

Life *Span*

Chartiers, Active Life Center

300 Lincoln Avenue

Carnegie, PA 15106

Regional Manager: Claudette Biers

Lunch: Served Daily at 11:30 AM

Hours of Operation:

Monday-Friday 9am to 3pm

Phone Number: 412 276-5056

Web Site: www.lifespanpa.org



JANUARY EVENTS

**January 21st - Vaccine Updates &
7 Steps to Stop the Spread
w/Lisa Sagawitz 10:30am**

**January 21st - Red Hats Pizza & Movie
11:30am Meet at Anthony's Pizza
@ Settlers Ridge**

More details on Tuesday page

MONDAYS

9am - 3pm FITNESS CENTER

10-11:30 LINE DANCING

12pm EUCHRE w/Pat Turney

1:00pm Chair Exercise

**CLOSED JANUARY 20TH IN OBSERVANCE OF
MARTIN LUTHER KING DAY**

RENEW YOUR MEMBERSHIP

DONATE \$10

**RECEIVE YOUR PERKS CARD &
ACCESS TO THE FITNESS CENTER**

(Now included w/membership)

Must have physicians form completed to use the gym.

TUESDAYS

9am - 3pm FITNESS CENTER OPEN

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

January 14th - Oak Street Health -

Blood Pressure Check 10:15am

January 21st - Speaker Lisa Sagawitz

10:30am

January 21st - Red Hats Meeting

Pizza & Movie Call 412-276-5056

Pizza at 11:30am @ Anthony's Pizza

Movie to follow: Not everyone will be at the same movie. You will need to sign up and pay one week in advance so the tickets can be purchased. Movie choice & money must be in by Tuesday, Jan. 14th.

WEDNESDAYS

9am-3pm FITNESS CTR OPEN

9:30am ART CLASS

w/Ann McCartney

9:30am BRIDGE

12pm GAMES

SPECIAL WEDNESDAYS

January 8th - Advisory Committee Meeting

10am

January 8th - Book Club - Nightwork - 10am

Next Book: 19 Minutes by Jodi Picoult

January 8th & 22nd Hand & Foot - 12pm

January 15th & 29th 500 Bid - 12pm

THURSDAYS

- 9am-3pm** **FITNESS CENTER OPEN**
- 9:30am** **ART CLASS w/Ann McCartney**
- 10am** **LINE DANCING**
 w/Claudette
- 12pm** **Games//Farkle**
- 1:00pm** **Chair Exercise w/Claudette**
- 2:00pm** **Cardio Drumming w/Lil**
- 2:30pm** **TOPS Meeting**

DON'T FORGET TO

RENEW YOUR

MEMBERSHIP

DON'T BE LEFT OUT OF ALL OF THE FUN!

FRIDAYS

9am-3pm FITNESS CENTER OPEN

12:15pm BINGOW/STRETCH

SPECIAL FRIDAYS

January 10th - Double Pinochle 10:30am

January 17th - Mahjong 11am

January 24th - 500 Bid 10:30am

HAPPY NEW YEAR

2025

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