



**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

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

Friday, June 5<sup>th</sup> 11:30 AM-12:30 PM  
This will include a hands only CPR  
demonstration after the  
presentation (when lunch is over)  
Stop in or call 412-831-7111  
to sign up

Monday, June 15<sup>th</sup> during lunch--  
Presentation by Wellcare

Friday, June 26<sup>th</sup> during lunch--  
Hemsley House speaker and bingo  
right after lunch

## LifeSpan Closure

LifeSpan will be CLOSED on  
Friday, June 19<sup>th</sup>, 2026 for  
Juneteenth AND Friday, July 3<sup>rd</sup>, 2026  
for the 4<sup>th</sup> of July holiday

## Local Area Events

Dean Streator Concerts (FREE):

Sundays @ 2:30 PM at BPC

Sunday, July 12- Community Band South

Sunday, July 19- New Vintage Big Band

BP Community Events:

June 6<sup>th</sup> - Beginning of Summer Bash  
(10 AM-1 PM at Simmons Park)

June 12<sup>th</sup> - Splash Park Cinema (The Good  
Dinosaur, movie begins at dark)

June 23<sup>rd</sup> - Farmers Market Fathers Day  
Celebration

June 27<sup>th</sup> - Summer Spectacular Fireworks  
(viewing sites announced on social media)

July 10<sup>th</sup> - Splash Park Cinema  
(National Treasure)

July 14<sup>th</sup> - Farmers Market Cow  
Appreciation Day

July 21<sup>st</sup> - Farmers Market Christmas in July

BP Library Events:

- Scrabble Club, every Tuesday @ 1PM
- Wise Walk-Thursdays from 9:30-10:30 AM, Call 412-835-2207 ex 264 for info
- New Movie Tuesdays @ 10:15 AM

# MONDAY'S ACTIVITIES

## Quilting Group

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

## Rummikub

Every Monday @ 12:15 PM  
Beginners welcome!

## Paint a Birdhouse

Monday, June 22nd @ 12:30 PM  
Limit of 10 people  
Sign up by Friday, June 19th

### Learn to Play: 500 BID

Monday, June 1st  
Thursday, June 18th  
Tuesday, June 23rd  
Friday, June 26th  
Monday, June 29th

**from 1 PM-3:30 PM**

\*Please attend as many classes as you can, it will take multiple classes to learn the game



## Dementia / Caregiver Support Group

2nd Monday of Every Month!  
FREE SUPPORT GROUP  
Monday, June 8th, 2026  
12:30 PM-1:30 PM

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

## Easy Sudoku

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

# TUESDAY'S ACTIVITIES

## Hand & Foot

Every Tuesday @ 10:30 AM

## Line Dancing

NO LINE DANCE ON TUESDAYS IN JUNE

## Tai-Chi

Tuesdays, June 2nd thru July 7th

1 PM-2 PM

\$60 for all 6 classes

Stop in the office before class to pay.

Instructor: Gurney Bolster

## Bible Study

Come "Tune in to your Soul" on Tuesdays in June (9th-30th) from 10:30-11:30 AM for Bible study led by Val M. Study with "He Speaks to Me" by Priscilla Shirer.

\*Suggested donation of \$10 per person to cover the book/supplies.

Call 412-831-7111 to sign up by June 2nd

## \$2 Pizza Day

Tuesday, June 23rd @ 11:45 AM

**\$2 per slice or 2 PERKS**

- Ordered from Mmm Mmm Pizza in Bethel Park
- Cheese or Pepperoni
- **MUST sign up AND pay by June 16th**
- No refunds given for NO SHOWS

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



**Stay Active  
& Independent  
for Life (SAIL)**

Every Tuesday in June

June 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> @ 12:30 PM

June 9<sup>th</sup> & 23<sup>rd</sup> @ 10 AM

### FREE PROGRAM

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

## Beaded Hanging Plant Holder

Tuesday, June 16<sup>th</sup>

@ 10 AM

Sign up by June 9th



## Stick Craft

Tuesday, June 30th

@ 10 AM

Sign up by June 22nd



# WEDNESDAY'S ACTIVITIES

## Advisory Meeting

- Wednesday, June 10<sup>th</sup> @ 9:30 AM
- Help us find new activities and suggestions to improve our center
- All ideas are welcome!

## Men's Group

Last Wednesday of the month

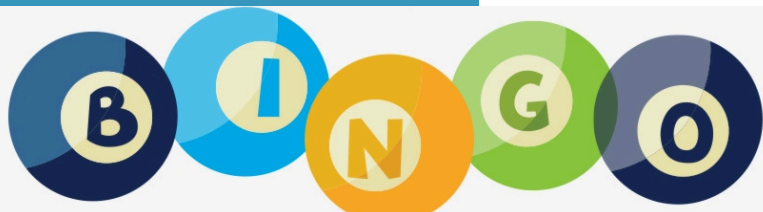
June 24<sup>th</sup> @ 10 AM

\*FREE coffee!

