

LifeSpan

2021

Resources and Services for Seniors



Imperial Senior Resource Center

Monday—Friday 8 a.m.—4 p.m

724-218-1669

Located in the Penn Lincoln Shopping Plaza

540 Penn Lincoln Drive, Oakdale, PA 15126

FUN, FOOD and FRIENDSHIP

Halloween
Party



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an:ab

FUN

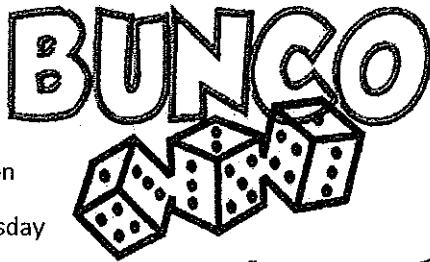
Line Dance 9:30 Wednesday



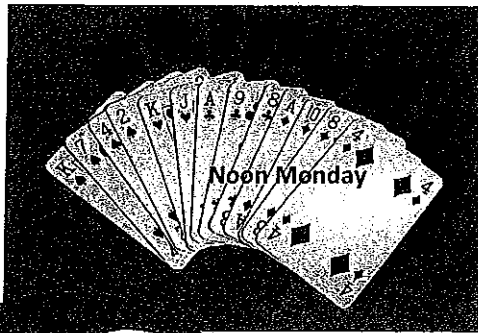
Noon Friday



11:30 Thursday

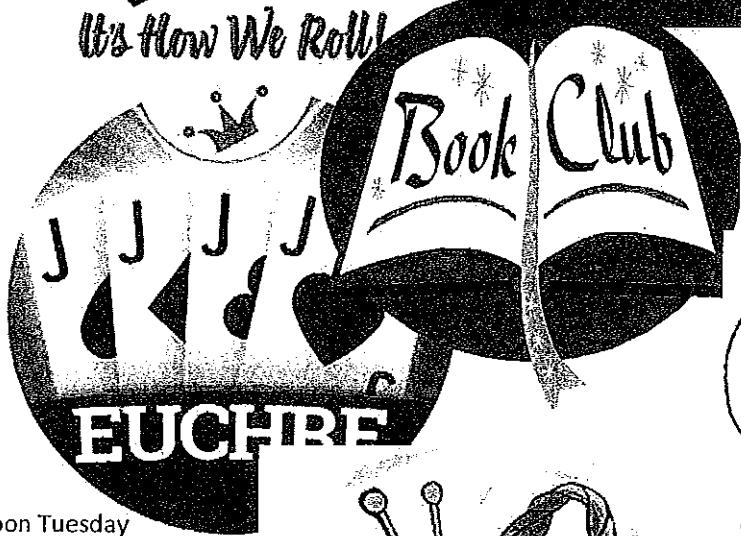


Noon Tuesday

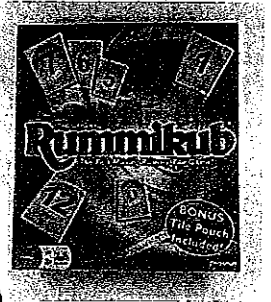


It's How We Roll!

Noon Wednesday



10 October 21

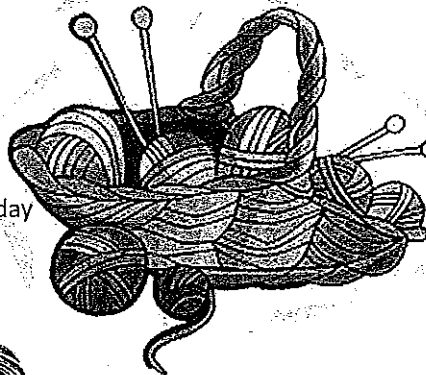


Noon Tuesday



Noon Monday

1 Wednesday



2 Monday

Hand & Foot



11 Friday,
October 8 & 22

FOOD



Cooking Club

Chicken Divan \$4

11 am Friday, October 8

Octoberfest

Members get 10% off

Bratwurst, sauerkraut, streusel, KoKo's family's (secret recipe) pumpkin pie plus beer (root beer) \$6

