

LifeSpan

Chartiers, Active Life Center
300 Lincoln Avenue
Carnegie, PA 15106
Regional Manager: Claudette Biers

Hours of Operation:
Monday-Friday 9am to 3pm
Phone Number: 412 276-5056
Web Site: www.lifespanpa.org

Valentine Loving Season



FEBRUARY EVENTS

February 4th - Blood Pressure 10:30am

Oak Street Health

February 11th - Dr. Hess Podiatrist

First Come, First Serve

February 18th Pain Management 10:30am

w/Ryan from Abbott

February 20th Red Hats 10am

February 21st - Closed due to Employee Mtg.

February 28th - Fall Prevention - 10:30am

Oak Street Health & Hess PT.

MONDAYS

9:00am-3:00pm FITNESS CENTER

10am-11:30am LINE DANCING

12:00pm EUCHRE w/Pat Turney

1:00pm Chair Exercise

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

9:00am-3:00pm FITNESS CENTER OPEN

12:15pm BINGO (Same as Fridays)

SPECIAL TUESDAYS

February 4th - Oak Street Health - 10:30am

Blood Pressure Check

February 11 - Dr. Hess, Podiatrist 9:30am

First Come, First Serve

February 18th - Pain Management 10:30am

w/Ryan from Abbott

WEDNESDAYS

9:00am-3:00pm FITNESS CTR OPEN

9:30am ART CLASS

w/Ann McCartney

9:30am BRIDGE

12:00pm GAMES

SPECIAL WEDNESDAYS

February 5th - Advisory Committee Meeting

10:00am

February 5th-Book Club-19 Minutes -10:00am

Next Book: Simply Lies by David Baldacci

February 5th & 19th - Hand & Foot - 12:00pm

February 12th & 26th - 500 Bid - 12:00pm

THURSDAYS

9:00am-3:00pm FITNESS CENTER OPEN

9:30am ART CLASS w/Ann McCartney

**10:00am LINE DANCING
w/Claudette**

12:00pm Games//Farkle

1:00pm Chair Exercise w/Claudette

2:00pm Cardio Drumming w/Lil

2:30pm TOPS Meeting

MAKE SURE

TO RENEW

YOUR MEMBERSHIP

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

FRIDAYS

9:00am-3:00pm FITNESS CENTER OPEN

12:15pm BINGO W/STRETCH

SPECIAL FRIDAYS

February 7th Mahjong 11:00am

February 14th - Double Pinochle 10:30am

**February 21st - Center Closed for
Employee Meeting**

February 28th - 500 Bid 10:30am

HAPPY

VALENTINE'S

DAY