

LifeSpan

Resources and Services for Seniors

Accredited by 
National Institute of
Senior Centers



Mon Valley Hours of Operation

M, T, W & F 8:30 am to 4:00 pm,

2nd Saturday of every month 11:00 am to 3:00 pm 4313
Walnut Street, McKeesport, PA 15132 (412) 664-5434

**HAPPY DAYS
ARE
HERE AGAIN**

***Mon Valley Senior Center
will be re-opening on
Tuesday, July 6, 2021!!!!!!***

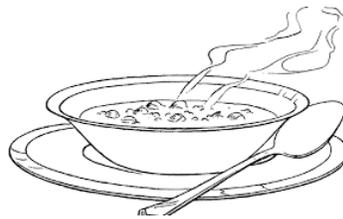
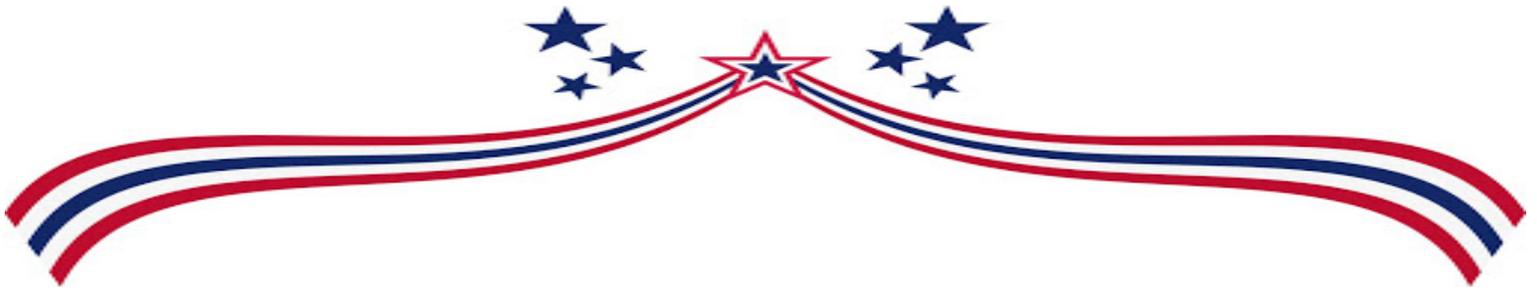
The center, staff and volunteers will be following the CDC safety guidelines. Because not everyone has received their vaccination, it is strongly recommended that you wear a mask. Grab 'n Go meals will remain the same. There will be no hot lunches served at this time and no food can be brought in. Activities will be limited and may require a reservation.

FREE! FREE!



Snacks will be served at 11:30

Tuesday, July 6, 2021



Free Bowl of Soup!!!!!!

Tuesdays & Thursdays for the month of July

At 11:30. Must sign up to receive.



The Game of Quick Thinking and Fast Talking!

Join in on the fun on Tuesday, July 6, 2021 at 12:00!!!! See how many questions you can answer in just a few seconds!!!!!!

The idea behind it is simple: One person calls out a topic, and the next person has **five seconds** to call out three items that fit into that topic. After that person names three items, the next **player** has to name three different items within that same topic.

Each player takes a turn in the hot seat and has to answer a question, such as “Name 3 things you can paint” or “Name 3 yellow foods”. They then have **five seconds** to think of three answers – and say them all aloud before the small silver balls reach the bottom of the spiral timer.



Grab n Go Lunches

5 meals and 5 milks

Same meals that were served at the center, except frozen!!

Weekly reservations *must* be placed **MONDAY** by **12:00 PM**

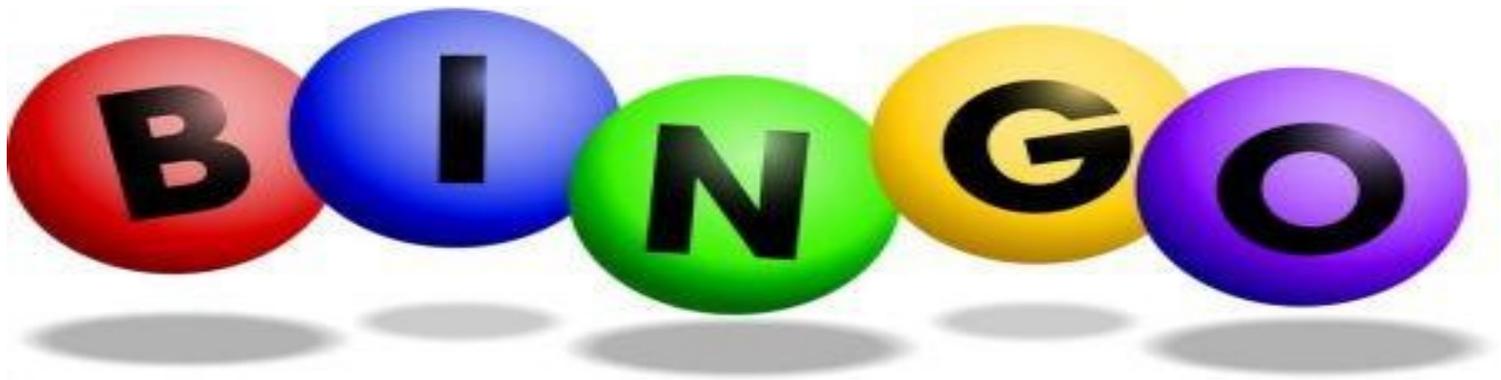
Suggested meal donation is **\$7.50**

NO CHANGE WILL BE GIVEN AT THIS TIME!

