



February Activities

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

Please call if you need to cancel so someone on the waitlist can eat

NEED HELP WITH YOUR TAXES?

AARP will be offering this **FREE** tax service at the BP Community Center every *Tuesday and Friday* from **10 AM– 2 PM** February 4th thru April 8th

Call **412-335-6973** to schedule an appointment

MUST HAVE AN APPT-NO WALK-INS!



ADVISORY COMMITTEE MEETING

Monday, February 24th, 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!

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/I&R Specialist

Christie Rethage: Center Supervisor

www.lifespanpa.org

LifeSpan Closure

LifeSpan Bethel Park will be CLOSED:

Monday February 17th

for President's Day

(BP Community Center closed also)

and

Friday February 21st

(for a department meeting)

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





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

Chinese Auction and Share the Wealth will be sold as well

\$500 JACKPOT GUARANTEED

FREE SPRING CCAC CLASSES

Healthy Cooking w/ Sam

Feb 6th, March 6th and April 3rd

12:30 PM-2:30 PM

Arts and Crafts w/ Mary Ann

March 5th, April 2nd and May 7th

9:30-11:30 AM

Call/stop in for more information and to sign up!

LUNCH BUNCH @ GIL'S CAFE

Thurs., February 20th @ 11:30 AM

OPT Pick Up 10:45 AM

OPT Return 1:15 PM

PLEASE ARRIVE AT LEAST 15 MIN.

EARLY FOR TRANSPORTATION-

MUST HAVE 5 FOR OPT

Please sign up by February 13th!



PIRATES GAME vs CUBS

Thursday, May 1st, 2025



OPT Pick Up 11:00AM, OPT Return 4:00 PM

Game Start Time 12:35 PM

\$1 Hotdog Day

\$40 Per Person, Includes \$10 Loaded Value

Section 103 Undercover (Rows C-F)

Please sign up and pay by March 14th!!



Every Wednesday starting at

12:15 PM

Please arrive before NOON to
purchase bingo cards!

RIVERS CASINO TRIP

February 27th, 2025

OPT pickup 10:15 AM, OPT return 2:00 PM

MUST HAVE 5 FOR OPT

Sign up by February 20, 2025

SPEAKERS AND PRESENTATIONS

February 3rd: Quality Insights @ 11:30 AM—Vaccine Updates & 7 Steps to Stop the Spread

February 4th: Dr. Hess @ 11:30 AM-12 PM- Foot Doctor \$30 copay

February 11th: Lifeline PT @ 10:30-11:30 AM— Osteo Arthritis Screening , call to sign up for a time slot

February 12th: Joni with AmeriHealth @ 11:30 AM—Heart Health

February 25th: Breathe PA @ 11:30 AM—Lung Health/ Sleep Apnea

February 28th: Silver Scripts @ 10 AM-NOON

-Dr. Hess @11:00 AM—Foot Doctor \$30 Copay-call to schedule



BLOOD PRESSURE SCREENING

February 19th @ 10:30 AM- OSPTA

Learn CPR for all ages, the Heimlich Maneuver & how to use a defibrillator

Monday, February 24, 2025



10 AM-11:00 AM

Taught by Breathing for Burrito

Sign up by February 17th, 2025

\$1 HOT DOG DAY

Wednesday, February 26th @ 11:45 AM

\$1 per hot dog or ONE Perk

Please mark how many hot dogs you want



** Please sign up and pay

by February 19th**

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

No Signup Required

PROPERTY TAX AND RENT REBATE CLINIC



Thursday, February 27th, 2025

10:00 AM – 1:00 PM

Provided by Rep. Natalie Mihalek &
Sen. Devlin Robinson

REGISTRATION SUGGESTED

Walk-ins welcome!

Please call (412) 785-3070 or
(724) 942-2045 to register

Rummikub: Every Monday @ 12:30 PM

Hand & Foot: Every Tuesday @ 10:30 AM



Pinochle: Every Friday @ 12:00 PM



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

CHAIR EXERCISE

Every Friday
10:00 AM-10:45 AM

\$4.00 per class

Instructor:

Maryann Gerard



LINE DANCING

Resuming Spring 2025

SAIL PROGRAM

(Stay Active and Independent for Life)

February 6th, 13th, 20th & 27th @ 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.



Stay Active
& Independent
for Life (SAIL)



QUILTING GROUP

February 10th & 24th, 2024

from 12:30 PM-2:00 PM

Come meet some amazing quilters
and join our group!



We now have board games!

Play a game or two while you are visiting
the center! Stop by the office to check
out a game.

FOR USE IN THE CENTER ONLY!

LEARNING TO LIVE IN THEIR WORLD

DEMENTIA SUPPORT GROUP

New Day this month!

FREE SUPPORT GROUP

Tuesday, February 18th, 2025

12:30 PM-1:30 PM

Hosted by Jamie Bennett, MSW, NHA, PCHA,
Amedisys Hospice Outreach Specialist.

ART CART ON THE GO

Wednesday, February 26th, 2025

10:00 AM-11:30 AM

Instructor: Susan Andersor

Sign up by February 19th



crossword puzzle

Across:

1. Before we send a valentine
3. Small hearts are made of this.
5. Something you don't like is _____.
8. These are beautiful flowers.
11. It's given away.
14. Someone who gets a lot of valentines is _____.
15. After we write a valentine
16. On Valentine's Day we _____ a valentine.



Down:

2. Giving a valentine is _____.
4. The card we write
6. A flower with thorns
7. The reason we celebrate Valentine's Day.
9. Cupid's weapon
10. It's in the box.
12. He brings love.
13. Two people going out



