



January Activities

LifeSpan Bethel Park

Active Life Center

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

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.

Suggested donation of **\$2.00** is appreciated!

LUNCH BUNCH @ THE GALLERIA

Choose your own restaurant:

Houlihan's, BRAVO!, Panera,

Mitchell's Fish Market, or The Yard

Thursday, January 16th, 2025

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

PLEASE ARRIVE EARLY FOR TRANSPORTATION

Please sign up by January 9th!



Every Wednesday starting at 12:15 PM

Please arrive before NOON to purchase

bingo cards!

LifeSpan Holiday Closure

LifeSpan will be CLOSED

Tuesday December 31st and

Wednesday January 1st, 2025

for the New Year. Also,

Monday, January 20th, 2025

for Martin Luther King Day.

2025 MEMBERSHIP DRIVE

NOW COLLECTING!!

\$10 full year (January-December)

Member Benefits Include: PERK CARD, Parties, classes, socialization, trips, crafts, clubs, surprises, fitness, and much more!

See Sami or Christie in LifeSpan office for more information!

Join or Renew Your Membership



SPEAKERS AND PRESENTATIONS



January 6th: Quality Insight @ 11:30 AM— Healthy for the Holidays

January 8th: Abbott @11:30 AM—Nerve Stimulator for Lower Back Pain and Diabetic Neuropathy

January 24th: Oasis Senior Advisors @ 11:30 AM- Safety in the Home for Seniors

January 28th: Seniors Helping Seniors @ 11:30 AM

BLOOD PRESSURE SCREENINGS!

January 15th @ 10:30 AM—OSPTA



\$1 HOT DOG DAY

Wednesday, January 15th, 2025 @ 11:45 AM

\$1 per hot dog or ONE Perk

Please mark how many hot dogs you want



**** Please sign up and pay
by January 8th****

MOVIE AFTERNOON

'Walk the Line'



Friday, January 10th @ 12:15 PM

Runtime: 2 hrs 15 min

Join us for a movie and buy fresh
popped popcorn for **\$1 or 1 PERK**

Sign up by Friday, January 3rd, 2025

Learning to Live in Their World

Dementia Support Group

2nd Monday of Every Month!

FREE SUPPORT GROUP

Monday, January 13th, 2025

12:30 PM-1:30 PM

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!

ADVISORY COMMITTEE MEETING

Tuesday, January 21st, 2025 @ 11:00 AM

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!

SAMI'S SWEET & SAVORY SNACK DAY

Friday, January 17th, 2025

NO BAKE Chocolate PB Oatmeal Bars

\$5 for 3 bars

Sign up and pay by Friday, January 10th

SAIL PROGRAM

(Stay Active and Independent for Life)

January 9th, 16th, 23rd & 30th @ 12:00-12:45 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!

10:00 AM -10:45 AM

\$4.00 per class

Instructor:

Maryann Gerard



QUILTING GROUP

January 13th & 27th, 2025

from 12:30 PM -2:00 PM

Come meet some amazing quilters
and join our group!

LINE DANCING

Tuesdays and Fridays

9:30 AM-10:45 AM

\$4 per class

Instructor: Bernie Gillotti

*Looking to start a
weekly card group?*

See Sami or Christie
in LifeSpan office for
details/available days
to meet!!



CARDS

NEW Rummikub: Every Monday @ 12:30 PM

Hand & Foot: Every Tuesday @ 10:30 AM

Pinochle: Every Friday @ 12:00 PM

RIVERS CASINO TRIP

January 23rd, 2025

OPT pickup 10:15 AM

OPT return 2:00 PM

Sign up by January 16, 2025

ART CART ON THE GO

Pop Art Valentine's Day Project

10:00 AM-11:30 AM

Wednesday, January 29th

Instructor: Susan Anderson

Sign up by January 22nd



BIRDFEEDER CRAFT

Monday, January 13th, 2025

10:00 AM-11:00 AM

Hosted by Gena from John F Slater
Funeral Home

Sign up by January 6th, 2025



LUCK O' THE IRISH SUPER BINGO

Wednesday March 12, 2025 @ 10 AM- 3 PM

\$25 per person (includes lunch & beverage)

20 regular games, specials & jackpot!

Doors open at 10:00 AM, Lunch is Served at 11:00 AM, Bingo starts at 12:00 PM

Extra Bingo Packages, Specials and Jackpots Sold Separately

\$500 JACKPOT GUARANTEED

Sign up and Pay by Wednesday February 26th!

TAI CHI FOR ARTHRITIS AND

FALLS PREVENTION

**NEW* FREE CLASS*

Join us for a Meet and Greet on

Friday February 28, 2025

12:30 PM-1:30 PM

Classes start on March 7th

Every Friday for 16 weeks

INTRO TO MEDITATION

Thursday, January 30th

10:00 AM-11:00 AM

Why meditate?

How can it help?



