

Autumn on the Three Rivers

Wednesday, October 9th, 2024 from 10:30AM-3:00PM



\$125 per person



Included: Round trip transportation, buffet lunch, entertainment & cruise.

PLEASE SEE ITINERARY FOR MORE DETAILS!!

Only 26 seats available, sign up today!!

New Orleans

Sunday, March 23rd-Saturday March 29th, 2025

\$1,260 per person (double occupancy)

Included: Roundtrip transportation, lodging, buffet lunch & tour at the Houmas House Plantations & Gardens, Jazz Luncheon Cruise, Guided Tour of New Orleans including French Quarter, and MUCH MORE!!!!

PLEASE SEE ITINERARY FOR MORE DETAILS!!

Limited Space Sign Up Today!



Daily Lunch Service

Lunch is served daily at 11:30AM, please arrive on time! Lunch reservations must be made at least 2 days prior before 12:00PM! A suggested donation of \$2.00 is appreciated!



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 Assoc
Director/Center Supervisor/I&R
Specialist

www.lifespanpa.org

Holiday Closure

All LifeSpan Centers will be closed on Monday September 2nd, 2024 for Labor Day! Centers will reopen on Tuesday, September 3rd!

Center Early Closure

LifeSpan Bethel Park will be closing at 12:00 (noon) on Thursday, September 26th, 2024 for an offsite outreach!

Art Cart on the Go!

Artist Focus & Lesson: Joan
Miro

Project: Dreams of Miro

Wednesday, September
25th, 2024

10:00AM-11:30AM

Sign up by September
18th!

Rivers Casino Trip

Thursday, September 26th, 2024

OPT Pick Up 10:15AM

OPT Return 2:00PM

Please sign up by September 19th!



SPEAKERS AND PRESENTATIONS

September 13th: Silver Scripts @ 10AM-12PM, University of Pittsburgh Pharmacy Students

September 25th: Abbott @ 11:30AM, Nerve Stimulator for Lower Back Pain and Diabetic Neuropathy

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, September 20th, 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!

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!



Learning to Live in Their World Dementia

Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

September 9th, 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!

Volunteers Needed

We are looking for reliable volunteers to help with lunch preparation & office work!

If you or anyone you know is interested in volunteering please see Sami in LifeSpan Office!



Looking for a space to hold your weekly card group?

See Sami in LifeSpan office for available days to meet!!

BLOOD PRESSURE SCREENINGS!

September 3rd @ 10:30AM, Gateway Hospice

September 18th @ 11:00AM, OSPTA



Line Dancing every Tuesday and Friday

9:30AM-11:00AM

\$4 per class

Instructor: Bernie Gillotti

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

Quilting

September 9th & 23rd, 2024 from 12:30PM-2:00PM

Come meet some amazing quilters and join our group!



Stay Active & Independent for Life (SAIL)



SAIL PROGRAM

(Stay Active and Independent for Life)

September 12th @ 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!!

AARP Safe Driving Course (Full Course)

Monday, October 21st and Tuesday, October 22nd, 2024

9:30AM-2:00PM

(30 minute lunch break @ 11:30AM)

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

AARP
Driver Safety



Vaccine Clinic

Friday, September 20th, 2024

9:30AM-11:30AM

Flu, Pneumonia, Shingles and more available!

Sign up today!!

CARDS



Hand & Foot: Every Tuesday @ 10:30AM

Pinochle: Every Friday @ 12:00PM



BINGO MADNESS!

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

Grocery Bingo

Wednesday, September 4th & 11th, 2024

10AM-11AM

Provided by Humana

Property Tax and Rent Rebate Clinic

Thursday, October 3rd, 2024

10AM-1PM

Provided by Senator Devlin Robinson and Rep.

Natalie Mihalek

Sign up today!



CASHTOBERFEST



Friday, October 4th, 2024



5:00PM-10:00PM

Salvatore's (5001 Curry Rd. Pittsburgh, PA 15236)

\$35 donation (2 numbers per ticket, 1 entry per ticket)

Dinner Buffet, Cash Bar, Music, Beer on Tap, Dancing and Raffle Baskets!!!

See flyer for more information! Tickets can be purchased in LifeSpan Office!



Sami's Sweet and Savory Snack Day

Homemade Vegetable Soup

Friday, September 27th pick up 11AM

\$7.00 a quart, \$3.00 bowl to eat here

Sign up and pay by September 20th



Lunch Bunch

Coughlin Law

Thursday, September 19th, 2024

There will be a 1 check policy for each table

OPT Pick Up 10:45AM, OPT Return 1:30PM

PLEASE ARRIVE EARLY FOR TRANSPORTATION

10 Virginia Ave. Pittsburgh, PA 15122

Only 20 consumers, please sign up September 13th!

\$1 Hot Dog Day

Wednesday, September 11th, 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 September 6th!

Apple Cider Social

Tuesday, September 10th, 2024 @ 11:30AM

Provided by OSPTA

Sign up by September 6th



CCAC Healthy Cooking

3 week session on Fridays starting September 13th-September 27th

12:30PM-2:30PM

FREE!

Limited Space, Sign up today!!



COOKING DEMO



CCAC Arts and Crafts

3 week session on Tuesdays starting October 1st-October 15th from 9:30AM-11:30AM

FREE

Limited Space, Sign up Today!