

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!

February 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/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)

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!





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



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

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.



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.



CHAIR EXERCISE

Every Friday 10:00 AM-10:45 AM

\$4.00 per class

Instructor:

Maryann Gerard

LINE DANCING

Resuming Spring 2025



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!

ART CART ON THE GO

Wednesday, February 26th, 2025

10:00 AM-11:30 AM

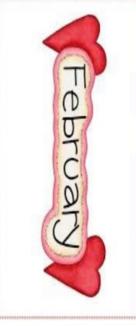
Instructor: Susan Andersor

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 valentine 15. After we write a valentine 16. On Valentine's Day we	alentine			3 .	2		4			5
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		12	9				13	7		
15		14				16				





2025

			T	1
24 Meatloaf w/Gravy (1 SI Meatloaf e/1/4 C Gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine 1 Mini Loaf Banana Bread Cal 726	BP COMMUNITY CENTER CLOSED LIFESPAN CLOSED	10 Stuffed Pepper (1 Stuffed Pepper w/meat sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Bread w/Margarine Cal 810 1 SI Pound Cake w/1/4 C Peaches	3 Maple Glazed Pork w/Gravy (1 slice pork w/cider gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts Cal 724 WW Bread w/Margarine 1/2 C Banana Pudding 1 Pkg Graham Crackers	Mon
25 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 815	18 Chicken w/Gravy (1 chicken breast w 1/4 /C Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread w/Margarine Apple & Lorna Doone Cookie Cal 631	11 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Green Beans & Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601	4 Pub Steak Cheeseburger (1 Beef Patty, 1 SI Cheese, 1 Pkt Ketchup) 1 WW Sandwich Roll 1/2 C Broccoli w/Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826	Tue
26 Reef Stroganoff (1 C Beef Stroganoff) ! C Tossed Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 SI Pound Cake w/ 1/4 C Berries Cal 742	19 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine Cal 620	12 Petite Beef Tenderloin Medallions (1 slice beef w/au jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 712	5 Ham & Cheese Frittata (1 Frittata) 1 C Greek Salad w/Dressing 1/2 C Roasted Red Potato Wedges Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681	Wed
27 BBQ Turkey Flatbread (1/2 C Chipped Turkey 1 Sl Cheese, 1 Tbsp Coleslaw, 1 Tbsp BBQ Sauce) 1/2 C Potato Salad WG Flatbread Cal 666 1/2 C Fresh Cantaloupe	20 Chicken Avocado Salad (3/4 C diced Chicken, 1 SS Cup Guacamole) Salad (2 C Lettuce, Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686	13 Italian Hoagie (3 SI ham, 2 SI Salami, 2 SI Cheese) Lettuce, Tomato, Onion (On WG Hoagie Roll) 1 C Tossed Salad w/Dressing Fresh Apple Cal 680	6 Orchard Salad w/Chicken (3/4 C diced Chicken 1 Tbsp Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing 1 Garlic Knot w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 740	Thu
28 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	CENTERS CLOSED	14 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Orange Cal 663	7 Macaroni & Cheese (3/4 C Macaroni & Cheese w/ WG Pasta) 1 1/4 C Strawberry Spinach Salad w/Dressing 1/2 C Garlic Green Beans 1 Pkt Fig Newton Cookie Cal 671	Fri