## OSPTA

Wednesday, June 17<sup>th</sup> from 10:30–11:30 AM

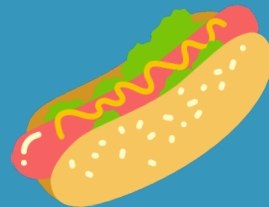
Get your blood pressure checked for free



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,  
June 10<sup>th</sup> @ 11:40 AM  
\$1 or 1 PERK per hotdog

Sign up and PAY by June 3rd

## Alaska Meeting

- Are you going on the Alaskan cruise in September?
- Stop in to discuss plans, ask questions and meet others going too
- Wednesday, June 3rd @ 9:30 AM



Signups are CLOSED for this trip

## Pittsburgh Ballroom Dancers

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

Stop in early before lunch to watch the Pittsburgh Ballroom Dancers perform and you can join in too!

# THURSDAY'S ACTIVITIES

## Flower Painting Craft

Thursday, June 18th

@ 9:30 AM

Hosted by PA Health & Wellness

Paint beautiful lillies on canvas!



## 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

## Crochet Group

Thursdays in June @ 10 AM

Share ideas, tips & crochet together!

This is not a teaching group.

## Book Chat

Thursday, June 25th @ 10 AM

Chat and share your favorite books

## River's Casino

Thursday, June 25th, 2026

OPT Pickup: 10:15 AM

OPT Return: 2:30 PM

\*Arrive 15 minutes early for pickup

Sign up by June 18th

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

## Lunch Bunch

Thursday June 18th, 2026

OPT pickup: 10:30 AM

OPT return 1:30 PM

Sign up by June 11th



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

## Showing of NOAH

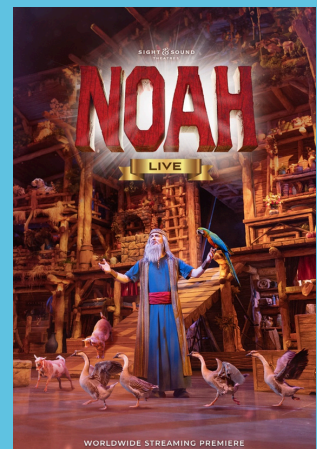
Thursday, July 2nd

12:15 PM-2:30 PM

\$5 per person  
(includes popcorn)

Sign up by  
Monday, June 29th

Running Time:  
2 hrs and 15 minutes



# FRIDAY'S ACTIVITIES

## Chair Exercise

Fridays in June

10-10:45 AM

\$4 per class

Instructor: Maryann Gerard

## Line Dancing

FREE Friday date- June 5th

@ 9:30-11 AM

Guest Line Dance Instructor: Claudette

Biers from Chartiers LifeSpan

\*Bernie Gilotti is out for June

## Cards & Games

- **Pinochle**- every Friday at 12 PM

- **Mahjong**- every Friday at 12 PM

Call to RSVP

## Hands Only CPR

Thursday, June 5<sup>th</sup>

11:30 AM- 12:30 PM

CPR presentation, then training

Stop in or call 412-831-7111 to

sign up

**LifeSpan will be CLOSED Friday, June 19<sup>th</sup> & July 3rd**

## Three Rivers Arts Festival

Spend the afternoon surrounded by art, food, music and friends in Pittsburgh's Cultural District.

