

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

LifeSpan

Resources and Services for Seniors

Betsy Challingsworth-
Regional Manager

Kathie Fritchman-
Regional Assistant

Angeline Vergnaud-
Site Coordinator

Website:
www.lifespanpa.org

WEEKLY HAPPENINGS!

BINGO-MONDAYS 12N
THURSDAYS 12N

LIBRARY AND COMPUTERS

LINE DANCE WED.9:30-11:30
\$2.00/CLASS

RUMMIKUB-WED. 12:30

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

SPANISH CLASS-
WED. 12:15

CROCHET/KNITTING CLUB ,
WED. 1:00

BUNCO-TUES 12:30 PM \$3.00

EXERCISE-
MON. 10:00, TUES. 10:00,
WED. 10:00, FRI. 10:00

BOOK CLUB-THIRD THURS.
OF THE MONTH-10:00

TAI CHI-THURS 10:00



SPECIAL LUNCHES

FRI. FEB. 1-SOUPER BOWL LUNCH-\$2.00 BOWL OF SOUP AND A SANDWICH

THURS. FEB. 7-HOTDOG, COLE SLAW AND DRINK-\$2.00

THURS. FEB. 14-OPEN FACE TURKEY WITH FRENCH FRIES/GRAVY-\$5.00

FRI. FEB. 22-INDIVIDUAL PIZZAS-\$3.00

LUNCH OUTING

CHEESECAKE FACTORY-ROSS PARK MALL

FRI. FEB. 15

OPT TRIP

ON THE SIGN IN SHEET, PLEASE PUT YOUR NAME, PHONE NUMBER, BIRTHDAY AND IF YOU ARE TAKING OPT, PLACE A CHECK MARK. THERE HAS BEEN SOME CONFUSION ABOUT THE PROCESS AND WE ARE TRYING TO WORK OUT THE KINKS. OPT PICK UP AT 11:00. RETURN PICK UP AT 1:30 SPACE IS LIMITED SO SIGN UP EARLY.

SOUPER BOWL LUNCH

FRIDAY, FEB. 1

\$2.00

SEVERAL PEOPLE HAVE VOLUNTEERED TO BRING A CROCK POT OF SOUP TO SHARE. YOU WILL GET A BOWL OF SOUP AND A SANDWICH WITH EITHER TURKEY OR HAM AND CHEESE. GREAT WAY TO WARM UP FOR THE COLD WEATHER!

VALENTINES LUNCHEON

THURS. FEB. 14

11:30

\$5.00

ENJOY AN OPEN FACED TURKEY SANDWICH WITH FRENCH FRIES AND ALL THE GRAVY YOU CAN EAT (OR WITHOUT IT), A DRINK AND DESSERT FOR \$5.00. SIGN UP AT THE ACTIVITIES TABLE. EAT IN OR TAKE OUT AVAILABLE.



OFFERED DAILY:

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

CHIPS-.50 CENTS
PB CRACKERS-50
CENTS
DRINKS-PEPSI, DIET
PEPSI, 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.

***FOR ALL
ACTIVITIES THAT
YOU NEED TO
PRE-REGISTER
FOR,
YOU WILL SEE
THE WORD
"REGISTER"
BESIDE
THE ACTIVITY IN
THE
NEWSLETTER***

FEBRUARY IS HEART HEALTH MONTH

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN BOTH MEN AND WOMEN.
NATIONAL WEAR RED DAY IS FRIDAY, FEB. 1. THIS DAY IS DEDICATED TO
RAISING AWARENESS ABOUT HEART DISEASE. LETS JOIN TOGETHER AND WEAR
RED TO START THE CONVERSATION!

