

Imperial Resource Center  
540 Penn Lincoln Drive  
Imperial, PA 15126  
Open Monday-Friday,  
8am-4pm  
724-218-1669

# LifeSpan

Resources and Services for Seniors

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Website:  
[www.lifespanpa.org](http://www.lifespanpa.org)

## WEEKLY HAPPENINGS!

BINGO-MONDAYS 12N  
THURSDAYS 12N

LIBRARY AND COMPUTERS

LINE DANCE WED.9:30-11:30  
MB. \$2.00 NONMB \$3.00

RUMMIKUB-WED. 12:30

CARD CLUB: HAND AND  
FOOT, MON. 12:00  
500 BID-THURS. 11:30 REG.

SPANISH CLASS- WED.12:15  
MEM. \$1.00 NONMB \$2.00

CROCHET/KNITTING CLUB,  
WEDNESDAY AT 1:00 PM

BUNCO-TUES 12:30 PM \$3.00

CENTER EXERCISES  
TUESDAY-FRIDAY 10:00 AM  
MEMB.\$1.00 NON MB \$2.00

TAI CHI-THURSDAY-10:00  
MB. \$1.00 NONMB. \$2.00

**CCAC CLASSES  
ARE STARTING  
CHECK THEM OUT**

**LIFESPAN  
WILL BE  
CLOSED  
MONDAY  
SEPTEMBER 2nd  
FOR  
LABOR DAY**



# September

## LUNCH OUTING

**TESSARO'S AMERICAN BAR & HARDWOOD GRILL**

**4601 LIBERTY AVE. PGH. 15224**

**FRIDAY, SEPTEMBER 27TH**

OPT TRIP LEAVING THE CENTER AT 10:30

PICK UP FROM THE RESTURANT AT 1:00

IF YOU DO NOT HAVE OLDER PERSONS TRANSPORTATION (OPT) PLEASE  
CONTACT THE CENTER-IT IS EASY TO REGISTER!  
(SPACE IS LIMITED TO 25 PEOPLE)

## SPECIAL LUNCH

**SEPT. 6th FRI.-**CELEBRATE "GRANDPARENTS DAY" HOT ROAST BEEF SANDWICH  
WHIPPED POTATOES & GRAVY, DESSERT AND DRINK—**\$5.00 PAY AHEAD**  
**SORRY NO TAKEOUTS OR LAST MINUTE . YOU MUST SIGN UP TO GET LUNCH.**

**SEPT. 12th THURS.-** BINGO SOFT TACO THURSDAY—\$2.00 (play bingo eat tacos)

**SEPT 25-WED.** CREATE YOUR OWN PIZZA CHEESE \$3.00/PEPPERONI \$4.00 **SIGN UP**

## SEPTEMBER HIGHLIGHTS

**SEPT 6-FALL FLOWER BASKET CRAFT 12:00- \$3.00** -YOU BRING YOUR OWN SMALL  
BASKET. LIFESPAN WILL PROVIDE FLOWER & SOIL WITH BEAUTIFUL RESULTS. **PAY AHEAD**

**SEPT.9-BUS PHOTO 9:30**-JEFF SCOTT WILL BE HERE FROM REPRESENTATIVE GATO'S  
OFFICE TO TAKE YOUR REQUIRED PHOTO FOR THE NEW BUS PASSES. **BRING ID**

**SEPT. 13-11A-1P - \$2.00- JANOSKI'S FARM BROWN BAG LUNCH TRIP.** YOU WILL TAKE  
AN OPT TRIP TO JANOSKI'S FARM, EAT LUNCH SMELL THE FALL FLOWERS, CHECK OUT  
THE BAKERY AND PICK UP SOME FRESH PRODUCE (**DON'T FORGET YOUR VOUCHERS**)

**SEPT. 17- 12:00**-JOIN PAT NOLDER AND CREAT YOUR OWN BEAUTIFUL FALL WREATH **\$21.00**  
COVERS ALL THE MATERIALS NEEDED. **YOU MUST PAY AHEAD LIMIT TO 6 MEMBERS**

**SEPT.19-11:00**-EAGLE MEDICAL EQUIP. WILL SPONSOR A "LUNCH AND LEARN"  
EAGLE MEDICAL WILL PROVIDE A LUNCH FOR ALL THOSE WHO ATTEND (**FREE**)

**SEPT. 23-CINNAMON FRENCH TOAST & SAUSAGE BREAKFAST-\$4.00 -9:00am**  
GET YOUR DAY OFF TO A GOOD START WITH 2 SLICES OF FRENCH TOAST, SAUSAGE AND  
ORANGE JUICE OR APPLE JUICE. **PLEASE PAY IN ADVANCE.**

OFFERED DAILY:

DECAF AND REGULAR  
COFFEE AND HOT TEA  
50 CENTS FOR  
UNLIMITED CUPS\*.

