

# WINTER 2024-2025 PROGRAMS & ACTIVITIES

## BETHEL PARK COMMUNITY CENTER

5151 Park Avenue, Bethel Park, PA 15102  
Phone: 412-851-2910  
Register online at: [www.bethelpark.net](http://www.bethelpark.net)  
Contact us at: [recreation@bethelpark.net](mailto:recreation@bethelpark.net)  
Recreation Office hours:  
Monday - Friday  
9 a.m. - 4:30 p.m.  
Phone: 412-831-1328

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PLEASE SAVE THIS INFORMATION.  
PROGRAMS WILL CONTINUE THROUGH  
FEBRUARY 2025.

## Friends Become Family at Bethel Park LifeSpan Senior Center

In the heart of the Bethel Park Community Center, you will hear lively and spirited voices and laughter coming from friends that have become family at the LifeSpan Senior Center. Our Bethel Park LifeSpan Center is managed by **Sami Styche**, one of three Associate Directors of the Center Services. Sami has been with LifeSpan and the Bethel Park Center for over 10 years.

Sami works diligently each month to carefully coordinate a schedule of activities that keep our Seniors active and thriving. The activities include in-Center and out-of-Center activities, like lunch outings, casino trips, and day trips to some of Pittsburgh's hidden gems. Some in-Center activities include bingo (held every Wednesday), card clubs, crafts, and exercise.

All LifeSpan Centers offer a daily tasty and well-balanced lunch at 11:30 a.m. Lunch reservations are made two days prior, and we ask for a suggested donation of \$2. All Centers have ServSafe® certified staff trained in food safety, storage, and preparation.

Some of the exercise programs include aerobics, line dancing, chair exercises, and the SAIL (Stay Active and Independent for Life) program. Stay Active and Independent for Life (SAIL) is a strength, balance, and fitness program to stay active and reduce the chance of falling.

Every month features a variety of speakers and presentations covering anything from finance, insurance, legal matters, medication safety, wellness, nutrition, and much more. A monthly newsletter outlines all activities, speakers, and trips.

The cost to be a LifeSpan consumer is free. We encourage our participants to sign up for Center Membership to help support the Center. Membership runs from Jan. 1 - Dec. 31 for just \$10 and includes a Perks Card. The Perks Card is used as a rewards card



and each Center designates their rewards in their monthly newsletter. At Bethel Park the Perks can be used for hot dog days, root beer float days, and others.

**LifeSpan**  
Together We Can!

### LifeSpan's History

In 1973, South Hills Community Council on Aging (SHCCOA) emerged to provide services in Allegheny County offering Meals on Wheels.

They also received their first contract from Adult Services/Area Agency on Aging in 1975.

In 1978, SHCCOA acquired New Traditions, a care management provider in Allegheny County. Together they became Southwest Services.

In 1999, Southwest Services lead a merger with New Heritage, which resulted in another name change to LifeSpan, Inc.

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## More About LifeSpan



LifeSpan offers resources, programs, and services that promote safe, healthy, and dignified living.

LifeSpan promotes and provides innovative, adult-oriented community resources, programs, and services for the changing needs of participating individuals and those who care for them.

LifeSpan, Inc is a non-profit organization located in

Allegheny County, Pennsylvania providing critical support and resources to adults aged 60 and over. Programs and services include OPTIONS Care Management, Family Caregiver Support Program, Protective Services, Senior Community Resource Centers, Information and Assistance, Senior Companion Program, Community Outreach, Home Delivered Meals/Meals on Wheels, and volunteer opportunities.

LifeSpan currently operates six Senior Community Resource Centers serving southern Allegheny County.

LifeSpan's Centers are partially funded by the state and federal governments. The remaining funding comes from donations from individuals, participants, companies, or small fundraising events. The funds raised are utilized to keep the Centers open, operating, and functioning as a vital community resource to keep Seniors healthy and independent.

Our Centers are in Mon Valley (McKeesport), Bethel Park, Carnegie, Imperial, Knoxville, and Clairton. The Centers are open Monday through Friday, but hours vary. Our Centers are as unique as the individuals who visit them. The Centers are vibrant offering a diverse spectrum of activities including a daily meal.

Virtual Programming is a new extension to the Center's programming, which can be accessed from anywhere using a computer, tablet, or even a smartphone. Current virtual offerings include dance/music, cooking, crafts, and exercise. You can visit our Virtual Program Classes at <https://www.lifespanpa.org/social-services/virtual-programming/>.

[www.lifespanpa.org/social-services/virtual-programming/](https://www.lifespanpa.org/social-services/virtual-programming/)

LifeSpan's Care Management services are available for less mobile older adults who choose to safely remain in their homes. This service supports both consumers and caregivers in achieving and sustaining their highest level of independence. Professional care managers evaluate individuals requesting services and may qualify for service support ranging from respite or basic home support services including Home Delivered Meals to Adult Day Services.

LifeSpan's Home Delivered Meals/Meals on Wheels is the largest MOW provider for Allegheny County.

The state and federal governments partially fund the HDM/MOW program. One-third of the funds needed to provide the meals and deliver them to the home is raised by LifeSpan through small fundraising efforts and donations from individuals, meal recipients or companies.

LifeSpan provides over 197,000 healthy meals and wellness checks to over 1,400 Older Adults living in Allegheny County. The HDM/MOW program also provides Private Pay meals, Insurance Plan meals, Hello Baby (family meals for qualifying families with newborns), and Community Health Choice (Medicaid CHC) meals.

LifeSpan's "Tails of Kindness" Pet Program provides a bag or cans of pet food (dog/cats/birds) weekly for our MOW participants with live-in companions. The Tails of Kindness program has partnered with local PetSmart pet stores and Chow Wagon Charities for in-kind donations.

LifeSpan has over 100 dedicated volunteers assisting with service provision in our centers, nutrition assistance, delivery preparation in the MOW/HDM sites, and general clerical/telephone assistance for all services.

LifeSpan's Protective services (PS) are implemented by trained Protective Service Investigators (PSIs) when Reports of Need for intervention are received. PSIs investigate elder abuse and neglect in the community, facilities, and hospitals. PS helps to mitigate imminent risk including providing all necessary resource information. PSIs collaborate with community organizations, law enforcement, and ambulance services to ensure the safety of older adults.



### MUNICIPAL OFFICES

Will Be Closed for the Following Holidays:

**CHRISTMAS DAY**  
Wednesday, Dec. 25

**NEW YEAR'S DAY**  
Wednesday, Jan. 1

**PRESIDENT'S DAY**  
Monday, Feb. 17 (Community Center will be OPEN)

### BETHEL PARK COMMUNITY CENTER

Will Be Closed for the Following Holidays:

**CHRISTMAS EVE**  
Tuesday, Dec. 24

**NEW YEAR'S EVE**  
Tuesday, Dec. 31

**CHRISTMAS DAY**  
Wednesday, Dec. 25

**NEW YEAR'S DAY**  
Wednesday, Jan. 1

