



Resources and Services for Older Adults

2024

July Happenings



Bethel Park Hours of Operation

Monday-Friday 9:00AM to 3:00PM

5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Sami Styche: Center Services Associate Director/Center Supervisor/I&R Specialist



www.lifespanpa.org



Holiday Closure

All LifeSpan Centers will be closed on Thursday, July 4th, 2024 for Independence Day! Centers will reopen on Friday, July 5th, 2024!



Daily Lunch Service

Lunch will be served daily at 11:30AM, please arrive on time! Lunch reservations must be made at least 2 days prior before 12:00PM! Lunch is a suggested donation of \$2.00! We cannot wait to see you for lunch!

2024 Membership Drive

\$5 half year (July-December)

Eligible to receive Perk Card

Member Benefits Include: Parties, classes, socialization, trips, crafts, clubs, surprises, fitness, and many more!

See Sami in office for more information!



AARP Safe Driving Course (Full Course)

Monday July 29th & Tuesday July 30th, 2024

9:30AM-2:00PM

(30 minute lunch break @ 11:30AM)

Cost: \$20 AARP Member, \$25 Non-Member

Limited space, sign up today!



SPEAKERS AND PRESENTATIONS

July 9th: Care Builders at Home @ 11:30AM, General Information

July 11th: Pathways Wellness @ 10:30AM, Vaccine Information and Registration

July 12th: Pittsburgh Integrated Wellness @ 11:30AM, Peripheral Neuropathy

July 15th: Sheridan of Bethel Park @ 11:30AM, Decade Day 1970s history and fun facts!

July 16th: Pennsylvania State Attorney General Office @ 11:30AM Fraud & Scam Prevention

July 18th: Equitable Advisors @ 10:00AM, Coffee, Donuts & Finances

Tablet Lending Program

LifeSpan Senior Centers are offering an IPAD Lending Library Program. Sign Out a Tab4, Apple Tablet, or Kindle for use at the center **ONLY!**

Don't know how to use a tablet? No problem, we have step by step instructions for your convenience.

Interested in more information see Sami or Gary in LifeSpan Office!

Advisory Committee Meeting

Friday, July 12th, 2024 @ 11:00AM

Let your voice be heard!

This meeting is for any person with ideas, suggestions or concerns to help improve daily operations.

All ideas and comments welcome!

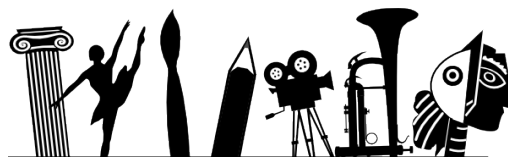
Art on Wheels

Join us for a Art/History Program provided by Susan Anderson

Wednesday, July 24th,
2024

10:00AM-11:30AM

Sign up by July 19th!



ART HISTORY



Learning to Live in Their World Dementia

Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

July 8th, 2024

12:30PM-1:30PM

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

Whether you are providing care in your own home or your loved one is in another setting, we are ALL caregivers. Jamie will share her own journey as a daughter in-law caring for her mother in-law with dementia, as well as professional experiences. Learn more about what resources are available to assist you along the journey. Come and share your journey, as we are all in this together!

BLOOD PRESSURE SCREENINGS!

July 2nd @ 10:30AM, Gateway Hospice

July 17th @ 11:00AM, Amedisys Hospice



Line Dancing every Tuesday and Friday

9:30AM-11:00AM

\$4 per class

Instructor: Bernie Gillotti

Aerobics Resuming Fall 2024

Christi will be taking a much needed break for the summer she will be returning in the fall!!



Stay Active & Independent for Life (SAIL)

Quilting

July 8th & 22nd, 2024

12:30PM-2:00PM

Come meet some amazing quilters and join our group!

Indoor Walking Track Available Monday through Friday 9AM to 3PM

SAIL PROGRAM

(Stay Active and Independent for Life)

July 11th, 18th & 25th @ 12:00PM-12:45PM

FREE PROGRAM

CERTIFIED INSTRUCTOR: Sami Styche

Work out with & without chairs, using exercise balls & weights. The program is designed to help you balance & strengthen muscles, and the most important part have fun!! You will benefit by building a stronger you!!

BINGO MADNESS!

Every Wednesday starting at 12:15PM; please arrive early to purchase bingo cards!



Grocery Bingo

Wednesday, July 10th, 2024

10AM

Provided by Humana



CARDS



Hand & Foot: Every Tuesday @ 10:30AM

Pinochle: Every Friday @ 12:00PM

Lunch Bunch

Park Social

Thursday, July 18th, 2024

OPT Pick Up 11:00AM, OPT Return 1:30PM

PLEASE ARRIVE EARLY FOR TRANSPORTAION

MUST HAVE 5 for OPT!

2525 Brownsville Rd. South Park, PA 15129

Please sign up July 11th



Rivers Casino Trip



Thursday, July 25th, 2024

OPT Pick Up 10:15AM, OPT Return 2:00PM

MUST HAVE 5 FOR OPT!

Please sign up by July 18th!

\$1 Hot Dog Day

Wednesday, July 24th, 2024

11:45AM

\$1 per hot dog or ONE Perk

Please mark how many hot dogs you would like!

Please sign up and pay by July 17th!

Ice Cream Social

Friday, July 19th, 2024

11:30AM

Provided by OSPTA

Sign up by July 15th!!



**Sami's Sweet and Savory
Snack Day**

Homemade Blueberry Pie Bars

Friday, July 19th, 2024-Pick up
11AM

\$5.00 for 3 bars

Sign up and pay by July 12th!!



Root Beer Float Day

Monday, July 22nd, 2024

11:45AM

\$1.00 or 1 Perk

Sign up and pay by July 15th!!



Summer Bingo Bash

Friday, August 16th, 2024

10:00AM-2:30PM (doors open at 10:00AM)

\$25.00 includes lunch, drink, 20 regular games, specials & jackpot!

JACKPOT-\$500.00 Guaranteed!!!!

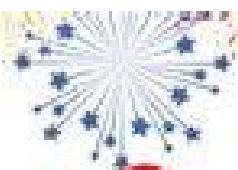
Extra packages, specials and jackpots sold separately!

Lunch @ 11:30AM, Bingo @ 12:00PM

Menu: Pulled Pork, Pasta Salad, Pineapple Side Dish & Dessert

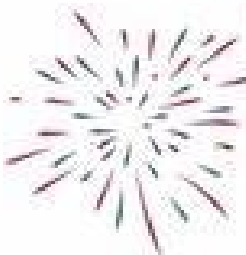
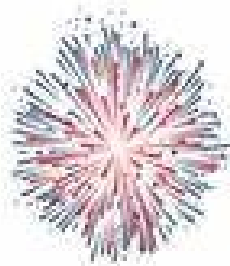
Sign up and Pay by August 1st!





4th of July Word Search

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 E F
 D C R O
 K L E F
 N R A V T G
 W C R O V I
 G H T B Y Q F V O A L E N N A T I O N P
 C W D R B K T X L T U M D P G Z F L A G
 L P A A H S F O I T R E A Z L O Y D
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BARBECUE
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 REVOLUTION
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