FRI. FEB. 1

EXERCISE CLASS-10:00
FEED THE WILD BIRDS-10:45
SOUPER BOWL LUNCH-11:30-\$2.00-REGISTER

MON. FEB. 4

EXERCISE CLASS-10:00
CHARLES LINDBURG'S LIFE-10:45
BINGO-12:00
HAND & FOOT-12:30

TUES. FEB. 5

EXERCISE CLASS-10:00
10 TIPS FOR A HEALTHY HEART-10:45
BRIDGE-12:00
BUNCO-12:30

WED. FEB. 6

LINE DANCE-9:30
EXERCISE CLASS-10:00
SPANISH CLASS-12:15
RUMMIKUB-12:30
YARNIES-CROCHET AND KNITTING-1:00

THURS. FEB. 7

TAI CHI-10:00
SPECIAL LUNCH-HOTDOG, COLE SLAW AND DRINK-\$3.00-REGISTER
BINGO-12:00
500 BID-12:00

FRI. FEB. 8

EXERCISE CLASS-10:00
6 WAYS TO MAINTAIN YOUR BRAIN HEALTH-10:45
GAMES-12:00

MON. FEB. 11

EXERCISE CLASS-10:00
BLOOD PRESSURE CHECKS-10:30
BINGO-12:00
HAND & FOOT-12:30

TUES. FEB. 12

EXERCISE CLASS-10:00
10 FOODS THAT ARE HIGH IN POTASSIUM-11:00
BUNCO-12:30

WED. FEB 13

LINE DANCE-9:30
EXERCISE CLASS-10:00
SPANISH CLASS-12:15
RUMMIKUB-12:30
YARNIES-1:00

THURS. FEB. 14

TAI CHI-10:00
ADVISORY COUNCIL MEETING-10:00
VALENTINE LUNCHEON-11:30-REGISTER
BINGO-12:00
500 BID-12:00

FRI. FEB. 15

EXERCISE CLASS-10:00
LUNCH OUTING-CHEESECAKE FACTORY ROSS PARK MALL-OPT TRIP-REGISTER
GAMES-12:00

MON. FEB. 18

EXERCISE CLASS-10:00
BINGO-12:00
HAND & FOOT-12:30

TUES. FEB. 19

EXERCISE CLASS-10:00
PRESIDENTS DAY-10:30
BRIDGE-12:00
BUNCO-12:30

WED. FEB. 20

LINE DANCE-9:30
EXERCISE CLASS-10:00
SPANISH CLASS-12:15
RUMMIKUB-12:30
YARNIES-1:00

THURS. FEB. 21

TAI CHI-10:00
BINGO-12:00
500 BID-12:00

FRI. FEB. 22

EXERCISE CLASS-10:00
NATIONAL PIZZA DAY LUNCH-PERSONAL PIZZA-CHEESE OR PEPPERONI-\$3.00-REGISTER
COOKING CORNER-BETSY'S ZUPPA TOSCANA SOUP-(SAUSAGE AND POTATO)-12:00

MON. FEB. 25

EXERCISE CLASS-10:00
DR. HESS-FOOT CARE-11:00-COST FOR NAIL CUTTING-REGISTER
BINGO-12:00
HAND & FOOT-12:30

TUES. FEB. 26

EXERCISE CLASS-10:00
HOW YOUR EMOTIONS CAN HURT YOUR HEART-11:00
BUNCO-12:30

WED. FEB. 27

LINE DANCE-9:30
EXERCISE CLASS-10:00
SPANISH CLASS-12:15
RUMMIKUB-12:30
YARNIES-1:00

THURS. FEB. 28

TAI CHI-BY CCAC INSTRUCTOR-10:00-FREE CLASS RUNS FOR 12 WEEKS
BINGO-12:00
500 BID-12:00

MEMBERSHIP DRIVE 2019

BEGINNING JANUARY 2, WE WILL START OUR 2019 MEMBERSHIP/RENEWAL DRIVE. COST IS \$10 A YEAR WITH 5 COMPLIMENTARY LUNCHES. OUR GOAL IS TO START 2019 WITH A BANG AND INCREASE OUR MEMBERSHIP. OUR GOAL IS TO HAVE 70 PEOPLE A DAY PARTICIPATING IN ACTIVITIES AT THE CENTER. INVITE YOUR FRIENDS TO COME AND EXPERIENCE WHAT WE HAVE TO OFFER. YOU CAN SEE ANY MEMBER OF STAFF TO RENEW YOUR MEMBERSHIP OR TO SIGN UP AS A NEW MEMBER. REMEMBER, THIS IS A FUNDRAISER FOR THE CENTER. ALL ARE WELCOME!

WINTER IS UPON US SO PLEASE MAKE SURE TO WATCH FOR CLOSURES OF THE SENIOR CENTER IN CASE OF INCLEMENT WEATHER. WE WANT EVERYONE TO BE SAFE. BELOW IS THE INFORMATION THAT YOU NEED TO CHECK OUT BEFORE YOU VENTURE OUT.

WINTER WEATHER ADVISORY

ALL LIFESPAN CENTER CLOSINGS WILL BE LISTED

ON CHANNEL 11 WPXI

AND

ON CHANNEL 4 WTAE.

**HAPPY BIRTHDAY
TO OUR
FEBRUARY MEMBERS!!**



THREE CASINOS-FOUR BONUSES!!

CASINO HOP

MARCH 12-13-TUES TO WED.

8:00 DEPART FROM IMPERIAL

8:30 DEPART FROM GOODWILL MANOR

8:45 DEPART FROM CARNEGIE

• **START AT THE RIVERS CASINO**

• \$15 IN FREE PLAY/\$5 IN FOOD

• **1 NIGHT STAY AT MOUNTAINEER PARK**

• \$20 IN FREE PLAY/\$20 IN FOOD AND BAGS

• **THE MEADOWS**

• \$15 IN FREE PLAY AND \$5 IN FOOD

• **SARRIS CANDY FOR A SUNDAE**

\$125 PER PERSON

CALL CLAUDETTE AT 412-276-5056