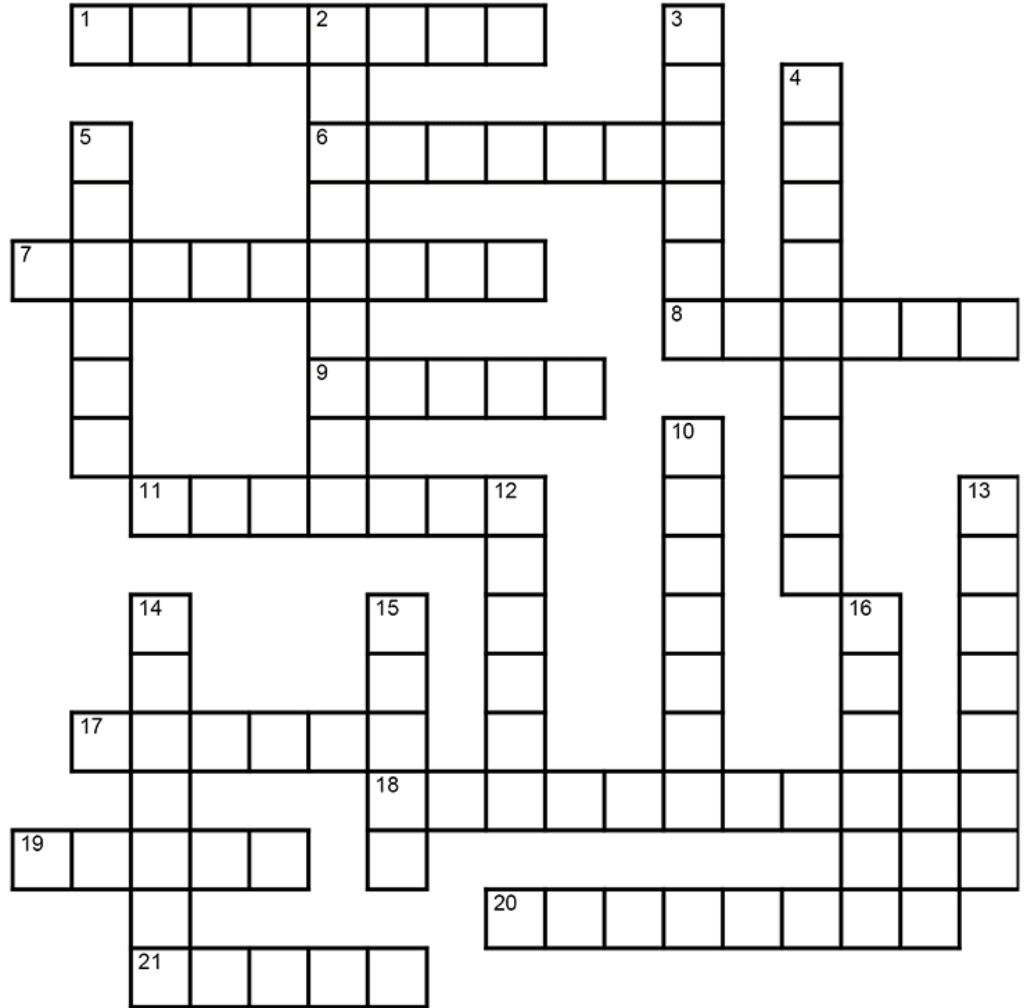
ACROSS

1. Sport played on a diamond.
6. \_\_\_ Appreciation Day falls on Tuesday of the first full week in May.
7. Buzzing insect.
8. Astrological sign for the end of May (twins).
9. May is the \_\_\_\_ month of the year.
11. Small red insect with black dots.
17. She is celebrated on the second Sunday in May.
18. Annual Mexican celebration on May 5th.
19. Most lawns are this color in May.
20. Celebrated on the last Monday in May: \_\_\_ Day.
21. Plant these and you may get some flowers.

DOWN

2. What a caterpillar becomes.
3. Season in which May falls in the Northern Hemisphere.
4. Use this to trim the lawn.
5. Astrological sign for the start of May (bull).
10. May birthstone.
12. Place where you might grow flowers.
13. Flower of a plant.
14. Tulips, daisies, roses, etc.
15. May the \_\_\_ be with you.
16. Might be filled with candy and broken as part of a May celebration.