CHIPS-.50 CENTS  
PB CRACKERS-50  
CENTS  
DRINKS-PEPSI/COKE  
DIET/REG. GINGERALE  
50 CENTS

POPCORN-50 CENTS A  
BAG OR BOWL

BOTTLED WATER-50  
CENTS

### PASTRIES AND BREAD

EVERY DAY WE HAVE  
ASSORTED PASTRIES  
AND BREADS  
AVAILABLE IN THE  
CAFÉ FOR A DONATION.  
WE WANT TO MAKE  
SURE THAT THERE IS  
ENOUGH FOR EVERY-  
ONE, SO PLEASE DON'T  
TAKE A LARGE  
NUMBER OF ITEMS.  
CURRENTLY WE DON'T  
HAVE LIMITATIONS ON  
WHAT YOU CAN TAKE.  
LET'S KEEP IT THAT  
WAY! WE USE THE  
DONATIONS FROM  
THESE ITEMS TO FUND  
ACTIVITIES IN THE  
CENTER. WE THANK  
YOU FOR YOUR  
DONATIONS AND FOR  
SUPPORTING YOUR  
CENTER.

**REMINDER**  
**THIS IS COLD AND**  
**FLU SEASON.**  
**IF YOU ARE NOT**  
**FEELING WELL,**  
**PLEASE STAY**  
**HOME.**  
**ALWAYS**  
**REMEMBER TO**  
**COVER YOUR**  
**MOUTH OR NOSE**  
**YOU COUGH.**



## SEPTEMBER 2-MONDAY- LABOR DAY CLOSED

### SEPTEMBER 3-TUESDAY

CCAC REST AND RELAXATION-10:00

BUNCO-12:30

### SEPTEMBER 4-WEDNESDAY

LINEDANCE-9:30—\$2.00 FOR MEMBERS / \$3.00 NON-MB

GENERAL EXERCISE-10:00 \$1.00 FOR MEMBERS / \$2.00 FOR NON-MB

**CCAC LECTURE SERIES-12:00** MODERN LEGENDS (2ND OF 4 DIFFERENT TOPICS)

SPANISH-12:15- \$1.00 MB / \$2.00 NON-MB

RUMMIKUB-1:00

CROCHET/KNITTING-1:00

### SEPTEMBER 5-THURSDAY

**ADVISORY MEETING-10:00-IF YOU ARE INTERESTED PLEASE ATTEND**

**ROUND TABLE DISCUSSION-10:00- RECYCLE LIFE (1 OF 4 TOPICS FOR SEPT.)**

CCAC TAI CHI-10:00

### SEPTEMBER 6- FRIDAY

CCAC CHAIR EXERCISE-10:00

**GRANDPARENTS DAY LUNCH-11:30-\$5.00** –HOMEMADE HOT ROAST BEEF SANDWICH  
WHIPPED POTATOES W/GRAVY, DESSERT AND DRINK. **MUST SIGN UP AND PAY AHEAD**

**CRAFT-12:00-FALL FLOWER BASKET. \$2.00.** BRING YOUR OWN SMALL BASKET, LIFESPAN  
WILL SUPPLY THE SOIL AND FLOWER. WINDOW OR PORCH, IT WILL BE LOVELY

### SEPTEMBER 9- MONDAY

**CONNECT CARD BUS PASS-9:30-11-JEFF SCOTT FROM REP. GATO'S OFFICE WILL BE HERE  
TO TAKE PHOTOS FOR THE NEW BUS PASS. REMEMBER YOUR ID.**

DR. HESS FOOT CARE-11:00 \$25.00 CO PAY. FIRST COME FIRST SERVED

BINGO-12:00

HAND AND FOOT-12:30

### SEPTEMBER 10-TUESDAY

CCAC REST AND RELAXATION-10:00

**ROUNDTABLE DISCUSSION-11-11:15- 13 THINGS THE MENTALLY STRONG DON'T DO**

BUNCO-12:30

**W. ALLEGHENY LIBRARY 1-3:00** -HEATHER WILL BE HERE TO HELP YOU WITH YOUR  
ELECTRONIC DEVICE.....CELL PHONE, SMART PHONE, I- PAD ETC.

## **SEPTEMBER 11- WEDNESDAY**

LINE DANCE-9:30 \$2.00 FOR MEMBERS / \$3.00 FOR NON-MEMBERS

GEN. EXERCISE 10:00- \$1.00 MB / \$2.00 NON-MB

**CCAC LECTURE SERIES #3-12:00-DAY TRIPS FROM PITTSBURGH. GOOD FOR FALL**

SPANISH-12:15 \$1.00 MB / \$2.00 NON-MB

RUMMIKUB-12:30

CROCHET AND KNITTING-1:00

## **SEPTEMBER 12-THURSDAY**

CCAC TAI CHI-10:00

**ROUND TABLE DISCUSSION-11-11:15-NOT SO GOOD MORNING?**

CARDS-500 BID-11:30 **REGISTER**

BINGO-12:00

## **SEPTEMBER 13- FRIDAY**

CCAC CHAIR EXERCISE-10:00

**JANOSKI'S BROWN BAG LUNCH OUTING-\$2.00 MB / \$3.00 NON-MB -TAKE OPT TO JANOSKI'S SHOP AROUND THEIR NEW STORE. PURCHASE PRODUCE (VOUCHERS) TAKE A SHORT WALK TO THE LAKE AND ENJOY A CHICKEN SALAD CRESCENT ROLL CHIPS AND A DRINK. OPT PICK UP-11:00 RETURN PICK UP 1:30**