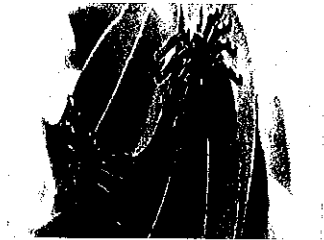
11 am, Friday, October 15



Cooking Club

Halloween treats \$3

11 am Friday, October



Halloween Party

Spooky spaghetti, garlic bread, salad, scary Halloween treats, cider \$6

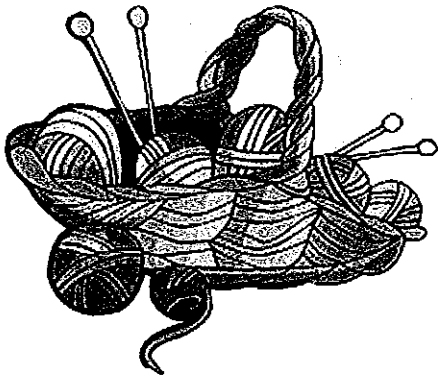
11 am Thursday, October 28



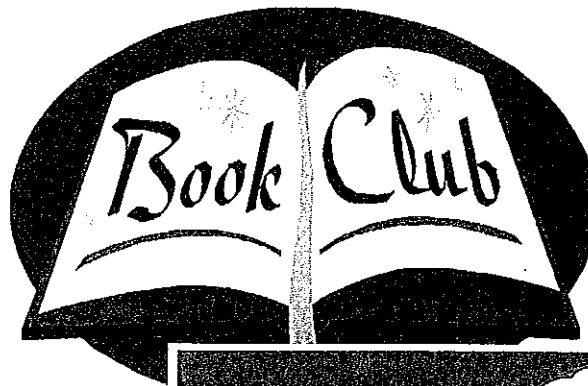
FRIENDSHIP



Knit & Crochet Club

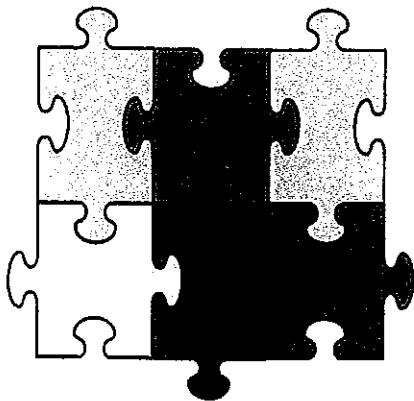


Cooking Club



Parties

Puzzle Pals



LIVING WELL

CCAC Chair Yoga
10:30 Mondays

West Allegheny Library
11:30 Wednesday,
October 6

Learn Mahjong
2 p. Monday,
October 4 & 18

How is your hearing?
KoKo has hearing aids from this company and is quite pleased
Hearing Life
10:30 Thursday, October 14

Book Club
10 am October 21
Where the Crawdads Sing
by Delia Owens

CCAC Living Better Together
Noon, Thursdays

Please help us grow by sharing your ideas, suggestions and comments
Join the Advisory Council
10 am Thursday, October 14



CCAC Crafts
Tuesday, October 12 & 19

Computer with
internet access

Spanish Class
10:30 Tuesday, October
12 & October 26

Are you diabetic? See how the proper footwear can help
Eagle Medical Equipment
2 pm Wednesday, October 20