Lead by Sheila Forester

Sign up by January 23rd

*I think I made too many
New Year's resolutions
this year. It took me
almost a full day
to break them all.*



VALENTINE'S DAY ACTIVITIES – Friday February 14th

Breakfast @10:00 AM

Join us for pancakes, sausage, juice and coffee!

\$6 per meal or \$5 with ONE PERK!

*Sign up by Friday February 7th



AFTERNOON MOVIE

'While You Were Sleeping' @12:00 PM

New Year's Word Search

J A N U A R Y F R I E N A C E
F R I E N D S Y A S R I L A H
N E Y S E R T I E M O W B L C
B S I L Y F A E N E I Y A E O
N O C R N V N V E Y D L B N U
A L D C L O C K L T I E Y D N
R U V E W M I D N I G H T A T
V T O A S T W S N O L Y I R D
G I A N I N G S E V E U A R O
C O N F E T T I T M I N G S W
R N O L C E L E B R A T I O N
A J A N U E L V E I M K E R A
Y P A R T Y H A A P Y S E V W
N E W Y E A R C L O K S O R Y
S H A P P Y E B A L L R E S O

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST



ADULT IMMUNIZATIONS

Ask your doctor today about vaccines to prevent flu, pneumococcal diseases and COVID-19.



Q W E R T Y U I N F L U E N A I O P L K J D
 P H A R M A C I S T V C X Z A S D V F G H I
 A F H M P R E V E N T I O N T H N D I H M S
 I U T R A N S M I S S I O N Y T R E W R Q E
 P O P L K J C O V I D H G F R D Y S A Z U A
 N R A S D F G H J N K L M N E B V E N C X S
 E P O O I U Y T R V E W Q A C S D F A G H E
 U A Z T X C V B F A T I G U E N M L U R K J
 M Q D W E E E R T S Y U I I M O P L S F L V
 O B F O F C F B M I N F M G M S D F E T G Y
 C A Z Q C W T S X V E D M C E V R F A V T G
 O U I O P T L I O E I K U M N J U Y H N B C
 C Y T R E W O Q O A S D N F D G H J K L M O
 C N B V C X A R Z N X C I F E V E R V B N N
 A M K J H D N U R S E S Z F D J C H E U J T
 L H H C Z C O M P L I C A T I O N S J P L A
 H H O S P I T A L I Z A T I O N G H T O N G
 N C O U G H A I M A H S I A V C H I L L S I
 A N H E A D A C H E N A O H A S L I Y A H O
 B A S W G I M P O R T A N T N F D S X N P U
 Q E T H E A L T H Y R S D F G B N M F G H S
 J C O N G E S T I O N T R E S E R I O U S J

influenza
 pneumococcal
 COVID
 disease
 immunization
 prevention
 yearly

healthy
 doctor
 nurse
 recommended
 invasive
 important
 nausea

pharmacist
 fever
 transmission
 contagious
 cough
 protection
 fatigue





complications
 virus
 hospitalization
 serious
 chills
 headache
 congestion

Life Span

Together We Can!

January

2025

Mon	Tue	Wed	Thu	Fri
 6 Firehouse Chili (1 C Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 657	 7 Chicken w/Gravy (1 Chicken Breast, Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread Cal 631 Apple & 1 Lorna Doone Cookie	1 Centers Closed 	2 Orchard Salad w/Chicken (3/4 C diced chicken, 1Tbsp Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing Garlic Knot w/Margarine 1/2 C Greek Yogurt, 1/4 C Berries Cal 740	3 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Coleslaw 1/2 C Cilantro Lime Brown Rice 1/2 C Corn & Sweet Potato Soup Fresh Orange Cal 663
13 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)	14 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread 1/2 C Strawberry/Banana Applesauce Cal 860	15 Beef Stroganoff (1 C Beef Stroganoff) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Slice Pound Cake w/1/4 C Berries Cal 738	16 BBO Turkey Flatbread 1/2 Cup Turkey, 1 Slice Cheese) 1/2 C Potato Salad 1WG Flatbread 1/2 C Fresh Cantaloupe Cal 666	17 Sweet and Sour Salmon (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748
20 Centers Closed 	21 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 Cantaloupe	22 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637	23 Chicken Avocado Salad (3/4 C Chicken, 1 SS Cup Guac) Salad (2C Lettuce, Tomato, Cucumber) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686	24 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
27 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	28 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	29 Pulled Pork Sandwich (1/2 C Pulled Pork) 1/2 C Coleslaw, 1 Pkt BBQ Sauce 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 681	30 Chicken BLT Salad (3/4 C Diced Chicken, 2 Tbsp Bacon) 1 C Salad (Lettuce, Tomato, Carrots) w/Dressing 1C Zucchini Parmesan Soup (2) WW Bread w/Margarine 1/2 C Fresh Fruit Salad 1 Pkt Oreo Cookies Cal 675	31 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Side Salad w/Dressing 1 Garlic Knot 1 Fresh Orange Cal 798