

LifeSpan

Resources and Services for Older Adults

Chartiers Resource Center

300 Lincoln Avenue:

Carnegie, PA 15106

Regional Manager: Claudette Biers

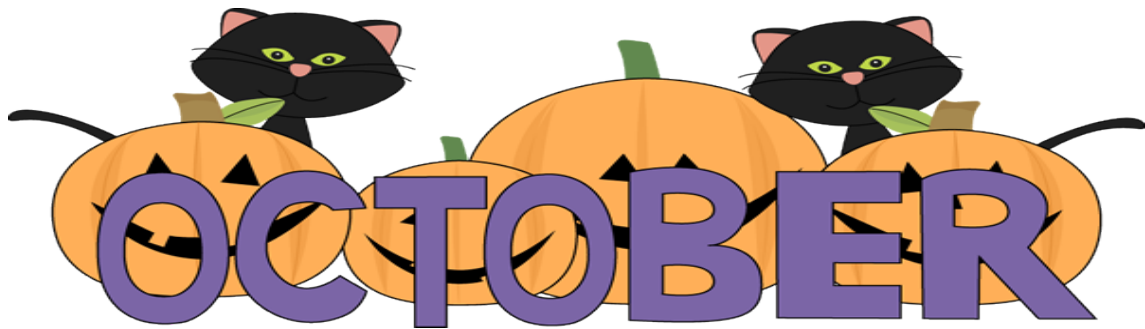
Lunch: Served Daily at 11:30 AM

Hours of Operation:

Monday-Friday 8am to 4pm

Phone Number: 412 276-5056

Web Site: www.lifespanpa.org



OCTOBER EVENTS

Oct. 4th CCAC Crafts w/JoAnn 9am

Oct. 9th,10th&11th CENTER CLOSED

**Oct. 14th CCAC Healthy Cooking
w/Chef Sam 2pm**

Oct. 15th 1st Red Hat Meeting

**9am - Breakfast - See office for
more details**

Oct. 24th Halloween Dance w/DJ Ed

See Inside for more details.

MONDAYS

8am - 4pm FITNESS CENTER

10am-11:30am LINE DANCING

12pm EUCHRE w/Pat Turney

12:30pm Chair Exercise

1:30pm Cardio Drumming

CCAC Presents HEALTHY COOKING

W/CHEF SAM

October 14TH 2pm—4pm

Chair Exercise w/Claudette

October 7th,14th,21st & 28th

12:30pm - 1:30pm

TUESDAYS

8am - 4pm FITNESS CENTER OPEN

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

Oct. 1st Mediconnect 9am-11am

Oct. 15th First RED HAT Meeting

Breakfast at 9am

Unable to make the start up meeting?

Great News!!!! ... just give your name and phone number to Claudette so that we can contact you with all of the details on how to become part of this exclusive and exciting group.

WEDNESDAYS

8am-4pm FITNESS CTR OPEN

9:30am ART CLASS

w/Ann McCartney

9:30am BRIDGE

12pm GAMES

Oct. 2nd Advisory Committee Meeting 10am

Speak up and let your voice be heard!

Oct. 2nd Book Club— 10:30 am

Friction by Sandra Brown

Next book: Salem Falls by Jodi Picoult

Oct. 2nd & 16th Hand & Foot 12pm

Must sign up with Marilyn to be a regular

(beginners are welcome)

Oct. 9th Center Closed

Oct 16th Lunch Bunch Outing—Dee Jay's

Oct. 23rd—500 Bid w/Pat Turney

THURSDAYS

8am-4pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

**10am LINE DANCING
w/Claudette**

12pm Games//Farkle

1:30pm Cardio Drumming

2:30pm TOPS Meeting

Center Closed October 10, 2024

HALLOWEEN DANCE w/DJ Ed

October 24th, 12pm-5pm

Special performance by The Steppers

Center is open at 10am. Must preregister to attend.

The meal will be served at 2pm. You will have Petite Tenderloin Medallions, Mashed Potatoes, Asparagus w/Red Peppers, Green Beans and Pumpkin Pie w/Whipped Cream. Cost \$10 or \$8 w/Perks Card.

Come join the fun!

FRIDAYS

8am-4pm FITNESS CENTER OPEN

12:15pm BINGO

Oct. 4th 9am CCAC Arts & Crafts w/JoAnn

Oct. 4th 10am - 2pm Pathways Immunization Clinic

MUST PREREGISTER IN OFFICE BY Sept. 23rd

Oct. 11th - CENTER CLOSED

Oct. 18th 10am to 11:30am Silver Scripts

Mahjong - 11am to 3pm

Oct. 25th 10:30am 500 Bid w/N. Kinavey

NOTE: Double Pinochle has been changed to Thursday,

October 3rd with Mary Louise Gruda—

Due to office closure