



Imperial Hours of Operation

Monday-Friday 8am-4pm

540 Penn Lincoln Drive Oakdale Pa. 15126

(724) 218-1669

Website: www.lifespanpa.org

Kathleen Fritchman: Regional Manager

Kathleen (KoKo) Simpson: Site Coordinator



Special days in May

May Day celebrations are thrown to honor the spring season. Some traditions include dancing around the maypole, indulging in treats and showering loved ones with gifts

May 5-Cinco de Mayo– Mexican victory in 1862 over the French during the Battle of Puebla.



Wishing you the very best this Mother's Day!

May 9– Mother's Day– There are countless reasons why we celebrate mom's and there are all types of mom's. Tell her how much she matters.

May 31-Memorial Day– A time to honor our American heroes

God bless our
men and
women
in service.



IMMUNITY

BOOST YOUR IMMUNE SYSTEM

YES

7 $\frac{1}{2}$ hours sleep
30 min. daily exercise
20 min. a day outside sunlight

NO

caffeine / alcohol
smoking / tobacco
electronics in the bedroom

EAT

Egg yolks Mushrooms Nuts Raw red peppers Limes
Salmon Tangerines Spinach Soy Milk Garlic Lemons
Sardines Broccoli Ginger Legumes (beans) Oatmeal
Papaya Blueberries Oranges

Limit

Relationships that cause tension, stress or negative feelings.

Do

Learn to say “no” Engage with others Read Be a volunteer

Meet with friends Make new friends Watch old movies



Health
&
Wellness



To check this site out go to google and type in the words Techowl Lending Library

Their home page will have several areas to click onto. *Borrow - Techowl

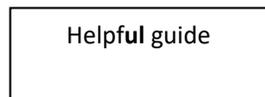
*Borrow from lending library - Techowl

(There are several more to scroll through.)

If you click onto Borrow the next page will appear with 4 boxes: choose whichever one you want.



Example: click the Helpful guide box. This will help you learn about how to use common apps & more



There is a list of resources to choose from. They are easy to understand. If you have any problems call:

West Allegheny Library at 724-695-8150

Tech Tutoring Returns to West Allegheny Library

Tech Tutoring sessions are available at the Library. If you need help with computers, internet, software, equipment, or some other technology contact the Library at 724-695-8150 for a one on one appointment. These are some areas that you can get assistance with:

- * Basic Computer use
- * Microsoft Office (Word, PowerPoint, Excel, Etc.)
- * Social Media (Facebook, Pinterest, etc.)
- * Internet Browsing or Websites
- * Library Technology and Software
- * Accessing Library eBooks or eMedia and Using Smartphones, tablets, or eReaders

“Italian” Tomatoes by Dave Austin

Ingredients: Tomatoes
Balsamic vinegar
Fresh Basil
Fresh Oregano
Roasted garlic cheese
Fresh Mozzarella cheese
Olive oil
Feta cheese (or substitute one of your favorites)
Garlic “pressed”



The night before, combine oil and herbs let sit in the refrigerator.

Slice the tomatoes and arrange on a plate. Add the fresh chopped Basil and Oregano

(make sure they are on the tomatoes). Strain the oil and drizzle on each tomato. Just before serving, drizzle some of the balsamic vinegar over all.

This recipe is from Lifespan’s “In Our Generation Cookbook”

Utilities Assistance Applications Now Being Accepted for County Program

Utilities assistance includes help with electricity, gas, or fuel oil, sewage trash removal and water. Applicants will need to provide the name of the utility company, the name on the account, account number and the months which they are requesting assistance.

Utilities will be paid through the Dollar Energy Fund. Eligibility for both rent and utilities Relief is being determined by ACTION—Housing and assistance with the online-only application available by calling 412-248-0021 or visiting one of the approved drop-in centers.

More information about the program including, eligibility guidelines, list of necessary documents, drop-in centers and other details can be found at:
<https://www.covidrentrelief.sleghenrycounty.us>. (You can also call Lifespan for a printout 724-218-1669)





In partnership with Allegheny County DHS Area Agency on Aging



ALLENTOWN SENIOR CENTER



Eastern Area Adult Services



Coming together for a fun afternoon

SENIOR BINGO!

Please contact a Senior Center you have attended previously to receive BINGO cards mailed to you.