Friday, June 5th, 2026

OPT Pickup: 11:30 AM

OPT Return: 3 PM

Sign up by Friday, May 29th

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



# Local Trips

## Narcisi Winery

Enjoy lunch or grab a glass to wine-down at Narcisi Winery

Friday, June 26<sup>th</sup>, 2026

OPT pick up at 10:45, OPT return 2 PM

**Must be sign up for ACCESS/OPT to take group transportation**

Sign up by June 19th



*Narcisi  
Winery*



## Pittsburgh Pirates

VS

## San Francisco Giants

Thursday, September 3rd @ 12:35 PM

**\$45 Per Person**

Includes \$10 Loaded Value  
for food

\$1 Hot Dog Day

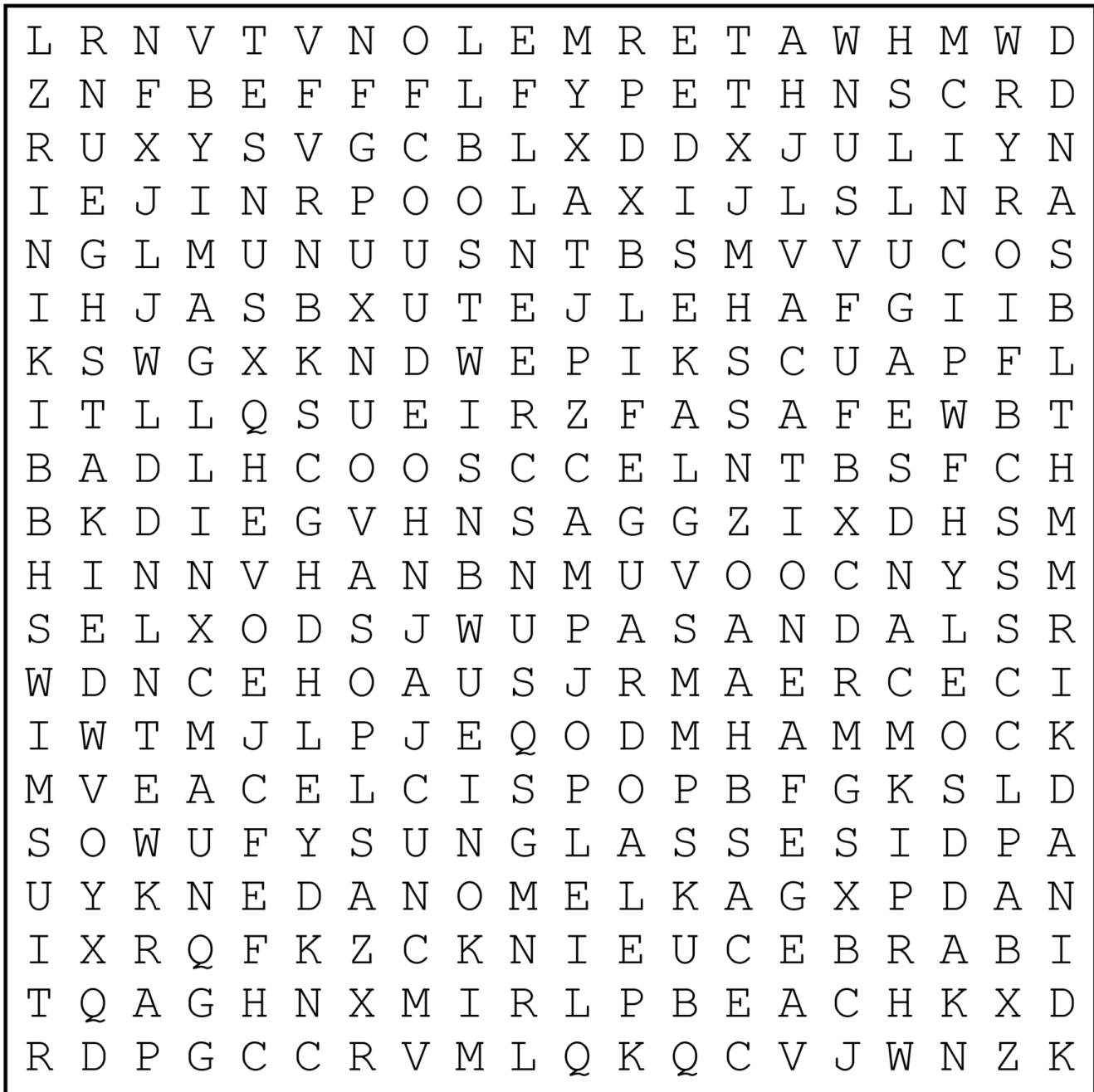
Section 103 (Undercover Seating)

OPT PICKUP: 11 AM

OPT RETURN: 3:30 PM

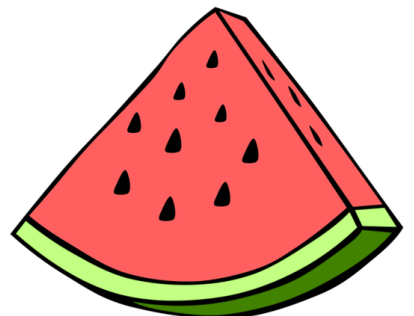
Sign up and pay by July 17th  
(only 25 seats available)

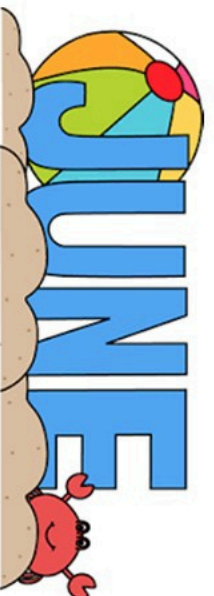
# Summer Time




## Word list:

BARBECUE	LAKESIDE	RELAX	SUNSET
BASEBALL	LEMONADE	SAND	SUNGLASSES
BEACH	LIFEGUARD	SANDALS	SUNSCREEN
BIKINI	PARK	SEAGULLS	SUNSHINE
CAMP	PICNIC	SEASHELLS	SWIMSUIT
HAMMOCK	POOL	SHADE	VACATION
ICECREAM	POPSICLE	SUN	WATERMELON





