

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



DECEMBER EVENTS

Dec. 6th On The Move Check

Dec. 13th Christmas Party

Dec. 12th Red Hats Luncheon

11:30 Greentree Inn

**Center Closed December 24th & 25th for
Christmas Eve & Christmas Day**

**Center Closed Dec. 31st & Jan. 1st for
New Years Eve & Day**

MONDAYS

8 am - 4 pm FITNESS CENTER

10 am-11:30 am LINE DANCING

12 pm EUCHRE w/Pat Turney

1 pm Chair Exercise

2 pm Cardio Drumming

TUESDAYS

8 am - 4 pm FITNESS CENTER OPEN

12:15 pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

**Dec. 3rd Caption Calls—Free Donuts
w/Mark 10 am-11:30 am**

Dec. 10th Health and Wellness TBD

Dec. 17th Health and Wellness TBD

Closed December 24th & December 31st

WEDNESDAYS

8 am-4 pm FITNESS CTR OPEN

9:30 am ART CLASS

w/Ann McCartney

9:30 am BRIDGE

12 pm GAMES

Dec. 4th Advisory Committee Meeting 10 am

Speak up and let your voice be heard!

Dec. 4th Book Club— 10:30 am

Discuss: The Housemaid by Freida McFadden

Next book: Night Work by Nora Roberts

Dec. 4th & 18th Hand & Foot 12 pm

Must sign up with Marilyn to be a regular

(beginners are welcome)

Dec. 11th 500 Bid w/Pat Turney

Closed on December 25th and January 1st

THURSDAYS

8 am-4 pm FITNESS CENTER OPEN

9:30 am ART CLASS w/Ann McCartney

**10 am LINE DANCING
 w/Claudette**

12 pm Games//Farkle

12:30 pm Chair Exercise w/Claudette

1:30 pm Cardio Drumming w/Lil

2:30 pm TOPS Meeting

Dec. 12th Red Hat Luncheon– Greentree Inn

Arrive between 11 am and 11:30 am

Hosts: Rose Bogats & Pat Martin

WEAR YOUR HATS (RED OR PURPLE)

Greentree Inn located:

1006 Greentree Road, Pittsburgh, PA 15220

FRIDAYS

8 am-4 pm FITNESS CENTER OPEN

12:15 pm BINGO W/STRETCH

Dec. 6th Double Pinochle w/Mary Louise Gruda 10:30 am

Dec. 13th Christmas Party: Must sign up limited Seating

Lunch served at 11 am: Beef Lasagna, Salad,

Pesto Cauliflower w/bread crumbs and Apple Crisp

Dancers will perform two songs after lunch

Abuella Loca appearing after the dancers.

Christmas Card Exchange

Dec. 20th Mahjong w/Mary Lou at 11 am

Dec. 27th 500 Bid w/Nellie Kinavey 10:30 am