Membership cards will not be accepted.

If you have any questions, please call

Marcy/Diane (412) 664-5434



July 10, 2021

DOORS DO NOT OPEN UNTIL 11:00

***WE WILL NOT PERMIT ANYONE IN BUILDING
UNTIL THEN!!!***

\$1,000.00

Total payout!

(Payout subject to change if less than 100 attendees)

\$25.00 Package Includes

Lunch And A Drink

16 Regular Games

4 Specials

4 Jackpot Specials

Extra packages, Specials & Jackpots Sold Separately



Stay Active & Independent for Life (SAIL)



SAIL PROGRAM

**(Stay Active and Independent for
Life)**

Every Tuesdays and Thursdays

at 10:00 to 10:45

CERTIFIED INSTRUCTOR

PROGRAM APPROVED BY THE NATIONAL COUNCIL OF AGING

**This program is specifically designed for the seniors who attend the
Mon Valley Center**

**Work out with and without chairs, using exercise bands and weights.
The program is designed to help you balance & strengthen muscles.**

**This class is design to have fun, while working out with the
assistance of Marcy and Diane. We will ensure that the exercise
techniques are done correctly. You will be provided a booklet to track
your monthly progress. You will benefit by building a stronger you!!!**

SAIL instructor: Marcy Wasilko/Michelle Craven

Be A Part of The Advisory Committee Meeting

Your voice counts! Share your thoughts on...

- Promotional Ideas and public awareness.
- Help develop subcommittees.
- Contribute input and feedback.
- Aide with Organizational and Center Development.
- Strategic planning and decision making.
- Camaraderie.
- Attend monthly meetings the second Tuesday afternoon of each month at 12:00pm.

**Sandin Home Health Care
Blood Pressures**



**Dates to be
announced**



RIVERS CASINO

7/26/2021

Must Sign up by 7/19/21

LCR (dice game)

Every Monday at Noon

**Join Mon Valley and Carnegie
Library Book Club**

**Every 3rd Wednesday of the month
Share your thoughts and other opinions
While discussing the monthly books
Dates to be announced**

Senior Fitness Center

Mon -Tues -Weds & Fri 8:30am to 3:30pm

PERKS CARD

**With your membership, you will receive a
"Perks "card , which will entitle you to 5
"Perks. It could be for a free hot dog,
scoop of ice cream, one Bingo special or
something else. Read the newsletter to see
when you can redeem your Perks!**

**Join in and have fun with our Mon Valley Seniors, who enjoy playing cards and different
games. They are always interested in learning something new!**

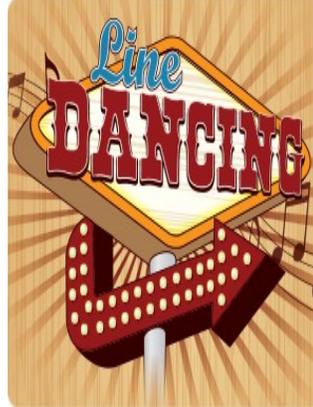
Seniors play a variety of card games every Tuesday and Friday at Noon

And Thursday 4pm to 6pm

Line Dancing

Starting Soon.

Date to be announced.



Every Monday

12:30

Instructors:

Anna Mae

&

Kathy Salvi



PENNY PO-KE-NO

Every Tuesday At 12:15

Limited to 25 people



**Instead of chips you will be
using your own pennies to cover the card.**

If the caller calls “King of Diamonds”, and you have what was called, you will place a penny on the “King of Diamonds”, and so on and so forth.

A bowl will be passed around to empty pennies from losing players’ board and then given to the winning player.

? The objective of the game is to obtain five squares in a line, either horizontally, vertically, or diagonally.

? Distribute the Pokeno boards among all the players, each player will have 20 Pennies, except the caller.

? Caller will pick one card at a time and announce the rank and suit of each aloud. For instance, you must say "Ace of Spades", and not just "Ace" or "Spades". You should be very clear while announcing a card to avoid further confusion.

? If players possess the announced card on their board, they must place a penny over it.

? Draw and announce cards until one of the players completes the five-in-a-row sequence, and calls out Pokeno. He/she wins and plays as the game caller in the next round.

Please Sign up!!!!



MONDAY BINGO

at Noon

\$5.00 Package includes 2 hard cards (10 games)

3 Specials, 1 Jackpot

FRIDAY BINGO

Just a Quarter per card!