2 | 21 | 41 | 59 | 66



THURSDAY
May 20, 2021 • 12:30 PM

Phone: 1-301-715-8592

Meeting ID: 943 7098 0153 • Password: bingo

CCAC Virtual Classes - April 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <i>Good Friday</i>	3
4 <i>Easter Sunday</i>	5 Movin' w/Marlon! 11-12 **No Crafts!**	6 Exploring Your Family History 11-12 Good News Tues 1-2	7 Movin' w/Marlon! 11-12 Write Your Story 2-3	8 Hot Cross Buns "Bake Along" 1-2:30 Sheet Pan Dinners w/Hilary 4-5 Sausage Hoogies & Garlic Herb Potatoes	9 Dance & Be Fit! w/Roland Ford 10-11*	10
11	12 Movin' w/Marlon! 11-12 Crafts w/Cathie 1:30-3 Wind Chimes	13 Exploring Your Family History 11-12 Good News Tues 1-2	14 Movin' w/Marlon! 11-12 Write Your Story 2-3	15 Bingo** - 12:30-2 Sheet Pan Dinners w/Hilary 4-5 Chix Parmesan & Nutella Pie	16 Dance & Be Fit! w/Roland Ford 10-11*	17
18	19 Movin' w/Marlon! 11-12 Crafts w/Cathie 1:30-3 Reseeded Planters	20 Exploring Your Family History 11-12 Good News Tues 1-2	21 Movin' w/Marlon! 11-12 Write Your Story 2-3	22 Sheet Pan Dinners w/Hilary 4-5 Fajitas, salsa rice, chums	23 Dance & Be Fit! w/Roland Ford 10-11*	24
25	26 Movin' w/Marlon! 11-12 Crafts w/Cathie 1:30-3pm Paper Flowers	27 Exploring Your Family History 11-12 Good News Tues 1-2	28 Movin' w/Marlon! 11-12 Write Your Story 2-3	29	30 Dance & Be Fit! w/Roland Ford 10-11*	

*sponsored by Macedonia FACE

**sponsored by the Allegheny County Virtual Programming Workgroup

CCAC is offering FREE "1 on 1" tech tutoring via the phone and/or ZOOM!
Contact Beth Ison (CCAC) - 412-237-2564 – bison@ccac.edu – to schedule!

If you are interested in the CCAC virtual classes, please call Imperial Lifespan and we will be happy to forward you the necessary Log in information.

APRIL SHOWERS BRING MAY FLOWERS, THAT IS WHAT THEY SAY.

BUT IF ALL THE SHOWER TURNED INTO FLOWERS, WE'D HAVE QUITE A COLORFUL DAY.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>LifeSpan will be participating in the Highmark Virtual Walk for a Healthy Community for 2021. Please help us reach our goal of \$10,000 this year! For more information, please contact Mike Dunn - 412-464-1300 ext 145 or mdunn@lifespanpa.org. To Walk - Form a Team - or - Donate please visit : www.walkforahealthycommunity.org</p>						1
2 	3 Salmon Patty, lemo wedge, Brussels sprouts, buttered noodles, bread, red delicious apple Cal 708	4 Roast Beef w/ gravy, brown rice pilaf, carrots & cauliflower, bread, orange Cal 638	5 Chicken Breast w/ orange glaze, gourmet potatoes, green beans & almonds, roll, Boston creme roll Cal 790	6 Ground Beef Meatloaf w/tomato gravy, garlic whipped potatoes, peas, bread, cantaloupe cuts Cal 705	7 Chicken Patty w/ mozzarella cheese, pasta w/tomato sauce, broccoli, tangerine Cal 752	8
9 	10 Swiss Steak w/ tomato, onions & thin gravy, potatoes, vegetable medley, bread, orange Cal 654	11 Pork Loin w/ Teriyaki sauce, brown rice pilaf, broccoli florets, bread, pineapple tidbits Cal 669	12 Roast Beef w/ gravy, couscous, steamed cabbage, wheat sandwich bun, yellow apple Cal 708	13 Grilled Chicken Breast, w/mashroom gravy, green beans, yams w/brown sugar, bread, peaches Cal 599	14 BirthDay Menu Ground Beef Stuffed Pepper, potatoes, yellow squash & beans, jelly roll Cal 691	15
16	17 Pork Loin w/ gravy, whipped potatoes, mixed vegetables, dinner roll, pineapple Cal 729	18 Tuna Casserole w/ peas, beets, rye bread orange Cal 656	19 Ground Beef Porcupine Meatballs, broccoli, noodles, wheat bread, apple Cal 725	20 Pepper Steak w/ onion-pepper sauce, savory potatoes, cooked spinach, wheat bread, pears Cal 626	21 Herb Baked Chicken Breast, gravy, stuffing, cranberry orange relish, green beans, banana, graham crackers Cal 640	22
23	24 Turkey w/thin gravy, Yams w/brown sugar & margarine, Brussels sprouts, bread, apple Cal 615	25 BBQ Lean Beef w/wheat bun, Haluski, orange glazed carrot coins, fruit cocktail Cal 669	26 Boneless Pork Loin w/Dijon sauce, lemon potatoes, broccoli florets, bread, applesauce Cal 598	27 Springs w/Ground Beef Meatballs, Italian green beans, Italian bread, banana Cal 677	28 Grilled Chicken Breast w/lemon sauce, gourmet potatoes, peas w/pearl onions, bread, orange Cal 663	29
30 	31 Memorial Day Hamburger w/ sandwich bun, baked beans, broccoli, apple Cal 687					