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	
	9:30 Line Dance			
	11:30 W. Allegheny Library	11:30 500		11 Cooking Club Chicken Divan
Bingo	12 Bunco	12 Rummikub	12 CCAC Better Together	12 Mahjong
Bridge	12 Euchre	1 Knit and Crochet		
ift,Center,Right				
arn Mahjong				
	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
	10 CCAC Crafts	9:30 Line Dance	10 Advisory Council	11 Octoberfest
ridge	12 Bunco	12 Rummikub	10:30 Hearing Life	
Bingo	12 Euchre	1 Knit and Crochet	11:30 500	12 Mahjong
ift,Center,Right	12: 30 Spanish		12 CCAC Better Together	
	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
	10 CCAC Crafts	9:30 Line Dance		11 Cook club Halloween Spiders
Bingo	12 Bunco	12 Rummikub	11:30 500	12 Mahjong
Bridge	12 Euchre	1 Knit and Crochet		
ift,Center,Right				
arn Mahjong		2 Eagle Medical Equipment		
	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
	10 CCAC Crafts	9:30 Line Dance	10 Book Club	12 Mahjong
ridge	12 Euchre	12 Rummikub	11 Halloween Party	
Bingo	12 Bunco	1 Knit and Crochet	11:30 500	
ft,Center,Right	12:30 Spanish		12 CCAC Better Together	

IMPORTANT

NOTICE

Beginning Friday, October 8, there will be a BIG change in the Grab n Go lunches.

Friday, you will order the Monday and Tuesday lunches and pick them up Monday.

Monday, you will order the Wednesday and Thursday lunches and pick them up Wednesday.

Wednesday, you will order the Friday lunch and pick it up Friday.

You can order for the entire week on Friday, but the pick-ups will occur as stated above –
3 times a week



Sun Mon Tue Wed Thu Fri Sat



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Ground Beef Meatloaf w/gravy, butternut squash, Capri mix, wheat bread, banana Cal 716	2
3	4 Chicken Breast w/ gravy, yams w/ margarine & brown sugar, cauliflower, multi-grain bread, pears Cal 650	5 Baked Cod w/dill weed, creamy tomato macaroni & cheese, green beans w/red pepper, bread, yellow apple Cal 683	6 Birthday Menu Ground Beef Cabbage Roll w/tomato sauce, whipped potatoes, carrot coins, pumpkin roll Cal 630	7 Turkey w/thin gravy, lemon parsley potatoes, Brussels sprouts, wheat bread, banana Cal 632	8 Beef w/thin gravy, orzo w/peas & carrots in broth, beets, wheat roll, medium orange Cal 648	9
10	11 Columbus Day Swiss steak w/tomato gravy, brown rice, broccoli, dinner roll, fruit cocktail Cal 686	12 Turkey Chili w/ shredded cheddar cheese, macaroni, carrots, rye bread, orange Cal 661	13 Ground Beef Teriyaki Meatballs w/thin gravy, scalloped potatoes, Italian green beans, wheat bread, pineapple Cal 661	14 Boneless apple & spice pork w/sauce, noodles w/cabbage, zucchini & yellow squash, Italian bread, apple Cal 641	15 Boneless Chicken Breast w/marinara sauce, oven browned potatoes, cooked spinach multi-grain bread, banana Cal 708	16
	17 Happy Columbus Day Turkey w/thin gravy, whipped yams, broccoli florets, peppers, & corn, wheat bread, McIntosh apple Cal 614	19 Baked Cod, Au Gratin potatoes, stewed tomatoes & zucchini, multi-grain bread, fruit cocktail Cal 611	20 Boneless Chicken Paprika Breast w/thin sauce, noodles, Brussels sprouts, dinner roll, pineapple cuts, Fig Newtons Cal 708	21 Bow Ties in Ground Beef Meat Sauce, French style green beans, Italian bread, orange Cal 647	22 Hearty Beef Stew w/ potatoes, onions, carrots & celery, brown rice, yellow beans, wheat bread, tangerine Cal 658	23
24	25 Boneless BBQ Ribs, scalloped potatoes, broccoli florets, wheat bread, pineapple cuts Cal 652	26 Chicken Breast w/ mushroom gravy, brown rice pilaf, peas & carrots, white bread, graham crackers Cal 667	27 Beef Cowboy burger w/peppers & onions, on a whole wheat bun, barley, cauliflower, red delicious apple Cal 759	28 Halloween Menu Open Face Turkey Sandwich w/gravy, savory potatoes, carrots, bread, pumpkin raisin cookie Cal 630	29 Ground Beef Meatloaf w/tomato basil sauce, horseradish whipped potatoes, beets, wheat bread, sliced pears Cal 679	30
31						