## **SEPTEMBER 16-MONDAY**

**CELEBRITY CHEF-10:00- SALEEMA WILL BE THE CHEF FOR THE DAY**

**CHOCOLATE MILK SHAKE W/LUNCH DAY- \$1.00 YUM!!**

BINGO-12:00

HAND AND FOOT (CARDS)-12:30

## **SEPTEMBER 17-TUESDAY**

CCAC REST AND RELAXATION-10:00

**BANKERS LIFE-10:30-11:00 PRESENTION**

**WREATH CRAFT \$22.00-JOIN PAT NOLDER THE CREATOR OF THE BEAUTIFUL WREATHS YOU'VE SEEN AT THE CENTER. ALL MATERIALS PROVIDED.**

BUNCO-12:30

## **SEPTEMBER 18-WEDNESDAY**

LINE DANCE-9:30 \$2.00 MB / \$3.00 NON-MB

GEN EXERCISE -10:00- \$1.00 MB / \$2.00 NON-MB

**CCAC LECTURE SERIES-#4 -12:00-PITTSBURGH STEEL & IMMIGRANTS**

SPANISH CLASS-12:15-\$1.00

RUMMIKUB-12:30

CROCHET&KNITTING-1:00

## **SEPTEMBER 19– THURSDAY– TALK LIKE A PIRATE DAY**

CCAC TAI CHI-10:00

BOOK CLUB 10:00- “A SIMPLE FAVOR” ( FREE COFFEE AND DONUTS) **READING IS GOOD FOR YOUR BRAIN**

**EAGLE MEDICAL EQUIPMENT LUNCH AND LEARN-11:00**–THEY WILL HERE TO DISCUSS HOW THEY CAN HELP WHEN WE NEED MEDICAL EQUIPMENT AND PROVIDE A LUNCH FOR THOSE WHO PARTICIPATE.

BINGO-12:00

CARDS-HAND AND FOOT-12:00

## **SEPTEMBER 20-FRIDAY**

CCAC CHAIR EXERCISE-10:00

**KINDRED HOSPICE IS BACK-10:30** – WE HAVE ENJOYED AND LEARNED SO MUCH FROM PATRICIA. THIS SESSION PATRICIA WILL DISCUSS SOMETHING WE ALL FACE AT ONE TIME OR ANOTHER “DEPRESSION”

**MOVIE AND LUNCH –11:30** - EAT YOUR LUNCH WHILE WATCHING A MOVIE. TO CELEBRATE SKYSCRAPER DAY **FREE POPCORN** FOR ANYONE WHO WANTS IT. WE WILL BE IN THE BIG ROOM.

**IT'S A PARTY!**–6PM-9PM– MUSIC, FOOD, 50/50, FRIENDS AND A LOT OF FUN.-\$7.00-TICKETS NEED TO BE PURCHASED BEFORE WEDNESDAY SEPTEMBER 19. TICKETS WILL NOT BE AVAILABLE AT THE DOOR. COME OUT AND ENJOY THIS EVENING WITH CHARTIERS LIFESPAN MEMBERS. WE WOULD LIKE A GOOD TURN-OUT

## **SEPTEMBER 23– MONDAY**

**“BREAKFAST AT LIFESPAN”-9:00-\$4.00**-2 SLICES OF SPECIAL CINNAMON FRENCH TOAST, SAUSAGE AND O.J.

BINGO-12:00

HAND AND FOOT-12:30

## **SEPTEMBER 24– TUESDAY**

CCAC REST AND RELAXATION-10:00

**WHEN IS THE BEST TIME TO TAKE YOUR MEDICATION?-11:00**– A PRESENTATION THAT SAYS IT ALL.

BUNCO-12:30

## **SEPTEMBER 25-WEDNESDAY**

LINEDANCE-9:30-\$2.00 MEM. / \$3.00 NON-MB

GEN. EXERCISE-10:00-\$1.00 MB / \$2.00 NON-MB

**SPRCIAL LUNCH-11:30**– MAKE YOUR OWN PIZZA **\$3.00 –CHEESE / \$4.00-PEPPERONI – MUST SIGN UP**

SPANISH-12:15- \$1.00 MB / \$2.00 NON-MB

RUMMIKUB-12:30

CROCHET/KNITTING-1:00

**SEPTEMBER 26-THURSDAY**

CCAC TAI CHI-10:00

**ROUNDTABLE DISCUSSION-11-11:30-BEWARE OF FREE CANCER SCREENINGS**

500 BID CARDS-REGISTER

BINGO-12:00

**SEPTEMBER-27-FRIDAY**

CCAC CHAIR EXERCISE-10:00

**LUNCH OUTING TO TESSARO'S 4610 LIBERTY AVE OPT PICK UP 10:30 RETURN 1:30**

**SEPTEMBER 30-MONDAY**

**ROUNDTABLE DISCUSSION-11-11:30- BRILLIANT USES FOR WHITE VINEAGER**

BINGO-12:00

HAND AND FOOT-12:30