



[Click the Link for the Full Newsletter!!](#)

Indoor Walking Track Available

Monday through Friday 9 AM to 3 PM

Daily Lunch Service

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

\$1 Hot Dog Day

Wednesday, December 18th, 2024 @ 11:45

\$1 per hot dog or ONE Perk

Please mark how many hot dogs you would like!



** Please sign up and pay by December 11th**

2025 Membership Drive

\$10 full year (January-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!

[Join or Renew Your Membership](#)



Bethel Park Hours

of Operation

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

5151 Park Avenue, Bethel Park, PA 15102

(412) 831-7111

Sami Styche: Center Services Assoc

Director/Center Supervisor/I&R Specialist

Christie Rethage: Activity Coordinator

www.lifespanpa.org

LifeSpan Center Closure

LifeSpan will close EARLY at 12:00 Noon on Friday, December 13th, 2024 for an off-site event.

LifeSpan Holiday Closure

LifeSpan will be CLOSED

Tuesday, December 24th

Wednesday, December 25th

Tuesday, December 31st

Wednesday, January 1st



Every Wednesday starting at 12:15 PM

Please arrive by NOON to purchase

bingo cards!

SPEAKERS AND PRESENTATIONS

December 3rd: DA's office @ 10:30-11:30 AM– Scam and Fraud Prevention

December 11th: Abbott @ 11:30 AM- Nerve stimulator for lower back & diabetic neuropathy

December 12th: Breathe Pennsylvania @10-11:00 AM– Lung Health Presentation

December 13th: Dr. Hess @ 11:00 AM- Foot Doctor \$30 copay



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 Christie in LifeSpan Office!



Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

December 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!



Lunch Bunch

BONEFISH Grill

Thursday, December 19th, 2024

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

PLEASE ARRIVE EARLY FOR

TRANSPORTATION

Please sign up by December 12th!

Advisory Committee Meeting

Monday, December 16th, 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!



CARDS

Hand & Foot: Every Tuesday @ 10:30 AM

Pinochle: Every Friday @ 12:00 PM



Rivers Casino Trip

RESUMING JANUARY 2025!

BLOOD PRESSURE SCREENINGS!

December 17th @ 11:00- OSPTA



SAIL PROGRAM

(Stay Active and Independent for Life)

December 5th, 12th and 26th @ 12:00 PM-12:45 PM

****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. The most important part is to have fun!!

You will benefit by building a stronger you!!



Stay Active
& Independent
for Life (SAIL)



Chair Exercise

Every Friday

Starting January 10th!

10-10:45 AM

\$4.00 per class

Instructor:

Maryann Gerard



QUILTING GROUP

December 9th & 23rd, 2024

from 12:30-2:00 PM

Come meet some amazing quilters
and join our group!

LINE DANCING

every

Tuesday and Friday

9:30 AM-10:45 AM

\$4 per class

Instructor: Bernie Gillotti

*Looking for a space to
hold your weekly
card group?*

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



Sami's Sweet and Savory Snack Day

Homemade Chili

Friday, December 20th,
pick up at 11 AM

\$7 a quart (to go) or

\$3 a bowl (eat here)

Sign up and pay by December 13th!

