



# CHARTIERS ACTIVE LIFE CENTER June 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](http://www.lifespanpa.org)

**LIFESPAN will be CLOSED  
FRIDAY, JUNE 19 in observance of Juneteenth**

## **New! SCHOLARSHIP PROGRAM**

A scholarship program has been started at this center. The purpose of this program is to help offset the cost of programs that we have at the center.

### **HOW TO GET INVOLVED:**

- If you have more than you need, then please make a donation
- If you would like to participate in a program with a cost

We want older adults to be able to participate in any & every program available to them. If the reason they do not participate is the cost only  
**- THIS SCHOLARSHIP PROGRAM will change that!**

Donators & recipients will be kept anonymous. Any questions? See Claudette.

**Let's Make This Work for Everyone!**

# MONDAYS

- 9am-3pm**    **FITNESS CENTER**  
**10-11:30am**    **LINE DANCING**  
**12pm**    **EUCHRE w/ Pat Turney**  
**12:30pm**    **CARDIO DRUMMING**  
**1:30pm**    **CHAIR EXERCISE**



# TUESDAYS

- 9am-3pm**    **FITNESS CENTER**  
**12:15pm**    **BINGO w/ Stretch**

## **SPECIAL TUESDAYS:**

- June 7 10:30am**    **LAUGHTER YOGA**  
   **w/ ComForCare**
- June 10 & 24 12pm**    **500 BID w/ Pat Turney**
- June 16 10:30am**    **NOT ALL MONEY IS CREATED**  
   **EQUAL w/ Bankers Life**



# WEDNESDAYS

**9am-3pm**     **FITNESS CENTER**

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

**9:30am**     **BRIDGE**



## **SPECIAL WEDNESDAYS:**

**June 10 & 24 12pm**     **500 BID w/ Pat Turney**

**June 17:**

**- 10am**     **SAMBA (HAND & FOOT)**

**- 12pm**     **LUNCH BUNCH OUTING:**



**APPLEBEE'S - GREENTREE**  
**(Sign up by June 12 required)**

# THURSDAYS

**9am-3pm**     **FITNESS CENTER**

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

**10-11:30am**     **LINE DANCING**

**12pm**     **GAMES//Farkle**

**12:30pm**     **TAI CHI w/ Sharif**  
**\* \$15 per month or \$8 per class**

**1:30pm**     **CHAIR EXERCISE**

**1:30PM**     **TOPS MEETING**



# FRIDAYS

**9am-3pm**    **FITNESS CENTER**  
**9:00am**      **CROCHET**  
**12:15pm**    **BINGO w/ Stretch**



## SPECIAL FRIDAYS:

- **June 5:**
  - **9am: CRAFT w/ JoAnn**
  - **10am: DOUBLE PINOCHLE w/Alexis & Mike**
- **June 12:**
  - **10am: DOUBLE PINOCHLE w/ML Gruda**
  - **10am: ADVISORY COMMITTEE MEETING**
  - **HOW TO SCHEDULE AN APPOINTMENT WITH A DOCTOR by Pathways Wellness Program**
- **June 19: MAHJONG cancelled [ Center is closed ]**
- **June 26 10am: 500 BID w/ MC Dunmyer**



# COMING THIS SUMMER:

## CARD 'SKIMMER' FRAUD & Other LOCAL Scams

**Date:** Tuesday, July 7, 2026 @ 10:30am

Presented by Cindy Carioli of the Allegheny County District Attorney's Office

## 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]

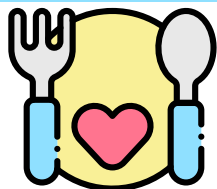
If you want to order lunch, must order by 10:30am Thursday, 7/23

**Cost:** \$20 for AARP members; \$25 for Non AARP members [how?](#)



**Sign up now! Only 10 spaces left! Pre-registration & payment is required.**

# CENTER LUNCH :



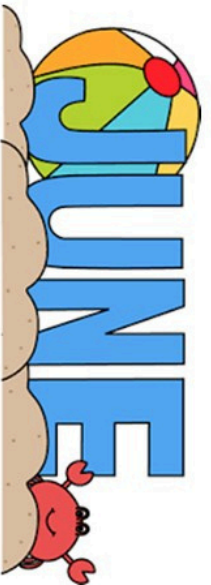
**LUNCH is served M-F at 11:30am!**


(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
<p><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/Mustard 1/2 C Fresh Grapes Cal 640</p>	<p><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</p>	<p><b>3 Broccoli Cheese Stuffed Chicken</b> (1 Stuffed Breast) 1/2 C Peas &amp; Pearl Onions 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 778</p>	<p><b>4 Meatballs Straganoff</b> (3 Meatballs, 1/4 C Sauce) 1/2 C Carrots 1/2 C Buttered Egg Noodles 1/2 C Applesauce Cal 657</p>	<p><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</p>
<p><b>8 Pub Steak Cheeseburger</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</p>	<p><b>9 BBQ Chicken</b> (1 Chicken breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Buttered Chukwagon Corn WW Bread 1/2 C Diced Peas Cal 622</p>	<p><b>10 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 S1 Pound Cake w/1/4 C Berries Cal 736</p>	<p><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</p>	<p><b>12 Meatloaf w/Gravy</b> (1 Slice Meatloaf w/ Gravy) 1/2 C Mashed Potatoes 1/2 C Peas &amp; Carrots WW Bread w/Margarine 1/2 C Jello Cal 696</p>
<p><b>15 Meatballs Rosini</b> (3) Meatballs w/Creamy Tomato Sauce) 1/2 Cauliflower &amp; Peas 1 C Tossed Salad w/Dressing 1/2 C Peas w/Sauce WW Bread w/ Margarine 1/2 C Jello Cal 822</p>	<p><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</p>	<p><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</p>	<p><b>18 Honey Mustard Chicken Salad</b> (1/2 C Diced Chicken) Salad (Let/Tom/Cucumber) 1 C Zucchini Pannesan Soup 2 S1 WW Bread w/Margarine 1/2 C Fresh Apple Slices Honey Mustard Dressing Pkt Cal 639</p>	<p><b>19 Centers Closed</b></p> 
<p><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</p>	<p><b>23 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>24 Crab Cake</b> (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad w/Ranch 1/2 C Macaroni &amp; Cheese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716</p>	<p><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</p>	<p><b>26 Beef Barbacon</b> (1/2 Cup Shredded Beef) 1/2 C Black Beans &amp; Corn Vegetable Blend 1 SS Gtacamole 1/2 C Brown Rice 1/2 C Fresh Fruit Salad Cal 600</p>
<p><b>29 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>30 Sausage &amp; Peppers</b> (1 Sausage Link w/Tom Sauce) 1/2 C Diced Potatoes 1/2 C Peppers &amp; Onions WG Hoagie Roll 1/2 C Jello Cal 841</p>	