



CHARTIERS ACTIVE LIFE CENTER May 2026

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: 412-276-5056
Website: www.lifespanpa.org

**LIFESPAN will be CLOSED
MONDAY, MAY 25 in observance of Memorial Day**



OPEN HOUSE



in honor of
OLDER AMERICANS MONTH

Monday, May 18 10am to 2pm

'TRIBUTE TO DANCE IN MOVIES'

Special lunch [first-come, first-served]

50/50 and Basket raffle

MEMBERS: Bring someone new & get a free raffle ticket!

MONDAYS

- 9am–3pm** **FITNESS CENTER**
- 10–11:30am** **LINE DANCING**
- 12pm** **EUCHRE w/ Pat Turney**
- 12:30pm** **CARDIO DRUMMING**
- 2pm** **TAI CHI for Arthritis & Fall Prevention w/ Sharif [ends 5/11]**



TUESDAYS

- 9am–3pm** **FITNESS CENTER**
- 9:30am** **CROCHET**
- 10:30am** **HEALTH & WELLNESS TBD**
- 12:15pm** **BINGO w/ Stretch**



WEDNESDAYS

9am–3pm **FITNESS CENTER**

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

9:30am **BRIDGE**



SPECIAL WEDNESDAYS:

May 13 & 27 @ 12pm **500 BID w/ Pat Turney**

May 20 @ 10am **HAND & FOOT**

MAY 20 @ 12PM **LUNCH BUNCH OUTING:
RED TEA HOUSE**

THURSDAYS

9am–3pm **FITNESS CENTER**

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

10–11:30am **LINE DANCING**

12pm **GAMES//Farkle**

12:30pm **TAI CHI for Arthritis & Fall
Prevention w/ Sharif [Ends 5/11]**

1:30pm **CHAIR EXERCISE**

1:30PM **TOPS MEETING**



**** RED HATS LUNCHEON – May 21 – TBD****

FRIDAYS

9am-3pm **FITNESS CENTER**

9:30am **CROCHET**

12:15pm **BINGO w/ Stretch**



SPECIAL CARD/GAME FRIDAYS:

- **May 1 @ 10am: DOUBLE PINOCHLE w/Alexis & Mike**
- **May 8 @ 10am: DOUBLE PINOCHLE w/ML Gruda**
- **May 15 @ 11am: MAHJONG**
- **May 22 @ 10am: 500 BID w/ MC Dunmyer**

SPECIAL FRIDAYS:

- **May 1: HEALTH & WELLNESS TBD**
- **May 8: ADVISORY COMMITTEE MEETING @ 10:00am**
- **May 8: NUTRITION EDUCATION @ 10:30am**
- **May 15: BRAIN HEALTH w/ Jacob Ponce @ 10:30am**
- **May 22: BE RED CROSS READY - HANDS ONLY CPR @ 10:30am [Please sign up in advance]**
- **May 29: HEALTH & WELLNESS TBD**

COMING THIS SUMMER:

AARP SAFE DRIVING COURSE

Dates: Monday, July 27 & Tuesday, July 28 [must attend both days]

In order to complete paperwork, please arrive 15 minutes early on Monday.

Time: 9:30am - 2pm [with lunch break from 11:30am - 12:00pm]

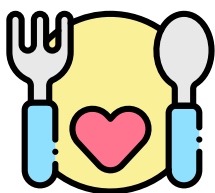
If you want to order lunch, must order by 10:30am Thursday, 7/23

Cost: \$20 for AARP members; \$25 for Non AARP members



Sign up now! Space is limited!

CENTER LUNCH :



LUNCH is served M-F at 11:30am!






(See the entire month's menu at the back of the newsletter)

When the Center is open, we offer a tasty, well balanced lunch at 11:30am in a group setting [suggested donation of just \$2.00 is much appreciated!]

Please sign up by 10:30 TWO business days before you'd like to come in! You can sign up at the center or give us a call!

[Note: Special Meals and holiday schedules may require signing up more than 2 days in advance and may have additional costs.]



Mon	Tue	Wed	Thu	Fri
 4 Meatballs Rosini (3 Meatballs w/Creamy Tomato Sauce) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce WW Bread w/Margarine 1/2 C Jello Cal 822	 5 California Turkey Burger (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	 6 Chicken Carnitas (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	 7 Honey Mustard Chicken Salad (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	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
11 Orange Pineapple Pork Loim (1 SI Pork, 2 TBSP Sauce, 2 SI Pineapple) 1/2 C Green Beans 1/2 C Baby Baked Potatoes WW Bread 1/2 C Banana Pudding Cal 776	12 Greek Salad w/Salmon (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	13 Crab Cake (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad w/Ranch 1/2 C Macaroni & Sheseese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716	14 Stuffed Pepper (1 Pepper w/Ground Beef & Sauce) 1/2 C Carrots Cal 667 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Cinnamon Applesauce	15 Beef Barbacoa (1/2 C Seasoned Beef) 1/2 C Black Beans & Corn Vegetable Blend 1 SS Guacamole 1/2 C Brown Rice 1/2 C Fresh Fruit Salad Cal 600
18 Older American Month OPEN HOUSE 10 am until 2 pm Bring someone new and get a free raffle ticket. Special Lunch	19 Sausage & Peppers (1 Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Hoagie Roll 1/2 C Jello Cal 841	20 Chicken Avocado Salad (1/2 C Diced Chicken) 2 C Salad (Let/Tom/ Cukes) w/Dressing Packet 1 C French Onion Soup WW Bread w/Margarine 1/2 C Tropical Soup Cal 634	21 Cheesy Beef Macaroni (1 Cup) 1/4 C Stewed Tomatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 691	22 Vegetable Lasagna (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
25 Centers Closed  Memorial Day	26 Chicken Caesar Salad (3/4 C Grilled Chicken Strips w/Parmesan Cheese) 2 C Romaine Lettuce w/Caesar Salad Dressing 1 C Tomato Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 726	27 Stuffed Cabbage (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	28 Chicken Parmesan (1 Breaded Chicken Breast, Sauce, Mozz Cheese) 1 C Tossed Salad w/Ranch 1/2 C WW Penne w/Sauce 1SI Pound Cake w/ 1/4 C Berries Cal 710	29 Pulled Pork (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