



**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](http://www.lifespanpa.org)**  
**Lunch: Served Daily at 11:30 AM**



## **APRIL EVENTS**

**April 3rd - Breathing Easier w/ Joni 10:30am**

**April 6th & 7th INCOME TAX with AARP**

**April 7th - Bingo has been cancelled**

**April 10th - Silver Scripts 10am—12pm**

**April 14th - Women's Health w/Joni 10:30am**

**April 15th - Lunch Outing 11:30am Napoli's**

**April 16th - Red Hats Luncheon 11:30am**

**Applebee's Greentree Hosts: Diane B. & Marie S.**

**April 17th - 25 Ways to Stay Healthy w/Joni 10:30am**

**April 21st - Diabetes w/Joni 10:30am**

**April 24th - Craft w/JoAnn 9am**

**April 24th - Brain Health w/Jacob Ponce 10:30am**

# MONDAYS

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

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

**12pm EUCHRE w/Pat Turney**

**12:30pm Cardio Drumming**

**2:00pm Tai Chi w/Sharif**

**For Arthritis & Fall Prevention**

# TUESDAYS

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

**10:30am - Women's Health April 14th**

**Diabetes April 21st**

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

# WEDNESDAYS

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

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

**9:30am BRIDGE**

**12pm GAMES**

**April 8th & 22nd - 500 Bid w/Pat Turney**

**April 15th Lunch Outing Napoli's 11:30am**

# THURSDAYS

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

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

**10am LINE DANCING w/Claudette**

**12pm Games//Farkle**

**12:30pm Tai Chi w/Sharif**

**For Arthritis & Fall Prevention**

**1:30pm Chair Exercise**

**1:30pm TOPS Meeting**

**11:30am Red Hats Luncheon - Applebee's in  
Greentree Hosts: Diane B. & Marie S.**

# FRIDAYS

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

**12:15pm BINGOW/STRETCH**

## **SPECIAL FRIDAYS**

April 3rd - **Dble Pinochle** -10am Alexis & Mike

April 3rd - **Adult Breath Easier** w/Joni

April 10th - **Silver Scripts**

April 10th - **Dble Pinochle** - 10am ML Gruda

April 10th - **Advisory Committee Meeting**

April 17th - **25 Ways to Stay Healthy** w/Joni

April 24th - **Craft** w/JoAnn

April 24th - **Brain Health** w/Jacob Ponce

April 24th - **500 Bid** w/Mary Cay 10am



LiteSpan PRESENTS....



# The Lucy & Desi Experience

## JAMESTOWN, NY

### Friday, September 25, 2026

### Day Trip

#### Package Includes:

\*Rt. Deluxe Motorcoach Transportation

\***Fantastic Lunch in the Tropicana Room**- Go back in time and experience this re-creation of *Ricky Ricardo's* famous Manhattan night club. In the Tropicana Club, enjoy a delicious themed lunch while watching your favorite episode of *I Love Lucy*.

#### \*The Luci & Desi Experience Including:

**Guided tour of the Luci Desi Museum** - Let our knowledgeable tour guide take you back to the filming of *I Love Lucy*. Get a behind-the-scenes look into the creation and production of the show, experience exact re-creations of the iconic sets as well as an intimate look into the personal lives and careers of Lucy and Desi.

\***Lucy Hometown Tour**-Our "Lucytown Tours" are an ever-popular guided bus tour of Lucy's hometown that includes a friendly and knowledgeable step-on guide who will take you to places of significance in Lucille Ball's life in Jamestown, NY and nearby Celoron. Aboard your motorcoach, you will see the house that she was born in, the house where she grew up, larger-than-life *I Love Lucy* murals, legendary Lucy statues, Lucy's final resting place and much more.

\***Personalized Photo on the set of the Lucy show**

\***Admission to the National Comedy Center**-Based on Lucy's vision for her hometown, the award-winning National Comedy Center is dedicated to presenting the vital story of comedy and preserving its heritage for future generations. Opened in August of 2018, the museum offers an unprecedented visitor experience using state-of-the-art technology, interactivity and personalization to create the first true 21st Century museum environment.

\*All Taxes and meal Gratuities

**Package Price: \$239.00 / pp**

\$50 non-refundable Deposit is due with Reservation

Final Payment is due by ~~July 21, 2026~~

August 21, 2026

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

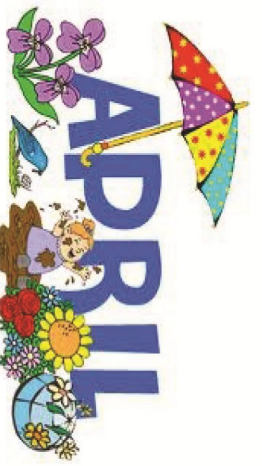
#### Travel Insurance

If you wish to purchase Travel insurance, go to our website [www.seniorexcursionsinc.com](http://www.seniorexcursionsinc.com) and click the **RED** Travel insurance button on bottom right and follow instructions.



# Life Span!

Together We Can!



# 2026

Mon

Tue

Wed

Thu

Fri



**1 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**

**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**

**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**

**8 Chicken Avocado Salad**  
(1/2 C Diced Chicken)  
Salad (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**

**9 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**

**10 Vegetable Lasagna**  
(1 Pe Lasagna w/Mozzarella)  
1/2 C Carrot Coins  
1 C Tossed Salad  
WW Bread w/Margarine  
1/2 C Mixed Fruit  
**Cal 692**

**13 Petite Beef Tenderloin**  
Marsala (1 SI 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 Croustons  
WW Bread w/Margarine  
1/2 C Diced Pineapple  
**Cal 726**

**15 Stuffed Cabbage**  
(1 Pe 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  
**Cal 826**

**17 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**

**20 Turkey & Swiss Croissant Sandwich** (3 Slices Turkey, 1 Slice Cheese, WG Croissant)  
1/2 C Colelaw  
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**

**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  
**Cal 700**

**24 Baked Three Cheese Pasta Florentine** (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**

**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 Chukwagon Corn  
WW Bread w/Margarine  
1/2 C Diced Peas  
**Cal 622**

**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 SI Pound Cake  
w/ 1/4 C Berries  
**Cal 736**