# Merry Month of May



- |               |           |
|---------------|-----------|
| Baseball      | Green     |
| Blossom       | Ladybug   |
| Bumblebee     | Lawnmower |
| Butterfly     | Memorial  |
| Cinco de Mayo | Mother    |
| Emerald       | Pinata    |
| Fifth         | Seeds     |
| Flowers       | Spring    |
| Force         | Taurus    |
| Garden        | Teacher   |
| Gemini        |           |





Mon	Tue	Wed	Thu	Fri
<p><b>4 Meatballs Rosini</b> (3 Meatballs w/Creamy Tomato Sauce) 1/2 C Cauliflower &amp; Peas 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce WW Bread w/Margarine 1/2 C Jello Cal 822</p>	<p><b>5 California Turkey Burger</b> (1 Turkey Patty/Cheese/Avocado) 1/2 C Broccoli w/Ranch Dip 1 WW Sandwich Roll 1/2 C Fresh Watermelon Mustard Packet Cal 674</p>	<p><b>6 Chicken Carritas</b> (1/2 C Shredded Chicken) 1/2 C Cabbage Slaw 1/2 C Mexican Rice WW Tortilla, 2 TBSP Salsa 1/2 C Diced Peas Cal 621</p>	<p><b>7 Honey Mustard Chicken Salad</b> (1/2 C Diced Chicken Salad) Lettuce/Tomato/Cucumber 1 C Zucchini Parmesan Soup 2 SI WW Bread w/Margarine 1/2 C Fresh Apple Slices Honey Mustard Dressing Packet Cal 639</p>	<p><b>1 Deli Plate</b> (1/4 C Tuna Salad &amp; 1/4 C Egg Salad) 1 C Sweet Potato Corn Soup WW Bread w/Margarine 1 SI Pound Cake w/1/4 C Berries Cal 736</p>
<p><b>11 Hamburger w/ WW Roll</b> 1/2 C Potato Salad 1/2 C Broccoli Salad 1/2 C Watermelon. 1 slice of cake <b>2% MILK ONLY</b> *Must Sign up by 5/4— Special menu for the OPEN HOUSE*</p>	<p><b>12 Greek Salad w/Salmon</b> (1 Salmon Filet) 2 C Salad (Romaine Lettuce/Tomato/Feta Cheese/Olives) w/Dressing 1 C Garden Veggie Soup WW Bread w/Margarine Fresh Orange Cal 761</p>	<p><b>13 Crab Cake</b> (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad w/Ranch 1/2 C Maccaroni &amp; Cheese WW Bread w/Margarine 1/2 C Diced Peaches <b>SI HOT DOG DAY</b> Cal 716</p>	<p><b>14 Stuffed Pepper</b> (1 Pepper w/Ground Beef &amp; Sauce) 1/2 C Carrots Cal 667 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Cinnamon Applesauce</p>	<p><b>15 Beef Barbacoa</b> (1/2 C Seasoned Beef) 1/2 C Black Beans &amp; Corn Vegetable Blend 1 SS Guacamole 1/2 C Brown Rice 1/2 C Fresh Fruit Salad Cal 600</p>
<p><b>18 Raspberry BBQ Chicken</b> (1 Grilled Chicken Breast) 1/2 C Broccoli &amp; Cauliflower 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1 Oatmeal Cookie Cal 633</p>	<p><b>19 Sausage &amp; Peppers</b> (1 Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers &amp; Onions WG Hoagie Roll 1/2 C Jello Cal 841</p>	<p><b>20 Chicken Avocado Salad</b> (1/2 C Diced Chicken) 2 C Salad (Lett/Tom/ Cukes) w/Dressing Packet 1 C French Onion Soup WW Bread w/Margarine 1/2 C Tropical Soup Cal 634</p>	<p><b>21 Cheesy Beef Macaroni</b> (1 Cup) 1/4 C Stewed Tomatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 691</p>	<p><b>22 Vegetable Lasagna</b> (1 Piece Lasagna, Mozz Cheese) 1/2 C Carrot Coins 1 C Tossed Salad w/Ranch Pkt WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 692</p>
<p><b>LifeSpan Is Closed</b></p>	<p><b>26 Chicken Caesar Salad</b> (3/4 C Grilled Chicken Strips w/Parmesan Cheese) 2 C Romaine Lettuce w/Cesar Salad Dressing. 1 C Tomato Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 726 <b>SI PIZZA DAY, PAY BY 5/19</b></p>	<p><b>27 Stuffed Cabbage</b> (1 Stuffed Cabbage Roll) 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 634</p>	<p><b>28 Chicken Parmesan</b> (1 Breaded Chicken Breast, Sauce, Mozzarella Cheese) 1 C Tossed Salad w/Ranch 1/2 C WW Penne w/Sauce 1SI Pound Cake w/ 1/4 C Berries Cal 710</p>	<p><b>29 Pulled Pork</b> (1/2 C Pulled Pork) BBQ Sauce Packet 1/2 C Baked Beans 1/2 C Coleslaw WW Sandwich Roll Cal 805 1/2 C Fresh Apple Slices</p>