5 regular games

2 specials, 1 jackpot

SATURDAY BINGO

Thousand Dollar Bingo

Every Second Saturday Of Each Month

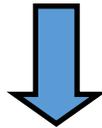
Total Pay Out Total \$1,000

Simply Double Click On

The Book And Scroll Down To Read The Book

Call in to discuss book, 06/25/2021 Marcy (412) 664-5434

Click Here



The Woman in White

Novel by Wilkie Collins



Virtual Book Club

Joining A Book Club May Be The Secret To A Longer Life

Retirees who had two group memberships prior to retirement had a 2% risk of [premature] death in the first 6 years of retirement if they maintained membership in two groups, a 5% risk if they lost one group and a 12% risk if they lost both groups. Furthermore, for every group membership that participants lost in the year following retirement, their experienced quality of life 6 years later was approximately 10% lower.

Whether you know it or not you could still be at risk of losing the all-important social connections that book clubs maintain. Moving to a new city, going through a break-up or divorce, losing a relative, or taking a new job can all cause you to drop regular contact with your friends and family or a pandemic. It's in those moments when you need your network and losing them can deal a big blow to your health.

We will talk via email once a month at mwasilko@lifespanpa.org.

Please share your thoughts by Once I have collected everyone's thoughts, I will share them on the next month's activity calendar.

The Woman in White

by

Wilkie Collins, Matthew Sweet

'In one moment, every drop of blood in my body was brought to a stop... There, as if it had that moment sprung out of the earth, stood the figure of a solitary Woman, dressed from head to foot in white'

The Woman in White famously opens with Walter Hartright's eerie encounter on a moonlit London road. Engaged as a drawing master to the beautiful Laura Fairlie, Walter becomes embroiled in the sinister intrigues of Sir Percival Glyde and his 'charming' friend Count Fosco, who has a taste for white mice, vanilla bonbons, and poison. Pursuing questions of identity and insanity along the paths and corridors of English country houses and the madhouse, *The Woman in White* is the first and most influential of the Victorian genre that combined Gothic horror with psychological realism.



KNITTING CLUB

**Every Second & Fourth Thursday
Of Each Month At 11:00 am**

Starting Soon. Dates to be announced



Lou's Art Class

art is a
powerful
way to learn

FREE

iStockphoto.com/RUSSELLTATEdotCOM

Lou's Art Class

Thursday 7/15/2021

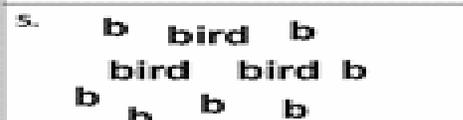
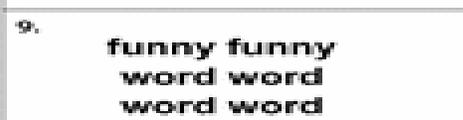
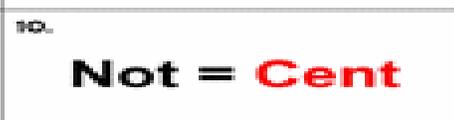
July's Art Project: "Florals"

Instructor: Lou Romanchak

June's Puz-

REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. 	2. 
3. PENNIES 	4. back 
5. 	6. 
7. MILONELION 	8. Matter 
9. funny funny word word word word 	10. Not = Cent 

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Answers to June's puzzle

REBUS FOR YOU !

SOLUTIONS

1. A bundle of nerves	2. Small potatoes
3. Pinching pennies	4. Back on one's feet
5. The birds and the bees	6. A finger in the pie
7. One in a million	8. Grey matter
9. Too funny for words	10. Not worth a red cent

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*Marcy's
Homemade Chocolate
Chocolate Chip Cookies
6 for \$2.00
Wednesday, July 28, 2021*



Must be ordered by 6/23/2021

**Pick up: JULY 21, 2021
11:00 to 12:00**

Call: Marcy—412-664-5434

Pick up: Mon Valley Sr. Center back side door

Hard 4th of July Word Search!



Z U L G R G P F N A P E Y D K M H S X E
M C C D W Q S H O I J F G M A J F G R P
T S V N G I P L R N I U A T V K L I R N
T O A A U J Q P T A J R L I N J H A W E
S U L L D P M A H V Y B F Y N S W X W Q
G T C S T O N B C L V P P G P I H J C S
K H T I D V M N A Y E E Z M R B G V B H
W C Q E T F O N R S D N A L G N E R L A
W A E D S C D M O N Z H P W E I O E I E
V R T O E U E P L N W X W W D E R W W V
F O Q H J J H N I E L D J Z K J G E S O
F L B R F T H C N P R E G H Z Y I I R M
G I Y I F R K Y A O R L N N P N A I E F
B N R T N H D A Z S C A E M D M N J H U
L A M E R I C A E A S W F R A U P Q A L
Y S P N W E P Y L N Y A T B Z O B J R Y
O Y S N X O B T B O T R M X G Q B D E W
O L F G X U R I R A N E N F K O U K B D
W Z B J P P C K L X M T O Y E L H T F I
B K R A U Q O T S V F A A H F B W Z W M



America	Fireworks	July	New Hampshire	Pennsylvania
Connecticut	Flag	Liberty	New Jersey	Rhode Island
Delaware	Freedom	Maryland	New York	South Carolina
England	Georgia	Massachusetts	North Carolina	Virginia