Holiday Craft

Make your own snow globe

Wednesday, December 18th, 2024

10-11:30 AM

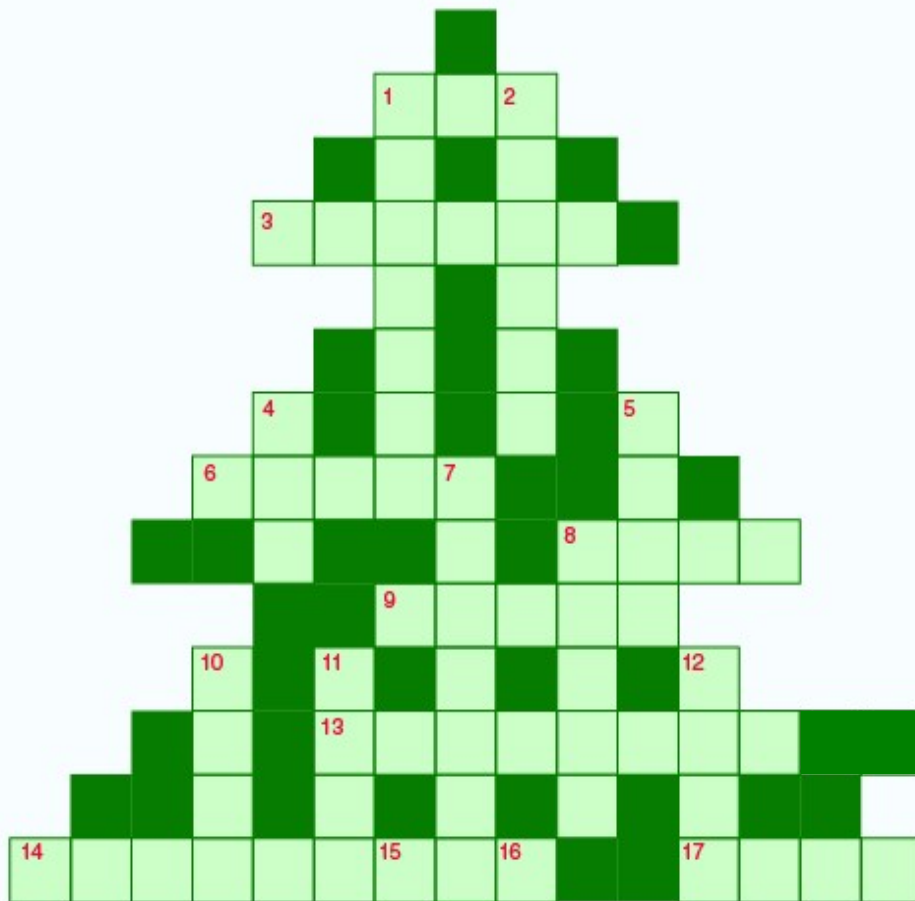
Hosted by Quality Living Home Care

Sign up by December 11th, 2024





CHRISTMAS CROSSWORD PUZZLE



DOWN

- 1. Alternative word to 17 across
- 2. Christmas drink
- 4. Christmas dinner centerpiece
- 5. Dec. holiday
- 7. Christmas warmer
- 8. "Jingle _____"
- 10. Christmas tree
- 11. O. Henry's "The gift of the _____"
- 12. What carolers do
- 15. French Christmas
- 16. Snow glider

ACROSS

- 1. Pumpkin or mincemeat
- 3. Santa's ride
- 6. Celebration
- 8. Newborn
- 9. Northpole crew
- 13. Word of praise
- 14. Words on a Christmas card
- 17. It's opened on Christmas

*Answer key is in the office *



Mon	Tue	Wed	Thu	Fri
<p>2 Meatloaf w/Gravy (1 slice meatloaf w/gravy) 1/2 C Mashed Potatoes 1/2 C Carrots Cal 726 WW Bread w/Margarine Banana Bread (1 Mini Loaf)</p>	<p>3 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup Cal 860 1/2 C Confetti Rice 1/2 C Strawberry Banana Applesauce</p>	<p>4 Beef Stroganoff (1 C Beef Stroganoff) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Sl Pound Cake w/1/4 C Berries Cal 738</p>	<p>5 BBQ Turkey Flatbread (4 Slices Turkey, 1 Sl Cheese) 1/2 C Potato Salad 1 WG Flatbread 1/2 C Fresh Cantaloupe Cal 666</p>	<p>**No Lunch** Private Holiday party!</p>
<p>9 French Onion Chopped Steak (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes Cal 864 1/2 C Asparagus & Red Peppers WW Bread w/Margarine Mini Chocolate Chip Cookies</p>	<p>10 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll Cal 655 1/2 C Fresh Watermelon</p>	<p>11 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637</p>	<p>12 Chicken Avocado Salad (3/4 C Diced Chicken, 1 SS C Guac) Salad (2 C Lettuce, Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686</p>	<p>13 Teriyaki Meatballs (3 Meatballs, Teriyaki Glaze) 1/2 C Sesame Green Beans 1/2 C Veggie Fried Rice 1/2 C Mandarin Oranges 1/2 C Chocolate Pudding Cal 753</p>
<p>16 Penne w/Meatballs (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1/2 C Side Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 666</p>	<p>17 Orange Chicken (3/4 C Chicken Strips) 1/2 C Stir Fry Veggie Blend 1/2 C Veggie Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple Cal 616</p>	<p>18 Pulled Pork Sandwich (1/2 C Pulled Pork, Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 681</p>	<p>19 Chicken BLT Salad (3/4 Diced Chicken, 2 Tbsp Bacon) 1 C Zucchini Parmesan Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Pkt Oreo Cookies Cal 675</p>	<p>20 Vegetable Lasagna (1 Pc Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Side Salad w/Dressing 1 Garlic Knot 1 Fresh Orange Cal 798</p>
<p>23 Maple Glazed Pork w/Cider Gravy (2 Sl Pork w Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glzd Brussels Sprouts WW Bread w/Margarine Cal 724 1/2 C Banana Pudding w/Nilla Wafers</p>	<p>24 Center Closed</p>	<p>25 Center Closed</p>	<p>26 Italian Hoagie (3 Sl Ham, 3 Sl Salami, 2 Sl Cheese) Hoagie Roll Lettuce, Tomato, Onion on Hoagie 1 C Tossed Salad w/Dressing Fresh Apple Cal 675</p>	<p>27 Chicken Filet Parmesan (1 Chicken Breast, Tomato Sauce, Cheese) 1 1/4 Strawberry Spinach Salad w/Dressing 1/2 C Garlic Green Beans 1/2 C WG Penne Pasta w/Sauce 1 Pkt Fig Newton Cookies Cal 702</p>
<p>30 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake w/Peaches Cal 810</p>	<p>31 Center Closed</p>	<p><i>Happy New Year!</i></p>	