Mon	Tue	Wed	Thu	Fri
<b>1 Turkey &amp; Swiss Croissant Sandwich</b> (3 Slices Turkey, 1 Slice Cheese) 1/2 C Coleslaw 1 C Mediterranean Veg Soup WG Sandwich Roll w/Alustard 1/2 C Fresh Grapes Cal 640	<b>2 Korean Beef BBQ</b> (3/4 Cup Beef Strips) 1/2 C Stir Fried Vegetables 1/2 C Vegetable Fried Rice WW Bread w/Margarine Fresh Orange Cal 611	<b>3 Broccoli Cheese Stuffed Chicken</b> (1 Stuffed Breast) 1/2 C Peas & Pearl Onions 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 778	<b>4 Meatballs Stroganoff</b> (3 Meatballs, 1/4 C Sauce) 1/2 C Carrots 1/2 C Buttered Egg Noodles 1/2 C Applesauce Cal 657	<b>5 Baked 3 Cheese Pasta Florentine</b> (1C 3 Cheese Pasta w/Spinach) 1/2 C Italian Normandy Blend 1 Garlic Breadstick 1/2 C Mixed Fruit Cal 631
<b>8 Pub Steak Cheesburger</b> (1 Beef Patty, 1 Slice Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Baked Beans WW Sandwich Roll Fresh Apple Cal 899	<b>9 BBQ Chicken</b> (1 Chicken breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Bread 1/2 C Diced Peas Cal 622	<b>10 Deli Plate</b> Cal 736 (1/4 C Tuna Salad & 1/4 C Egg Salad) 1 C Sweet Potato Corn Soup WW Bread w/Margarine 1 Sl Pound Cake w/1/4 C Berries <b>\$1 HOTDOG DAY</b>	<b>11 Lemon Dill Grilled Chicken</b> (1 Grilled Chicken Breast, 1/4 C Sauce) 1/2 C Italian Vegetable Blend 1/2 C Buttered Brown Rice WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 604	<b>12 Meatloaf w/Gravy</b> (1 Slice Meatloaf w/ Gravy) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine 1/2 C Jello Cal 696
<b>15 Meatballs Rosini (3)</b> Meatballs w/Creamy Tomato Sauce 1/2 Cauliflower & Peas 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce WW Bread w/ Margarine 1/2 C Jello Cal 822	<b>16 California Turkey Burger</b> (1 Turkey Patty/Cheese/Avocado) 1/2 C Broccoli w/Ranch Dip WW Sandwich Roll Mustard Packet 1/2 C Fresh Watermelon Cal 674	<b>17 Chicken Carnitas</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	<b>18 Honey Mustard Chicken Salad</b> (1/2 C Diced Chicken) Salad (Lett./Tom/Cucumber) 1 C Zucchini Parmesan Soup 2 Sl WW Bread w/Margarine 1/2 C Fresh Apple Slices Honey Mustard Dressing Pkt Cal 639	<b>19 Centers Closed</b> 
<b>22 Orange Pineapple Pork Loin</b> (1 Slice Pork, 2 TBSP Sauce, 2 Slices Pineapple) 1/2 C Green Beans 1/2 C Baby Baked Potatoes WW Bread 1/2 C Banana Pudding Cal 776	<b>23 Greek Salad w/Salmon Filet</b> 2 C Salad (Romaine Lett/Tomato/Feta Cheese/Olives) w/Dressing 1 C Garden Veggie Soup WW Bread w/Margarine Fresh Orange <b>\$2 PIZZA DAY</b> Cal 761	<b>24 Crab Cake</b> (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad w/Ranch 1/2 C Macaroni & Cheese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716	<b>25 Stuffed Pepper</b> (1 Stuffed Pepper w/Ground Beef and Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Cinnamon Applesauce Cal 667	<b>26 Beef Barbacoa</b> (1/2 Cup Shredded 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
<b>29 Raspberry BBQ Chicken</b> (1 Grilled Chicken Breast) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1 Oatmeal Cookie Cal 633	<b>30 Sausage &amp; Peppers</b> (1 Sausage Link w/Tom Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Hoagie Roll 1/2 C Jello Cal 841			
<b>SPECIAL DAYS:</b> June 10th- \$1 Hotdog day Sign up by June 3rd June 23rd- \$2 Pizza day Sign up AND PAY by June 16				